

PROGRESS

November

2022

No. 116

NHDS

"A Community of FAITH, KNOWLEDGE and SERVICE "



On Friday, September 30, Notre Dame welcomed back its alumni from years past as it celebrated Homecoming. At half-time, Abigayle Daigle was crowned Notre Dame's 2022-2023 Homecoming Queen by Notre Dame's 2013 Homecoming Queen, Annie Boudreaux. Abigayle has been involved in numerous school groups including campus ministry, yearbook, Beta and cheerleading.





message from the ADMINISTRATORS

November 1, 2022

Dear ND Family and Friends,

As we enter November, we begin the Season of Thanksgiving. What a wonderful time of year when our hearts and minds are filled with gratitude and recognition of God's countless gifts to us. Research supports the hypothesis that an "attitude of gratitude" is linked to a feeling of general well-being, satisfaction and even longevity of life. We are thankful for this time of year and for the special opportunity it affords us to express our love. One suggestion is to make an effort to start/end each day, as a family, acknowledging someone for whom we are thankful. In this way, we model a grateful heart for all those whose lives we touch.

In a special way during this season of gratitude, please pray in thanksgiving for our Chancellor, Father Brent Smith, and for each of the priests on our Board of Pastors: Father Mikel Polson, Father Jonathan Janise, Father Arockia Doss, Father Paul Broussard, Father Jude Thierry, and Father Michael M. Sucharski. We pray in gratitude for all the associate priests and deacons who are so generous to our school. We are also grateful to our Religion teachers, and all our teachers and staff, who model our Catholic faith and assist in the formation of our students. And last, but never least, we are grateful to our loyal supporters whose love and generosity have helped NDHS fulfill its Mission for 55 years!

November 1st is ND Day when we host the 8th graders in our feeder schools and interested students from public schools. In the evening, we have an informational program for parents. If you have relatives or friends who are discerning Catholic education for their child, please encourage them to consider Notre Dame High School of Acadia Parish.

Looking ahead: Mid-term exams will be given December 19th-22nd--prior to the Christmas holidays and must be taken according to the assigned schedule unless approved by the administration prior to the start of exams. Students will take two exams with noon dismissal the first three days and then the final exam on the 22nd with dismissal at 10 AM. Reminder: All financial accounts must be current prior to the start of MT exams. Questions? Contact Juli via email at: <u>bookkeeper@ndpios.com</u>.

As we approach the special seasons of Thanksgiving and Christmas, may we be ever mindful of God's abundant blessings in our lives. We wish you, and your family, health and joy throughout this holiday seasons.

Blessings,

Ciney Dr. Atro

CALENDAR HIGHLIGHTS

/	Notre Dame Day-8:45a
	Parent Social-6pm

11/4 ... Football vs. Welsh

11/11 ... Jeans Day

11/14 ... Progress Reports

11/21-11/27 ... Thanksgiving Break

11/29 ... Giving Tuesday



COUNSELOR'S CORNER

PROTECTING YOUR TEEN ONLINE

Millions of our young people are online every day, connecting with friends and using social media. And they have lots of ways to do it, including computers, smart phones, and gaming systems. While staying in staying in touch with friends and family, partnering on school projects, and gaining useful technical skills are some of the benefits, there are also clear risks. These can include exposure to violent, bullying and hateful speech, predators and scammers, aggressive advertising and even pornography. Research has also shown that being online too much can also lead to internet addiction and inadequate sleep. The fact is, teens are still developing physically, socially and emotionally. To be safe, they need help. Tips for Child's Online Safety:

1. Talk about electronic communication.

Keep open lines of communication with your teen, especially with regard to health and safety risks-for example, drugs, sex, and electronic communication. Listening to your child is important in creating a climate of openness.

Help your teen understand how the online world works.

The online world connects people instantly and all over the globe. It can also put people's safety and privacy at risk-at a single touch. Teach your child that he/she loses control of what they sends or posts. A friend could forward a message or photo to anyone. Also, family members, school officials, coaches, even police-can end up seeing things your child may not expect them to see.

