



NOTRE DAME ACADEMY

Educating Women to Make a Difference in the World

Panda Press Weekly

September 30, 2026

THE *nda* LIFE

Dear Panda Families,

Tomorrow, our school community will come together to celebrate Foundation Day and the founding of the Sisters of Notre Dame. It is a special day at NDA and an opportunity to remember that the school our daughters experience today is part of a story that began more than 175 years ago with a simple but powerful belief in the goodness of God and the importance of education.

That legacy is alive at Notre Dame Academy today.

We see it when our students gather in prayer and worship together. We see it when they serve others, encourage one another, challenge themselves in the classroom, compete as teammates, discover new interests and step into leadership roles. We see it in the relationships they build with their teachers and with one another.

Most importantly, we see it in the Sisterhood.

This week's Panda Press includes the introduction of our new Sisterhood Starts Here mentoring initiative, created to help students who come to NDA without an established group of friends find connection and belonging. I love the idea behind this program because it reflects something that has always been at the heart of Notre Dame Academy: wherever you come from and whatever path brought you here, there is a place for you in this community.

As we celebrate Foundation Day, I hope our students understand that they are now part of the legacy begun by the Sisters of Notre Dame. They will carry it forward through the way they use their gifts, care for one another and ultimately go out into the world to make a difference.

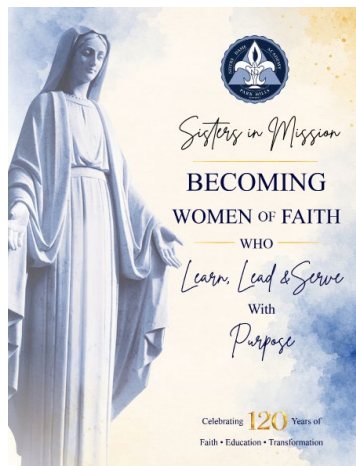
What a wonderful legacy to inherit, and what a wonderful responsibility to carry forward.

Thank you for entrusting your daughters to Notre Dame Academy and for being part of our NDA family.

Walk in Faith,

Mrs. Lisa Timmerding

Mrs. Lisa Ruwe Timmerding '97



Walk in Faith!

CAMPUS MINISTRY



FAITH FORMATION

UPCOMING LITURGIES

We will Celebrate the Founding of the Sisters of Notre Dame with an all school mass on Thursday, October 1, at 9:40 a.m. in the gym. All are welcome to join us.

We will celebrate mass for the Memorial of the Holy Guardian Angels on Friday, October 2, at 7:25 a.m. in the chapel. We will also celebrate Mass on Tuesday, October 6, at 7:20 a.m. All are welcome.

We will pray a decade of the Rosary in the chapel at 7:45 a.m. on Monday, October 5.



SERVING OTHERS

GO MAKE A DIFFERENCE

SERVICE

With the arrival of Fall comes the arrival of many fall festivals and service opportunities. Check with your local parishes and schools to see how your students can get involved and earn service in the process. Any Service Opportunities that are sent into the Campus Ministry Office will be posted into [this document](#) that is also shared weekly with our students on the Padlet. [Click here](#) for a full list of requirements and service guidelines for the 26/27 school year.



FOCUS ON POVERTY

CATHOLIC SOCIAL TEACHING

The past few weeks, the Juniors have been learning about the immense topic of Poverty - both locally and globally. Karen Zengel, Executive Director of St. Vincent De Paul NKY came and shared the many ways their agency serves the local community as well as ways our students can get involved at St. VdP. Joey Stazone - Owner and CEO of Cafe Kreyol - a direct trade company - zoomed with our students from the Washington D.C. area to share his faith journey that led him to the founding of his company and the way that company continues to positively impact farmers around the world. Cafe Kreyol works directly with coffee farmers around the world to provide specialty coffees while paying the farmers competitive prices for their products. For more information about Cafe Kreyol - visit [their website](#).



ATTENTION JUNIORS AND SENIORS

DIOCESAN TEC RETREAT

The Diocese of Covington is hosting several TEC (Teens Encounter Christ) Retreats for high school juniors through college-age students. This is a vibrant Catholic movement that begins with a retreat weekend and evolves into a community that supports, values and accompanies teens and young adults. Space is limited to 25 retreatants for each weekend. The first weekend is November 21-23, 2026. For more information contact YouthMinistry@covdio.net. A flyer with a QR code can be found [here](#).

