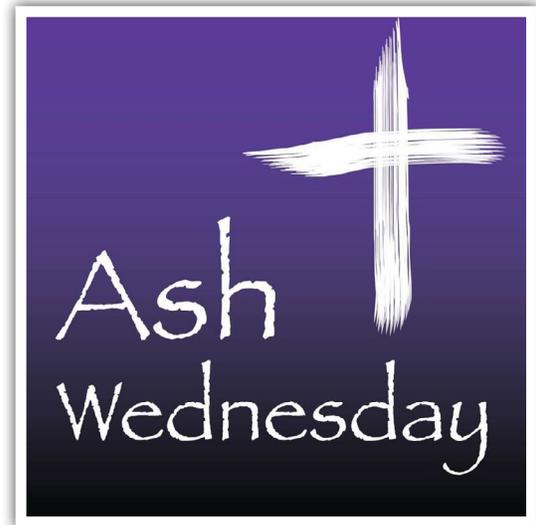




THE *nda* LIFE

## Dear Parents,

Today we begin our Lenten journey, a traditional time of prayer, fasting and almsgiving. This morning we celebrated with our annual Ash Wednesday Liturgy; praying as a school community that our hearts and minds can be open in a special way to God's presence in our lives during this holy season. We have much planned in the days to come to prepare ourselves for the gift of the risen Christ on Easter. It is important for us to remember that Lent is a special time offering each of us an opportunity to deepen our relationship with the God who loves us. It is our chance to take time out of our busy schedules to reflect on our lives and reach out to those in need. May this Lent be a special time of renewal of our faith!



Our calendar for the 2023-24 school year has been established. Please see a list of important dates below. More information will be posted on our website as other important dates are confirmed.

Special congratulations to our Aqua Pandas on finishing third in the KHSAA State Swimming & Diving Championships and to Basketball Panda, Noelle Hubert, for scoring her 1000th career point. You can read more about both of these stories below.

Please know that you are in our prayers throughout this season of Lent!

In Notre Dame,

Mr. Jack VonHandorf

## 2023-2024 SCHOOL CALENDAR

August 16	First Day of School
September 4	Labor Day
October 6	PD Day
November 1	All Saints' Day
November 22	PD Day
November 23	Thanksgiving Break
November 24	Thanksgiving Break
December 8	Immaculate Conception
December 21 - January 2	Christmas Break
January 3	School Resumes
January 15	Martin Luther King, Jr. Day
February 19	Presidents' Day
March 28 - April 5	Easter Break
May 23	Last Day of School
May 24	Graduation

# Ash Wednesday



# Student Life



## ALL ARE WELCOME MORNING MASS

We will be celebrating Mass in our chapel on Thursday at 7:20 a.m. in the chapel. All are welcome!

## CONGRATULATIONS

### PANDA WRITERS RECEIVE AWARDS

Congratulations to Megan McKeown and Angalea Wuest on their excellence in writing. Both young women have had a writing piece selected as a winner in the Thomas More University Words high school writing contest. Each of their pieces will be published in this year's issue of Words and both students are invited to attend TMU's Words celebration in April.



## TRADICIONES Y CULTURA!

### WORLD LANGUAGES NEWS

Sophomore Estella Reynoso Chun shared stories, pictures, and traditional clothing about Guatemala, where her parents originated. Her fellow Spanish 2 students learned about traditions and the rich culture of Guatemala. ¡Gracias, Estella!

Spanish 2 students also learned this week about Carnaval celebrations around the Spanish speaking world. We finished the lesson by making masks.





## 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!

## ROARING '20s

# PROM/AFTER PROM NEWS

We are excited for the 2023 Prom, which will be held on Friday, March 24 from 7:30-11:30 p.m. at Music Hall. The theme for this year's Prom is Great Gatsby/ Roaring '20s. The cost for Prom this year is \$70 and includes dinner, dancing, the shuttle bus (must register in advance), and After Prom. After Prom will be held from 11:15 p.m. - 2:30 a.m. at NKU's Recreation Center. All students MUST turn in the After Prom Form indicating whether or not they will be attending After Prom. To be fully registered from Prom students must have the following by Thursday, March 9...

- The online registration form (found [HERE](#))
- Payment (online or cash)
- After Prom Form (found [HERE](#))
- Table selections

If a student needs to arrive late or leave early for Prom or After Prom a written note from a parent would be required in advance. Again, we are looking forward to a great event this year. If you have any questions or concerns please feel free to contact Mrs. Kimberly Wagner at [wagnerk@ndapandas.org](mailto:wagnerk@ndapandas.org).

