



THE MEDALLION

A NOTE FROM THE EDITORS

Hi everyone,

Welcome to the new reinstatement of the Medallion! We are so excited to be both printing and publishing the Medallion newspaper this year.

We hope you will engage with this newspaper and will find the articles from your peers interesting and reflective of the NDA spirit.

Have a Happy Valentine's Day!

With love,
Aisling McLaughlin '23 and Maddie Hannan '24

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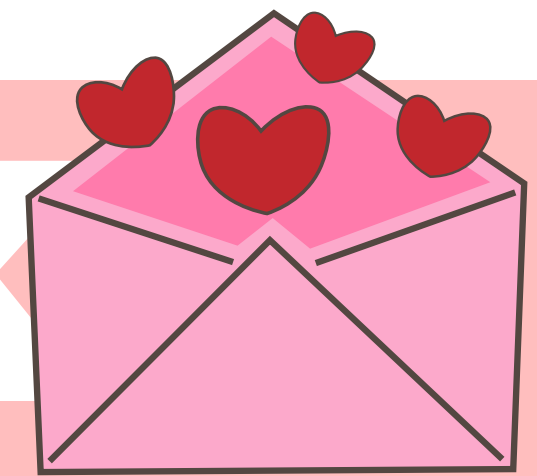
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ABOUT VALENTINE'S DAY

BY LAUDIE O'CONNOR '23



Valentine's Day is also known as Saint Valentine's Day. It is said to have been named after a priest who was martyred in about 270 CE by Emperor Claudius II Gothicus. It is said that he signed the letter to his jailer's daughter that he befriended "from your Valentine." In another legend it is said that she was cured of her blindness after this event. One of the most common legends about Valentine's Day states that St. Valentine defied the emperor by marrying couples in secret to prevent the husbands from being sent off to war. It is the reason the day is associated with love, and it only started to be celebrated in the 14th century.

Traditions around the World

Denmark: people exchange white flowers and play guessing games

South Korea: boyfriends and husbands are the ones who receive chocolates and flowers, March 14th is "White Day" when the women get all the attention

Japan: they have the same tradition as South Korea except for women give chocolates to any man they are close to including coworkers and classmates

Germany: couples give each other chocolate pigs and gingerbread

The Philippines: celebrate this day by hosting mass weddings

Ghana: it is known as national chocolate day

Taiwan: exchange flowers that have secret messages (Red roses = "you're my one and only" 99 roses = "I will love you forever" 108 roses = "Will you marry me?")

SUPERBOWL HALFTIME 2023

BY AISLING MCLAUGHLIN '23

On February 12th, 2023, Rihanna surprised the world with a Superbowl Halftime Show guest: her baby. She sang many of her most popular songs, with a non-stop 13-minute setlist.

This was not Rihanna's first Superbowl offer. Rihanna was originally asked to be the Superbowl performer in 2018, but she turned the opportunity down in support of Colin Kaepernick and the NFL players protesting police violence and racial inequality.



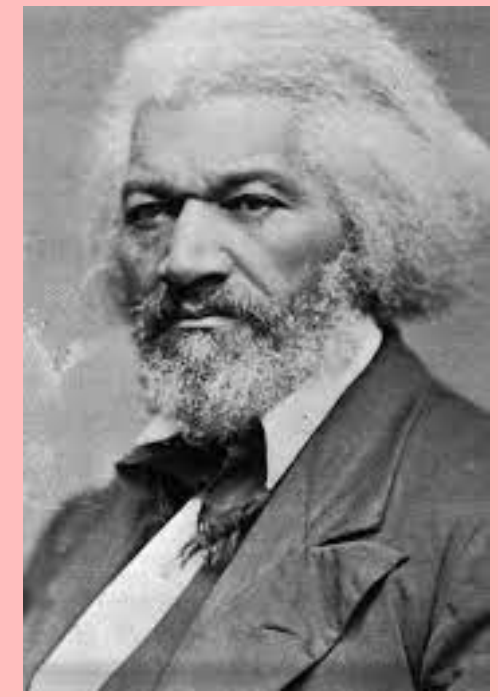
Rihanna spoke in many interviews leading up to the performance. She reported that one of the most difficult parts about preparing for the Superbowl was the physical demands of practicing, especially after giving birth to her son just last year. She also reports going through 39 different setlists before the show, promising the performed songs would be a “celebration” of her discography. She repeatedly discussed the difficulties of “trying to cram 17 years of work into 13 minutes.”