3. Monitor sites and mobile apps your teen uses.

Inform your teen that it's important for you to know that they are visiting sites that are appropriate and safe. Know what sites they visit. If you think a site may not be right for your teen, consider blocking it. 4. Set some rules.

Have rules/guidelines that cover:

* which sites are ok

* online friends- limit close contacts on social networking sites to people your teen actually met in person

* online time- Too much screen time is unhealthy. Consider collecting your teens smartphone at night to ensure he/she gets enough sleep

5. Teach them what not to share.

Make sure they keep personal information offline, including address and phone number, school name, credit/debit card numbers and passwords, and social security number. Scammers and predators are searching for this information.

6. Say no to sexting.

Sexting is sending, forwarding or getting sexually explicit messages, photos, or videos. This is extremely common among teens, and there can be legal consequences.

7. Create smart passwords

A smart password is only one that your teen knows (it's ok to share passwords with parents, but not friends) and does not contain identifying information, such as name, gender, town, school or email. 8. Use privacy setting.

Social media sites have settings that allow you to adjust how much privacy you have. Be sure the privacy settings on your child's account(s) are set as high as possible. Show your child how to find and select these settings-or do it yourself. Recheck them from time to time.

9. Have a "no strangers" agreement.

Online people are not always who they claim to be. Have an understanding with your teen that he/she will never have a face-to-face meeting with a stranger they met online. Or, if you do allow a meeting, insist that you are there too.

10. Consider using parental controls.

Face-to-face talks and hands-on reviews of your child's social media profile, friends lists, and Web site visits tend to work better than software solutions. Take the time to take a look!

11. Discuss how to handle cyberbullying.

Cyberbullying is when someone uses electronic devices to lie about, embarrass or threaten another person. Based on your child's situation, your advice will vary.

Examples:

* Perpetrator- Don't pick on others. Words can hurt! Jokes and sarcasm can come across wrong online.

* Bystander - Doing nothing, either online or in person, can be just as bad as bullying itself. Try sticking up for the victim or have your child report it to you or another responsible adult.

* Target (victim)- If you are bullied, have them tell you or another responsible adult right away. Try to block the person bullying from contacting your child online.

Reporting Concerns:

You can report violent or threatening material, child pornography or sexually explicit messages to law enforcement.

ACT@ ND December 10

Register at act.org by November 4th to avoid late fees.

IMPORTANT INFO



RELIGION NEWS

It's hard to believe that we are already in November! The cold fronts are arriving with greater frequency and seem to be extending their stays. The clocks are about to be turned back and the nights will begin to seem shorter. And in two short months we will welcome in a New Year!

This past month was certainly an eventful one here at Notre Dame! Our fall sports are in full swing heading into the playoffs, our students were out and about in the community for Homecoming, and we just wrapped up a weeklong Rosary Congress here on Campus!

Looking ahead, we of course are mindful of Thanksgiving just around the corner. As Catholics, giving thanks is not only something "good" to do, but it is a necessary part of our faith. Many of us have learned from a young age that the celebration of the Eucharist at Mass is the greatest form of prayer we can offer. The word Eucharist itself means thanksgiving.

However at the heart of each Mass, we speak about the importance of truly giving thanks. The priest asks us to "lift up our hearts" and we "lift them up to the Lord". He then proclaims "let us give thanks to the Lord our God" to which we respond, "it is right and just". Immediately following this response the priest prays, "It is truly right and just, our duty and our salvation, always and everywhere to give you thanks".

As Christians and Catholics, giving thanks, especially to God, is not just good manners. It is a necessary part of our salvation. That we turn to the God who gives us everything that we have, that we acknowledge His provision in our lives, and that we thank Him for His goodness, His love, and His mercy. In doing so, we bring ourselves into right relation with Him and continue to remind ourselves of our dependence upon Him each and every day.

Let us pray that this month would be one filled with thanks, thanks to God for the many blessings (both seen and unseen) that He bestows upon us, each and every day.

In Christ, Notre Dame Religion Department



Pio News

Notre Dame Day will be held on Tuesday, November 1 from 8:45a-1:00p. This is a day set aside for 8th graders to visit ND to see what our school has to offer. We will host a parent information social at 6pm that same evening.

