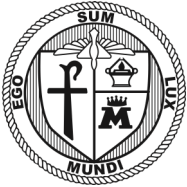




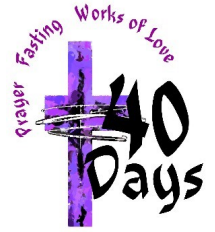
Sister Mary Walter Hickey, RSM
President



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Preparation for special events is an important part of living. Birthday parties, a family reunion, a wedding – all are carefully and lovingly prepared. Actors and actresses spend months rehearsing, athletes and coaches spend long hours practicing and Christians spend Lent preparing for Easter.



When we reflect on important events in our lives, sometimes we spend more time preparing on special events than on the event itself. President John F. Kennedy noted this phenomenon in his inaugural address when he said, “our work will not be finished in the first hundred days, not in the first thousand days, not in the lifetime of this planet, but let us begin.”

And so it is in preparation – the yearning and the quest for an event are important.

So it is with Lent. None of us will arrive at Easter as perfect persons. Sometime we are urged to give up something during Lent, and other times we are encouraged to do something positive for Lent. Whatever we decide to do, let us begin. Our prayer for you is that you take time to prepare during Lent for the glorious resurrection of our Lord on Easter.

- Sister Mary Walter Hickey, RSM - President Emeritus

FROM THE PRINCIPAL’S DESK —

Kids of all ages count down the days until Christmas, but I don’t know of anyone who counts down the days until the start of Lent....other than people down in Louisiana celebrating Mardi Gras. Catholics who have given up sweets or other daily indulgences seem to become increasingly grumpy over the course of forty days in addition to the non-Catholics who suffer by being in their presence.

In last year’s March edition of the Crusader Connection, I made mention of Matthew Kelly’s “Best Lent Ever” program. I had almost forgotten about it this year until I received a reminder in my email. Life can be overwhelming. Even the best plans—or perhaps even New Year’s resolutions that may already be forgotten—can easily be swept aside. If you aren’t familiar with Mr. Kelly, I encourage you to go to Dynamic Catholics’ website or simply Google, “Best Lent Ever” and check it out. You do not have to be Catholic, and it does not cost a cent. You simply sign up through the website to begin receiving daily emails throughout the Lenten season with short inspirational videos, practical tips for your life, and personal stories.

This year, students were asked to write down either something they plan to give up for Lent or something positive they plan to give of themselves. We have them posted on the bulletin board as a constant reminder of our pledges.

God bless you all during this Lenten season.

Deborah Franklin, Head of School

PS- To fill the void of giving up something during Lent, I suggest you treat yourself to reading The Last Catholic in America. In this easy read, John R. Powers provides a humorous account of what it was like growing up in a Catholic church in 1950s Chicago.



SPRING RECESS

April 15 – 19
NO SCHOOL



7TH & 8TH GRADE NEWS —

In January our talented cafeteria kitchen staff started serving breakfast before school, and it took off slowly. After midterms, as we settled into spring semester, a new meal began to evolve—the Hobbits discovered our unofficial SECOND BREAKFAST! The junior high kiddos have study hall period 3, 9:56-10:36, and they are hungry. The cafeteria offerings started out as the left-overs from first breakfast, and now, by popular demand, we offer a selection from blueberry, chocolate chip, carrot cake, and cinnamon streusel muffins, cinnamon rolls, as well as a hot item, bagels, and cereal. All are delicious and we are so grateful to our kitchen staff: Mrs. White, our cook, Mrs. Russo, Mrs. McKay, and manager Mrs. Simpson. Never let it be said that we do not respond to our students' needs.

Practice, practice, practice—can you believe that SPRING sports have started? Whether you have ever participated in athletics or not, I'm sure we can all agree that practice improves skills—for sports, shoe-tying, reading, math problems, and even test-taking.

