



UPCOMING EVENTS

[Seton Live Calendar](#)

- Mar 2 Latin Certamen 2:30-4:30PM
Math SAT Prep 9AM
- Mar 3 Swim Banquet 1:30
Winter Sports Banquet 5:30
- Mar 5 Senior Retreat at GMU CCM
- Mar 6 Ash Wednesday
- Mar 8 Stations/Soup Supper 6 PM
Homeless Mission Bags DUE
- Mar 9 Homeless Mission Trip to DC
- Mar 10 Clocks Spring Ahead
- Mar 15 End of the 3rd Quarter
- Mar 21 Boys Retreat
- Mar 22 Girls Retreat
- Mar 23 Regional Science Fair
- Mar 25 PRO Mtg 7:00
- Apr 1-5 TECH week for Musical
- Apr 5 Musical 7PM
- Apr 6 Musical 7PM
- Apr 7 Musical 3PM
- Apr 10 NHS Inductions
- Apr 12 Musical 7PM
- Apr 13 Musical 7PM



Drivers Ed Registration Forms are available at the front office or click [here](#). **Session I**—June 10-20;
Session II—July 8-18.



FROM THE DIRECTOR

STATIONS OF THE CROSS AND SOUP SUPPER:

Our annual Lenten Stations of the Cross and soup supper will be Friday, March 8. Stations will be at 6:00 PM in the chapel. Soup supper will follow in Faustina. Soup, drinks, and paper products will be provided. Please bring bread, salad, and/or fruit to share. This event is a great way to kick off Lent. I look forward to seeing your family there.



ASH WEDNESDAY MASS: Mass at Seton on Ash Wednesday will be at 2:00 PM. Because of time considerations (long lines for ashes and Holy Communion) this Mass is for students and staff only. Families and friends should attend one of the many Masses at local parishes.

RETREATS: Our annual retreats are scheduled for March 21 (boys) and 22 (girls). The retreat master for the boys will be Father James Searby, chaplain at George Mason University and well known to many of our families. The retreats for the girls will be led by Sister Joseph Andrew of the Dominican Sisters of Mary, Mother of the Eucharist. The retreats begin at 8:15 AM and end at 3:00 PM. These retreats are an important part of the spiritual formation for your children, and are required for all students. Many graces will be given to our students if they come with open minds and hearts. Please see additional information elsewhere in the Sentinel.



AD CAMPAIGN: My sincere thanks to all those who met or exceeded their family goal for the ad campaign. We ask our other families to send in your tax-deductible donation soon. The Spirit Ad Campaign helps to keep your tuition affordable.

SNOW DAY MAKE UP: Because of the snow day last Wednesday, we need to make up a day. Current plans are to go to school on the day of the opening of the musical. We plan to be in school from 9:30-2:39 on April 5, following a Monday class schedule. Mass that week will be on April 4, the third anniversary of the dedication of the chapel.

HOLY HOUR FOR THE POOR SOULS: Please join Mrs. Perez in the Seton chapel on Fridays from 4:00 to 5:00 PM to pray for the Poor Souls in Purgatory.

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in Purgatory, for sinners everywhere, for sinners in the universal Church, those in my own home, & within my family.
-Amen.



MASSES AND ROSARIES

Monday Mass
All Saints 8:30 AM
Rosary
Tues-Fri 8:00 AM
in the Chapel



Please pray for the repose of the soul of Patrick F. Beno, father of Father Pat Beno (Seton '87), a priest of the diocese of Green Bay, WI

Thank You

Mrs. Reese for providing the priests lunch and dinner for Mrs. Carroll and Mr. Westhoff, and Fr. Vander Woude for saying Mass on Friday.

SETON'S FIRST ANNUAL MISSION PROJECT—March 9th

Have you ever interacted with a homeless person? Have you ever provided them with kind and understanding words or with food and supplies? Seton students have an amazing opportunity to find Christ in the homeless in D.C.

How can you help? Families can make either *Homeless Care Packages* or *Homeless Snack Bags*. Please assemble one or more bags (click [here](#) or see page 3 to see what is needed) and drop them off in Corpus Christi or front office by **March 8th, 2019**.

Who can attend the mission? Mrs. Duran and Simon Kanazeh will be taking ANY interested 10-12th graders and adult chaperones to D.C. on **March 9th** to meet the homeless men and women that live near the Columbia Heights metro. We will **leave Seton at 3:30pm** (please note the time change) to take the Vienna metro into DC. We will be in DC from 5-7. If you can help drive to the metro, please send Mrs. Duran an email. Students will return to Seton by 8:45.

Interested? Please click [here](#) for all the information on the mission trip. In the Diary of St. Maria Faustina, Jesus tells her of the need for merciful acts. *"I demand from you deeds of mercy, which are to arise out of love for Me. You are to show mercy to your neighbors always and everywhere. You must not shrink from this or try to excuse or absolve yourself from it (Diary, 742).*

More opportunities for merciful acts:

To read about Medical Missionaries Fundraising effort: Caring Hearts Auction, click [here](#).

