



THE *nda* LIFE

Dear Parents,

Today was Super Day at NDA. Our freshman participated in their first NDA retreat and our sophomores and juniors took the PSAT. Our seniors participated in self empowerment activities, talked about campus safety and learned some self defense techniques. These experiences reflect on different parts of our journey together at Notre Dame Academy. They allow our students to apply what they are learning at NDA – the opportunity for spiritual growth and the value of acquired knowledge. Please keep all of our students in your prayers.

Please note that Parent/Teacher/Student Conferences will be held virtually this year on Tuesday, October 25 through the use of Zoom. I see great value in open communication between parents, students and teachers. These conferences are a wonderful opportunity to promote student learning. Please take time to sign up for a 10 minute session with your daughter's teachers.

We are blessed at NDA, to be guided by the charism of the Sisters of Notre Dame which is rooted in prayer and contemplation and is marked by a deep experience of the goodness of God. We honor the SND charism by living the Gospel message of Jesus each and every day through kindness and generosity to others, respect for life, community service and striving to use our God given gifts. Thank you for choosing to educate your daughter at Notre Dame Academy in the tradition of the Sisters of Notre Dame.

Have a great week!

In Notre Dame,

Mr. Jack VonHandorf

Autumn Prayer

God of all seasons, we thank you for Autumn.

We thank you

for the touch of coolness in the air that gives us a new burst of energy,

for the coloring of trees that shows the creativity of the Divine Artist,

for the falling leaves that reveal the strength of the branches,

for the hues of fields that bring peace to our souls,

for the smiles on pumpkins that bring joy to children,

for the fall harvest which brings us gratitude for the bounty of our land,

for this change of seasons that reveals the circle of life.

God of all seasons, as you transform the earth, transform us by your Spirit.

Amen

Have a great day and make good choices!

Student Life

CONGRATS!

CONGRATS

STU CO NEWS

Congratulations to our newly elected Student Council Freshman Representatives!

Madelyn Calvert
Lily Deters
Lila Harris
Teagan Kruer
Addison Lawrie
Ella Nienaber
Erin Piatt
Jane Schuh

EXCITING UPDATE

FAMILY SYSTEM

This year we piloted our new Family System. As a part of that system we have a year-long Family Competition going. Students can earn points for their Family for things such as attending events, being recognized as Student of the Month, good attendance, good grades, and more! The current standings in our Family Competition are...

- 1st Place- Blue (195 points)
- 2nd Place- Purple (152 points)
- 3rd Place- Pink (151 points)
- 4th Place- Green (135 points)

We will also begin working on naming our Families next week. Each Family will work together to choose a female saint that their Family will be named for. Please pray for inspiration and guidance as we begin this process!



National Sponsorship and Network Office

SPONSORED MINISTRY INFORMATION

SND NATIONAL SPONSORSHIP AND NETWORK NEWSLETTER

As a school sponsored by SND USA, it is always nice to catchup on the latest news from our other SND Sponsored Ministries and Affiliated Schools. See what is going on this fall in the latest [SND National Sponsorship and Network Office Newsletter](#)

please note

CHECK YOUR EMAIL

PANDA DIRECTORY

In the next day or two, this year's Panda Directory will be emailed to all families. The passcode for the directory will be emailed in a separate email message.



OCTOBER

STUDENT OF THE MONTH

Congratulations to senior Britton Murphy who is October's Student of the Month. You can read more about Britton [HERE](#).

SAY CHEESE



SAY CHEESE!

PICTURE RETAKE DAY

Picture Retake Day is scheduled for next Friday, October 21.



PANDA GEAR

BAMBOOTIQUE SPIRIT WEAR SHOP

There are several items marked down 15% in the Bambootique this week! Thanks to all of our loyal shoppers! Shop this week's deal online [HERE](#).

IMPORTANT
INFORMATION



ATTENTION PARENTS/STUDENTS

PARENT/TEACHER/STUDENT CONFERENCES

Parent/Teacher/Student Conferences will be held virtually this year on Tuesday, October 25 between 3-8 p.m. Teachers will provide a Zoom link once you have signed up for a conference. The goal for such conferences is to provide a window of time for parents, students and/or teachers to address concerns in order to promote student learning.

[CLICK HERE](#) to sign up for a 10 minute session with your daughter's teachers! School will dismiss at 2:00 p.m. on this day to allow for conference prep time.

IMPORTANT LESSONS

DEVELOPING SERVANT LEADERS

Ms. Hilbert's Personal Finance class took a field trip to La Soupe in Cincinnati. La Soupe is an organization that helps to bridge the gap between food waste and hunger. After tracking their monthly spending, it was a great way to recognize how fortunate we are and give back to the community.





EMPOWERED PANDAS NDA SENIORS THRIVE

As part of our Super Day today our seniors took part in Thrive Empowerment Campus Ready Self-defense training. Take a look all that they learned!



