



## UPCOMING EVENTS

[Seton Live Calendar](#)  
[Summer Live Calendar](#)

- Aug 16 Leadership Day 8AM-12 Noon
- Aug 17 Orientation for New Students  
7th Graders 9-12:30  
All others 9-10:30
- Aug 22 First Day of School 8:15-3:00PM
- Aug 23 Opening Mass 11:15 during  
school hours—ALL are welcome
- Aug 26 Q&A Session 7PM in Faustina
- Sept 2 Labor Day—No School
- Sept 11 JHS Back to School Night 7:15
- Sept 16 HS Back to School Night 7:15
- Sept 21 JH Scavenger Hunt 4-6
- Sept 25 Picture Day
- Sept 28 Daughters of the King
- Oct 8 Col P Golf Tournament



### PLANNING DATES FOR 2019-2020

|               |                      |
|---------------|----------------------|
| Aug 22        | First Day of School  |
| Nov 18-22     | Spirit Week          |
| Nov 28-29     | Thanksgiving Break   |
| Dec 16        | Religion Mid-Term    |
| Dec 20-Jan 2  | Christmas Break      |
| Jan 9-14      | Mid-Term Exams       |
| Apr 9-Apr 17  | Easter Break         |
| May 20-May 29 | Final Exam Week      |
| May 28        | 8th Grade Graduation |
| June 1        | HS Graduation        |

Please see the complete  
[Seton Calendar](#) for more important  
dates.

## FROM THE EXECUTIVE DIRECTOR

**W**ELCOME TO SETON'S 45<sup>TH</sup> YEAR! Many thanks to our families for taking the time to fill out the Parent Survey. Almost 80 per cent of our families filled out the survey, a completion rate almost unheard of for a survey of this type. We appreciated the many positive comments but also the suggestions for improvements. We will take these suggestions to heart. To begin with, parents suggested more professional development opportunities for teachers. We have therefore scheduled a professional development day for our teachers directed by Sister Elizabeth Anne, O.P., of the Nashville Dominicans, who has years of experience in mentoring teachers. The program will integrate spiritual formation with professional formation. The program will be held on Monday, November 11. In order to take full advantage of Sister's expertise, the program will be daylong. Students will have a day off, and thus be able to spend the Veterans' Day holiday with their families.

**THE INSIDE SCOOP:** Several years ago, a Seton parent prepared a booklet titled "The Inside Scoop," which gave details about many Seton activities and traditions that a new parent might not know. We have now updated the booklet, and it can be found on the website under [Student Life, Clubs and Activities](#). Veteran parents might also want to take a look.

### PRAY FOR THE FACULTY AND THE FACULTY WILL

**PRAY FOR YOU:** In this mailing each family will receive the name of a specific faculty or staff member. We ask that you pray for this person throughout the school year (and beyond). We need your prayers to fulfill our vocation as teachers as we cooperate with you in the formation of your children. In return, we will pray for God to bless your families.

**FUND APPEAL LETTER:** Enclosed in this mailing is a letter asking for pledged donations to supplement tuition. As you know, our tuition is considerably lower than that of the Diocesan high schools. We therefore ask you to consider making a pledged donation to help us continue to provide a high quality, Christ-centered education for your children. Remember, **donations are tax-deductible, but tuition is not.**

**Q & A SESSION:** You are invited to a Q&A session on August 26 at 7:00 PM in Faustina to discuss the administrative changes at Seton School. Mr. Pennefather and I look forward to hearing your questions and comments.

**MANY SPIRITUAL ACTIVITIES DESCRIBED IN THIS SENTINEL:** Weekly Holy Hours in the Seton chapel, Vocations Crucifix, Pilgrim Virgin Statue. Please take advantage of these wonderful opportunities to grow in holiness.

## MASSES AND ROSARIES

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



## PRAYER REQUESTS

*Please pray for the health and safety of all those in our Seton Community, especially those suffering. May we all help carry their crosses.*



## LEADERSHIP DAY



**Date:** Friday, August 16th  
**Time:** 8:30—12 Noon (Mass at 11:30)  
**Who:** Officers of Seton Clubs  
**Place:** Seton School

Snacks will be provided.

**What to wear:** Appropriate clothes for Mass (pants/capris/skirts and polo/blouse/nice shirt) and work attire for cleaning (cargo/basketball/finger-tip length shorts and t-shirts that can get dust/dirt or paint on them).