One of the most important things to Rihanna when finally accepting the invitation to perform was the opportunity to represent immigrants, Black women, and her Barbados heritage. She explains her decision to perform, saying “But when you become a mom, there’s something that just happens where you feel like you can take on the world... there’s something exhilarating about the challenge of it all, and it’s important for me to do this this year. It’s important for representation. It’s important for my son to see that.”

While many fans may be upset about not hearing their favorite song or not seeing a guest singer, Rihanna put together an iconic performance that fans were dying to see.

BLACK HISTORY MONTH

BY MARIE MAXIMILIEN '24



The month of Black History begins on February 1 and ends on March 1. It began as a week-long celebration before expanding to a month-long celebration in 1976. This tradition is celebrated in February because it coincides with the birthdays of Frederick Douglass and Abraham Lincoln. This month honors the accomplishments of African Americans throughout history.

Facts Most People Don't Know

- Claudette Colvin was the first African American to refuse to let white passengers take her bus seat. She had been arrested nine months before Rosa Parks.
- Martin Luther King Jr. was assassinated on April 4, 1968 and died in the hospital 1 hour later.



IMPORTANCE OF SERVICE

BY GRACE PISTORINO '24

NDA recently celebrated Founder's Week, honoring when St. Julie founded the Sisters of Notre Dame de Namur, in 1804. One of the most important pillars of the Sisters is service; the 4th Hallmark of the Sisters is "We commit ourselves to community service." It is important to help those in need and the marginalized and share your skills with others, so your community can grow stronger and more welcoming. When you volunteer, you are helping people live their best lives and honoring their dignity. You are also growing your leadership skills, faith, and expanding your understanding of the world. Community service can be rewarding, because you can see the positive effects your actions have on others, make new connections, and want to get even more involved. Finding a place/organization to volunteer for may seem daunting, but it is easier than it looks. Here are some helpful tips on how to get involved!

1. Start small and use NDA's resources

Many outreach opportunities are offered through Campus Ministry. It is easy to get involved in your community through programs at NDA. After-school outreach is offered for high schoolers Cardinal Cushing, Carolina Hill, and Allerton House. Cuvilly students can also volunteer at Allerton House. These opportunities are good introductions to service because you can go with your friends and being offered through Campus Ministry makes signing up easy.

2. Follow your hobbies and skills

Another good way to get involved in your community is to find volunteer programs that match your skills or hobbies. For example, I have been on a swim team for 10 years, so I started volunteer coaching my club's junior swim team. This made volunteering less intimidating because I was familiar with what I was doing. If you play a certain sport or love art or music, look for local volunteer programs involving those things because you will be helping others while doing something that you are accustomed to. It makes volunteering much more enjoyable when you can spread your passions to others.

IMPORTANCE OF SERVICE

BY GRACE PISTORINO '24

3. Start to think bigger

Once you are more comfortable with community service, you will likely want to think bigger and find more creative ways to help others. At this point, you will have improved your leadership skills and confidence and will be able to take on more responsibilities. You will be prepared to expand your service horizons and work within a larger community. After a year of volunteer coaching at my club, I decided to volunteer for the Pilgrim Area Collaborative Special Olympics swim team, helping people with special needs swim. At first, this was a new and challenging experience for me, but now I look forward to going every Sunday and seeing how happy everyone is to be in the water, swimming with friends.