To read about Valerie Hoffman's Fundraising effort: HOMBRE for Peru click [here](#).



2019 SETON SPIRIT AD CAMPAIGN UPDATE

Congratulations and thank you to the following top families who raised the most money for the campaign!

1st Place - The Carolla Family (\$1,480) and **2nd Place** - The Brox Family (\$1,325).

Congratulations to the Sophomore Class! They had the highest class sales and will receive a Dress Down Day. Details coming soon!

Congratulations to the Junior Class! They had the second highest class sales and will receive an Ice Cream Social. Details are coming soon!

A big thank you to all our Seton families who so generously helped raise money for Seton!

Please note, we have raised just over \$56,000 and are short \$14,000 of our goal. If your family has not submitted your \$350 to Seton, please do so as soon as possible and help us reach our \$70,000 goal. Reaching our goal not only helps Seton keep tuition affordable, it will allow our students, faculty and staff to get the day off on May 3, courtesy of Mrs. Carroll.

"I am giving you three ways of exercising mercy toward your neighbor the first by deed, the second by word, the third by prayer. In these three degrees is contained the fullness of mercy, and it is an unquestionable proof of love for Me. By this means a soul glorifies and pays reverence to My mercy."



(Diary of St. Maria Faustina, 742).



SETON RETREATS 2019

Men's Retreat

Thurs, March 21, 8:20 AM – 3:00 PM. Girls do not come to school.

Woman's Retreat

Tuesday, March 22, 8:20 AM – 3:00 PM. Boys do not come to school.

Bring your lunch. Both retreats will take place on the Seton School campus. Students and Chaperones should bring lunch as there will be no off campus privileges. **Activities dress code** is in effect. Students will be attending Mass and Holy Hour so they should dress nicely. Clothing must meet all standards of modesty. **Confessions** will be available.



COURSE SCHEDULING FOR 2019-2020

The **Rising Senior Class of 2020** will have their course scheduling workshop on Friday, March 1st during their English class. Mrs. Montavon and Mrs. McIntyre will go into the classrooms and discuss vocational, career, and educational goals so that students select the courses they need to reach their goals. Students will bring home their completed forms to discuss with their parents the courses selected and recommendations presented. Please go over the forms with your students, make any necessary changes and sign the forms. Please make sure you select 1st, 2nd, and 3rd choices next to any elective classes. Signed forms are due to the front office on **Tues, March 5th**. Rising Juniors will have their workshop on Fri, March 8th. More info will come soon! To view the course scheduling form for 2019-2021, please click [here](#). To view the new courses being offered, click [here](#).

Seton School Students compete in the 22nd Annual Regional Ocean Science Bowl



MEDIA RELEASE

For Immediate Release
February 22, 2019

Contact: Carol Hopper Brill
804-684-7735 <chopper@vims.edu>

Seton School Science Students Compete in 22nd Annual Regional Ocean Science Bowl

Two teams from Seton School, in Manassas, faced off against students from other Virginia schools at the 22nd Annual Blue Crab Bowl. Held at the Virginia Institute of Marine Science in Gloucester Point on February 16, this Virginia Regional Competition of the National Ocean Science Bowl (NOSB) hosted sixteen teams from across the Commonwealth - from Manassas and Warrenton to Hampton Roads and the Eastern Shore. The nearly 80 students spent the day in heated tournament competition focused on the marine sciences.

Team Coaches Hank Konstanty and Tricia Kollogg coordinated and prepared the two teams. Seton School's Team A was headed by Team Captain Liam Kellogg, with team members Victoria Baker, John Moore and Vincent Verrocchio. Seton School's Team B included Team Captain Justin Orr, and team members Elizabeth Owens, Deborah Johnson and John Konstanty.

Ten rounds of challenging competition included both round robin and double elimination matches - over 45 contests in all. The day included twists and turns, and surprises from a team new to the competition! **First Place** was earned by the team from Norfolk Collegiate School, first-time competitors this year. Broadwater Academy Team A from Emma swept-up **Second Place**. The **Third Place** went to Chesapeake Bay Governor's School - Warrenton Campus. And, **Fourth Place** was captured by Fauquier High School from Warrenton.

The Blue Crab Bowl is a cooperative effort between the Virginia Institute of Marine Science, College of William and Mary, and Old Dominion University's Department of Ocean, Earth, and Atmospheric Sciences. Over seventy-five scientists, including faculty, graduate students and staff from both institutions, and other organizations, donated many hours of their time to ensure the success of this exciting event. Virginia's Blue Crab Bowl was among the inaugural NOSB competitions in 1998. Designed to inspire and challenge high school students, NOSB contests like the Blue Crab Bowl test the competitors' knowledge of the marine sciences, covering the breadth of oceanography and maritime disciplines. To date, the Blue Crab Bowl has involved 1,200 of the Commonwealth's brightest science students from 54 public and private schools across Virginia.