Student Life



*Mother Daughter
Market and
Mingle*

A Mother Daughter afternoon filled with shopping, lunch, a specialty café drink, and your very own flower-bar bouquet.
Cost \$25 per person

**OCTOBER 18, 2026
12-3 @ NDA**

RSVP BY WEDNESDAY OCTOBER 7, 2026
REGISTRATION WITH QR CODE



MOTHER DAUGHTER MARKET & MINGLE A SPECIAL AFTERNOON FOR MOTHERS & DAUGHTERS

Join us at NDA on Sunday, October 18, from 12:00–3:00 p.m. for our Mother Daughter Market & Mingle! Enjoy an afternoon together featuring shopping, lunch, a specialty café drink and the chance to create your own flower-bar bouquet.

The cost is \$25 per person. Please RSVP by Wednesday, October 7 using the QR code on the flyer or [THIS LINK.](#)



OCTOBER 16 PICTURE RETAKE DAY

Picture Retake Day is coming up! Students who were absent on Picture Day or would like to have their school photo retaken will have another opportunity to smile for the camera. Students having a retake should bring their original picture package with them on October 16.



STU CO ELECTIONS CONGRATULATIONS CLASS OF 2030

This week the class of 2030 voted for their class's Student Council Representatives! Thank you to all freshmen who showed courage and ran in the election! Congratulations to our 2026-2027 Student Council Freshmen Representatives: Ella Applegate, Ashlinn Dwyer, Sadie McQuade, Caroline Dusing, Addyson Hamby, Kate Robke, and Emily Speed! We can't wait to see how you learn, lead and serve with purpose in this position!

Sisterhood Starts Here

SISTERHOOD STARTS HERE:

FINDING YOUR PLACE AT NDA

Every student's journey to Notre Dame Academy begins differently. While many students arrive alongside classmates they have known for years, others take a courageous step into unfamiliar territory—coming from a non-feeder school, a Cincinnati school, a public school, or another school where they may be the only student choosing NDA.

This year, NDA is excited to launch **Sisterhood Starts Here**, a new mentoring initiative designed especially for those students. It is an initiative that will celebrate courage, connection and belonging.

The program will connect younger students with juniors and seniors who understand firsthand what it is like to begin at NDA without an established group of friends. These upperclasswomen have already walked that path, built relationships, discovered opportunities to become involved, and found their own places within the NDA Sisterhood. Now, they will have an opportunity to share their experiences and help younger students navigate that same journey.

Through mentoring relationships and group gatherings, **Sisterhood Starts Here** will provide students with connections, encouragement, and a sounding board when challenges arise. Mentors can help younger students discover clubs, activities, athletics, service and leadership opportunities while also offering something equally important—the reassurance of knowing that someone else understands what it feels like to be new.

Freshmen and sophomores will have an opportunity to learn from their upperclasswomen now, with the hope that they will eventually become mentors themselves and continue the cycle of Sisterhood.

The initiative is also about celebrating success. NDA plans to highlight the stories of students who stepped outside their comfort zones to become Pandas and have gone on to thrive academically, socially and through involvement in the life of the school. By sharing their stories, we hope other young women considering NDA will recognize that they, too, can take that courageous first step and find a home here.

At Notre Dame Academy, Sisterhood isn't determined by where you went to grade school or how many people you knew on your first day. It is something built through relationships, shared experiences, kindness and a willingness to reach out to one another.

Sometimes Sisterhood begins with one brave step. And at NDA, Sisterhood Starts Here.

CREATING CAREER CONNECTIONS FOR NDA SENIORS

Help Us Expand Work-Based Learning Opportunities at NDA

Dear Senior Parents,

As we continue to expand Work-Based Learning and experiential learning opportunities at NDA, we are excited to begin offering job-shadowing experiences for interested seniors.

If your daughter has back-to-back study halls, or study halls at the beginning or end of her school day, please encourage her to reach out to me. We would love to explore how that time might be used for a Work-Based Learning – Shadowing Experience in a career field that interests her.

