



## UPCOMING EVENTS

[Seton Live Calendar](#)

- Oct 12 [Escape Room](#) 12-8
- Oct 14 Columbus Day - School IN SESSION
- Oct 16 PSAT - 9-11th  
Field Trips - 7-8th  
Regular Schedule - 12th
- Oct 18 End of 1st Quarter
- Oct 19 Admissions Test 10 AM  
SAT Prep course 9-11:30  
Fall Play 2:30 & 7PM
- Oct 20 Fall Play 2:30
- Oct 26 Halloween Dance
- Oct 31 Early Dismissal 12:20 for Parent/Teacher Conferences from 1-5
- Nov 1 All Saints Day - NO SCHOOL
- Nov 3 Open House - 2-4PM  
Turn Clocks Back
- Nov 4 Cemetery Visit after 8:30 Mass
- Nov 6 Mandatory 11th Grade College Workshop 6:45
- Nov 10 Sports Awards Banquet
- Nov 11 Veterans Day - NO SCHOOL  
Faculty Day of Recollection
- Nov 12 Picture Retake 5th/6th
- Nov 16 Admissions Testing 10AM
- Nov 17 Spirit Week
- Nov 22 Mass for Christ the King 1:15PM
- Nov 23 Enthronement Dance
- Nov 27 1:20 Dismissal
- Nov 28-29 Thanksgiving Break



## FROM OUR EXECUTIVE DIRECTOR, MRS. CARROLL



**COL. P GOLF TOURNAMENT:** Many, many thanks to all those who made this year's golf tournament a great success. I especially want to thank Jorge Rangel for his leadership of the Athletic Boosters for many years. The Golf Tournament has reached a new level of success thanks to his innovative ideas and untiring work. It just won't be the same to see lights on in my classroom and wonder what is going on, only to find out that Jorge is having another planning meeting for the golf tournament months in advance. Thank you, Jorge, for your dedication to Seton athletics.

I welcome Becky and Adam Irving as the new leaders of the Athletic Boosters, confident that they will keep high the bar that Jorge has raised.

**DAUGHTERS OF THE KING:** A huge thank you to Kimberly Dalrymple and her team for the inspiring Daughters of the King event on September 28. I am so grateful to Kimberly for creating this event and making it better every year. The many parents and students who helped were a big part of this year's success, and the presenters left all the attendees with much to think about.

**SAVE THE DATES FOR ANOTHER GREAT FALL PLAY:** Saturday, October 19 (2:30 & 7:00 PM) and Sunday, October 20 (2:30 PM) are the performances of this year's fall play, *Belles on Their Toes*, a sequel to *Cheaper by the Dozen*. Mr. Moore and his cast, crew, and parent volunteers are preparing a funny, heart-warming, fast-moving play about the importance of family life and the joys and challenges of big families. Please make plans to attend at least one of the performances. You'll be glad you did.



**CONSECRATION TO THE SACRED HEART:** Everyone is invited to join us for this Friday's 11:20 Mass at which we will renew the school's consecration to the Sacred Heart. See more information immediately below.

### GROWING IN THE SPIRITUAL LIFE:

#### This week's topic: Devotion to the Sacred Heart

At this week's Friday Mass, we will renew our school's consecration to the Sacred Heart of Jesus. The Sacred Heart devotion is not optional. Some devotions are optional—like wearing a Miraculous Medal or praying to St. Jude or to St. Anthony (though some of us constantly need St. Anthony!). But the Sacred Heart is a sign of Jesus' great love for us and His desire for our love in return, which is not optional.

The Scriptural basis of devotion to the Sacred Heart is found in St. John's Gospel, 19:31-37. "When they came to Jesus and saw that He was already dead, they did not break His legs. One of the soldiers thrust a lance into His side, and immediately blood and water flowed out." Blood and water are symbols of His love and symbols of the two great sacraments of Baptism and Holy Eucharist. These sacraments represent the Church, the Bride of Christ. Just as Adam's side was opened and his bride Eve came forth, so Jesus' side is opened and His bride the Church comes forth.

## 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 repose of the soul of James O'Neill, grandfather of the Bartolozzi children, Eileen ('07), James ('10), John ('14), and Matthew ('16)*

## Thank You

Mrs. Given for providing the delicious staff lunch on Monday, the priests lunch and dinner for Mrs Carroll and Mr. Westhoff last Friday and Fr. Jeb for saying Mass.

The Church honored Our Lord's Sacred Heart throughout its history. But in 17<sup>th</sup> century France, the Jansenist heresy downplayed Jesus love for mankind and discouraged worship of His body. The revelation of the Sacred Heart to St. Margaret Mary is an answer to the Jansenism heresy, as seen in His words: "Behold this Heart which has so loved men and is so little loved in return."

