



# Sentinel



Volume 30  
Summer Issue  
August 2023

Bob Pennefather, Director  
Anne Carroll, Executive Director

A Weekly Newsletter for Seton Parents & Students

(703) 368-3220  
[www.SetonSchool.net](http://www.SetonSchool.net)



## UPCOMING EVENTS

[Live Calendar](#)

**Every Monday and Thursday**  
Pizza -\$1.50/slice

- Aug 16 Leadership Day 9:30 -12 Noon
- Aug 19 Orientation for New Students  
7th Graders 9-12:45  
All others 9-11
- Aug 23 First Day of School 8:15-3:00PM
- Aug 28 8:30 Mass at All Saints
- Sept 1 Opening School Mass 11:20 at Seton—All are welcome
- Sept 4 Labor Day—NO SCHOOL
- Sept 6 JHS Back to School Night 7PM
- Sept 9 Back to School Social 7PM
- Sept 13 HS Back to School Night 7PM
- Sept 23 JH Scavenger Hunt 4PM
- Sept 30 Sons of the Most High 1PM
- Oct 7 Daughters of the King 1PM
- Oct 9 Columbus Day—School IN SESSION



I have a question about...Who do I call?  
Click [here](#).

Seton Spirit Wear . Click [HERE!](#)



### PLANNING DATES FOR 2023-2024

Aug 23	First Day of School
Nov 13-17	Spirit Week
Nov 23-24	Thanksgiving Break
Dec 18	Religion Mid-Term
Dec 20-Jan 2	Christmas Break
Jan 8-15	Mid-Term Exams
Mar 28-Apr 5	Easter Break
May 22-May 31	Final Exam Week
May 30	8th Grade Graduation
June 3	HS Graduation

## FROM THE EXECUTIVE DIRECTOR



**WELCOME** to Seton's 49th Year! 2023-24 will be a year of planning and preparation for our Golden Anniversary Year. You will be hearing from the planning committee from time to time. One of the activities already underway is to request monasteries and convents of nuns to pray for the entire Seton community—past, present, and future. These nuns are the powerhouse of the Church, and we are grateful for their prayer support.

### Gratitude

#### GRATITUDE: A THEME OF THIS YEAR OF PREPARATION:

We must not be like “the other nine” lepers who did not return to give thanks after Jesus miraculously cured them. Seton survived in the first place and is flourishing today solely because of God's grace. I am deeply grateful to all the human instruments—parents, teachers, students, benefactors of all kinds—who have heroically responded to that grace. But it is God's grace that came first. I would ask every one of you reading this column to commit to adding one Glory Be to your daily prayers in thanksgiving to God for His blessings and mercies. Too simple to be significant? If everyone in the Seton community says this prayer with heartfelt love, a great chorus of thanksgiving will rise to the Holy Trinity every day.

Glory be

to the Father,  
and to the Son,  
and to the Holy Spirit,  
As it was in the beginning,  
is now,  
and ever shall be,  
world without end.  
Amen.

**OUR VIRTUE OF THE YEAR:** Gratitude has been appropriately and wisely chosen by the Student Government Service Committee as Seton's virtue of the year. To help focus our grateful thoughts, I will be taking a tour through Seton's history each month of this school year, highlighting events, people, and clear examples of God's grace during a five-year span. I begin in this August issue with the preliminaries to Seton's opening and the first five years, September 1975-June 1980. Watch for the list in a special box each month. Learn about Seton's history and see why we have so much for which to be grateful.



**SPIRITUAL PREPARATION:** The most important way we can prepare for our Golden Anniversary (or for that matter, anything else of significance) is spiritually, to grow in an intimate relationship with Our Lord. Each quarter we will encourage an important spiritual practice, which will be family oriented but will also be encouraged for individuals. I sincerely hope that every family, every individual will take these opportunities to grow in love of God. The priests who have served Seton over the years have told us that we must put spiritual growth first. If we don't, we are building our house on sand, and you know what happens to such a house. You will soon be receiving a Jupiter message with information about the first quarter spiritual practice.



