



NOTRE DAME ACADEMY

Educating Women to Make a Difference in the World

Panda Press Weekly

December 8, 2021

THE *nda* LIFE

Dear Parents,

I hope your daughter is enjoying her day off on this Feast of the Immaculate Conception. This holy day of obligation is not just an important day in the Catholic church, it is an essential day in the Catholic church. The Immaculate Conception was the beginning of our salvation and is now one of the central doctrines of our faith stating that, *"The Most Blessed Virgin Mary was, from the first instant of her conception, by a singular privilege and grace granted by God, in view of the merits of Jesus Christ, the Savior of the human race, preserved exempt from all stain of original sin."* Today we celebrate the Feast of the Immaculate Conception to call attention to the significant place Our Lady has in the history of our salvation. We look to Mary as the ultimate example of what we can do if we put ourselves in God's loving and capable hands and we try to emulate her by saying "yes" to God's will.

It's hard to believe we are in the final week of classes before the end of the second quarter. Students and faculty are busy completing their semester work and preparing for exams. Our student council has done a terrific job decorating our school building with all sorts of holiday cheer to prepare us for the upcoming holidays.

Exams will be next week on Wednesday, Thursday and Friday. Information about exams can be found in the announcements below. Students are dismissed for the day at the end of the last exam. Please make sure your daughter gets plenty of rest and has a good breakfast for each exam day as it can be difficult to manage the stress of exams this time of year.

Please encourage your daughter to take time during this holy season of Advent for joyful preparation and peaceful reflection of the birth of our Lord on Christmas day. The second week of Advent is a great time to think about how we can become the best versions of ourselves in preparation for Jesus' coming.

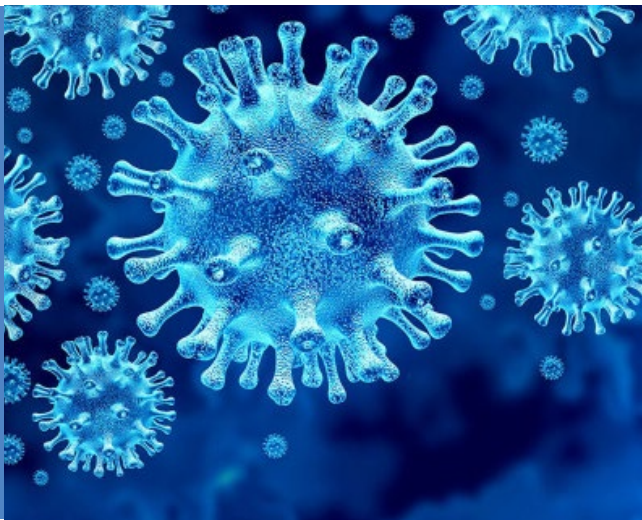
Have a great week!

In Notre Dame,

Mr. Jack VonHandorf



Have a great day and make good choices!



WEEKLY UPDATE

COVID-19

As of today, Wednesday, December 7, we have had 0 new reported cases of members of our community testing positive for COVID-19 within the last week. We have had 0 additional members of our community who are currently in quarantine due to a reported exposure to COVID-19.

As we move forward, please keep NDA updated on any COVID-19 related issues involving your family. In the event that someone in your household is being tested for COVID-19 or your daughter is exposed to or tests positive for COVID-19, please contact one of our school nurses, Tina Sizemore, RN. or Melanie Martin, RN., at 859.292.1843 | ndanurse@ndapandas.org.

FROM THE SCHOOL NURSES STAY HEALTHY!

Dear Parents,

Our first semester is coming to a close and it is important for our students to stay healthy while preparing for exams. Please talk to your daughter about how to stay healthy at exam time. You can use the talking points in the graphic to the right to kick off your discussion.

In the data released last week, Kenton County was in the **RED ZONE** at 38.5 - High Community Transmission (>25+ per 100K) therefore masks are required at NDA December 6 - 12, 2021. We will send an email to all students and parents this Friday afternoon to communicate the mask protocol for next week based on this Thursday's data released by the Kentucky Department of Public Health (KDPH) as per the [Diocesan COVID-19 Return to School Requirements](#). You can also find NDA's weekly masking protocol in our student bulletin.