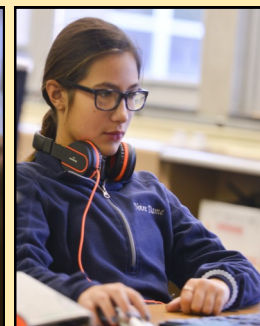
As you may know, high school students in New York State take Regents exams at the end of certain major high school courses to earn credit towards their high school diplomas. Regents exams are often a student's first experience with a one-day high stakes test and nervousness abounds. The best way to prepare for tests like these is to practice, and the NYS Tests in English Language Arts and Math are perfect opportunities for our students to gain confidence and get that practice. We are counting on all of our students taking these tests. On April 2-3 students will take the English Language Arts Test. The Math tests will be given on May 1-2, during the school day, for all 7th and 8th graders who are not taking a Regents (high school) math course. Besides giving students practice, these tests are very useful in helping us to identify gaps in learning, so that we can help remedy those gaps. This year's tests have been shortened to 2 days each. Like last year, the tests do not have limited time, as long as the student is working productively. If you have concerns about these tests, please do not hesitate to contact me.

Our 8th graders participated in the NAEP testing on Friday, March 5. NAEP is a branch of the US Department of Education that produces the Nation's Report Card, a program comparing private and public school achievement. Each participant earned community service hours, had an experience with a test given on a tablet, and had another opportunity for practice with a national test. We, and you, should be proud of how well our students cooperated with the test administrators. All 5 NAEP personnel told me what a pleasure it was to work with such well-behaved, enthusiastic, and well-mannered students.

As Lent proceeds, our junior high students continue to serve others. Our work at the community kitchen on the first Wednesdays continues, serving 90-100 meals each month. We have 7th and 8th graders working hard at Youth Court in both Elmira and Horseheads. For Lent we are joining in a school wide project, chosen by our 8th graders, to support the St. Jude Children's Research Hospital by collecting change. Now that we have heard that our well in Sierra Leone has been approved, we look forward to hearing from the village about the building and use.

For this Lent, I wish you sunshine, spring flowers, peace, and muffins.

*-Karen Jennings - Director of 7th & 8th Grade Program
Academic Advisor Grades 7, 8, and 9*



Campus Ministry -

For most of my adult life, my Lenten resolution was consistent: "No chocolate for 40 days" in conjunction with "I'll exercise each day"...for 40 days. I wish I could say that my fasting was offered strictly in reparation for my sinfulness but in all honesty, the scales in my bathroom were equally considered.

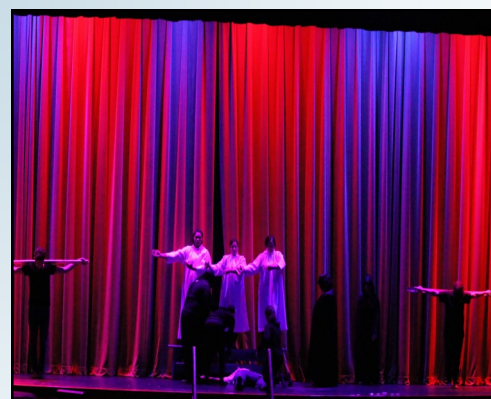


I am not a cradle Catholic. My parents did not choose my religion. I did! And yet, somehow, I managed to fall into the child-like mentality that giving up something I loved was enough to satisfy my Lenten obligation. In recent years, I have realized how trite my sacrifices have been. I am not knocking the chocolate thing - it is difficult and I frequently failed to honor my promise as the needs of my stomach exceeded the extent of my faith.

What I have learned is that my best personal Lent is not about giving bad things up, but rather creating good changes. What I have decided is that the challenge of changing a behavior is much more beneficial to my soul and my soul, is much more important than the numbers on a scale. Mending a broken relationship, speaking only kind words, reclaiming time lost on social media and devoting time to scripture are ways where I am channeling my Lenten energy. I have already failed but I am choosing to be resilient, reminded each day that I am a work in progress!

I hope your Lent is good for your soul. I hope it brings you closer to our Lord. Whether you are giving up putting down others, chocolate, or something else, may your offerings be presented to our Lord with sincere and deserving love. He gave us His all, holding nothing back. Even 2000 years later, it's hard to wrap my head around this kind of love. May we all keep Cavalry on our radar, beyond these 40 Days.

*Marie
Campus Minister*



On Ash Wednesday, the student body, faculty and staff gathered together for a time of reflection as we entered into the season of Lent. Students listened to our inspiring guest speaker Mindy, who is a local youth minister. Mindy shared her journey during her young life and how she opened herself to the Lord's saving Grace. She encouraged all to use this time to reflect on one's own life and be open to the Word. Senior high members of the Spirit Club also presented a powerful skit that reminded us of the need to turn away from sin and be open to God and to be willing to share our gifts with others. At the end of this moving presentation, students were also called to action and encouraged to do Lent "Mabry Style". Are you curious? Ask your student - who is Mabry and how can we help?