## MASSES AND ROSARIES

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



## PRAYER REQUESTS

Please pray for

*Miriam Van Scott' 81, diagnosed with Stage 2 pancreatic cancer*

*Annemary Viera, mother of Dominic '08, near death from cancer*

*And the repose of the souls of*

*Cathy Bittle '93*

*Jeff Jerge, Seton student late 70's*

## SETON'S GUIDANCE CORNER



## FROM THE EXECUTIVE DIRECTOR (CON'T)

**INTELLECTUAL FORMATION:** To my knowledge, Seton is the longest-serving independent Catholic high school in the nation. We were in the vanguard of a mission which is now shared by many schools; namely, academic excellence in a thoroughly Christian environment. This educational movement is chronicled in a recent book, *The Battle for the American Mind* by Pete Hegseth with David Goodwin. Seton teachers were asked to read this book over the summer, and now I am asking parents to read the book as part of our preparation for the 50th anniversary year. In a nutshell, the book discusses the crisis in American education, in which public education, and much of private education, has been hijacked by secular liberals, who are anti-Christian and are destroying any kind of true education. I will be highlighting some points from the book during the year, but I really hope you will read the book itself. Used copies are available at a low price, and you can share copies. Some of you may even want to organize small-group discussions of the book. The authors don't say much about Catholic independent schools and don't realize that Catholics were in the field before non-Catholics, but that doesn't undermine their arguments and their research. All of us need to know why Seton's mission is so important and why it must be upheld no matter what.



**SUGGESTIONS FOR INTERESTING READING** accumulated over the summer. If you don't have time for all, I strongly urge you to look at the first and the last entries.

- ✦ <https://www.catholicculture.org/commentary/in-nutshell-protecting-your-children-in-digital-world/>
- ✦ [https://www.getprinciples.com/c-s-lewis-literature-adds-to-reality/?utm\\_campaign=PFYW+6.9&utm\\_medium=email&utm\\_source=autopilot](https://www.getprinciples.com/c-s-lewis-literature-adds-to-reality/?utm_campaign=PFYW+6.9&utm_medium=email&utm_source=autopilot)
- ✦ <https://www.theatlantic.com/ideas/archive/2023/06/ban-smartphones-phone-free-schools-social-media/674304/>
- ✦ [https://americanmind.org/salvo/the-long-march-through-the-soul/?mkt\\_tok=NDI3LUxFUS0wNjYAAAGM6H3dLnNlVnb-f0v7eWGCzpubl8sZabWwfCpv09MBgQKl\\_5Nx5s1SB07F2ZWDGDNUw9kqA7s5roh5bQ09hcyJ34i9Lq85BX6D-Ppzco](https://americanmind.org/salvo/the-long-march-through-the-soul/?mkt_tok=NDI3LUxFUS0wNjYAAAGM6H3dLnNlVnb-f0v7eWGCzpubl8sZabWwfCpv09MBgQKl_5Nx5s1SB07F2ZWDGDNUw9kqA7s5roh5bQ09hcyJ34i9Lq85BX6D-Ppzco)
- ✦ [https://www.catholicnewsagency.com/news/254798/new-ministry-utg-at-work-will-help-professionals-share-their-faith-at-work?mkt\\_tok=NDI3LUxFUS0wNjYAAAGNB2P-Z9hebLs8yWpd2x-CeLChQMm5iQ70WNNW18X5NBGPHy\\_sFuNAkKRdS2F5D3a2gybTuy\\_x8VQuiyXNq2ZFET6tXdYfGvUERNLARLTCw](https://www.catholicnewsagency.com/news/254798/new-ministry-utg-at-work-will-help-professionals-share-their-faith-at-work?mkt_tok=NDI3LUxFUS0wNjYAAAGNB2P-Z9hebLs8yWpd2x-CeLChQMm5iQ70WNNW18X5NBGPHy_sFuNAkKRdS2F5D3a2gybTuy_x8VQuiyXNq2ZFET6tXdYfGvUERNLARLTCw)
- ✦ [https://life-craft.org/one-possible-reason-god-lets-it-happen/?mkt\\_tok=NDI3LUxFUS0wNjYAAAGNDipTyhm3SnbMAqdMHHIY92dNrPvwa\\_LfLTNpH5LnvTMV9L0bqNn3eJc4\\_j-87JIG3mPVM3Y5-LB63D1JPGIH1QB\\_9Qvt9B9OuOf0Y](https://life-craft.org/one-possible-reason-god-lets-it-happen/?mkt_tok=NDI3LUxFUS0wNjYAAAGNDipTyhm3SnbMAqdMHHIY92dNrPvwa_LfLTNpH5LnvTMV9L0bqNn3eJc4_j-87JIG3mPVM3Y5-LB63D1JPGIH1QB_9Qvt9B9OuOf0Y)
- ✦ [https://catholicvote.org/dominicans-plan-national-rosary-pilgrimage-dc/?mkt\\_tok=NDI3LUxFUS0wNjYAAAGNFtciHRVlrD7a5Fo2CvMiboT9TGcRWZAKlhksCjYgB9-TAKmliekQ1ZSYEtjK1PsvEtAWH-IBC5f6UxUzvlpJBCGchc0UHdzxFOjDakc](https://catholicvote.org/dominicans-plan-national-rosary-pilgrimage-dc/?mkt_tok=NDI3LUxFUS0wNjYAAAGNFtciHRVlrD7a5Fo2CvMiboT9TGcRWZAKlhksCjYgB9-TAKmliekQ1ZSYEtjK1PsvEtAWH-IBC5f6UxUzvlpJBCGchc0UHdzxFOjDakc)