Community service not only changes the lives of others, but it also changes you, for the better. It helps the world to be more inclusive and helps everyone reach their full potential. The Sisters of Notre Dame de Namur placed community service at the frontline of their mission, and as members of an SNDnN school, it is important that we follow in their footsteps. We should make community service a part of our weekly schedule and stick with it because the difference that even one person can make in the lives of others is immeasurable. Starting to volunteer can be easy when you know how to get involved.



ALL-GIRL'S ADVANTAGE

BY MADDIE HANNAN '24



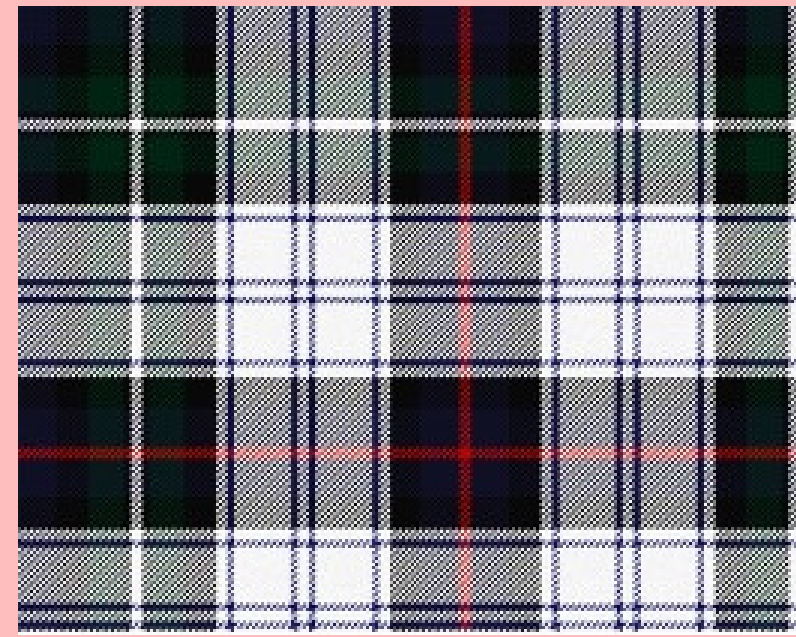
Between January and March the admissions team at Notre Dame Academy ramp up their efforts to bring in the next generation of female leaders. These efforts include any event from open houses, experience days, tours, shadow days, and recently revived question and answer panels. During this admissions cycle, I had the honor of serving on one such panel focused on the advantage of an all-girl's school, particularly the advantage of the all-girl's NDA community. To be chosen for this panel, a long review process was performed by the faculty and staff of NDA. Students were first recommended by Dr. Merrigan, then, she shared her decisions with Mrs. Lynch, and Mrs. Kenneally. The chosen students were delighted to hear that we would represent NDA and be the faces and voices for prospective students and their families.

Once selected, students submitted sample answers to the questions that would be asked at the panel, provided to us by Mrs. Lynch. Our answers were then reviewed and, on a Zoom, we were assigned to certain questions we had the strongest answers for. Mrs. Kappel helped us improve our word choices and phrasing to ensure the correct themes were mentioned and woven throughout our answers. When the big night arrived, all of us were a little nervous, but mostly excited. We knew that we were well prepared to answer the questions and any that might come from the audience.

Sitting behind the table during the panel, I was filled with pride for my school and an affinity for the people surrounding me. I was so happy that I could share my unique NDA experiences with parents and students alike and help show through my words why NDA is such a special place. I was inspired by the other students that sat around me; people who had completely different NDA experiences than mine but still valued the all-girl's environment. Everyone on the panel made prospective students feel comfortable and helped one another to relax. The night was a smashing success overall. Families came up to us after and told us how well we did and that we were the reasons they wanted their daughter to attend NDA. It was a win for the admissions team and for all of us on the panel. That night will always be a cherished memory of my time at NDA because I proved to myself that I could be professional and put together, while also being personable and letting my individual personality shine through.