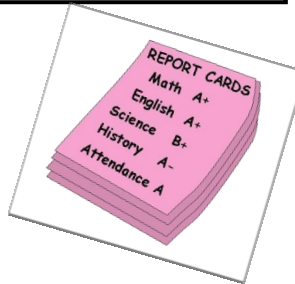
March at a Glance



- March 19** Incoming 7th Grade Scheduling Evening Feast of St. Joseph
- March 22-23** Spring Play - "Our Town"
- March 23** 8th Gr. Scholarship Essay at 9:30 am

Progress Report Cards:

It is important you take time to review your son or daughter's progress report that were recently issued. You can do this by logging onto School Tool and opening your account. If you need a password reset, please contact the Nick Allington, Director of IT Technology Department.



Looking Ahead:

A Sneak Peak Into April



- April 2-3** NYS English 7-8
- April 3** Soup Kitchen Gr. 7 & 8 Student Showcase 7 pm
- April 5-6** NYSSMA Festival at CPP Math Placement Exam Incoming 7th Grade
- April 14** Holy Week
- April 15-19** Spring recess-No School
- April 18** Holy Thursday
- April 19** Good Friday
- April 21** Easter
- April 26** 9th Grade Mercy Movement
- April 28** NHS Induction 1:30 pm

Elmira YWCA Youth Summit 2019

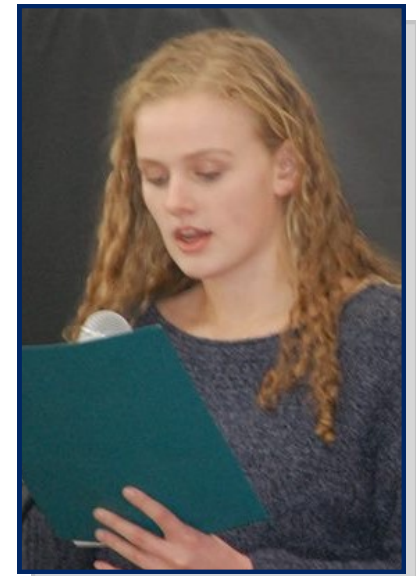
On Thursday, March 7, three members of the junior class had the opportunity to attend the 2019 YWCA Youth Summit. Representing Notre Dame were Kyle Loeber, Olivia Murray and Caitlin Steed. Attending gave them the opportunity to participate in a day long workshop with approximately forty-five other teens from area high schools. The workshop covered seven different topics including: drugs and alcohol, respect, mental health, relationships, social media and violence. Students met in breakout groups to discuss the issues and identify what they felt could be potential solutions. The solutions are compiled into a report and provided to a variety of local educational and governmental officials. Caitlin Steed commented, "By attending, teens can be sure that our voices will be heard about the changes we want to see happen. It was truly inspiring that so many students from four local schools wanted to be part of making our area the best it can be!"



Kyle Loeber



Olivia Murray



Caitlin Steed

SHADOWING IN THE ER & BEYOND SENIOR, HARRISON SHEPHERD



Up until my junior year of high school, I had no idea what I wanted to do with my life other than that I wanted to help people. When prompted to complete 20 hours of community service for a class project, I perused the list of possible sites to volunteer, and one in particular caught my eye - a hospital. I soon met with the volunteer coordinator at Corning Guthrie Hospital, where we discussed where would be a good placement for me. After spending the summer glued to various medical dramas, the Emergency Department seemed like the most exciting place in the hospital to me. I began to volunteer there about a month later, and fell in love with the fast-paced, unpredictable environment I found myself in. In fact, I enjoyed it so much that I kept volunteering there even after I had completed my project. Though volunteering there is an amazing experience, I always felt like it was missing something - after a patient is settled in his or her exam room, we have little interaction from that point on.

Considering this, I applied to spend some of my summer shadowing medical professionals in the Emergency Department.

