



## Sonar Weekly Update

### *A Message from the Sisters:*

*"Always United with the Blessed Mother in Christ"*

Dear Parents,

Students who graduate from Notre Dame Academy are expected to be faithful Catholic Christian witnesses, with a foundation in Catholic teaching. Our hope is that your child internalizes and implements the teachings of Jesus Christ in their life situations.

The spiritual growth that leads to this student expectation must be social as well as spiritual. For that reason, our 7<sup>th</sup> graders will enjoy a retreat tomorrow during the regular school day.

The retreat theme is "Who do you say I am?" from Matthew 16: 13-20, where Jesus asks "'Who do you say I am?' Peter answered, 'You are the Christ.'" In middle school, our students are constantly seeking to define themselves and others by groups, skills, friendships, and social status. We are called to find our most important identity in Christ and that can be challenging. It is important to discuss this challenge from a current perspective. The retreat team is looking forward to getting to working with our students and sharing this special day with them. Please keep our 7th grade students in your prayers!

During the first week of Lent, coin collection boxes from the Missionary Childhood Association were distributed to each NDA student. The coins collected are spent on supplies for Catholic Missions throughout the world which feeds children—both body and soul! Thank you for supporting this worth cause as part of our Lenten call for almsgiving. Please return the coin boxes to you child's homeroom on Tuesday, March 27th.

We have almost arrived at Holy Week. We have noticed that our promises have transformed our lifestyles and perspectives. May they continue to nourish us in faith and strength.

*Yours in union with Christ and His Blessed Mother,  
The Sisters de l'Union-Chrétienne de St. Chaumond*

[www.ndasd.org](http://www.ndasd.org)



### Prayer for Palm Sunday

On this day of great rejoicing, Lord Jesus Christ, when we welcome You as our King and Savior, we also walk in the shadow of Your cross. Hosanna!, we cry.

Blessed are You who come in God's name to save us. Hosanna! Strengthen our faith on this Palm Sunday so that when the time comes to carry the cross we might still call out to You with heartfelt praise. Give us the grace and the courage to follow You this Holy Week from death to resurrection, from darkness to the fullness of light.





We need You, Lord Jesus Christ, our Savior. Hosanna! Amen

Congratulations to our Union Tribune Spelling Bee Participant,  
**Colleen Lyons**, 8th Grade.



**We are proud of YOU!!!**

**TWO WEEKS AT A GLANCE : 3/19-3/30**

<p>26 Morning Prayer &amp; Mass Host: Silk, 4-2</p>	<p>27 Return Lenten Coin Collection Boxes to homeroom today!</p> <p>12:50 7th/8th gr. Lenten Study with Fr. Nick (Chapel)</p>	<p>28 8:10 am Guild Meeting Bonsoir Tix Sale After school \$75 Each</p> 	<p>29 Holy Thursday No MASS 8am Shadows of the Cross</p>  <p>Minimum Day 12pm/12:15pm (No Lunch) No Day Care</p>	<p>30 </p> <p>Good Friday School Holiday</p> 
<p><b>Easter Vacation March 30th– April 6th</b></p>				

**Lent is about alms-giving and service.**

Can you serve at Catholic Charities?

WHAT: Helping seniors with cell phone education and playing some games with them

WHEN: **Thursday, March 29 from 2-3 pm**

WHERE: St. Johns Plaza  
8150 Broadway, Lemon Grove, CA 91945

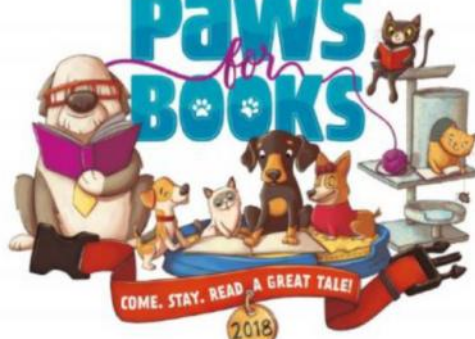
RSVP: to Hanson family at (858) 568-0080 text or email [nutritionwithbritin@gmail.com](mailto:nutritionwithbritin@gmail.com) **by Monday 3/26**

**April 9th-April 13th**

<p>9 Welcome Back to NDA! Morning Prayer &amp; Mass Host: Pirolli, 7-1</p>	<p>10 3rd Gr. to Legoland</p> <p><b>BOGO Book fair</b> 5:30pm Catalina 7th Grade Parent Meeting (Science Lab)</p>	<p>11 Wine Wednesday (Donations for Bonsoir Wine Wheel)</p> <p>TBD 6th Grade Camp Parent Meeting</p>	<p>12 8am Mass Gr. K-8 Formal Uniform</p> <p><b>2pm DANY DOG K-3 Author Visit</b></p> <p>TBD 8th grade East Coast 8th Grade Parent Meeting (Science Lab)</p>	<p>13 8am Guild Meeting Early Dismissal 2nd Gr. to Zoo</p>
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Scholastic Book Fairs®

Volunteer Opportunities: click [here](#)



COME. STAY. READ. A GREAT TALE!

2018

April 10 – April 12  
3 days only  
7:30 am – 4:00 pm

**BOGO Book Fair Time!**  
Buy a Book.  
Get a Book  
**FREE!**

SCIOASTIC



**Is going out of business!!**

*We have Toys "R" Us scrip cards on sale!*

*Get a \$20 card for \$15!!*

*They can also be used at Babies "R" Us.*

*You must use the cards by April 10th!!*

*Cards on sale in the School Office!*



Join us for the  
2018 Children  
for Children  
Trail 5K at  
beautiful  
Lake Hodges  
on April 28,  
8 AM!