HISTORY OF THE NDA KILT

BY SOFIA PIANTEDOSI '24



We have two patterns of kilts at NDA. We know them as the red kilt and the yellow kilt, but their patterns come from the Makenzi clan and the Gordon clan in Scotland. Tartans are a particularly important part of Scottish history, and tradition. These patterns were used to differentiate different highlander clans. Every Scottish clan has a tartan of its own or is connected to a clan that has a tartan. Kilts were originally made as long pieces of woolen fabric dyed using local materials and were worn in battle, so clan members were identifiable.

History of the Kilt

The NDA yellow kilt is a similar pattern to the Gordon dress modern tartan. The Gordon clan was one of the most powerful clans in Scottish history. This clan took part in both the Jacobite risings of 1715, and 1745. However, this clan did fight both for the highlanders, and the British. Their history goes back even further to the 13th century, and how they fought alongside William Wallace in the war for Scottish freedom. The NDA red kilt is a variation on the Forbes dress modern. Designed by Miss Forbes in 1822, though this clan has been around since King William the lion, who ruled Scotland from 1165-1214. There are many castles that belong to this clan scattered throughout Scotland. The kilt is a tradition here at NDA as well. Students are allowed to add pins to bring their own personality into the uniform.

PLACES TO VISIT IN NANTUCKET

BY LUCY BURNHAM '24

Nantucket is an extremely popular vacation spot because of all it has to offer for everyone. The first main activity to do on Nantucket Island is to go to the beach. Nantucket has beautiful beaches. Some beaches, like Jetties beach, are located facing the mainland, so they tend to have smaller waves. If you like giant waves or are interested in surfing, beaches facing the open Atlantic Ocean would be the best for you, like Surfside beach. On Surfside beach, there is a family-owned business called ACK Surf School. Here you can rent surfboards, get group lessons, or private lessons with surfing instructors.