Throughout my time there, I shadowed people in many different roles - from physician's assistants, to pediatricians, to residents, each different person taught me different things about life in the hospital. More importantly, I got to see what happens after my role as a volunteer ends, with the different professionals taking me with them into patient's rooms for a consult. I even saw some procedures take place, one of which was the setting of a cast. I also saw some x-rays, where the professional I was working with that day guided me towards figuring out where and what the abnormality was. The professionals would also chat with me about my plans for the future and cases that they were working on, which I found to be very insightful. Another thing I learned is just how many different personalities one meets in a single day, finding that every new patient I met had his or her own unique qualities, making them a joy to meet.

Walking out of the hospital after my last day of shadowing, I found myself even more enamored with the medical field. Having this experience showed me that there is no more direct way to touch a person's life than to be a doctor, thus confirming to me that medicine is the career for me, fulfilling my dream of spending my life helping people. Thank you to everyone who gave me this opportunity, especially Mrs. Barron, my parents, and the professionals I shadowed!

KUDOS -



Gavin Krusen will be competing for USA Hockey's New York State 18 and under Championship March 22-24 in Amherst, NY. His Finger Lakes Outlaws team were the undefeated central section Champions. This will be Gavin's second straight trip to the State Championship tournament. Gavin plays left wing and has been skating since the age of 4. Good Luck Gavin!

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FROM THE GUIDANCE DEPARTMENT -

Scheduling

Students will have individual meetings with his or her counselor in the coming months to solidify the course requests for the 2019-2020 school year. At these meetings, students will receive a copy of their course requests, which they must return to the guidance office with a **parental signature** before anything is entered into the system. Guidance will be unable to meet with students not re-registered. For the re-registration form click [here](#). Please remit completed forms and the re-registration fee to the Main Office. Thank you.

Senior Scholarships

Seniors are encouraged to log onto their [Naviance](#) accounts and view the scholarship list, as we are still receiving information regarding local scholarship opportunities. Students can log in using the following link: naviance.com/ndcrusaders. Students should use their ND email address as the username connection.

SENIORS!!!

Seniors need to inform the Guidance Office of their college acceptances and any and all awards that they receive from all colleges and scholarship programs. Please submit a copy of your award letter to Tina Shannon in the Guidance Office. Copies may be scanned and emailed to: shannont@notredamehighschool.com. We are proud to list the many awards the seniors receive in the NDHS Graduation Program.

"SENIORITIS"

Seniors are strongly encouraged to continue working hard and keeping their grades up. College Admissions Offices are taking note of changes in grades throughout the year and have even sent out messages indicating that they will continue to review student files through the end of the school year. Graduation is June 21st! Keep your foot firmly on the gas pedal until the very end. You can do it! Don't catch "senioritis"!

Junior Athletes

The Guidance Department has received some inquiries about Division I & Division II Academic Requirements. Following are links that provide basic information about the different expectations between the two. If you or your student have questions about the requirements, please contact Mina Barron at barronm@notredamehighschool.com to schedule an appointment.

Division I Academic Requirement Sheet click [here](#)

Division II Academic Requirement Sheet click [here](#).

The Notre Dame Guidance Department operates on a Open Door Policy, stop by anytime with any questions or concerns.

STUDENTS OF THE MONTH

Reported by Harry Shepherd



Senior High

Gary Lin (Grade 10) - Gary is known to be incredibly kind and friendly, often helping his dorm mates by accompanying them to meet with teachers. Great job, Gary!



Junior High

Isabel Beames (Grade 7) - With her warm smile and pleasant attitude, Isabel is very enjoyable to be around. Teachers also love her critical thinking and excellent presentations. Great job, Isabel!



Students of the Month are nominated by and selected by vote of the Notre Dame staff.

Spring Fling



SWEEPSTAKES

"A Day at the Derby"

FRIDAY, MAY 3, 2019

@ 7:00 PM

NOTRE DAME HIGH SCHOOL

Notre Dame

H I G H S C H O O L

Grades 7 - 12

A ministry of the Sisters of Mercy

\$125 per ticket - admission for 2 &:

- Heavy hors d'oeuvres & desserts all night
- Open wine & beer bar
- Drawings for big money & prizes
- Wine Pull
- 50/50 Drawing

WIN!	<350 Tickets Sold	>= 350 Tickets Sold
1st PRIZE	\$5,000	\$10,000
2nd PRIZE	\$1,000	\$5,000
3rd PRIZE	\$500	\$1,000

FOR TICKETS CALL KELLEY COUSIN AT 607-734-2267 x325



GRANDPARENTS DAY AT ND

Join us for the first ever Grandparents/Special Friend Day at Notre Dame High School on Thursday, May 30. You will meet your student and then attend Mass in the Charles & Mary Crossed Auditorium. Enjoy light refreshments following Mass.