**Please R.S.V.P.** if you are able to attend to [jpogue@setonschool.net](mailto:jpogue@setonschool.net) or through Jupiter Ed.

## ORIENTATION FOR NEW STUDENTS

**Date:** Saturday, August 17th  
**Time:** 9:00

**Incoming 7th Graders** will meet from 9-11:30 to cover their school day and then from 11:45-12:45 we will have a chapel visit, games and a hotdog cookout. Parents can leave after the opening assembly and return for pick up at 12:45.

**Incoming 8th-12th Graders** will meet from 9-10:30 (approximately). The morning will include a tour of the school buildings.

**ATTIRE:** Boys should wear pants, polo shirts, and tennis shoes. Girls should wear pant/capris, shirts/ blouses with sleeves and tennis shoes. (No shorts, jeans, flip-flops in order to promote an academic atmosphere and safety during the group activities)

## CLASS SCHEDULES

Student schedules will be sent via Jupiter Ed the week of August 12th. Parents, please remember that except in cases of conflicts or errors, no changes will be made until the end of the first quarter. All class change requests must be initiated through the Guidance Department. Thank you for understanding.

## SUPPLY LISTS

Some teachers have posted their [Supply Lists](#) on our website. Go to the home page under School News. If your class is not listed, your teacher will let you know what you need on the first day.

## UNIFORM REMINDERS

All [uniform information](#) is on our website under the Student Life tab. Please note, when ordering skirts at either Lands End or Flynn & O'Hara, to order the correct length. Skirts should cover the knee and touch the floor when kneeling. If you have not already done so, please check your daughter's skirts TODAY to ensure they are long enough. If you need to order uniforms for the beginning of the year, order TODAY or you will NOT receive the items in time for the new year. Don't delay!



Come visit our UNIFORM CLOSET in the Corpus Christi building. Gently used uniforms are available at a minimal cost and 100% goes to Haiti. We have a surplus of boys pants, (all sizes) and are running a sale. All pants are \$2!

## FIRST DAY OF SCHOOL

**Thursday, August 22nd**  
**Arrive at School 8:15**

- **Junior High Students** report to Faustina to receive your class schedule cards.
- **High School Students** report to the Gym to receive your class schedule cards.
- Once you have your schedule all students should report to the Gym for the opening school assembly.
- **DISMISSAL** at 3:00 PM

## WHAT TO BRING ON THE FIRST DAY?

- **Backpack** with Notebook/Paper, Pens/Pencils, File Folder for handouts
- **Lunch** (Please note: **we will NOT be serving a hot lunch on the first day of school!**)



## WEEKLY LUNCH MENU



**Monday:** Burger King

Cheeseburgers, Hamburgers, & French Fries—\$2.00 each

**Tuesday:** Chick Fil A

Chicken Sandwich—\$3.25

Chicken Biscuit—\$2.50

Side Salad-\$3.25



**Wednesday:** Papa Johns

Pepperoni or Cheese Pizza -\$1.25/slice

**Thursday:** No Hot Lunch

**Friday:** Papa Johns

Cheese Pizza -\$1.25/slice



## WELCOME NEW TEACHERS!

*Mrs. Heidi Vallimont*  
 Girls Life Skills

*Mrs. Maryan Vander Woude*  
 Reading 7

*Mrs. Kathy Vestermark*  
 Earth and Space Science



**DAUGHTERS OF THE KING, SAT SEPT 28 AT SETON SCHOOL**

Please mark your calendars for your daughters and their friends for Sat, Sept 28th. The event will include the best of past events including dinner, fashion and talent show, along with the "Three Wise Women" and "Three Wise Men" panels. Activities are being planned such as: self-defense basics, dance instruction, social skills and role playing, Q&A about "Staying Catholic in College," and fun and games, too! Registration will begin after school starts and the event is for Seton girls as well as high school and middle school young ladies from our community. Questions, contact: kimberly@dalrymple5.com.

*"Where your treasure is, there is your heart..." "Could you not watch one hour with me?" (Mt 6:21; 26:40)*



Please see the [attached flyer](#) and sign-up for one of our Holy Hours offered every Friday from 12:30-8 PM at our Seton Chapel throughout the school year.



