



Sentinel



Volume 31
Summer Issue
August 2024

Bob Pennefather, Director
Anne Carroll, Executive Director

A Weekly Newsletter for Seton Parents & Students

(703) 368-3220
www.SetonSchool.net



UPCOMING EVENTS

[Live Calendar](#)

Every Monday and Thursday
Pizza -\$1.50/slice

- Aug 14 Service Day 9:30 -12 Noon
- Aug 17 Orientation for New Students
7th Graders 9-12:45
All others 9-11
- Aug 21 First Day of School 8:15-3:00PM
- Aug 26 8:30 Mass at All Saints
- Aug 30 Opening School Mass 11:20 at Seton—All are welcome
- Sept 2 Labor Day—NO SCHOOL
- Sept 4 JHS Back to School Night 7PM
- Sept 7 Back to School Social 7-9
- Sept 11 HS Back to School Night 7PM
- Sept 14 Trivia Night
- Sept 28 JH Scavenger Hunt 4-6



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

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



50 PLANNING DATES FOR 2024-2025

Aug 21	First Day of School
Nov 1-2	50th Anniversary Celebration!
Nov 18-22	Spirit Week
Nov 28-29	Thanksgiving Break
Dec 16	Religion Mid-Term
Dec 23-Jan 3	Christmas Break
Jan 10-17	Mid-Term Exams
Apr 17-25	Easter Break
May 21-May 30	Final Exam Week
May 29	8th Grade Graduation
June 2	HS Graduation

FROM THE EXECUTIVE DIRECTOR



WELCOME to Seton's 50th Year! We will be celebrating all year long, with a special emphasis on becoming more intimately united with our loving God. We will also emphasize love of neighbor, both through works of mercy and evangelization. I encourage all of you to respond to these opportunities to make this Golden Anniversary Year the best year ever.

TRUST: Our virtue of the year is trust. The Sisters of Life have written a beautiful [Litany of Trust](#). I encourage you to make this Litany part of personal and family prayer life. Perhaps you can focus on one or two invocations at a time to examine your conscience on how well you trust our infinitely loving God. Click [HERE](#).

SPIRITUAL CELEBRATIONS IN THE GOLDEN YEAR: Throughout this year we will be having all-night adoration in the Seton Chapel. The first adoration will be September 27-28, beginning after Friday Mass and concluding at 7 AM on Saturday. Adoring Jesus in the Blessed Sacrament late at night or early morning is a sacrifice. But think what graces you can gain for yourself, your family, and others. You will receive a Sign-up Genius for this wonderful opportunity. Please take advantage of it. Say "Yes" to the invitation of Jesus, when He says, "Could you not spend one hour with Me?"



CLIMAX OF THE GOLDEN YEAR: Please save the date of Saturday, June 14, 2025 for the climaxing event of the Jubilee Year: The Holy Sacrifice of the Mass celebrated by Bishop Michael Burbidge at All Saints Parish. You will be hearing more about this event as the year progresses.



We cordially invite you to the 50th Anniversary Celebration for
SETON SCHOOL
in honor of Mrs. Anne Carroll and
with special guest Bishop Michael Burbidge

Featuring an open bar, appetizers, dinner, dessert,
silent auction, and dancing to live music

Friday, November 1, 2024
6:00 - 11:00 PM
Foxchase Manor
8310 Chatsworth Drive,
Manassas, Virginia 20109

Formal Attire (Black Tie Optional)
\$100 ticket (\$75 before October 6)
www.setonschool.net/gala

You are also invited to a special Mass at
Holy Trinity Catholic Church
3213 Linton Hall Road
Gainesville, Virginia 20155

Saturday, November 2, at 11:00 AM
followed by a reception in the parish hall
RSVP to seton50th@gmail.com
by October 18, 2024

Families and children are welcome!

Thank you to our sponsors

Steve and Paula O'Keefe
Dalrymple Family
Kocher Family
Maranian Family
Griffin Financial Services
Akers Family
John Paul Design Build
Brenax Gateway - Tracey Hickey
Class of 2017 Alumni
Sweeney Barrs
Silver Line Homes - Golden Flynn
Class of 2014 Alumni
Schlawone Family
Adrian and Sofia Rodriguez
Foxchase Manor
Inspired Gateways
Consider becoming an event sponsor!

[Seton Sentinel](#) can be found on the school website under school news. The Sentinel is published every Thursday during the school year. If you would like to submit something to the Sentinel email sentinel@setonschool.net.

MASSES AND

ROSARIES

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



PRAYER REQUESTS

Please pray for
Christian Spicer

Rest of the souls of
William Baughman,
grandfather of Ryan,
Rachel, and Jennie.

Philip Shannon, grand-
father of Nick Alder-
man.

Daniel Judge, grandfa-
ther of Dominic, Jane,
Patrick and Clare
Judge.