If you plan to attend Mass, please let us know.
Please email Kelley Cousin,
Director of Advancement and Alumni relations at:
cousink@notredamehighschool.com.

ALUMNI HAPPENINGS —

ALUMNI NEWS

"Share ~ Connect ~ Celebrate"

We are proud of our alumni and we love to hear what you are up to! If you graduate, get married, change jobs or locations, welcome a new member of the family, or have other news you'd like to share, please let us know!

You can share your news by emailing Kelley Cousin at:

cousink@notredamehighschool.com



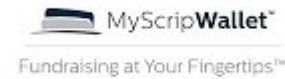
SCRIP = Shop + \$ave + Give



<https://youtu.be/WwkeGiRuYVY>



<https://youtu.be/c7CX3UAim5U>



<https://youtu.be/9GCTsphfqgw>

Why wait? Saving money is always a good idea...enroll today...

- * Please contact Notre Dame High School to verify your SCRIP account
- * You will need to provide a personal email address & cell phone # to complete your registration
- * We will assist you with activating your account
- * Your SCRIP journey begins... Watch your savings add up quickly!

You can choose from 700 of your most favorite places:

<https://shop.shopwithscrip.com/Shop/Product/Browse#?saved>

*** SCRIP Order Forms can be picked up in the main office or downloaded by [clicking here](#) ***

ABOUT THE SCRIP PROGRAM

SCRIP is a fundraising program that sells gift cards in various amounts to many local, regional, and national retailers. You can use these cards to pay for your everyday shopping, dining and living expenses instead of using cash. Gift cards are sold at face value, but Notre Dame earns a percentage on every card sold, ranging from 1% to 15%. Currently enrolled families can also earn a percentage from each card sold as tuition credit for the following academic year. **This program is an excellent way for parents, alumni, and friends of Notre Dame to help raise funds for our school programs with no time, effort or financial commitments.**

Questions?

Please contact Cody Riker in the Main Office at (607) 734-2267

SCRIP Coordinator: Keith Vakiener (607) 425-1449 cell/text

SCRIP Coordinator: Coleen Bukowinski (478) 731-1522 cell/text

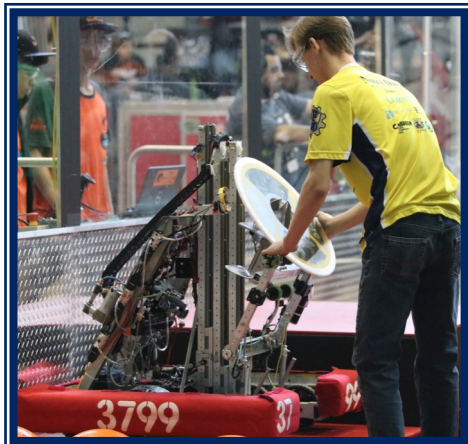
EMAIL: scrip@notredamehighschool.com

Kudos -**First Heritage FCU/WENY Every Day Heroes**

Congratulations to our 2019 First Heritage FCU/WENY Every Day Heroes: Kyreese Fisher, Madalynn DeMuth, Hope Gray, Stephen Schmidt & Griffin English. They were selected by our Notre Dame faculty and staff to receive this honor. Students are nominated for the award for outstanding community involvement, displaying qualities of heroes every day, and the kindness they express to fellow students. The students will be recognized at the 14th annual Every Day Heroes celebration at the Corning Museum of Glass in early May, along with Every Day Heroes from 16 other schools. Each received a \$50 gift card from First Heritage Federal Credit Union and their photos will air on WENYTV News in the weeks leading up to the celebration. Pictured with our students are the coordinators of the Every Day Heroes program: Christy Parsons from FHFCU and Carol Mozes from WENY.