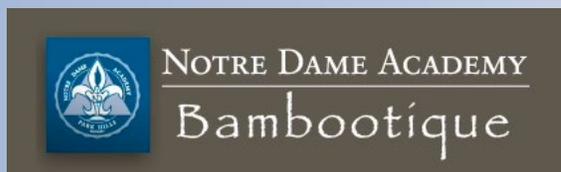


## PANDA GEAR

# BAMBOOTIQUE SPIRIT WEAR SHOP

Mrs. McLeod is celebrating this spring weather with a special deal in the Bambootique this week: Get an additional 10% off clearance items! Shop online [HERE](#).

**There's another way to get 10% off of your Bambootique purchases...** Volunteer to work in the Bambootique! Please sign up to volunteer [HERE](#).



## DIOCESAN SURVEY

# WHAT'S IN YOUR HEART?

This Lent, your parish will be conducting a survey on discipleship called the Disciple Maker Index (DMI), and they need to hear from you! As part of the diocesan With One Heart initiative, the survey will ask you to reflect on your own spiritual growth and on your parish's efforts to help you become the best disciple you can be. The information gathered will be used to plan for the future so your parish can become a more faith-filled, vibrant community. The greater the participation, the more reliable the information will be for effective decision-making. The DMI will be accessible online from February 22 through March 27 and will take 10-15 minutes to complete (paper surveys are available for those who need them). All responses will be confidential; the parish will only receive information about the community as a whole. Results will be shared with the parish in late spring/early summer. Check your parish bulletin, website, and listen for pulpit announcements for more information, or go to <https://covdio.org/WithOneHeart>. Take the Disciple Maker Index this Lent!



# ORDER YOUR YEARBOOK

## CREATE AN AD FOR YOUR SENIOR! YEARBOOK RECOGNITION ADS

Mr. Glynn and NDA's Publication students do an amazing job capturing the school year in our yearbook. Each publication is a wonderful keepsake for our students. Parents: don't miss out on the opportunity to order your 2022-23 yearbook, *Finding our Groove*, at [jostensyearbooks.com](http://jostensyearbooks.com).

Senior Parents, recognize your daughter with a yearbook recognition ad. You can read more details below:

**DEADLINE: 05/11/2023**

### Notre Dame Academy

Dear Panda Parents,  
Yearbook Recognition Ads are the perfect way to commemorate your senior's achievements, and revenues from Recognition Ads help our school create a better yearbook. To purchase your ad online, follow the instructions listed below. Jostens is responsible for our school's yearbook ad sales. Please do not contact or send materials to the school. All orders must be placed by 05/11/2023.

**ORDER YOUR YEARBOOK  
RECOGNITION AD TODAY!**



**ORDER BY 05/11/2023**

**COLOR AD**

Full Page	\$ 200.00
1/2 Page	\$ 120.00
1/4 Page	\$ 75.00
1/8 Page	\$ 45.00

\*Tax, service and delivery fee(s) will be added if applicable.  
\*Credit card installment plan available for orders of \$30 or more.

**IT'S EASY! Create your ad online at  
[www.jostensadservice.com/student](http://www.jostensadservice.com/student)**

- 1. Choose your ad size and layout.**
- 2. Enter your text and upload your photos.**

#### Important information about Yearbook Recognition Ads

- Our school reserves the right to edit ads per our guidelines.
- We retain the right to remove any explicit text, graphic photos or copyright-protected imagery or photos.
- For the ad to appear in the yearbook, your ad must be purchased by the order deadline.
- Color photographs uploaded for black-and-white ads will appear in black and white.
- We will make every effort to use your layout and text as indicated. A proof will not be provided and no changes can be made after purchase.

#### GUIDELINES SURROUNDING RECOGNITION AD CONTENT.

NDA reserves the right to edit ads per our guidelines. Please make sure all submitted materials are appropriate for school publication.

**EASY PAYMENT PLAN AVAILABLE\***

#### Frequently Asked Questions

**How are the ad prices determined and what is the money used for?**

Ad prices are determined by our school. The revenue from Recognition Ads helps support our yearbook and keep it affordable for everyone.

**How is the ad deadline determined?**

The ad deadline is set by our school based on the production schedule for the yearbook.

**Can I create my student's ad on my mobile device?**

Yes, yearbook ads can be created online from both desktop and mobile devices.

**Can I send my materials to the school?**

No, please do not send your materials to our school. Our school has selected Jostens to assist with our ad program. Please call our customer service number (800-358-0800) if you have questions or need assistance in creating your ad.

**More questions? Call Jostens at (800) 358-0800.**

**[www.jostensadservice.com/student](http://www.jostensadservice.com/student)**



*Jostens*

# WELCOME EDGAR!



Our favorite  
new volunteer!



