



THE *nda* LIFE

## Dear Parents and Guardians,

Last week's Catholic Schools Week was a meaningful celebration of our faith, community, and the values that define Notre Dame Academy. It was wonderful to see our students fully engaged in the week's events, embracing the traditions that make NDA such a special place.

One of the highlights of the week was PaNDA's Got Talent on Friday. It was remarkable to see so many students step forward to share their talents, and even more inspiring to witness the support they received from their peers. The encouragement and enthusiasm from the audience reflected the strong sense of sisterhood that is at the heart of NDA.

As we transition from Catholic Schools Week, we also turn our attention to the future. Scheduling for the 2025-26 school year is now underway. Molly Proudfit, Assistant Principal for Academics, has provided a detailed overview of the scheduling process to help guide students and families in selecting courses that align with their interests and goals. We encourage students to take advantage of the many opportunities available to them as they continue their academic journey at NDA. You can find that overview [here](#).

Thank you for your ongoing commitment to Catholic education and for allowing us to play a role in your daughter's formation. We are grateful for the trust you place in us and look forward to the months ahead.

In Notre Dame,

Mr. Jack VonHandorf



# NDA's GOT TALENT!



Catholic Schools  
United in Faith and Community



# CAMPUS MINISTRY



## PRAYER AND REFLECTION

### UPCOMING MASSES AND PRAYER OPPORTUNITIES

Notre Dame Academy invites students, faculty, and staff to take part in upcoming opportunities for prayer and spiritual reflection in the school chapel.

- **Morning Mass** will be celebrated at 7:20 a.m. on February 7.
- **Decade of the Rosary** will be prayed at 7:45 a.m. on February 6.

All are welcome to participate in these moments of faith and community as we grow together in our Catholic identity.

## FAITH FORMATION

### UPCOMING RETREATS

Notre Dame Academy invites students, faculty, and staff to take part. The Sophomore Retreat will take place on Tuesday, February 18 from 8:00-2:00 p.m. on NDA's campus. This is a required activity for all sophomores.

The 3rd and final Junior Retreat will take place on Sunday, March 2 from 10:00-2:00 p.m. on NDA's Campus. Juniors attending this retreat will receive more information as we get closer to that date.

The Senior Mission Retreat will take place on Tuesday, March 11. This is a one day retreat for all seniors. More information will be shared with parents in the coming weeks.



## ATTENTION FRESHMEN AND SOPHOMORES

### SERVICE HOURS DEADLINE APPROACHING

A reminder to all Freshmen and Sophomores that service hours are due on March 31. In order for the hours to count - they MUST be logged and verified on Mobile Serve by that date. Mrs. Price will be meeting with all Freshmen and Sophomores one on one in the next few weeks to see where they are with their service work and to help make a plan for completing their service work on time. A full list of requirements and a description of Blue/Gold Hours can be found [here](#). Any opportunities that are called into the Campus Ministry Office can be found [here](#) and are shared weekly with the students on the Padlet.

make a difference

# Student Life

## CATHOLIC SCHOOLS WEEK

### CELEBRATING TRADITION, LEGACY, AND SISTERHOOD

Catholic Schools' Week concluded with more themed fun and a celebration of the amazing talents of the students and staff at NDA.

Thursday the students dressed in patriotic attire supporting the USA. On Friday, the theme was generations. The freshmen were infants, the sophomores were grade school students, the juniors were parents, and the seniors were the elderly. The students had the option to purchase Chick Fil A for lunch which is always an amazing treat. We also enjoyed the many talents of the students and staff of NDA with our yearly Pandas Got Talent themed talent show. The Student Council along with the moderators (Ms. Hilbert and Mrs. Kroger) worked hard to solicit acts highlighting the gifts of our student body. It was a great end to an amazing week!



## FATHER/DAUGHTER

### SAVE THE DATE

This year's Father / Daughter will be held on March 8 from 7-10:30 at The Gardens of Park Hills. The cost will be \$37 per person with a potential price increase after February 21. Watch for a link to register coming soon!