Anne Strasser, long-
time Seton teacher

[https://
www.heritagegardensfuneral
home.com/obituary/Anne-
Strasser](https://www.heritagegardensfuneralhome.com/obituary/Anne-Strasser)

Dr. Patrick DiVietri,
father of John-Robert
DiVietri [https://
www.piercefth.com/
obituaries/Patrick-DiVietri/
#!/Obituary](https://www.piercefth.com/obituaries/Patrick-DiVietri/#!/Obituary)

SETON'S GUIDANCE CORNER



Seton Guidance Corner

(Updated 8/2024)

Seton School is committed to providing a safe and supportive environment for all students. Our Guidance Corner is a resource for students, parents, and staff to address concerns and seek support. This page is updated regularly to reflect current policies and procedures.

Student Support Services:

- Academic Support: Tutoring, study skills, and course selection.
- Behavioral Support: Conflict resolution, social skills, and discipline.
- Emotional Support: Counseling, stress management, and crisis intervention.
- Special Services: IEP, 504, and other accommodations.

Parent Support Services:

- Parent-Teacher Conferences: Regular communication and collaboration.
- Parent Involvement: Opportunities to participate in school activities and decision-making.
- Parent Resources: Information on school policies, procedures, and community resources.

Staff Support Services:

- Professional Development: Training and workshops for ongoing growth.
- Collaboration: Opportunities for staff to share ideas and best practices.
- Wellness: Resources for stress management and work-life balance.

Additional Information:

- Seton School is an Equal Opportunity Institution.
- For more information, please contact the Guidance Office at (703) 368-3220.
- Visit our website at www.setonschool.net for more resources.

FROM THE EXECUTIVE DIRECTOR (CON'T)

SUGGESTIONS FOR INTERESTING READING accumulated during the summer. I especially recommend the entries relating to the Eucharist and the Mass, which will be another focus of our Golden Year.

- ✦ <https://aleteia.org/2024/07/16/5-concrete-simple-ways-your-family-can-live-the-eucharistic-congress>
- ✦ <https://catholicexchange.com/why-do-you-come-to-mass/>
- ✦ <https://swordandspade.mykajabi.com/>
- ✦ <https://www.catholicculture.org/commentary/culturally-punished-into-light-christ/>
- ✦ <https://aleteia.org/2024/06/18/how-to-transform-your-home-into-a-sacramental>
- ✦ <https://spiritualdirection.com/2024/06/04/st-elisabeth-of-the-trinity-and-the-invincible-fortress-of-holy-recollection>
- ✦ <https://theimaginativeconservative.org/2024/06/music-important-great-books-peter-kwasniewski>
- ✦ <https://catholicvote.org/expert-catholic-schools-have-a-eucharistic-vocation>
- ✦ <https://catholicvote.org/priestly-patriots-american-military-chaplains-headed-for-sainthood/>
- ✦ <https://www.catholicculture.org/commentary/generosity>
- ✦ <https://www.youtube.com/watch?v=gxHI5DTHNis>

The above is Father Mike Schmitz’s best moment in his speech at the National Eucharistic Congress. The whole speech (below) is worth watching.

- ✦ <https://www.youtube.com/watch?v=I2QtWaEfq3E>
- ✦ <https://www.catholicculture.org/commentary/in-our-day-is-apostolic-work-impossible/>
- ✦ <https://catholicvote.org/pittsburgh-bishop-we-are-in-the-most-important-phase-of-the-eucharistic-revival/>
- ✦ <https://catholicallyear.com/blog/being-weird-catholics-seven-ways-we-help-our-family-believe-in-the-real-presence/>

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.

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.



Please come and join us for a **Living Rosary on August 14**, beginning at 7:30 PM in the yard behind the Chapel. The Rosary will be led by 50 Seton students. After the Rosary, we will go into the Chapel for Exposition and Adoration until 8:30 PM.

We have many, many reasons to be praying:

- *Gratitude for all God’s blessings over Seton’s 50 years and in our own lives
- *Petition for the many needs of the Seton community
- *Petition for our Church
- *Petition for our country
- *Praise, adoration, and love
- *An urgent need for reparation for sins, especially blasphemous insults to Our Lord and our Catholic Faith. If you have been outraged, the most efficacious way to respond is by prayer and sacrifice.

We hope to see the backyard filled with people in love with Our Lord and His Mother!



FROM OUR DIRECTOR

In the Catholic Church, August is traditionally dedicated to the Immaculate Heart of Mary. From Fr. Emilio Biosca, “The physical heart of Mary is venerated because it is the seat of her love, virtue, and inner life, especially for her divine Son. The image of the Immaculate Heart recognizes Mary’s extraordinary holiness and the great love she has for her son that we are called to imitate.” Mary’s “Fiat” began our new life in Christ. Let us keep in mind that each day we have the opportunity to unite our own fiat to Our Blessed Mother’s fiat choosing God’s will in our lives over our own.

In these final weeks of summer, as we prepare for the beginning of another school year, Seton’s fiftieth, we turn to Our Blessed Mother. We ask Mary to bless our community and to intercede for us to Her Son to give us the grace to remain faithful to His gospel message.