# ATHLETIC DEPARTMENT



## 1000TH CAREER POINT! BASKETBALL NEWS

Congratulations to Noelle Hubert for scoring her 1000th career point during the district semi-final win over Beechwood last night!



## POST-SEASON SUPPORT OUR BASKETBALL PANDAS!

The Pandas will continue their post season run Thursday night at NDA versus Holy Cross at 7 p.m. Please come out and support your Pandas!



## REMAINDER OF SEASON SCHEDULE PANDA ARCHERY NEWS

Holy Cross High School  
Beechwood HS.  
Walton Verona HS.  
NASP STATE LOUISVILLE

Saturday Feb. 25 @ 9:00 a.m. & 10:00 a.m.  
Friday March 3 @ 5:00 p.m. & 6:00 p.m.  
Saturday March 11 @ 12:00 p.m. & 1:00 p.m.  
Friday March 17 (time to be determined)



**GREAT JOB PANDAS!**

## **AQUA PANDAS FINISH THIRD IN KHSAA STATE SWIMMING & DIVING CHAMPIONSHIPS**

Notre Dame Academy followed up their Regional championship by finishing third in the KHSAA State Swimming & Diving Championships. Sacred Heart Academy from Louisville won their 11th straight title and Lexington Catholic edged the Aqua Pandas for State Runner-Up 202-196.

The diving competition was Thursday 2/16 and the swimming competition was Friday 2/17 with prelims in the morning and finals in the evening. Both events were contested at the University of Kentucky's Lancaster Aquatic Center.

Top 16 finishers in the individual events were:

- Sadie Hartig (2nd in 500 freestyle and 12th in 100 backstroke)
- Lainy Kruger (1st in 200 freestyle and 100 breaststroke)
- Claire Monahan (13th in 200 freestyle and 5th in 500 freestyle)
- Riley Quinn (7th in 200 individual medley)
- Danaka Tucker (14th in 200 freestyle and 13th in 500 freestyle)
- Olivia Wallace (12th in 200 freestyle and 15th in 500 freestyle)

Top 8 relays were:

- 200 medley relay (4th - Sophie Anderson, Kruger, Quinn, and Hartig)
- 200 freestyle relay (4th - Monahan, Wallace, Quinn, and Hartig)
- 400 freestyle relay (4th - Monahan, Tucker, Wallace, and Kruger)

Lainy Kruger was named to the All-State team.

Other members of the State team included diver Brooke Hollenkamp and swimmers Andi Carothers, Marisa Kent, Sammie Poulos, and Peyton Quinn. Congratulations AquaPandas on a great season!

## RIGHT ON TARGET: PANDA ARCHERY NEWS

Last Thursday the Archery Pandas competed in the Community Christian Academy Tournament where the team shot 3049 which included 87 tens. The Pandas were led by Ava Boertlein at 282 (7th overall girl), Ellie Puglisi at 279, Keira Schneider at 276, Marisa Bloemer at 262 and Candace Stallmeyer at 252. Four Pandas shot their season high score: Marisa Bloemer by 27, Caitlin Minning by 25, Kathryn Weber by 9 and Jade Wachs by 1. On Saturday the team will compete in the Holy Cross High School Tournament at 9:00 AM and 10:00 AM. ARCHERY PANDAS ROCK!



# COUNSELING AND STUDENT SERVICES



## CELEBRATING BLACK HISTORY MONTH PANDAVERSITY

NDA and Pandaversity are celebrating Black History Month!

- Morning Prayers from our Campus Ministry Team
- Daily afternoon announcements with inspirational quotes from Black Americans
- Flyers illustrating important accomplishments of Black Americans throughout the school
- Spotify codes around the school showcasing Black artists
- Black musical Artists featured every Friday during lunch
- Timeline of Black History in America, from 1619 to the Present, on first floor hall way wall and running continuously in CLC



UPDATED!

## NDA PARENT TOOLBOX

NDA's counselors have put together some very useful tools for our parent [HERE](#).



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.

## ATTENTIONS JUNIORS

# JUNIOR COLLEGE INFORMATION SESSION

Tuesday, March 7 from 6:30 p.m. to 8:30 p.m. Notre Dame Academy is hosting a Junior College Information Session for junior students and parents. Dan Bisig from College and Beyond will be presenting on the do's and don'ts of navigating the financial aid world, how to complete the FAFSA, and what it takes for students to earn merit-based scholarships. Keith Ritchie from Kentucky Higher Education Assistance Authority will be speaking about KEES money, the difference between public and private colleges, scholarships, grants, work-study programs, and the types of loans available. Join us to learn more about navigating the finances of college! Reach out to Senior Academic Counselor, Erin Stanley ([stanleye@ndapandas.org](mailto:stanleye@ndapandas.org)), with any questions or concerns.