The committee is already working hard to make sure this is a fun and enjoyable event for dads and their daughters. The event will include dinner, dancing, line dancing lessons, gifts for seniors, a photo booth, some games and hopefully some NCAA games live streamed. Be sure to save the date for Father / Daughter 2025 - Boots and Beauties!



## CELEBRATING OUR DEDICATED SCHOOL COUNSELORS

### NDA HONORS OUR COUNSELING TEAM DURING NATIONAL SCHOOL COUNSELING WEEK

This week we were pleased to highlight and thank our amazing school counselors during the National School Counseling Week sponsored by the American School Counselor Association. We are very fortunate to have an amazing counseling department who focus on the mental, emotional, and social well being of the students while also helping them to achieve school success and plan for a career. NDA is blessed to have Mrs. Monohan, Mrs. Stanley, Mrs. Maggard, and Mrs. Slone working tirelessly for our students' success.



LET'S GO PANDAS!

## PREPARING FOR VICTORY

Our students and faculty look forward to the annual volleyball game between NDA and CCH. They cannot wait for the chance to claim victory over Covington Catholic during this annual tradition. Unfortunately, due to scheduling conflicts, we could not schedule the game for the week of Catholic Schools Week. The game will be held on Wednesday, February 12 at 7:30 at NDA. The theme is camouflage - watch for more specifics regarding the attire for both the school day and the game.

To begin the evening, the teachers of NDA will take on the teachers of CCH, then, our varsity volleyball PaNDAs will take on some CCH students. The evening will end with our senior volleyball teams (led by Nadin Asad, Kate Laws, and Rylee Kleisinger) playing against CCH seniors. All of the proceeds of this fun event will benefit the Emergency Shelter of Northern Kentucky. We are happy to invite Mrs. Kim Webb (the Executive Director) to speak to the students prior to the game about the importance of this outreach opportunity.

TIME TO VOTE!

## LET'S HONOR OUR ATHLETES

Please be sure to vote for our Athletes of the Week. You can vote [here!](#) Please be sure to vote from your phones and vote once every hour.

**Amelia Stallard** – In two wins last week, she averaged 17 points, two rebounds, two assists, two steals and shot 71 percent from behind the three-point arc.

**Haley Pelstring** – She finished ninth in the Region 6 singles championship.

**Clare Herfel** – The freshman improved her times in the 200-yard freestyle (1:49.86) and the 500-yard freestyle (4:52.57) at the Region Seven championships, winning both events. She also swam on the winning 200-yard medley relay and 400-yard freestyle relay.

Thank you for helping to honor our athletes!

WINDOW OPENS FOR 2025-26 ELECTIVES

## STUDENTS AND PARENTS ENCOURAGED TO PLAN TOGETHER FOR NEXT YEAR

The course request window for selecting elective classes for next year in PowerSchool will open on Monday, February 10th, after school and run through the rest of the week. Parents and students are encouraged to work together during this important process to select the best options for next year. Detailed instructions on how to complete the course request process can be found on the NDA website by following the Resources > PowerSchool link.

<https://www.ndapandas.org/current-students/resources/power-school>



VOTE!  
VOTE!  
VOTE!

**IMPORTANT  
INFORMATION  
PLEASE READ**



## PANDAS IMPRESS AT ENTREPRENEURSHIP COMPETITION STUDENTS SHOWCASE INNOVATION AND EARN TOP HONORS

Last week 5 of our students participated in an Entrepreneurship competition at St. Xavier High School. They prepared presentations about innovative ideas to present to groups of judges. There were high schools as well as colleges from across the Northern Kentucky/Ohio areas present at the competition. Students were separated into two groups, one with Entrepreneurship classes and one with clubs at school. Ruth Maier, Lorna Knarr, Olivia Eibel, and Audra Schneider participated for the first time as a team and received many compliments on their confidence and creativity. Josie Bozeman competed for her second year and won \$500 for 2nd place after presenting in the final round. The next competition is in March. Congrats to our Pandas for sharing their entrepreneurship ideas!