We will work individually with interested students to develop an appropriate plan. Students will participate in an orientation, review expectations and requirements, and receive the necessary paperwork and information before beginning a shadowing experience.

A Call to All NDA Parents

As we build these opportunities for our students, we need the help of our entire NDA community—and you do not need to have a senior to participate!

Our parents, alumnae, community members and friends represent an incredible variety of careers, professions and industries. We would love to build a network of individuals and organizations willing to open their doors to our girls.

You might be able to host a student at your workplace for a few hours of job shadowing, offer an internship or more extensive Work-Based Learning experience, provide a workplace tour, serve as a professional mentor, or connect us with a colleague or organization in your network. An experience does not have to be extensive to be meaningful. Even a few hours spent observing professionals, asking questions and experiencing a workplace firsthand can help a student discover—or sometimes rule out—a potential career path.

Our immediate goal is to create additional opportunities for our current seniors, but our larger vision is to develop a robust Work-Based Learning program at NDA that gives students meaningful opportunities to connect their interests, strengths and classroom learning with experiences beyond our campus.

If you are willing to host an NDA student, provide an internship or shadowing experience, share your professional expertise, or connect us with someone in your network, please reach out to me. We are beginning to build a database of parents, alumnae, businesses and community partners and would be grateful to include you.

Our mission calls us to educate young women to make a difference in the world. Helping our girls discover their gifts, explore possibilities and envision how they might one day make that difference is an important part of their NDA education.

Thank you for helping us open doors for our girls and bring learning to life beyond the classroom.

With gratitude,

Lisa Ruwe Timmerding '97

FAMILY TIME!

ONE SISTERHOOD. FOUR FAMILIES BRINGING NDA SPIRIT TO LIFE!

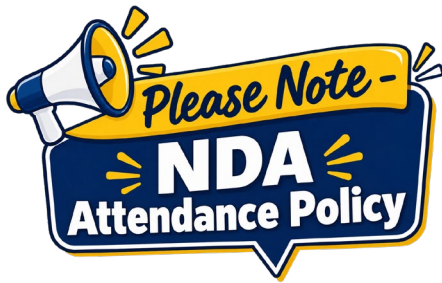
Last Friday, every student received a special NDA Family T-shirt representing her Family color!





SETTING THE STAGE! THEATRE NEWS

The stage is getting set! Mrs. Leonard's theatre class is starting out their craft unit by building benches for the Footloose set! These theatre Pandas are learning about safely using drills and saws to build square frames to support the benches that our actors will sit on onstage!



REPORTING ABSENCES ATTENDANCE POLICY

We have a dedicated attendance email for parents to report an absence or early dismissal. Please use this email if your daughter is sick or needs to leave school early: attendance@ndapandas.org. Remember, you can always call the school office with any questions at (859) 261-4300.



DELICIOUS NEWS CAFETERIA INFORMATION

Wondering what's for lunch? The NDA Cafeteria has plenty of delicious options to keep our Pandas fueled throughout the school day!

Families can visit the cafeteria page on the NDA website to find menus, payment information and other helpful cafeteria details. It's an easy way to plan ahead and see what's cooking at NDA!

[CLICK HERE FOR ALL NDA CAFETERIA INFORMATION](#)

SHOW YOUR NDA SPIRIT SHOP THE BAMBOOTIQUE

Show your Panda pride with new arrivals at the Bambootique! From NDA favorites to fresh new gear, there are plenty of ways to show your NDA spirit this season.

Shop at the Bambootique in person or online [HERE](#).



NOTRE DAME ACADEMY
Bambootique

ATHLETIC DEPARTMENT

FROM THE DESK OF THE ATHLETIC DIRECTOR

PANDA ATHLETICS UPDATE

Golf

The Golf team competed in the first round of the KHSAA Golf Championship Tuesday at Kenton County Golf Courses.

While the team didn't have its best day on the links, we are incredibly proud of the Pandas and all they have accomplished this season! We can't wait to see them next year on the links again!

Congratulations to Maria Penaranda, who qualified for the final round of the KHSAA Golf Championship! Maria will compete October 9-10 at Bowling Green Country Club in Bowling Green, Kentucky.