## STUDENT SERVICES AT NDA

### FROM NDA'S DRUG FREE CLUB:

## IS VAPING A PROBLEM?



IT IS NORMAL FOR TEENS TO DO SOME AMOUNT OF "EXPERIMENTING"  
- BUT WHERE IS THE LINE BETWEEN NORMAL EXPERIMENTATION AND PROBLEMATIC  
BEHAVIORS WHEN IT COMES TO VAPING?

<b>"NORMAL" EXPERIMENTATION</b>	<b>PROBLEMATIC</b>
<ul style="list-style-type: none"><li>● Occasional use</li><li>● Uses with friends</li><li>● Stops after a "consequence"</li><li>● Can easily stop</li><li>● Doesn't own a device</li><li>● Honest about use</li><li>● Rarely thinks about vaping</li><li>● Not identified by peers as a "user"</li><li>● Mood is stable</li><li>● Sleeps 7-10 hours/night</li><li>● Limited exposure to other substances</li><li>● Uses outside of school</li></ul>	<ul style="list-style-type: none"><li>● Daily use</li><li>● Uses when alone</li><li>● Continues using after consequences</li><li>● Struggles to quit or to not use</li><li>● Owns a device; buys supplies</li><li>● Lies</li><li>● Experiences cravings</li><li>● Has a reputation for vaping</li><li>● Mood disruptions</li><li>● Trouble sleeping</li><li>● Interested in other substances</li><li>● Vapes at school</li></ul>

# ADVANCING OUR MISSION

## MAKE YOUR RESERVATION BEFORE MONDAY WOMEN MAKING A DIFFERENCE AWARD LUNCHEON

NDA's 2023 Women Making A Difference Award Luncheon will be held on March 2, 2023, at the Northern Kentucky Convention Center. This event celebrates Notre Dame Academy graduates who have made significant contributions to their families and their communities through service, professional and philanthropic efforts. The Women Making A Difference Award Luncheon is open to all alumnae, corporate representatives and friends of NDA. Each year over 350 individuals attend this inspiring event.

Please join us for this celebration of our NDA mission. You can register online [HERE](#).

### WE ARE IN NEED OF EVENT SPONSORS FOR THIS EVENT

If you are interested in becoming an Event Sponsor, please visit our website [HERE](#) or contact Denise Bowman, Director of Development, at [bowmand@ndapandas.org](mailto:bowmand@ndapandas.org).



YOU ARE CORDIALLY INVITED TO ATTEND  
NOTRE DAME ACADEMY'S TWENTY-SECOND ANNUAL

## *Women Making A Difference*

A W A R D L U N C H E O N 2 0 2 3

**THURSDAY, MARCH 2, 2023**

NORTHERN KENTUCKY CONVENTION CENTER, COVINGTON, KENTUCKY

**11:00 A.M. REGISTRATION**

**12:00 P.M. LUNCHEON & AWARDS CEREMONY**

Honoring Notre Dame Academy Alumnae for the contributions they have made to their families, their communities, and beyond. We will also present the Sr. Reina Arlinghaus Award that is given to non-alumnae who are making a difference in our community.



### 2023 WOMEN MAKING A DIFFERENCE HONOREES



Sr. Marie Rose  
Messingschlager, CDP 1962



Emily Melching Michels  
1988



Erin Kern Timmerding  
1990



Bob and Diane  
Hoffer

### 2023 SR. REINA AWARD HONOREES



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

- Keep the Children in Your Life Safe Online
- Pro-Educational Choice Constitutional Amendment
- Dual Credit in Northern Kentucky
- Sisters of Notre Dame Ash Wednesday – Day of Recollection
- Sisters of Notre Dame Hiring
- Important EdChoice Information
- Seeking Lower Tuition Payments?

## Important dates

February 23	Mass in Chapel 7:20 a.m.
February 25	Junior Retreat
March 2	Women Making a Difference Day - early dismissal
March 4	8th Grade Conferences
March 7	Super Day
	Senior Mission Retreat
	JR ACT
	SO CERT and Ring Ceremony
	FR CERT
March 8	Blood Drive sponsored by Life Club
March 9	Third Quarter Ends
March 10	No School
March 13	School Officer Elections during homeroom
March 13	FR & SOPH - CincyShakespeare Play at NDA JR and SR dismiss early
March 14	JR & SR - CincyShakespeare Play at NDA - FR and SO dismiss early
March 15	SO Retreat at the Heights
March 16	National Latin Exam during classes
March 18	8th Grade Conferences
March 20	Body Peace Week begins
March 21	Panda Preview Night for incoming students
March 24	Prom at Music Hall - early dismissal