What Is Empowerment Self-Defense?



Empowerment Self-Defense (ESD) is a comprehensive, evidence-based, trauma-informed approach to resisting and preventing violence that

- focuses on the full range of gender-based violence, from everyday harassment to life-threatening situations.
- is grounded in empirical evidence about assaults and the kinds of responses that are most likely to stop them.
- recognizes that most assaults are perpetrated by acquaintances and intimates, and provides strategies appropriate for these situations.
- includes boundary-setting, de-escalation, and verbal self-defense strategies as well as physical techniques. These skills empower students to stop assaults in their early stages, before they escalate to physical danger.
- teaches effective physical tactics that require minutes rather than years to master and can be adapted for any body.
- offers a “toolbox” of strategies for avoiding and interrupting violence and empowers students to choose the options that are appropriate for their own situation.
- expands students’ freedom and agency, empowering them to make their own choices about where they go, what they do, and who they do it with.
- addresses the social conditions that facilitate sexual assault and the psychological barriers to self-defense that make resistance difficult for women and other marginalized groups.

(Credit Dr. Jocelyn A. Hollander, Dept. of Sociology, University of Oregon)

You matter. Your voice matters. You are worth fighting for!

TOTALLY 80's

MOTHER DAUGHTER 2022!

Don't miss this year's Mother Daughter event! You can register online here: <https://www.cognitofirms.com/NotreDameAcademy/2022MotherDaughterDance>

NDA MOTHER DAUGHTER 2022

Totally 80's

*Dust off your leg warmers,
tease your hair,
let's celebrate the 80s
be there or be square!*

*DJ games
heavy appetizers
desserts
costume contest*

*Friday, November 11, 7 pm
at Notre Dame Academy
After Party til 11 pm*

\$25 per person • RSVP by 10-28



DID YOU ORDER YOUR YEARBOOK? YEARBOOK SALES

Parents: You can pre-order Notre Dame Academy's 2022-23 yearbook, *Finding our Groove*, at jostensyearbooks.com. Order by September 16 to take advantage of the early-bird discount price of \$70. NDA's 2021-22 yearbook, *Make it Count*, will ship this fall. A limited number of extra copies will be available for purchase at the school when books arrive.



SERVING OUR PANDAS WHAT'S FOR LUNCH?

You can find NDA's lunch menu below and on our website [HERE](#).

Parents, please check your daughter's lunch account balance throughout the school year to avoid overdue account issues. Thank you!

ATHLETIC DEPARTMENT

VOTE
VOTE
VOTE

GOOD LUCK!

VOTE FOR OUR PANDAS

Please take a minute to vote for your Pandas.

VOTE [HERE](#) for the following

Top NKY/IND girls golfer

Didi Jiradamkerng, Notre Dame – She finished 50th in the KHSAA state tournament with a two-round total of 176, fifth among local players.

Top NKY/IND volleyball player

Lauren Ott, Notre Dame – She had 26 assists and eight digs in the Pandas' 3-1 win over Ryle October 6.

FINE ARTS

IT'S SHOWTIME!

NDA & CCH PRESENT...

Arsenic and Old Lace by Joseph Kesselring is a Halloween tale of Brooklyn, where anything can happen and it usually does. The play, with a clever combination of the farcical and the macabre, centers on two elderly sisters who are famous in their Brooklyn neighborhood for their numerous acts of charity. Unfortunately, however, their charity includes poisoning lonely old men! The sisters are aided by their nephew who believes he is Teddy Roosevelt and is digging the Panama Canal in the basement. Matters get complicated when their second nephew Mortimer discovers the victims on the same day that he decides to marry his love, Elaine the minister's daughter. A third nephew Jonathan also appears that day with his quack plastic surgeon Dr. Einstein both on the run from the police. This mixture of comedy and mayhem makes *Arsenic and Old Lace* an enduring theatrical classic.

Friday, October 21 at 7pm "Old Lace" Cast

Saturday, October 22 at 7pm "Arsenic" Cast

Sunday, October 23 at 2pm "Old Lace" Cast

This show is double cast for the characters of Abby and Martha Brewster. See the "Arsenic" Cast performance on Saturday night only and the "Old Lace" cast performances on Friday and Sunday.

[Link to tickets HERE](#)

\$5 Student Ticket (any students from any school) online and at the door

\$5 Staff/Faculty of NDA and CCH Ticket

\$12 Non Student Ticket Pre-Ordered Online by Tues Oct 18

\$15 Non Student Ticket at the door

Doors will open 30 minutes before the show. We will have open seating/general admission with no reserved seats except for accessible seats and accessible companion seats. Concessions will be available for cash only at intermission.

Please email Miss Smith at smithja@ndapandas.org with any questions.