### PRAY FOR THE TEACHERS AND THE TEACHERS WILL PRAY FOR YOU:

In the summer, 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.

**AWARD WINNERS:** The Michael Joseph Penefather Scholarship is awarded to 8th grader Nicholas Gray. The Warren H. Carroll Scholarship recipient is Moira Haggerty. Katharine Reyes finished first in the Virginia State Pro-Life Speech Contest and third in the nation.

**FUND APPEAL LETTER:** By now, you should have received a letter requesting pledged donations which will help us keep our tuition affordable. Please pay careful attention to this letter and respond generously in gratitude for the blessings that God has given you.

**MANY SPIRITUAL ACTIVITIES DESCRIBED IN THIS SENTINEL:** See the announcement elsewhere for Exposition and Adoration every Friday, the Vocations Crucifix, and the Pilgrim Virgin Statue. We also have a Rosary procession every Sunday afternoon at 3:00 PM and a Rosary in the Chapel on Thursday evenings at 7:30 PM.



## CELEBRATING 50 YEARS • A TOUR THROUGH SETON'S HISTORY

Gratitude intentions from the beginnings until the end of the 1979—1980 school year. During the first five years we are grateful to God for:

- The multiplication of the \$300 we started with.
- The other full-time teacher, Mary Baumberger.
- The first 16 students and their brave families
- Mr. Westhoff just out of high school as part time teacher and athletic director
- The generous support of Bishop Thomas Welsh
- Finding rental space in the Episcopalian Church
- Having basketball teams even though the girls never won a game and the boys had to borrow neighbor boys to make a full team
- Mrs. Haggerty (now Schuller), visiting speaker on pro-life, then a teacher for 34 years
- Second rental in the Presbyterian Church
- Third rental from the Assembly of God in a ramshackle building which received the Fire Marshal's approval even though he said it would burn in 30 seconds
- Being able to purchase the property we now own when we had no assets
- Bishop Welsh and the Diocese of Arlington giving us a loan to help us make the purchase
- The other full-time teachers in those first 5 years: Mr. O'Herron, Mr. Schaeffer, Mr. Reinders, Mrs. Mirus, Miss Gallagher, Mr. Cross, Mr. Martel
- Father O'Brien, Father Duran and All Saints priests helping us with our spiritual needs
- First pilgrimage to Mother Seton's Shrine
- First March for Life
- First Graduate
- Buser Family, first to move from out of state to attend Seton (and descendants still here)