We would like to thank you for your patience as we continue to do our best to protect the health and wellbeing of our students, faculty and staff while meeting our responsibility to educate our students and provide them with in-person instruction. We appreciate the cooperation of our NDA community as we respond to the constantly changing situations presented by COVID-19.

Tina Sizemore, RN.

NDA School Nurse

ndanurse@ndapandas.org

Melanie Martin, RN.

NDA School Nurse

ndanurse@ndapandas.org

HOW TO

Stay Healthy at Exam time

Remember these 5 keys to feel your BEST so you can do your BEST

- #### Prioritize sleep and rest

 - 8-10 hours/night
 - Boosts Immunity
 - Increases ability to think clearly and improves memory
- #### EAT to FUEL your brain and body

 - Focus on a variety of whole food sources of protein, healthy fats, and carbohydrates
 - Get plenty of fruits and vegetables, strive to eat the rainbow
 - Minimize processed foods, added sugar and caffeine
- #### Hydrate

 - Aim for half your body weight in ounces of water daily
 - Steer clear of drinks with added sugar, soda and juices which spike blood sugar and can wreak havoc on your health
- #### Minimize Stress

 - Remember to be kind to yourself and stay positive
 - Take breaks and make lists to stay organized
 - Have fun and rely on your support system
- #### Move your body

 - Any movement at all is better than none
 - Take a walk
 - Try a workout on YouTube
 - Dance with your friends

Thanks and Be Well,
-NDA School Nurses
Tina Sizemore, RN. and Mel Martin, RN.

Student Life



BE A VOICE FOR THE VOICELESS

2022 MARCH FOR LIFE: EQUALITY BEGINS IN THE WOMB

Saving lives, ending abortion and promoting a culture of life is why we march each year in Washington D.C. If your daughter would like to attend this important event on January 21, 2022 and be a voice for the voiceless please have her stop by Mrs. Van Auken's room #254 to pick up permission slip forms. We are taking one bus with 45 student spots so please do not hesitate. Forms and money are due together to secure a spot. If you have any questions please email Mrs. Theresa Van Auken at vanaukent@ndapandas.org.



**Emergency Shelter
of Northern Kentucky**
Life Saving. Life Changing

MAKING A DIFFERENCE

NHS SERVICE PROJECT

On Tuesday, December 14, students may be out of uniform to support the Emergency Shelter of Northern Kentucky. Students may pay \$3 or bring a donation to be out of uniform. Donations may include a pack of new socks, preferably tube socks, or gloves, which may be new or gently used.

HO HO HO!

HOLIDAY SHOP AT NDA!

Looking for a cozy Christmas gift for your Panda? Don't miss the Bambootique Spirit Shop's sale on blankets this week - all blankets are 15% off regular price. You can stop in at the times listed below or [shop online](#).

Bambootique Hours:

Open Daily (school days) 7 a.m. – 1 p.m.

Additional Holiday Hours:

December 4: 9 a.m. – 12 p.m.

December 6: 5-8 p.m.

December 15: 3:30 p.m. – 8:30 p.m.

December 17: 3:30 p.m. – 8:30 p.m.

December 18: 9 a.m. – 1 p.m.





A NIGHT TO REMEMBER

FRESHMEN SEMI FORMAL DANCE

Our freshmen had a wonderful time at their semi formal dance this past weekend! Thanks to everyone who helped make this such a memorable night for our freshmen!





WHITE CHRISTMAS SILVER BELLS DANCE

Our annual Silver Bells Dance is coming up on Saturday, December 11 from 8:00-11:00 p.m. **All students who plan to attend must [REGISTER](#) themselves and their guest, if they are bringing one, by TODAY, December 8, at 3:00 p.m.**

The cost is \$12 per person and must be paid by credit card at the time of registration. All attendees will be required to be at the dance by 8:30 p.m. and must stay until 10:45 p.m. unless they have a note from a parent. If you have any questions please contact Mrs. Wagner or Ms. Tucker. Thank you to our sophomores for all the work they are doing to put the evening together!



CAMPUS MINISTRY MORNING MASS

This week we will celebrate Mass in our beautiful *Mary, Mother of the World* Chapel at 7:20 a.m. tomorrow and Friday. All are welcome to join us!



