



# **NOTRE DAME HIGH SCHOOL**

Member of the Middle States Association of Colleges and Secondary Schools  
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Thank you to all the parents and students that made a pledge for my 13.1 mile run! You may have heard that due to illness, I could not run on April 24th. I was sad and felt awful that I was letting our students and community down.. In true Crusader fashion, the students rallied around the idea and offered to run WITH me to achieve the goal. So on ND Day, I ran the 13.1 miles with 12 students as well as Dr. Gentile, Mrs. Kopp, Mr. Stambaugh and Mrs. Fenton. We ran around Bethlehem Township on a beautiful, cool and sunny day, they all kept me going for over 2 hours of running!

Fittingly, May is Mental Health Awareness month, a time to remember that mental health is essential to our overall well-being. The rally and fight is not just about pledging and running 13.1 miles, but the experience of doing it together as a student body, creating awareness about mental health and providing means for students to share.

The Notre Dame community has a reputation for providing students with a supportive yet academic environment. Through this Mental Health Day Challenge, I witnessed the amount of moral support and teamwork that is so evident among our staff and students. I am proud to be a Crusader!

*Jaclyn Frail*