## LEADERSHIP DAY

**Date: Wed, August 16th from 9:30-Noon**

**Who, Where, What to wear:** Student Government Officers and Class Representatives, Senior Class Council and NHS Officers, and all Club Officers at Seton School. Meet in Faustina. Appropriate 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.** [jpogue@setonschool.net](mailto:jpogue@setonschool.net)



## CLASS SCHEDULES

Student schedules will be sent via Jupiter Ed the week of August 14. When you receive your schedule please look it over and ensure you are not missing any required classes. If your schedule is incomplete or an error has been made please email [schedule@setonschool.net](mailto:schedule@setonschool.net) (use only this address). **NO OTHER CHANGES WILL BE CONSIDERED; INCLUDING TEACHER REQUESTS!**

**SUPPLIES** Your teachers will let you know what you need on the first day. Some have posted [Supply Lists](#).

**New to JUPITER ED?** You will be able to activate your account when you receive your schedule. Click [here](#) for an overview of Jupiter Ed features.

## 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 all or most of the knee and touch the floor when kneeling. Boys should have a shirt that is long enough to stay easily tucked throughout the entire day of school, (unless they are playing ball in the gym). Come visit our uniform closet in the Corpus Christi office. All proceeds go to underprivileged children in Honduras and Belize.



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

Please see the [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.



## WELCOME NEW TEACHERS!

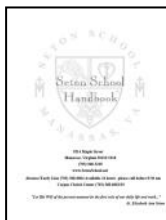
*Mrs. Mary Brand*  
Lang & Logic, Religion 8G

*Mr. John McMahon*  
Latin I-IV, English 12

*Mr. Charlie Chalkley*  
Adv Bio, Biology, Life Science

## SETON STUDENT HANDBOOK

All parents and students are required to read the Student Handbook before coming to school on the first day. The Handbook can be found on our school website under Student Life or [Click on the image to view!](#)



## ORIENTATION FOR NEW STUDENTS

**Date: Saturday, August 19**

9:00 (Meet in the Gym)

**Incoming 7th Graders** will meet from 9-12:15 to cover their school day and from 12:15-12:45 for a chapel visit, games and frozen treats. Parents can leave after the opening assembly and return for pick up at 12:45.

**Incoming 8th-12th Graders** will meet from 9-11 (approximately). The morning will include a tour of the school buildings. Parents will leave with their children at 11.

**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)



## FIRST DAY OF SCHOOL

**Wednesday, August 23rd**

**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 hot lunches the first week of school. First day of sales is Monday, 8/28.**



## FRIDAY MEALS & MONDAY STAFF CAFE

Give the gift of hospitality by volunteering for a long-standing Seton tradition, serving our priests, teachers, and staff, and say "thank you" for the many ways they serve and bless our families. Sign-Ups are at [TakeThemAMeal.com](http://TakeThemAMeal.com). Please see the attached [flyer](#) for all the details.



*Congratulations*

**National Spanish Exam 2023: A Record Year for Seton Students!**  
Click [here](#) for the announcement.



## 2024 SETON SCHOOL FALL SPORTS

Please contact Athletics Director, Dan Vander Woude with any questions. [dvanderwoude@setonschool.net](mailto:dvanderwoude@setonschool.net), 703-282-4037. Schedules can be found at [www.setonsports.com](http://www.setonsports.com). Please remember to bring water and a ball (for soccer).

### Girls Volleyball

**Varsity and JV Volleyball Tryouts** For any high school girl interested in trying out for **Junior Varsity or Varsity Volleyball**: Please use the Signup Genius to register for tryouts: <https://www.signupgenius.com/go/10COB4AAAFAB2CABF49-2023>. Varsity Coaches: Jill Vander Woude, Gretchen Fox and Audrey Wagner. JV Coach: Annie Vander Woude. Email Coach Jill Vander Woude with any questions at [jillvanderwoude@gmail.com](mailto:jillvanderwoude@gmail.com)

**Monday, Aug 14, 5:15-7:30pm** JV and Varsity tryouts  
**Tuesday, Aug 15, 5:15-7:30pm** Invite-Only for Varsity tryout  
**Thursday, Aug 17, 3:30-5:30pm** JV Tryout and 5:30-7:30pm V practice  
**Friday Aug 18, 3:30-5:30pm** JV tryout/prac and 5:30-7:30pm V practice

**Jr. High Volleyball Tryouts** Junior High Coaches: Lynn Heller and Louisa Wagner. Aug. 14-16; 3:00 - 5:00 pm

### Boys Soccer

#### **Varsity Soccer**

July 31 - Aug. 4; 6:45 - 8:45 pm at Valley View Park, 11930 Valley View dr.