Register @  
[Bit.ly/2018c4c5k](http://Bit.ly/2018c4c5k)





# NDA Winter Sports Reports



## **Girls Varsity Soccer**

Last Thursday, NDA travelled to Nativity and played for the Championship of the North County Parochial League. The game with Nativity was a defense battle throughout. Mackenna Diltz was amazing in goal. The score was 0-0 after regulation, 0-0 after the 1<sup>st</sup> overtime and 0-0 after the 2<sup>nd</sup> overtime. The game would be decided by penalty kicks. It was high drama with over 200 fans on the edge of their seats through each penalty kick. NDA was so close but Nativity prevailed 4-3. Congratulations to Coach Curran and Coach Truong and the Varsity Girls on an incredible season.

## **Girls 3<sup>rd</sup>/4<sup>th</sup> Grade Pee Wee Basketball**

The NDA 3/4 Pee Wee Basketball Girls opened their season last Saturday against St. Charles Borromeo at St. Mike's gym in Poway. Good luck to the Dolphins and Coach Germain this year!

Their next game is this Saturday at 12:15pm against Madeline (White) at St. Mike's gym in Poway.

## **Boys 3<sup>rd</sup>/4<sup>th</sup> Grade Pee Wee Basketball**

The NDA 3/4 Pee Wee Basketball boys opened up their season last Saturday against an excellent Good Shepherd team at Cathedral. The boys were overwhelmed at the start but steadied themselves in the second half. The Dolphins were led in scoring by Alex Mendicino with 4 points. Good luck to the Dolphins and Coach Nanos and Coach Roberts!

Their next game is this Saturday at 8:30am against St. Vincent de Paul at Cathedral Catholic High School.



## **GAME ON!**

**I scream, You scream,  
We all scream for ice cream!**

**Help earn your child's class an  
\* \* ICE CREAM PARTY \* \***

**Bring in an auction item (or two or three...)  
to the school office with the attached  
donor form by Wednesday, March 28<sup>th</sup>!**

**\* \* The grade with the most donations \* \***  
**for Bonsoir's Auction (big and small)**  
**will win an Ice Cream Party!**

**Ideas for donations include gift cards, wine,  
travel, use of vacation homes, special dining  
experiences, sporting equipment, and tickets  
to cultural and sporting events.**

*(Your donation will count for every student in your family)*

The Knights of Columbus &  
the STOC Parish Guild present:



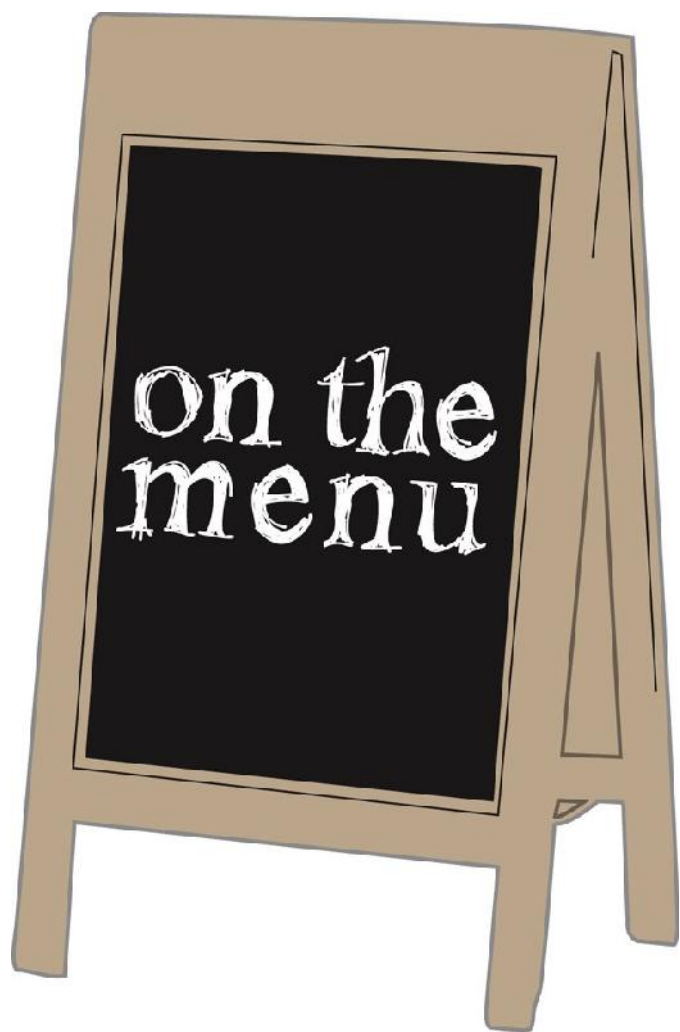
# Lenten Dinners

FRIDAYS—Dempsey Social Hall

5:30pm-6:45pm

Prior to Stations of the Cross

2/16-3/23



**Tickets are available in NDA Office**

- Adults: \$10 each, or 5 for \$45
- Children (10 and under): \$2 each, or 5 for \$8

**February 16th**

Pasta with Marinara Sauce

**February 23rd**

Corn Chowder & Tuna Noodle  
Casserole (no tuna and more  
cheese for the kids!)

**March 2nd**

Shallot, Lemon, Chive Risotto with  
side of baked asparagus topped  
with breadcrumbs & a balsamic  
reduction

**March 9th**

Breaded & Baked Fish with side  
of sautéed kale with feta cheese,  
lemon and oregano

**March 23rd**

Cream of Broccoli Soup & Baked  
Cheese Lasagna