2 WORK STUDY POSITIONS AVAILABLE WHAT'S FOR LUNCH?

We are moving toward more self-service in the cafeteria as we did prior to COVID-19. Once we have the necessary personnel to staff the cafeteria, we will be adding the salad bar and the use of trays back into our lunchtime routine. **If you are interested in working in NDA's dish room through our Work Study Program, (M,T,H,F: 8:30 a.m. - 12:30 p.m. | W: 8:30 a.m. - 1:30 p.m.) please contact our cafeteria manager at ndahr@ndapandas.org.** You can find NDA's lunch menu [HERE](#). Please note: the menu is subject to change as there are many shortages in the food industry.

PARENTS, please check your daughter's lunch account and to pay overdue balance as soon as possible.

EXTRA! EXTRA! READ ALL ABOUT IT! YEARBOOK NEWS

The 2022 NDA yearbook, *Make it Count*, is available for pre-order now at jostens.com. Order now for the special fall price of \$60.



FINE ARTS



SIGN UP TODAY

AUDITION TIME!

Sign up to AUDITION for *The Addams Family- A New Musical*.

Audition Times:

- Audition forms due before December 13
- Monday, December 13 from 3:30-6:30 p.m. at NDA (dance, singing, and monologues)
- Tuesday, December 14 at CCH from 3:30-6:30 p.m. (singing and monologues)
- Wednesday, December 15 at NDA (callbacks if needed)

Fill out the [AUDITION FORM](#)

Select an [AUDITION TIME SLOT](#)

If you are unavailable for any of the time slots (including dance call), please email smithja@ndapandas.org to schedule a different audition option.

For all of the information regarding auditions and technical/designer interviews visit the website [HERE](#).

MERRY CHRISTMAS!

FINE ARTS HOLIDAY FUN

Our Fine Arts Department at NDA has some wonderful opportunities coming up to help you get into the holiday spirit!

- School Day Christmas Concert - featuring the NDA Honor Choir, Panda Tones, and Dance Pandas: 12/10
- Christmas Band Concert - 12/12 at 3:30 P.M. in the Auditorium/ Spanish Stairs
- NDA faculty member and Panda Tones Choral Director Kelsey Chandler is performing in "Elf: the Musical" at the Covedale Center for the Performing Arts throughout the month of December! [CLICK HERE](#) for tickets! It's definitely a funny show for all ages!
- NDA Fine Arts Chair Matt Eckerle and his musical group "The Shadwell 5" will be performing at Rhinegeist on 12/5 from 4-7 P.M.!
- NDA Theatre Director Jackie Smith is house managing at the Playhouse for "Christmas Carol" so take the family and say hello to Ms. Smith.
- NDA alumna Kora Hammersmith is performing for the Festival of Lights this year!



ATHLETIC DEPARTMENT

Coupon Book Fundraiser Steps

FOLLOW THE STEPS BELOW

GET BOOKS

- 01** Pick up and sign for your books during homeroom on **FRI 11/19**

SELL BOOKS

- 02** Sell to family and friends \$25/book.

FILL OUT TALLY SHEET

- 03** Fill out tally sheet here with customer info including check and cash amounts collected

UPLOAD TALLY SHEET

- 04** Upload here MUST be an excel or google sheet.

TURN IN MONEY

- 05** Turn in your money marked with name **BY FRIDAY 12/17**

Questions? Email Myanna or Mrs. Colvin!

PANDA SAVINGS!

COUPON BOOKS

Remember Panda athletes, once you sell our coupon books, please fill out the [tally sheet](#) and upload [here](#) before turning in your money by **Friday, December 17**.



RIGHT ON TARGET! NDA PANDA ARCHERY

On December 3 and 4 the NDA Archery team hosted a tournament at NDA. There were 340 archers representing 15 schools who participated in the tournament. The Panda team score of 2980 included 65 tens. The Pandas were led by Keira Schneider at 274, Ellie Puglisi at 273, Megan Paolucci at 259, Natalie Lovell at 255 and Ella Weitzel at 254. A special thank you to all of our archers and parents for their assistance in making our tournament such a great event. The Archery Pandas will next shoot this Saturday at the Saint Henry Tournament. Archery Pandas Rock!



COUNSELING AND STUDENT SERVICES



TIME TO STUDY

MID TERM EXAMS

We will be having mid term exams starting Wednesday, December 15 - Friday, December 17. The schedule is linked below for your reference. You will need to reference your daughter's schedule in order to know what class is assigned to each exam slot. Please note that we will get out early each day.