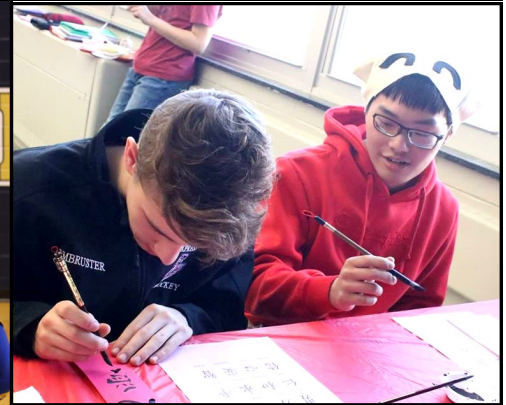
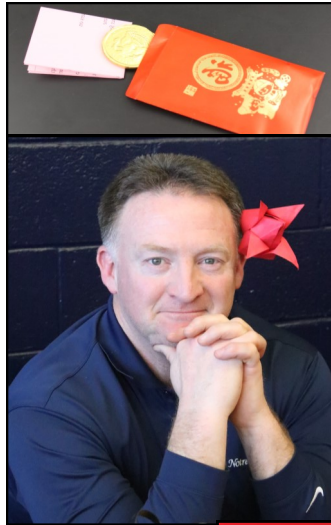
NOTRE DAME FIRST ROBOTICS TEAM #3799 ELECTRIC FIRE

Congratulations to Notre Dame's FIRST Robotics Team 3799 Electric Fire on another successful year! This year's competition was called "Destination Deep Space" to commemorate the 50th anniversary of the moon landing. The team put in many long hours during the six weeks of build season conceptualizing, prototyping, designing, building, debugging and testing the robot. The team was also very busy during the season with many of the sub-team activities including fundraising, outreach, design and build, scouting, chairman's award, spirit and media. In the nine years since the team was started this year was the first time the team has competed at two regional competitions in the same season. It was also the first year the team has used electronic tablets for capturing critical scouting data on the other teams during the competition. The first regional competition was the New York Tech Valley regional held at RPI in Troy, New York from March 7-9 where the team competed against 36 other teams and won The Gracious Professionalism Award sponsored by Johnson and Johnson recognizes outstanding demonstration of FIRST Core Values such as continuous Gracious Professionalism, working together both on and off the field of play. The team was also the runner up for the Safety Award at RPI. The second was Finger Lakes Regional held at RIT in Henrietta, New York from March 14-16 where they competed against 49 teams from across New York State, New Jersey, Pennsylvania, Ohio, Canada, Brazil and China. This year's robot proved to be a highly reliable design that competed in each of the assigned qualifying matches over the past two weekends. We would like to thank the graduating Seniors who have contributed significantly to the success of the team over the years they have been involved. These Seniors include John Bernatavitz, Tim Bowen, Abby Connelly, John Gough, Adrian Haluska, Aylish McCloe, Abby Murphy, Mitchell Rounds, Harry Shepherd and Luka Vlasic. Thanks for a great season and good luck on the paths you pursue after graduation. Go Crusaders!



CHINESE NEW YEAR CELEBRATIONS '19

Our Notre Dame Community enjoyed celebrating the Chinese New Year with our students from China. Prior to the New Year, students were treated to an amazing acrobatic Chinese performance. With the start of the New Year, students joined in the celebrations wearing red tops to school and were happy to receive red envelopes with chocolate coins wishing them good fortune for the New Year. During lunch students tried their hand at traditional Chinese crafts and calligraphy. We wrapped up the fifteen day celebration with the favored and ever popular fourth annual dumpling competition. Happy New Year!



Summer of
Innovation



Notre Dame
HIGH SCHOOL
Grades 7 - 12



Summer Academies 2019



JOIN US FOR



SUMMER FUN



LEARNING

- Color Your World
- Exploratory Band Extravaganza!
- La Cocina Hispana!
- Rock Band Camp
- Special Effects Make-Up
- Strum & Drum Extravaganza!
- Sweet Feet
- The Art of Photography
- What's Cooking?
- Youth Theatre Workshop

**Notre Dame Camps are \$100/per session* per child.
Space is limited! Call 734-2267 or visit
www.notredamehighschool.com for details & registration.**

* Sweet Feet camp fee \$200 per child

All Camps Held At: **Notre Dame High School • 1400 Maple Avenue • Elmira New York**

**FOR COURSE DESCRIPTIONS & REGISTRATION
FORM CLICK [HERE](#).**