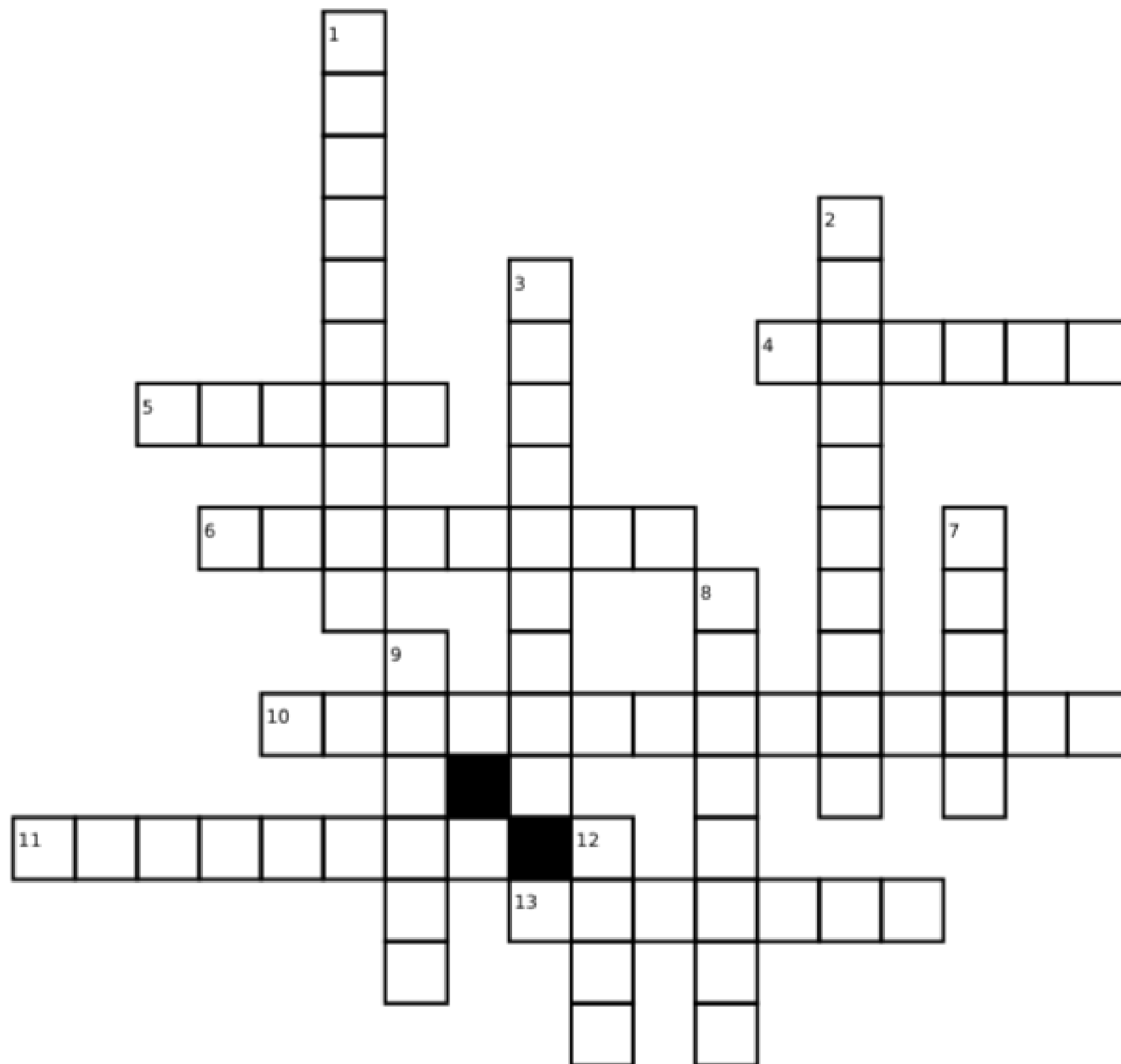
Another very popular activity to do on Nantucket is to go into town. Many stores consist of original Nantucket shops, like the Sunken Ship store, the Blue Beetle clothing store, and many others. Other stores not just located in Nantucket include Ralph Lauren and the Sunglass Hut. Everything is very close by and easy to get to. This part of Nantucket is beautiful because, of course, it is right on the water. It also has gorgeous landscaping and a cobblestone road. Another fun place to visit in town is the Nantucket Whaling Museum. This museum contains many historical items and a giant whale skeleton across the ceiling. An excellent destination for a rainy or chilly day would be this museum. The Nantucket Whaling Museum also appeared on the show Gilmore Girls when Emily Gilmore took a job teaching there.

Nantucket Island also has many food options. Some restaurants in town are Queequeg's, Slip 14, and the White Elephant. Since Nantucket is an island, seafood is very popular at these restaurants. Another fun food option would be the Sand Bar. This restaurant is located right on Jetties beach, providing beautiful scenery. There are also many ice cream shops in Nantucket, like Tom and Jerries and the Juice Bar. A fun fact about Nantucket is that there is no fast food or stoplights. Nantucket is known for looking pretty and relaxing. Nantucket has many fun spots for everyone and is definitely worth going.



(Photos taken by Lucy Burnham)

Valentines Day Crossword



Down:

1. When they say "we need to talk," you're in for some __.
2. When they don't wanna date, you are stuck in the __.
3. A common sweet given on the holiday.
7. The god of love in ancient Rome.
8. A company that makes corny romance movies
9. If you're not taken, your __.
12. Hugs and kisses.

Across:

4. A common phrase written on candy hearts.
5. The main organ of the circulatory system.
6. A dating app.
10. The martyr the holiday is named after.
11. A civil union to recognize the party's involved as spouses.
13. What the holiday is mainly known for.