PLEASE NOTE: In preparation for midterm exams, we have had additional Panda Prime Time in the past couple of weeks.

Please refer to the [NDA Student Parent Handbook](#) for more information about exams and NDA exam policy.

[Exam Schedule Fall 2021-22](#)



GSE APPLICATION PROCESS

GOVERNOR'S SCHOOL FOR ENTREPRENEURS

[Governor's School for Entrepreneurs.](#) (GSE) applications are NOW open to current Freshmen, Sophomores, and Juniors through January 24, 2022. Contact Mrs. Hildreth with your questions. GSE still has 4 virtual events via Zoom to showcase the GSE experience and dive into the application process. Find links to register [here](#).



GSA APPLICATION PROCESS

GOVERNOR'S SCHOOL FOR THE ARTS

ART FORM SPECIFIC WEBINARS

This is a chance for students to interact with faculty members in each art form about what they're looking for in GSA applicants. Q&A included; each session will be recorded and made available afterward on our website. Free, but registration will be required! [Please click here to view the schedule and register!](#)



ADVANCING OUR MISSION

HSPT REGISTRATION

INCOMING FRESHMEN ALERT

HIGH SCHOOL PLACEMENT TEST

The High School Placement Test (HSPT) is required as part of the admission process at NDA. All incoming freshman students interested in attending Notre Dame Academy must take the HSPT. The Diocesan-wide testing date for the HSPT is Saturday, December 11. There is a testing fee of \$20.00 that must be paid at the time of test registration. The deadline for registration is December 3, 2021. [2021 HSPT Registration Form](#)

#SUPPORTING OUR PANDAS

FILL THE GAP

\$2420



We recognize tuition is a significant, sacrificial expenditure for families; however, we ask for additional contributions to the school, specifically to the Annual Fund, because tuition is set at only 80% of the true cost of education. Each NDA student benefits from this tuition gap of \$2,420. Contributions to the Notre Dame Academy Annual Fund help fill this funding gap and allow us to continue to provide a premiere Catholic education to the young women of our community.

Please join us in our mission to educate young women to make a difference in the world by prayerfully considering a donation to the 2021-22 Notre Dame Academy Annual Fund. [CLICK HERE](#) to donate online.

Your gift will help “fill the gap” and ensure access to a Catholic education at NDA by directly supporting our students. Thank you in advance for your continued support of Notre Dame Academy!

Interested in becoming a Corporate Sponsor?

WORKING TOGETHER

CORPORATE SPONSOR PROGRAM

Would you or your business like to become an NDA Corporate Sponsor? As a sponsor of Notre Dame Academy, you are sending a message that your brand is strongly aligned with our mission to educate young women to make a difference in the world. Your corporate sponsorship supports and invests in the lives of young women and future leaders in our community.

As a corporate partner with us, you will also have the opportunity to showcase your product and increase exposure to local consumers. You will be featured at the three major fundraising events sponsored by Notre Dame Academy: The Women Making a Difference Luncheon, the Annual Golf Outing, and the Autumn Gala. Depending on the level of sponsorship, you will receive incentives such as foursomes of golf, tickets to the Women Making A Difference award luncheon and the Autumn Gala, and appreciation gifts.

Each level of sponsorship also includes marketing and promotional opportunities such as the NDA web page, the Panda Press Weekly Corporate Sponsor Spotlight and various forms of social media. As a partner with Notre Dame Academy, you will experience important business and corporate opportunities with other professionals like yourself.

For more information about how you or your company can become a corporate sponsor for 2022, please contact Denise Bowman, Director of Development at 859.292.1849 or bowmand@ndapandas.org. Special thanks to our NDA Corporate Sponsors for 2021!

COMMUNITY



NEWS

SHARING OUR

Community News

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

- Morning of Reflection
- St. Joseph Heights Work Study Positions available for Students
- Seeking Lower Tuition Payments?

Important dates

December 8

No School: Feast of the Immaculate Conception

December 9

Mass in Chapel 7:20 a.m.

December 10

Mass in Chapel 7:20 a.m.

Wear Christmas sweaters/accessories with uniform

In School Band and Choral Concert

December 11

HSPT and ACT at NDA

Silver Bells Dance

December 12

Band Christmas Concert 3:30 p.m.

December 13

Advent Mass

December 15-17

Midterm Exams

December 18

Christmas break begins

January 3

School resumes