Jesus promised that in families where His Sacred Heart was honored, "sinners would be converted, tepid souls would become fervent, and fervent souls would advance rapidly to spiritual perfection." I encourage you to take this opportunity to enthrone the Sacred Heart in your home, if you have not already done so. There are many websites online with information about how to make this consecration of your family.

For those of you who have a special devotion to the Divine Mercy, the two devotions are intimately united. Above all, both devotions stress God's merciful love, which we must never doubt.



## THE SETON FALL PLAY IS FINALLY HERE!

"Belles on Their Toes" is a fast-paced, sharply witty, deeply moving production about how families pull together in times of crisis. Featuring the best & brightest of the Seton Stage, this is an ensemble show you don't want to miss! Plus, come see our special celebrity actor. One weekend only - purchase your tickets in the Seton office all next week or get general admissions seats at the door. There's only three chances to see this fantastic play... this year we have a special Dinner Theatre seating as well but you'll need to reserve seats by next Wednesday the 15th. Reservations can be made at the front office.

### Saturday, October 19th:

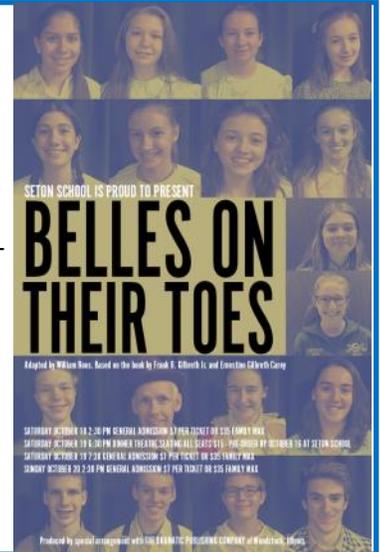
2:30 Matinée - All seats \$7 with a \$35 family max

7:30 Special Show - Dinner Theatre Seating at 6:30 all seats \$15

General Seating at 7:15, all seats \$7 with a \$35 family max

### Sunday, October 20th:

2:30 Matinée - All seats \$7 with a \$35 family max



On Monday, Oct 7 at 10:25AM, we sent out a phone message to all our families and teachers to test out our emergency phone system. If you received a message and don't want that phone to be included or if you want to ADD a phone, please call the front office. Our emergency system will be used only when necessary to issue school closings with regard to weather and/or other important timely information.



### ALL 9TH-11TH GRADE STUDENTS: THE PSAT AND PSAT 8/9 ASSESSMENTS ARE THIS WEDNESDAY, OCTOBER 16TH!

Please arrive at the Corpus Christi Center by 8:15 a.m. with two sharpened #2 pencils with good erasers (not mechanical pencils) and an approved scientific, graphing, or four-function calculator. If you will be absent or tardy, PLEASE contact the school by 8:15. We will begin promptly at 8:20 a.m. If you have any questions, please contact Mrs. Reyes (smreyes595@gmail.com or 703-331-3587).



**There's still room!** Come to Seton's Escape Room on Sat from 12:00-8:00. Click [here](#) to sign up!!



# SAT



### DOES TEST PREP IMPROVE SAT SCORES?

Mrs. Stephanie Reyes, who administers the PSAT and SAT tests at Seton, answers, "Yes. College Board said for decades that test prep didn't work for increasing SAT scores. But having been a college admissions counselor in the mid-90s (University of Michigan) and seeing hundreds (probably thousands) of students' scores and seeing them get a higher test score the second time they took it (after studying for it and prepping) convinced me otherwise. Students would be deferred after the first review and then get higher test scores later and consequently be admitted."

Now, the College Board has changed its tune on test prep. Reyes says, "Fast forward to just a couple of years ago, and College Board now states: 'When it comes to improving scores, a little practice goes a long way. A study of 250,000 students from the class of 2017 showed that Official SAT Practice can help any student improve their scores—regardless of gender, race, income, or high school GPA. In fact, 20 hours on Khan Academy [a free online SAT prep program associated with the College Board] was associated with an average 115-point increase from the PSAT/MSQT to the SAT.' "

So yes, practice for the SAT can improve scores significantly, and it does not have to be expensive. If using Khan Academy works, why not try it? Says Mrs. Reyes, "Sometimes a 115 point change can make a big difference in merit-based scholarships. Say if 20 hours of 'work' prepping translated into an additional \$4,000/year scholarship (\$16,000 for 4 years), that's a pretty good hourly 'wage'."