#### **JV Soccer**

Aug. 21, 22, 24; 3:30 - 5:00 pm at Valley View Park, 11930 Valley View Dr.

#### **JH Soccer**

Aug. 24/25; 3:30 - 5:00 at Valley View Park, 11930 Valley View Dr.



### Cross Country (coed)

**Cross Country practice UPDATED:** Aug. 5 and 12; 8:30 am - 10:30 am at Signal Hill Park (meet at the pavilion). Aug. 7-10; 6:00 pm - 7:30 pm at Signal Hill Park (no practice Aug. 11). Aug. 14 -17; 3:30 pm - 5:30 pm at Manassas Battlefield, meet at the Visitors Center (no practice Aug. 18). Coach Chris Gross will be there to organize the team for practice. Make sure to bring water!!!



### Varsity Girls Tennis

The Girls Tennis Team is a Varsity team which includes some exhibition spots. Girls 7<sup>th</sup> grade and up are eligible for the tennis team. Girls need to have rallying and serving skills in order to make the team. In the summer, we are offering a few opportunities for pick-up matches to get ready for tennis try-outs. Then, tennis try-outs will take place for the existing team and new girls beginning on 8/15. All girls are welcome at the summer pick-up matches. Each girl must RSVP in advance of each date (by signup genius) so that coaches can create match set-ups in advance. Contact Coach Atkinson at [e\\_m\\_atkinson@hotmail.com](mailto:e_m_atkinson@hotmail.com). 703-753-8537 to obtain the weekly sign-up website for pick-up matches.

OSBOURN HIGH SCHOOL TENNIS COURTS

**Summer Pick-Up matches** (open to girls on the team and girls trying out for the team) - must RSVP ahead of each date:

Monday, July 31<sup>st</sup> 7:00-8:30PM

Monday, August 7<sup>th</sup> 7:00-8:30PM

Monday, August 14<sup>th</sup> 7:00-8:30PM

**Try-outs/Summer Practice for team members:**

Tuesday, 8/15 - Friday, 8/18 7:00-8:30PM (only T, Th, F)

**Try-outs / Mandatory Team practice/challenge matches**

8/21 and 8/22 7:00-8:30PM

8/24, 8/25, 8/28, 8/29, 8/31, 9/1 3:30-5:00PM

**Regular Mandatory Team practices:** Every day after school except Wednesdays 3:30-5:00PM

The "honor of your daughter's presence" is requested at Seton's **Daughters of the King** Saturday, October 7<sup>th</sup> 2023.



Save the date:  
 September 30, 2023 at Koehr Manor  
**SONS OF THE MOST HIGH**



### Join the Student Leadership Team

We need rising Juniors and Seniors to be in the group planning and executing some details of the event. Your participation is important.

### We're also looking for Dads to Help!

We also need some parents, especially fathers, to help with event planning and coordination.

Please send a Jupiter Ed message to Mr. Terreri.

**Fun Activities, Talks about the good life, Formal Dinner to Toast, Boast, & Roast!**

**"COLONEL P." MEMORIAL GOLF TOURNAMENT**  
 Tuesday, October 10, 2023  
 Presented by Air Treatment Heating & Cooling  
*Come home to comfort*

**DONATE  SPONSOR  PLAY**

**SETON ATHLETICS' ONLY FUND RAISER**  
**REGISTER TODAY!**

*Your Support Keeps Our Students Happy, Healthy, & Active in Sports*

[setongolf.com](http://setongolf.com) 