Warning: References to murder and brief on stage violence will occur in this production.

NDA & CCH Theatre Department presents
Arsenic and Old Lace
by Joseph Kesselring

Friday, October 21 at 7pm
Saturday, October 22 at 7pm
Sunday, October 23 at 2pm
Student Tickets \$5
Non-Student Tickets \$12 pre-ordered online and \$15 at the door
ARSENIC AND OLD LACE is presented by special arrangement with Broadway Licensing, LLC, servicing the Dramatists Play Service collection. (www.dramatists.com)

COUNSELING AND STUDENT SERVICES



COLLEGE
REP VISITS

PREPARING FOR THE FUTURE

NDA COLLEGE VISIT SCHEDULE

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

QUESTION, PERSUADE, REFER

SUICIDE PREVENTION TRAINING FOR PARENTS AT NDA

With suicide being the second-leading cause of death among people ages 15-24, the National Alliance on Mental Illness calls for an increase in suicide prevention initiatives and conversations surrounding mental health and depression with our youth. Larry McNabb is a local Vocational Rehabilitation Certified Counselor and a Master Trainer with the QPR Institute and will be presenting a Suicide Prevention Training for parents at Notre Dame Academy on November 14 from 6:30 p.m. to 8:00 p.m. QPR stands for Question, Persuade, Refer and the training will help you recognize the warning signs of suicide, know how to offer hope, and know how to get help to save someone's life. Please make plans to attend if you can. NDA's faculty and staff completed QPR training in August during our annual back to school meetings and students will be trained by grade levels through the next several weeks. This is an important step in our ongoing efforts to eliminate suicide rates in our young adult populations.

BYSTANDER ACTION PLAN

GREEN DOT TRAINING

These sophomore, junior, and senior Pandas (and three more who were dismissed early) were trained in Green Dot last Wednesday! Green Dot is a Bystander Action Plan created to prevent violence and keep everyone around us safe. They learned and practiced proven strategies that prevent and reduce bullying, dating violence, and sexual assault, either Directly, through Delegation, or Distraction. Freshmen will have an overview of the Green Dot Program in an upcoming Health class. Anyone seen initiating Green Dots can now be nominated for Green Dotter of the Month on the NDA Student Padlet!

**IMPORTANT
INFORMATION
PLEASE READ**



GSP

THE KY GOVERNOR'S SCHOLARS PROGRAM

GSP is a 5-week summer residential program for outstanding KY students after completing their junior year of high school. Established in 1983, the program provides academic and personal growth through a strong liberal arts program balanced with a full co-curricular and residential life experience while living on a college campus. Students complete an application and compete with others from across the state. The Program's mission is to enhance Kentucky's next generation of civic and economic leaders. Those selected attend the program free of charge. The [GSP website](#) has the most current information for GSP 2023. Applications are due at Notre Dame on November 21. Contact Mrs. Hildreth with questions.

A GSP Informational Meeting will be held on Thursday, September 22 after school in Alumnae Hall for those interested in learning more. Applications are due November 21. Contact Mrs. Hildreth with questions.

GSA

THE KY GOVERNOR'S SCHOOL FOR THE ARTS

THE GSA 2023 APPLICATION IS NOW OPEN.

DEADLINE: Sunday, January 8, 2023 @ 11:59 pm



GSA 2023

Applicant Guides

[Click here](#) to review the Applicant Guides for GSA 2023. These important documents describe the application/audition process and criteria, enabling applicants to start honing their materials.

GSA 2023 Application

Walkthrough Video

[Click here](#) to view the Application Walkthrough Video for GSA 2023. This resource teaches students how to submit their materials through GSA's application portal website, Acceptd.

GSA 2023

Application Portal

[Click here](#) to access Acceptd, GSA's application portal website. Here, students will be able to start uploading their application materials. Applications are due Sunday, January 8th, 2023 at 11:59 pm.

DID YOU KNOW: GSA HAS A FALL WEBINAR SERIES?

From now until December 1st, the GSA admin team will be hosting several Zoom webinars about the 2023 summer program. These are free to attend, however - registration is required. For the full webinar schedule, as well as Zoom registration links, please go [this webpage](#).



GSE

THE KY GOVERNOR'S SCHOOL FOR ENTREPRENEURS

The Governor's School for Entrepreneurs (GSE) will be accepting applications for Summer 2023 from Monday, November 14- Monday Jan. 23. GSE brings teens together from around the state of Kentucky, immerses them in a creative space, and arms them with the tools they need to unleash their entrepreneurial spirits. While all participants gain vital entrepreneurial skills through the program to use as they enter the workplace or continue into higher education, 20 new businesses have already been launched by young entrepreneurs. Others have filed for multiple patents and developed new ideas and relationships that sow the seeds for more business formation. In addition, as a direct result of their participation In GSE, participants qualify for some \$5 million in scholarship opportunities from Kentucky's universities and colleges.