**Sign-up** to participate in our weekly Pilgrim Virgin Statue and Vocations Crucifix program at Seton.



**2019 SETON SCHOOL FALL SPORTS TRYOUT/PRACTICE SCHEDULE**

**TENNIS** Head Coach Erin Atkinson, Assistant Coach Laura Heim. Practices will be held at Osborn High School on Tuesday and Thursday from 8:30 - 10:30 am beginning July 30 and Aug. 1 and continue Aug. 6, 8. Please email [e\\_m\\_atkinson@hotmail.com](mailto:e_m_atkinson@hotmail.com) with questions.

**VOLLEYBALL**  
**Varsity** - Coach Kathy Vestermark. Tryouts are Aug. 14-16; 6-8 pm  
**JV** - Tryouts - Aug. 23; 4-5:45, Aug. 26; 4-5:45  
**Jr. High** - Head Coach: Jill Vander Woude, Assist Coach: Gretchen Fox. Tryouts are Aug. 24; 1-2:30 & Aug. 28; 3:30-5

**We are in need of a JV volleyball coach. Please email ([dvanderwoude@setonschool.net](mailto:dvanderwoude@setonschool.net)) or call Dan Vander Woude if you are interested (703-282-4037).**

**LADIES/MEN CROSS COUNTRY** Head Coach: Ann Da Re, Assistant Coaches: Monica Wilson and Marjorie Baker. Practices start Aug. 5, Monday, Tuesday, and Thursday; 5:00-6:30 at Signal Hill Park

**VARSITY BOYS SOCCER**  
**Varsity** - Coach Bob Fioramonti - practices start Aug. 1, 2 and continue through Aug. 20; 5:00-7:00 pm Monday - Friday at Signal Hill Park.  
**JV** - practices start the week of Aug. 26 at Signal Hill Park...days/times tba

**FRIDAY MEALS & MONDAY STAFF CAFE**

Please consider signing up for this long standing tradition. Sign-Ups are at [TakeThemAMeal.com](http://TakeThemAMeal.com). Please see the attached [flyer](#) for all the details.



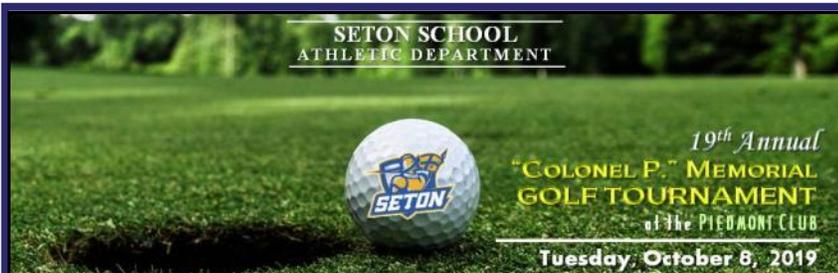
**SETON THEATRE NEWS**

**THIS YEAR'S FALL PLAY** is the timeless classic, "Belles on Their Toes." It's the sharply witty, fast-moving and fun show about a large family sticking together against all odds. Featuring great characters and sophisticated acting opportunities, this show is open to all students grades 7-12. There are 18 total parts available. The show itself is the weekend of October 19th. Auditions are Thursday, September 5th from 7-9:00 PM in Faustina. Please prepare and memorize a one-minute comedic monologue. Dress in comfortable clothes, bring water and prepare to move. More information will be sent to the Seton community, including scenic plots and rehearsal information, the week of August 12th. Questions? Contact Matt Moore at [m@ttmoore.com](mailto:m@ttmoore.com).

Now in its fourth year, the **SETON THEATRE SEMINAR** will focus on Renaissance Theatre, Production Management, and writing for the stage. The Theatre Seminar is a once-per-month night class for students that wish to delve deeply into theatre and become better performers as well as those who are interested in exploring all aspects of production. The first meeting will be on Monday, September 16th at 6:00 PM. Questions? Contact Matt Moore at [m@ttmoore.com](mailto:m@ttmoore.com).



**SETONS IMPROV TROUPE, SEMPER RIDICULUM** Semper Ridiculum, Seton's own Improv Comedy Troupe, is back for its 9th consecutive year with 38 full-length performances! We will begin immediately after the Fall Show is complete and will have three hilarious, side-splitting shows in the 2019-2020 year! Contact Matt Moore at [m@ttmoore.com](mailto:m@ttmoore.com) for more information about how you can be a part of this zany, fantastic Seton tradition.



**19TH ANNUAL 'COLONEL P' MEMORIAL GOLF TOURNAMENT**  
**Save the Date!** Piedmont Club on Tuesday, Oct 8, 2019  
 Go to [setongolf.com](http://setongolf.com) for all the details!