## SENIOR GRADE LEVEL INFORMATION EXCITING EVENTS AHEAD FOR OUR GRADUATING SENIORS!

Senior year is full of unforgettable moments, and there's a fantastic lineup of events coming up for the Class of 2024-25! From special dances to graduation ceremonies, there's something for every senior to look forward to. Check out the full list of events and details on our website at the Senior Grade Level Information Page [HERE](#).



## PANDAS DOMINATE AT DISTRICTS ACADEMIC TEAM ADVANCES TO REGIONALS AFTER STRONG PERFORMANCE

Congratulations to Notre Dame Academy's Academic Team for an outstanding performance at the District 33 Governor's Cup! The Pandas showcased their academic excellence last weekend, earning top placements in multiple events.

Anna Blair, Abby Turnpaugh, Caroline Bohman, Sabrina Lemma, Blake Dougherty, and Bella McElwee dedicated themselves to a season of rigorous preparation, and their hard work paid off. Several students placed in district competition and will advance to regionals. Abby Turnpaugh, Caroline Bohman, and Ruth Maier placed in composition, while Anna Blair, Abby Turnpaugh, and Caroline Bohman qualified in their content assessment areas. A special congratulations to Anna Blair, who took first place in mathematics at the district level.



The Academic Team extends its gratitude to Mr. Hamm for his dedication in preparing the students and the Quick Recall team. The Pandas continue to send their thoughts and prayers for his recovery. Special thanks also go to Academic Team Coach Michael Cerimele, Mr. Stamm for judging the Governor's Cup, and Ms. Bezold for her guidance in composition. Way to go, Pandas!

# Survey Results...

## AFTER PROM

### SURVEY RESULTS

A link to an After Prom interest survey was in the Panda Press Weekly in December. There were 52 responses and only 12 responses expressing an interest in an After Prom event. As has been mentioned, we were working to reserve Silverlake: "The Family Place" since NKU was not available. We must have a minimum of seventy five students attend in order to make that event possible and we simply don't have the interest.

If there are other possible options that parents want to explore, we are happy to consider them, however we would also need a committee willing to help to plan and implement the event. Please contact Lisa Timmerding at [timmerdingl@ndapandas.org](mailto:timmerdingl@ndapandas.org) if you have suggestions, feedback or are interested in helping. Thank you!

## HOST FAMILIES NEEDED

### WELCOME GERMAN EXCHANGE STUDENTS NEXT FALL!

NDA is once again going to host international students from our sister school in Germany (Liebfrauenschule Vechta) for a portion of the 2025 fall semester. Four students will be experiencing the NDA Life for 9-10 weeks. The German students would love to be in the US to celebrate Halloween and Thanksgiving, so the girls would arrive in Mid-October and depart in the middle of December. These students speak English very well and are screened thoroughly by their school before they are allowed to apply for this exchange program. Please call or email Sammie Bezold, Foreign Exchange Program Coordinator, at [bezolds@ndapandas.org](mailto:bezolds@ndapandas.org)/859-292-1884, if you would be interested in more information about this opportunity. Your reply is not a commitment but would help us to know which families would consider supporting our international student enrollment by serving as host families.



## ATTENTION PARENTS AND STUDENTS

### YEARBOOK UPDATE

NDA's 2024 yearbook, 24 hOURS has not shipped to us just yet. We apologize for this delay and will continue to work with the printer to determine when they might be delivered. Thank you in advance for your patience.



## REPORTING ABSENCES

### ATTENDANCE POLICY

We have an attendance email for parents to call in a sick child or if a student is leaving early from school. Please use this email if your daughter is sick or needs to leave school early: [attendance@ndapandas.org](mailto:attendance@ndapandas.org). Remember you can always call the school office with any questions 859-261-4300.

PLEASE NOTE!



## ORDER A VALENTINE'S DAY T-SHIRT FOR YOUR PANDA SHOW YOUR PANDA LOVE THIS VALENTINE'S DAY

Looking for the perfect Valentine's Day gift? Surprise your favorite Panda with a special Valentine's Day T-shirt! This festive and fun shirt is a great way to show your NDA spirit and spread some love this season.