Please click the link below and vote for the Panda Golfers!!! They are up for Team of the Week through LINK NKy!!! Please show your support to our amazing golf team!

<https://linknky.com/sports/2026/09/29/vote-for-the-link-nky-team-of-the-week-sponsored-by-ortho-cincy-sept-21-27/>

Way to go, Pandas!



Cross Country

The Cross Country team traveled to Huntsville, Alabama, this past weekend to compete in Twilight at PR'Ville, and what a weekend it was!

Maggie Durrent made NDA history, becoming the first Panda girl to break the 19:00 mark! Maggie finished with a school-record time of 18:56.22. Congratulations, Maggie!

By the Numbers

Varsity

- 5 new PRs
- 5 season bests

JV

- 13 new PRs
- 6 season bests



Every single runner who raced Saturday night recorded either a PR or a season best! What an incredible accomplishment for the entire team!

The Pandas have an off weekend as they prepare for the NKAC Championships and upcoming Region races.

Congratulations, Pandas, and keep up the great work!

Soccer

Soccer had the weekend off as the team prepares to return to Bishop Brossart on Wednesday, October 30, for a rematch of their earlier match that ended in a tie following a lightning delay.

Meanwhile, our JV Soccer team are 2026 JV Tournament Champions! The Pandas dominated Bishop Brossart in the championship match, earning a 3-0 victory!

Congratulations to our All-Tournament Team selections:

- Sadie McQuade
- Cora Hammersmith
- Taylor Hollenkamp
- MVP: Lyla Lanham

Congratulations to the entire JV team on an outstanding tournament! Way to go, Pandas!



Lacrosse

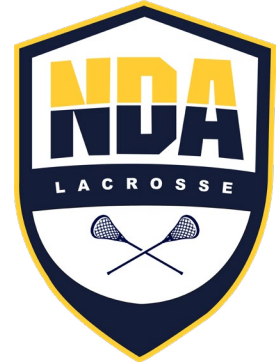
Welcome Coach Adair Dooley!

Notre Dame Academy is excited to welcome Adair Dooley to our Panda coaching staff!

A 2026 graduate of Hanover College, Adair brings a strong background as a collegiate student-athlete, competing in cross country, track and field and lacrosse. Her experience balancing academics and athletics helped develop the leadership, teamwork, communication and work ethic she will bring to our student-athletes.

We are excited to have Coach Dooley join the NDA community and look forward to the energy and enthusiasm she will bring to our Pandas.

Welcome to NDA, Coach Dooley! Go Pandas!



STUDENT SERVICES



GREAT OPPORTUNITIES FOR STUDENTS

LEARN MORE ABOUT THE KENTUCKY GOVERNOR'S PROGRAMS!

The application for the KY Governor's Scholars Program is open! Juniors interested in applying should reach out to the Counselors' office and join the GSP Google Classroom.

The KY Governor's School for the Arts and the KY Governor's School for Entrepreneurs applications will open on October 2!

The GSA application is open to Sophomore and Junior applicants

The GSE application is open to Freshmen, Sophomores and Juniors

Please see each program's official website for details, tips and applications.

[Please visit this link for a quick reference chart describing each program and who is eligible to apply.](#)

COLLEGE REP VISITS

PREPARING FOR THE FUTURE

NDA COLLEGE VISIT SCHEDULE

[CLICK HERE](#) for a list of college visits specifically for NDA students and families. The visits are in the hallway outside the cafeteria. All students are welcome to visit the reps.

ATTENTION PARENTS

TERRACE METRICS FOLLOW UP

Last week the majority of our students took the Terrace Metrics and we are working on having anyone who was absent complete the survey by end of day Thursday, October 1. This will allow us to send the results to parents by Friday October 2. Please direct any questions to counselor Erin Maggard at maggarde@ndapandas.org.