For August please say this prayer each day in preparation for our 50th Gala:

PRAYER TO THE IMMACULATE HEART

O God of infinite goodness and mercy, fill our hearts with a great confidence in our Most Holy Mother, whom we invoke under the title of the Immaculate Heart of Mary, and grant us by her most powerful intercession all the graces, spiritual and temporal, which we need. Through Christ our Lord. Amen

LEADERSHIP SERVICE DAY

Date: Wed, August 14th 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



CLASS SCHEDULES

Student schedules will be sent via Jupiter Ed on 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 (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.



"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.



ORIENTATION FOR NEW STUDENTS

Date: Saturday, August 17

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 21st

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, 8/26.**



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. Please see the attached [flyer](#) for all the details.



WELCOME NEW AND RETURNING TEACHERS!

Capt Joe Benin
Information Technology

Mrs. Pam Previznik
English 9

Mrs Leah Halisky
Creative Writing;
Digital Photography/Yearbook

Mrs Kathy Vestermark
Earth & Space; Religion 10G

SETON STUDENT HANDBOOK

All parents and students are required to read the Student Handbook before coming to school on the first day. Thank you to Mr. Patrick Geary who has worked all summer restructuring the handbook with more concise language. The handbook can be found on our school website under Student Life or [Click on the image to view!](#)





2024 SETON SCHOOL FALL SPORTS

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

Girls Volleyball

Varsity only tryouts: Aug. 12, 13; 5:15-7:30, Varsity practices: Aug 15, 16, 19, 22, 23, 26; 5:30-7:30 pm Aug. 20; 10am-noon

JV tryouts: August 15 and 16; 3:30 PM to 5:30 PM JV practices: August 19, 23, 26; 3:30-5:30 pm; Aug. 22, 27; 3:00-5:00 pm

Varsity Head Coach Jill Vander Woude can be reached for further information at jillvanderwoude@gmail.com.

Boys Soccer

Varsity soccer: August 5 through August 9 at Valley View Park(11930 Valley View Dr., Nokesville); 6:30 pm to 8:30 pm. Practice Aug. 12-16 and Aug. 19; 6:30 pm to 8:30 pm. Note: No practice Aug. 20. Once school begins, varsity soccer practices go from 3:30 pm to 5:00 pm on Mondays/Fridays and 3:15 pm to 5:00 pm on Tuesdays/Thursdays. Coach Bob Fioramonti can be reached at fioramontiac@gmail.com. JV soccer tryouts are August 15, 16 and 19; 6:30 PM to 8 PM at Valley view Park. Coach Jake Cooley can be reached at cooleyjp@hotmail.com. Jr. High Boys Soccer tryouts/practices are TBA.



Cross Country (coed)

Interested in the Seton cross country team? Contact Coach Chris Gross at 35gross@cua.edu.



Varsity Girls Tennis

Try-out dates with challenge matches at Osbourn High School: Monday through Friday, August 12-16; 7:00-8:30PM Monday, August 19 7:00-8:30PM. Coach Erin Atkinson can be reached for further information at e_m_atkinson@hotmail.com. Regular team practices will be 3:30-5:00PM on weekdays, except Wednesdays, beginning Tuesday, August 20th. (Note: there will be NO practices on Thursday, 8/22 and Friday, 8/23)



Join us on Saturday, September 14, 2024 from 6:30 p.m. - 11 p.m. at the Seton School gym for an evening of laughter, entertainment, and delicious food and beverage. Form your own team, or meet some new friends and teammates for a good old-fashioned trivia competition. There will be a chance to win some great prizes, including prizes for the best Broadway-themed costumes. Guests receive complimentary charcuterie, water, and lemonade. Beer, wine, and cocktails are available for purchase. All proceeds from the evening benefit Seton's 50th Anniversary Celebration which will take place at Foxchase Manor on November 1, 2024.

[Click HERE!](#)



OPPORTUNITIES FOR THE SETON COMMUNITY

The Women's Apostolate to Youth invites you to a Mother-Daughter retreat (for girls in grades 7-9) entitled, "Defend Us In Battle" on September 21. Join us for this wonderful opportunity to forge a stronger bond with your daughter by sharing and deepening your devotion to the great Archangel St. Michael--chosen by God to protect us from evil influences. The retreat includes talks, activities (fun!), as well as opportunities for confession, adoration, and Mass and begins at 8:30 am and concludes at 3:30 pm at St. Raymond of Penafort Church, 8750 Pohick Rd. Springfield. The \$60 fee includes materials, breakfast, and lunch for both mother and daughter and \$15 per additional daughter. For more information and to register (by September 13), visit waywomen.com/daystar

SETON SCHOOL
ATHLETIC DEPARTMENT 

CELEBRATING SETON SCHOOL'S 50TH ANNIVERSARY



"COLONEL P." MEMORIAL GOLF TOURNAMENT

Tuesday, October 8, 2024

Presented by
Air Treatment Heating & Cooling
Featuring Plus
Come home to comfort



SPONSOR, DONATE, OR PLAY
Proceeds Build Active, Happy, Healthy, Wholesome Seton Students Through Athletics

MORE INFORMATION & REGISTRATION
setongolf.com