## Thank you

Dear Students, Families, Teachers & Staff,  
On behalf of my whole community, I wanted to write and thank you for the generous paper goods (4 more!) drive that you recently held for us. We were amazed at the abundance! You have stocked our shelves of cupboards - well into next year! Our procuratrix is much relieved she won't need to worry about ordering any of these supplies for a good while yet.  
Thank you so much for taking care of us! We - especially Sr. Peter Marie (Grace Thomas '10) & I - always do & will continue to remember you in our prayers.  
Gratefully in Christ,  
Sr. Mary Grace, OP  
(Grace VanderVorde '12)



### ATTENTION SETON FAMILIES OF 6TH

**GRADERS!** The application deadline for the **October 19** admissions test is on Mon, Oct 14 at 3 p.m. Click [here](#) for an admissions packet. Questions? Contact, Julie Mantooth at [setonadmissions@setonschool.net](mailto:setonadmissions@setonschool.net).

## THANK YOU TO ALL THE SPONSORS/DONORS WHO SUPPORTED THE SETON SPORTS PROGRAM THROUGH THE COL. P GOLF TOURNAMENT!



We are so grateful to our generous golfers and sponsors of the 2019 Colonel P. Memorial Golf Tournament! Your support of this year's golf tournament aids in offsetting the Athletic Department's basic no-frills operating expenses. As we are both a junior and senior high school, we field teams for up to three levels (Varsity, JV, and Jr. High) with a total of 11 varsity sports. That adds up to a lot of teams and considerable operating expenses. Additionally, our tournament honors Colonel Michael Pennefather by a modest scholarship awarded to a graduating senior boy and girl who strongly demonstrate their Faith in daily life, in athletics, and through service to the Seton community. Thanks to Dr. Dunnegan's generosity, we have purchased attractive logo-embazoned padded chairs for the home Conquistadors and visiting teams as well as for officials at the scorers table. Lastly, due to the generosity of our donors, we will be able to offset expenses for the rental of the Grizzley Sports Complex which allows our teams to have a much needed venue for practices during late winter and early spring when other county fields are not available!

The goal of the Seton Sports Program is the formation of the entire person: body, mind, heart, and soul. At Seton, student athletes are trained and encouraged to commit themselves to God, family, academics, and athletics. The character formation that occurs during this process is of primary importance to the Seton Sports Program. Thank you very much for generously contributing to our 19th Annual Col. P Memorial Golf Tournament!



### OPPORTUNITIES FOR THE SETON COMMUNITY

'**Broadway Best**' Choral Concert this **Saturday, Oct.12th** at the Hylton Performing Arts Center at **7:30pm**. Kids 18 and younger are Free.

Come join in a **102st Year Anniversary of Fatima Public Square Rosary Rally** on **Sat, Oct 12, at 12:00 noon** on the corner of Purcell and Hoadly Roads (on the sidewalk in front of the Walgreens Pharmacy). This Public Square Rosary, sponsored by America Needs Fatima, will be one of over 23,000 rallies that will take place all across the United States on that day. For questions, call Barbara Dodge, 703-791-6047.

The **Mother of Mercy Free Medical Clinic** will be having an open house on Thurs, Oct 17 from 10 a.m. to 12 noon and Thurs, Nov 14 from 12 noon to 2 p.m. 9380 Forestwood Lane, Unit B, Manassas, VA . Contact Mrs. Alexandra Luevano at 703-335-277, ext 15 for more information.

St Johns Home Educators **BARN DANCE** on **Sat, Oct 19** from 7-10 for 13-18 year olds at St. John's Mercy Hall. See the [flyer](#) and the [permission form](#) for all the information.

St Andrew's **Holy Land pilgrimage** to Israel and Jordan on Jan 20-31, 2020. Cost: \$3380 includes airfare, hotel, most meals, Christian tour guide, tour bus, tips, museum and entrance fees. Email BarbRemington6@gmail.com if interested. Only 4 seats left!

**Chris Yung Memorial 5k Turkey Trot** on **Thrus, Nov 28 from 8-11**. Kids 1 mile Fun Run will begin at 8 and the 5K Run/Walk will begin at 8:30 at 2 Silos Brewing Company. Click [here](#) for the flyer and [here](#) to register. Email: TeamPWChrisYungsK@gmail.com Team website: pwdeu.com

**Save the date: Jan 4, 2020 at 7pm. "Dr Bruchalski's Epiphany"**. Evening at St Andrew's Catholic Church. Please bring your spouse, and friends to hear about his conversion story, and more! For more info, email BarbRemington6@gmail.com

### CLASSIFIED

Busy homeschooling family seeking a Personal Attendant to assist our 5-year-old son with William syndrome with all activities of daily living on the Independent Hill side of Nokesville. Will train. Medicaid Waiver funded position. Must be over 18 and drive. \$12.17/hour with taxes taken and extensive background check. Very flexible hours and can be full time or part-time. Contact Joanne Moran for more details at [morancasa@verizon.net](mailto:morancasa@verizon.net)

Need your senior pictures taken? Contact alumna photographer, Bernadette Rohan, at [rohancollective@gmail.com](mailto:rohancollective@gmail.com) for an affordable, fun, and high-quality photo-shoot. Full package priced at \$75