Using questions designed by marine scientists and educators, the contest tested students' knowledge of oceanography, geology, biology, maritime history and policy. The theme of the 2019 National Ocean Science Bowl and its regional competitions is "Observe the Ocean; Secure the Future," a timely and relevant topic. Guided by their teacher-coaches, students broadened their awareness and understanding of the oceans as they prepared for the competition. The bowl provides a forum for students who excel in math and science to receive regional and national recognition for their diligence and talent. During Saturday's event, the competitors started with a field of sixteen teams, with four emerging as top contenders by late afternoon.

"MORE"

Click the image to read the whole article.

2018 Seton Baseball Tryouts

All Students (7th - 12th Grade) interested in playing Baseball *must attend one of the following tryouts:*



Date	Time	Location
Monday, March 4	3:00pm - 5:00pm	Seton Gym
Tuesday, March 5	5:00pm - 7:00pm	Seton Gym
Friday, March 8	3:00pm - 5:00pm	Seton Gym



Anyone who is interested but can "not" attend one of these time slots please email Coach Steven Forman at steven.formanjr@gmail.com or Coach Steve Clune at sclune@cidpartners.com.

Players may attend more than one session if they would like.

A Pitchers/Catchers workout will be held on Friday, March 1 in the Seton Gym from 7:30pm to 9:00pm for all players interested.

Please consider creating a "Homeless Package" for our first mission trip to D.C. and dropping it off at the CC Office by March 8th. Fill a clear 1 gallon Ziplock bag with:

Care Bag: 1 bar of soap; 1 stick of deodorant; 1 toothbrush; 1 shampoo;

1 lotion; 1 facial tissue (travel size); Toothpaste; 1 Chap stick; 1 razor; 1 toilet paper;

1 travel size shaving cream/gel; socks

Snack Bag: Fruit/applesauce/pudding cups; Chewy granola bars; Assorted crackers or cookies; Fruit snacks; Beef Jerky (a favorite); Small bags of nuts or trail mix; hard candy like peppermints or butterscotch; Bottled water.

OPPORTUNITIES FOR THE SETON COMMUNITY

The Dark Side of Cyberspace: The Internet, Smart Phones, Gaming, and Social Media. Come hear Eric Szatkowski speak about the danger of social media, apps, etc. on **Feb 28th at 7PM** at Holy Trinity Catholic Church in Gainesville. This speaker follows the lines of Dr. Camarca's talk last week. The speaker is a devout Catholic; he will have the perspective of a criminal investigator and more technical advice for parents. Click [here](#) for the flyer.

Building Stronger Marriages and Relationships led by Greg and Julie Alexander on **Sat, March 9 from 9-5** at Holy Cross Academy in Fredericksburg. Discover God's plan for marriage and gain practical tools to build a stronger and more joy-filled marriage. See the [flyer](#) for more information.

Moms: Mrs. Gina Pelella will be giving a marriage talk at a Catholic women's morning of formation on **Saturday, March 9th 10:30AM -12:30PM** at the Haymarket Library. Please join us! Light lunch included. Questions? Contact Erin Atkinson at 703-753-8537. Click [here](#) for the flyer.

There will be another **retreat for girls on Saturday, March 16 at Seton School**. The theme of the retreat is "**Real Love**". The retreats will be held from 1:00PM to 5:00PM and will be run by Regnum Christi Consecrated women and missionaries. There will be a track for high school girls, separate track for middle school girls (7th-8th), and separate track for junior girls (3rd-6th). Please join us! The retreat cost is \$10/girl or \$20/family. For more information click [here](#) or to RSVP for these great retreat opportunities contact Mrs. Erin Atkinson (703-753-8537).

Afternoon Tea and Fashion Show on **Sunday, March 31 at 2 PM** to benefit the House of Mercy. \$35/person, seating is limited. Click [here](#) to purchase tickets and for more information.

2nd Annual **Life Walk Event** will be held on **April 13th**. This is a PRO-LIFE event that benefits Mary's Shelter, Bethany Christian Services, and Choices Pregnancy Center. For more information about each ministry, or to find out more about the event, please visit the website. <https://www.lifewalkfxbg.com/> Click [here](#) for the flyer.

CLASSIFIED

Dave Kammerdeiner, Seton dad, has availability in his **freelance graphic design business** to take on additional clients. Corporate branding and marketing communications are his specialties and clients include AOL, National Geographic, Polycom, Time-Life, CES, Dogfish Head, Verisign and NASDAQ. Email Dave at kammerdesign@gmail.com for info and samples.



2002 Ford E150 Van for Sale. Asking \$6K. 103K miles. V85.4 Liter. Chateau package. Garage kept for 16.5 years. No accidents. Full maintenance on schedule. New tires at 95K (Michelin's), new alternator, new thermostat. Contact Bruce Bracco - bruce.bracco@gmail.com