GSE has arranged to host 6 virtual events via Zoom this fall to showcase the GSE experience and dive into the application process. Find links to register [here](#), and schedule below.

Virtual Learning Events for GSE:

Wednesday, Oct. 19 from 4:30-5:30
Wednesday, Nov. 2 from 4:30-5:30
Wednesday, Nov. 16 from 4:30-5:30
Wednesday, Nov. 30 from 4:30-5:30
Wednesday, Dec. 14 from 4:30-5:30
Wednesday, Jan. 4 from 4:30-5:30

This free, prestigious program will take place on Northern Kentucky University's campus and is open to all current 9th, 10th, and 11th-grade students.

Please visit their website to learn more about the program and to apply: www.KentuckyGSE.com.

SIGN UP TODAY!

DRUG FREE CLUB AT NDA



Registration is open to enroll your daughter in Drug Free Club until October 31 - only 9 days! Currently, 84% of seniors are members, but only 68% of freshmen. If you have the following questions, we offer the following responses:

Q - Why should we reward her for something we expect of her anyway?

A - Drug Free Club is a form of Positive peer pressure! It helps students resist the temptations to make poor choices. Their brains are not fully developed yet, which can make them weak during impulsive moments. [This could be the difference between them saying Yes and NO in an unexpected difficult moment.](#)

Q - My daughter may have used something; I don't want her to get in trouble for it.

A - The school never gets the results of the drug tests. [DFCA informs parents directly about positive results, allowing them to handle the results and get any help as they best see fit.](#) If a student is taking a medication, Drug Free Club contacts parents to verify the medication and amount.

[Sign up ONLINE NOW!! The deadline is Monday, October 31st.](#)

ADVANCING OUR MISSION



MARK YOUR CALENDAR: NOVEMBER 19 LIGHT THE NIGHT FOR NDA!

Our fall fundraiser, *Light the Night for NDA*, is right around the corner! Keep an eye on your mailbox in the next few weeks for your invitation.

This night is our annual celebration of Notre Dame Academy and our mission of educating young women to make a difference in the world and a very fun and entertaining evening for our parents!

Please plan to attend *Light the Night for NDA* in support of Catholic education at NDA! If you are unable to attend, you can still support the event with a donation, event sponsorship, purchasing a raffle ticket (check out the awesome Bourbon Raffle below) and by bidding on the online auctions.

If you have any questions about *Light the Night for NDA* or you would like to get involved with a great group of parent volunteers who are planning the event, please contact one of our Co-Chairs, [Cindy Hemsath](#) or [Jennifer Lenihan](#).

We look forward to seeing you at Light the Night for NDA on November 19!



2 Lucky Winners

will be chosen at *Light the Night for NDA* on 11.19.22
1st winner gets first choice of one of these collections
2nd winner receives remaining collection
(Winners need not be present to win.)

\$100 per ticket



Scan QR code to purchase



HELP US REACH OUR GOAL OF SELLING 400 TICKETS!



W.L. Weller Collection

The ultimate collection from W.L. Weller (part of the award-winning Buffalo Trace Distillery) includes:

- W.L. Weller Single Barrel
- W.L. Weller C.Y.P.B
- W.L. Weller Full Proof Bourbon
- W.L. Weller 12 Year Old Bourbon
- W.L. Weller Antique 107 Bourbon
- W.L. Weller Special Reserve Bourbon

Sponsored by:



Pappy Van Winkle Prime Bundle

- Old Rip Van Winkle 10 Year
- Pappy Van Winkle Special Reserve Lot B 12 Year
- Pappy Van Winkle Family Reserve 15 Year



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

- Sisters of Notre Dame Hiring
- Important EdChoice Information
- Seeking student volunteers: Opportunity Day for Differently-abled Persons
- Cafeteria Managers Needed in Diocese of Covington
- Molly Mayer's Studio of Dance Registration
- Seeking Lower Tuition Payments?

Important dates

October 12	Super Day; no classes (ADJ)
October 13	Rosary in Chapel 7:45 a.m. Information Session for Prospective Families Alumnae Rosary in Marian Circle 12:50 p.m. All are welcome!
October 14	First Quarter Ends Rosary in Chapel 7:45 a.m.
October 17, 18, 19	Senior Retreat #1
October 21, 22, 23	Fall Play
October 24	Information Session for Prospective Families
October 25	Red Ribbon Week
October 26	Parent Teacher Conferences
October 28	CCH FR Halloween Dance
October 31	Halloween
November 1	No School: All Saint's Day
November 2	Remembrance Mass
November 3	NHS Induction
November 6	Open House
November 11	Mid quarter Mother/Daughter Dance at NDA
November 12	JR Retreat