Don't miss out—order yours today [HERE!](#)



### DELICIOUS NEWS!

## WEEKLY LUNCH MENU

A hot lunch and salad bar will be available for purchase each day at our NDA cafeteria. You can find a menu price sheet as well as this week's lunch menu [HERE](#).

### LIVE TRAINING DATES

## VIRTUS

If you are new to Virtus and need to attend a live training, here are some opportunities:

### **Diocesan Curia, Bishop Howard Memorial Auditorium, 1125 Madison Avenue, Covington, Kentucky.**

- \* \* Thursday, February 13, 2025 - 9:00 AM - 11:30 AM
- \* Wednesday, February 13, 2025 - 6:00 PM - 8:30 PM
- \* Wednesday, February 26, 2025 - 9:00AM - 11:30AM
- \* Wednesday, February 26, 2025 - 6:00PM - 8:30PM
- \* Tuesday, March 11 - 9:00AM - 11:30AM
- \* Tuesday, March 11, 2025 - 6:00PM - 8:30PM
- \* Wednesday, March 26, 2025 - 9:00AM - 11:30PM
- \* Wednesday, March 26, 2025 - 6:00PM - 8:30PM

### **Diocesan Catholic Children's Home, Ft. Mitchell, Kentucky.**

- \* Tuesday, March 4, 2025 - 6:30PM - 9:00PM

### **Bishop Brossart High School, Alexandria, Kentucky.**

- Wednesday, January 15, 2025 - 6:00 PM - 8:30 PM

Remember: To be Virtus compliant, you must read and answer the accompanying question on the monthly bulletins. You should receive an email with a link the first week of each month.





# ATHLETIC DEPARTMENT

## FROM THE DESK OF THE ATHLETIC DIRECTOR



### **Archery**

Congratulations on a solid bounce back this weekend with our team score of 3,152! There were a number of teams from our region participating in this tournament so we got a good idea on the competition we will be facing in the KHSAA postseason. The competition is really heating up. We only placed 1 in the top 10 and 2 in the top 30 of high school girls. The good news is that our top 7 were all in the top 43! We had 2 girls with PRs and six girls shot their season high this weekend!



### **Basketball**

Basketball had a very successful week and a busy week this week! On senior night against Conner with wins for all three teams. They turned around and played Copper the next night, Saturday, where they lost a close game. The JV team plays on the February 9 for the Championship! Tonight the team takes on Holy Cross at Holy Cross. On Thursday they will play at Ryle at 6:00. They depart Saturday to play against Henry Clay at 1:00/2:30.

### **Indoor Track and Field**

We had another strong showing at our Meet this past weekend at Centre College. We loved seeing everyone's competitive spirit and togetherness throughout a longer Meet. The main message we shared during the Meet was having a 'growth mind-set'.

Special congratulations:

- Norah Barker for breaking our 'one week old' 800 meter Indoor School Record! This of course was held by Cam Kirtley.
- Sadie Yapp and Ella Petzelt for competing in their first Track and Field Meet for NDA! Both Sadie and Ella ran tremendous times in their first ever Meet.





# AquaPandas Win Region 7 Championship!



## Swimming and Diving

### AquaPandas are Regional Champs!

Congratulations to the AquaPandas, who swam and dove their way to their third straight Region 7 Championship! The diving competition was held on Tuesday, January 21, at the Ralph Wright Natatorium (University of Louisville), while the swimming competition took place over the weekend at the Kenton County Aquatic Center (Scott HS).

Special congratulations to Clare Herfel, who was named to the All-Region Team and voted Girls Swimmer of the Meet! Joining Clare on the All-Region Team were Sadie Hartig and Abby Carnes. The team was also honored with the "Team Sportsmanship" award, voted on by the Region 7 coaches.

Also, Coach Jamie Kelly was named 7th Region Coach of the Year!