SOPHOMORE AND SENIOR PARENTS KIP SURVEY INFORMATION

Students in grades 10 & 12 will be given the KIP (Kentucky Incentives for Prevention) Survey on October 16 during homeroom time. The KIP Survey asks students about aspects of youth attitudes and behaviors on important topics like substance use and school safety. The purpose of the survey is simple: to help schools better understand student needs so we can strengthen support for students, families, and our community. Please read more complete information about the survey here. In order to take this survey, parents need to give permission and can do so electronically by filling out this very brief form. Questions can be directed to counselor Erin Maggard at maggarde@ndapandas.org.

DRUG FREE CLUB SIGN UP NOW!

Drug Free Club offers students an easy "out" if they're ever offered substances they don't want to take. They can say, "No I might get tested and my parents would find out." Being a part of Drug Free Club is also FUN! Earlier this month students received popsicles at the end of the day, compliments of Drug Free Club.



Since students are drug tested as being a part of the club, there is parent permission and a fee associated with being a member. To sign up visit the [link here](#). NDA subsidizes the cost of the club as we want to be a part of the solution when it comes to helping students be drug free. Reach out to Mrs. Maggard at maggarde@ndapandas.org with any questions.



Advancing the Mission

CAN YOU HELP?

GIFT CARDS STILL NEEDED FOR LIGHT THE NIGHT!

We're getting ready for Light the Night for NDA, and we still need your help! Gift cards are an important part of the fun and fundraising at this year's event, and we are still collecting donations.

Consider donating a gift card to your favorite restaurant, retailer, salon, entertainment venue or local business. Every donation, big or small, helps make Light the Night a success and supports our students at Notre Dame Academy.

Simply drop your gift card off at the NDA school office in an envelope labeled "LTN," and we'll make sure it gets to our Advancement team.

Thank you for helping us make this year's Light the Night For NDA shine even brighter!

NOVEMBER 14

SAVE THE DATE!

Mark your calendar for Saturday, November 14, and join us at The Madison Event Center for Light the Night for NDA! This special evening will celebrate the mission of Notre Dame Academy and 120 years of educating young women to make a difference in the world. More details and ticket information are coming soon!



A dark blue poster with gold and white text and graphics. The background features a starry night sky with a string of warm white lights and a shooting star. The main title 'LIGHT the NIGHT for NDA' is prominently displayed in a mix of serif and script fonts. A circular seal on the left celebrates 120 years (1906-2026). The event date and location are clearly stated. On the right, the Heritage Bank logo is shown as the title sponsor. At the bottom, three icons represent the ways to participate: Sponsor, Attend, and Donate. The core values of the academy are listed at the very bottom.

PRESENTED BY
Heritage
BANK
TITLE SPONSOR

AN EVENING TO
Celebrate
THE MISSION OF
NOTRE DAME ACADEMY

Save the Date!
SATURDAY, NOVEMBER 14, 2026
THE MADISON EVENT CENTER
COVINGTON, KENTUCKY

SPONSOR ATTEND DONATE

★ FAITH ★ SCHOLARSHIP ★ SERVICE ★ LEADERSHIP ★

Important dates

October 1	Foundation Day Foundation Day Mass Panda Sneak Peek Information Night Mother/Daughter Planning Meeting 5:30 p.m. Italy/Greece Meeting 6:30 p.m.
October 4	Golden Graduates Mass and Lunch
October 7	Super Day #1
October 8-9	No School - PD Days
October 10	Playing for a Purpose Volleyball at Boone County HS
October 13	Super Day #2 - Freshman Retreat, ACT
October 15	Alumnae Rosary
October 16	Picture Retake Day
October 18	Mother Daughter Market
October 21-23	Senior Retreat #1
October 22	Freshman/Alum Halloween Party
October 23	End of First Quarter
October 24	NDA/CCH Freshman Halloween Bash - Gardens of Park Hills
October 25	Red Ribbon Week
November 2	Remembrance Mass and Reception
November 8	Open House
November 9-20	Canned Food Drive
November 14	Light the Night for NDA
November 19	Alumnae Rosary
November 19	Alumnae Dinner Theatre

COMMUNITY NEWS



SHARING OUR Community News

You can find a complete list of community news [HERE](#).

- The Point Car Raffle
- St. Timothy Parish Religious Ed Opportunity
- Support Group for Separated and Divorced
- OCIA Workshop: Marriage, Baptism and the Christian Initiation Process