If you know of a first-time Notre Dame parent who would like for their 8th grader to attend or would like to set up a personal visit, please have them reach out to Mandy Miller at 783-7143.

Please be advised that NO STUDENT will be allowed to take mid-term exams if tuition is not current THROUGH NOVEMBER (diocesan policy).

Tuition

#iGIVECAHO

NDHS Library collects Community Coffee labels. Would you please help us collect enough labels to help pay for databases? No amount is too small. This is an easy way to support our library. Many thanks to those of you who participate. Every little bit helps!



stay tuned for more information on how to give...

N° 5

NGTUESDAY[®]





Congratulations to our seniors who recently received their academic sweaters and athletic jackets! Thank you for your committment to excellence! Your hard work in the classroom and in athletics has paid off!





Congratulations to these seniors on a well-deserved achievement in academics and athletics! Receiving All-Academic Composite Scholar Athlete honors for maintaining a 4.0 GPA are (seated, I-r): Cameron Fusilier-football, Tripp Mixonfootball, Collin Moody-football, Annabelle Pitts-volleyball.

Receiving All-Academic Scholar Athlete honors for maintaining a 3.5-3.9 GPA are (standing, I-r): Thad Bertrand-football, Dawson Doucet-football, Ryan Gossfootball, Alli Gray-volleyball, Olivia Hensgens-volleyball, Hunter Leonards-football, Teddy Menard-football, Aidan Mouton-football, Jack Viator-football

BUY YOUR YEARBOOK AD NOW!

Yearbook will be selling ads from October through December. If any parent/family member/friend would like to purchase a personal ad for your favorite student, please contact a yearbook member or Mrs. Vidrine at ovidrine@ndpios.com.

If any local company/group/organization/church would like an ad, and they did not purchase an ad last year, they should contact a yearbook member or Mrs. Vidrine at ovidrine@ndpios.com. Girls can begin wearing the official navy school pants on November 1 thru February 28. These can be purchased at Crowley Sewing Center and must have the round ND seal on the back, right pocket. If you have any questions, you can find the answer in the handbook - page 35



Members of the 2022-2023 Notre Dame Homecoming Court!

Seated, l-r: Ellie Bourgeois, Graci Alleman, Abigayle Daigle-Queen, Olivia Hensgens-1st Maid, Reagan Savant, Meredith Smith. standing, l-r: Julia Guinn, Olivia Guidry, Ann Louise Cramer, Ella Boudreaux, Alli Gray, Kaitlyn Constantin, Amelia Gray



BIRTHDAYS

Happy Birthday!

- 2- Aiden Leonards 2- Aidan Mouton 2- Alli Mouton 5- Olivia Hensgens
- 6- Noelle Dorr 7- Annalise Maloz
- 8- Jackson Link
- 13- Zachary Mixon
- 15- Anna Kirsch
- 15- Ellen Cormier
 - 6- Mrs. Diana Ronkartz 9- Mr. Terry Gros

- November 2022
- 15- Claudia Kibodeaux
- 17- Eli Adams
- 17- Luke LeBlanc
- 17- Jake Brouillette
- 17-Marie Thibodeaux
- 18- Riley Shuff
- 19- Ella Boudreaux
- 19- Nicholas Vondenstein
- 20- Evan Dauphine
- 20- Tesie Burleigh
 - 19- Mrs. Donna Fruge 30- Ms. Angie Bertrand

- 21- Hayden Boudreaux
- 23- Olivia Guidry
- 25- Maddox Andrepont
- 25- Boyd Boudreaux
- 26- Ava Foreman
- 27- Matthew Mixon
- 28- Adelynn Sonnier
- 28- Sam Lewis
- 28- Sophie Koemhoff
- 29- Haley Rivette

NOTRE DAME HIGH SCHOOL BUILDING RENOVATIONS

Saturday, October 29, 2022

Rayne Civic Center Doors Open 6pm | Performance 7pm Adults Only | Casual Dress

Learn more and buy tickets!



Thank you to our event sponsor