#### Top 16 Individual Finishers

- McKenna Bien – 50 Free: 2nd, 100 Free: 3rd
- Savannah Bien – 1-Meter Diving: 2nd
- Abby Carnes – 200 IM: 4th, 100 Back: 2nd
- Andi Carothers – 50 Free: 12th
- Reaghan Connelly – 200 IM: 9th, 100 Breast: 7th
- Ava Deegan – 100 Fly: 6th
- Marcy Franxman – 100 Free: 14th
- Tara Gibson – 100 Breast: 15th
- Caroline Gollar – 100 Breast: 16th
- Lily Graham – 1-Meter Diving: 11th
- Elsie Hanks – 100 Fly: 7th, 100 Back: 15th
- Sadie Hartig – 200 Free: 2nd, 500 Free: 2nd
- Clare Herfel – 200 Free: 1st, 500 Free: 1st
- Kat Heuker – 1-Meter Diving: 14th
- Marisa Kent – 200 IM: 12th, 100 Back: 8th
- Makayla Kleman – 50 Free: 11th, 100 Free: 9th
- Charley Koehl – 100 Back: 12th
- Peyton Quinn – 50 Free: 13th, 100 Breast: 14th
- Danaka Tucker – 200 Free: 6th, 500 Free: 5th
- Liv Wallace – 200 Free: 4th, 500 Free: 4th

#### Top 8 Relay Finishes

- 200 Medley Relay (Carnes, Hartig, M. Bien, Herfel) – 1st
- 200 Free Relay (Quinn, Wallace, M. Bien, Carnes) – 2nd
- 400 Free Relay (Herfel, Wallace, Tucker, Hartig) – 1st

#### Next Up

The AquaPandas now shift their focus to the State First Round (Swimming) at the Kenton County Aquatic Center on Saturday, February 8. Qualifiers will then advance to the State Finals, with diving on Thursday, February 20, and swimming on Friday, February 21, at the Lancaster Aquatic Center (University of Kentucky).

Best of luck at State. Go AquaPandas!

# COUNSELING AND STUDENT SERVICES



ENTER TODAY

## DRUG FREE CLUBS OF AMERICA SCHOLARSHIP CONTEST



The yearly Drug Free Club Scholarship Contest has opened for the 2024-2025 school year! The contest is open to any Drug Free Club member and requires a completed application form (very short) and a one page essay answering the prompt provided. Entries must be submitted to Mrs. Maggard by February 24th at 11:59 pm. Top NDA entries will be sent to the DFCA group and they will decide on a top \$2,000 winner, one \$1,000 runner up and four \$250 finalist awards. View the application and essay prompt at the [link here](#). Please direct any questions to counselor Erin Maggard at [maggarde@ndapandas.org](mailto:maggarde@ndapandas.org).

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.



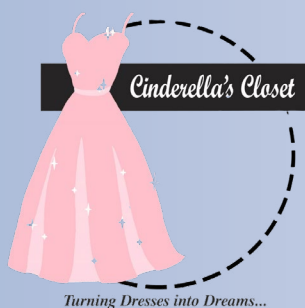
USEFUL INFORMATION

## IDEAS FOR GETTING GOOD SLEEP

Most of us are aware of how important a good night's rest can be, but putting that awareness into practice is easier said than done, particularly for our teenagers. [Read this short article](#) from the American Counseling Association about how good sleep and good mental health go hand in hand. They also provide ideas at the end for how to implement good sleep that you can pass along to your teen (or use for yourself)!

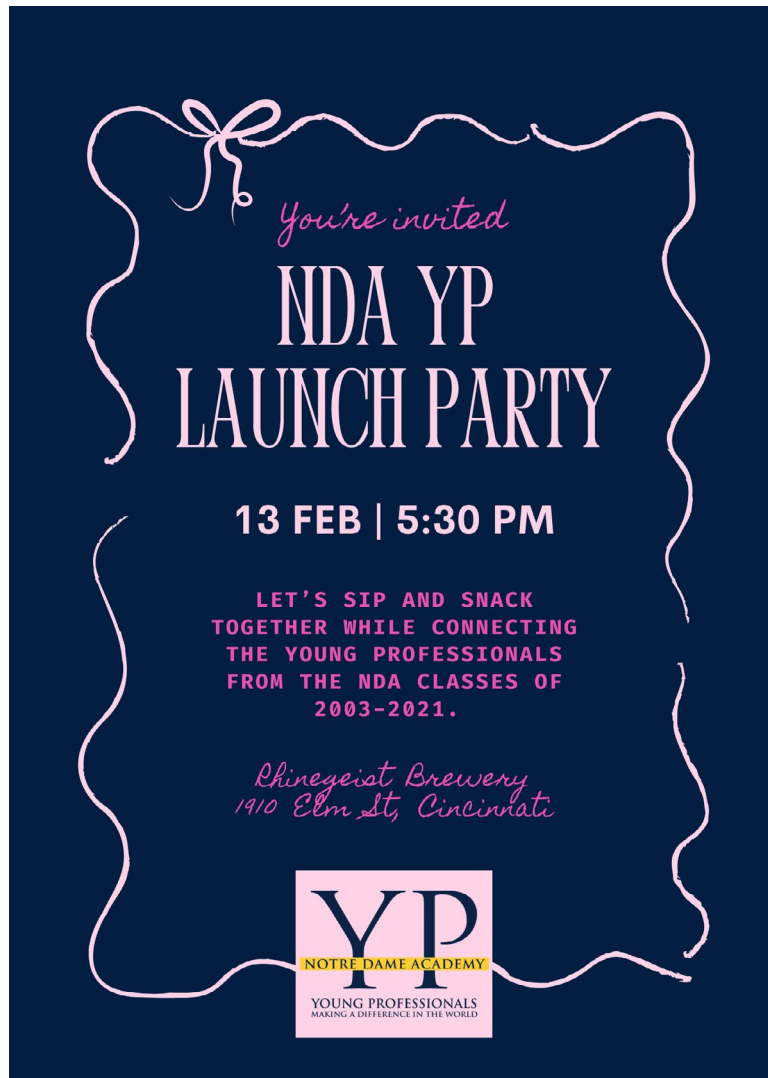
PROVIDING PROM ATTIRE

## CINDERELLA'S CLOSET



Cinderella's Closet is a wonderful organization that assists Junior and Senior students who may not have adequate funds to attend prom by providing them with free dresses and accessories. This organization pairs every student attendee with a "fairy godmother" to help select her dress and accessories. The closet will be located at NKU this year, and open on Friday March 14 and Saturday March 15. Appointments must be made by the school counselor in order to attend. If you believe your daughter would benefit please reach out to counselor Erin Maggard at [maggarde@ndapandas.org](mailto:maggarde@ndapandas.org). Cinderella's Closet does benefit from donations of gently used Prom attire. If you are able to donate, check out [this link](#) to see where you can drop off donations.

# ADVANCING THE MISSION



ALUMNAE INVITED TO CONNECT, NETWORK, AND GROW

## NDA LAUNCHES YOUNG PROFESSIONALS GROUP

Notre Dame Academy is launching a Young Professionals group for those who graduated from 2003-2021! The mission of this YP Group is to create a supportive network where young professionals can connect, share experiences, and offer guidance as they navigate the early stages of their careers. We will host networking events, professional development workshops, and social gatherings tailored to the needs and interests of young alumnae. We are excited to have our official YP Launch Party on February 13th at Rhinegeist Brewery (1910 Elm St, Cincinnati, OH 45202) starting at 5:30 PM! Please RSVP [here](#) and if you have any questions, please feel free to reach out at [mcallisterf@ndapandas.org](mailto:mcallisterf@ndapandas.org) or 859.292.1827.



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

- St. Tim's Mission Trip
- Hero Night

## Important dates

February 7	Mass at 7:20 in the Chapel - All Are Welcome!
	Mid-Quarter
February 12	March for Life in Frankfort
February 17	NO SCHOOL - Presidents' Day
February 18	Sophomore Retreat
March 2	Junior Lent Retreat
March 6	Service Fair
	Women Making a Difference Luncheon
March 7	End of 3rd Quarter
	Spring Sports Pep Rally
March 8	8th Grade Conferences
March 11	Super Day
March 14	NO SCHOOL - Professional Development Day
March 22	8th Grade Conferences
	Orange and White - SUA
April 17 - 25	NO SCHOOL - Easter Break
May 22	Last Day of School
May 23	Graduation