



Sentinel



Volume 31, Issue 1
August 29, 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

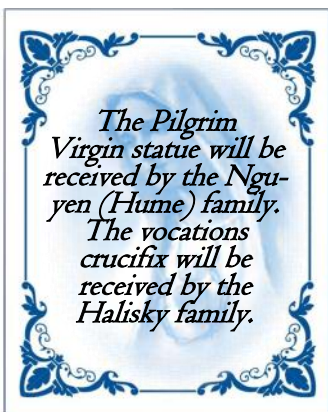
- Aug 30 Opening School Mass 11:20 at Seton—All are welcome
- Sept 2 Labor Day—NO SCHOOL
- Sept 4 JHS Back to School Night 7PM
- Sept 7 Back to School Social 7-9
- Sept 11 HS Back to School Night 7PM
- Sept 14 Trivia Night
- Sept 27-28 All Night Adoration beginning after 11:20 School Mass and ending on Saturday at 7AM
- Sept 28 Admissions Test
JH Scavenger Hunt 4-6
- Oct 1 Josten's Picture Day
- Oct 2 PSAT 9-11th Graders 8:15-noon;
Senior Retreat 9:30-12:30; 7-8
NO SCHOOL

Activities & Events Calendar



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

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



FROM THE EXECUTIVE DIRECTOR

TRUST Our virtue of the year is Trust. We are celebrating our 50th year, and one of the chief lessons we can learn from our history is the absolute importance of trust in God. We couldn't have survived one year let alone 50 without God's Divine Providence leading us every step of the way.

Each quarter we will focus on a different aspect of trust. Here is the focus for the first quarter:

- ✦ Leadership in Trust, especially in prayer
- ✦ To influence others to trust in God, a person must be trustworthy himself: a person of honesty and integrity even when no one is watching, who listens and is present to others, who tells the truth even when there is a risk, who charitably calls others out when they are dishonest.
- ✦ Pray for others who are going through a difficult time or carrying a cross.
- ✦ Encourage others to pray for those in need.
- ✦ Reach out to encourage trust in God.
- ✦ Tell others how God has worked in your own life.
- ✦ **"Do not fear what may happen tomorrow. The same loving Father who cares for you today will care for you tomorrow and every day. Either He will shield you from suffering, or He will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginations." St. Francis de Sales.
- ✦ **"God is full of compassion and never fails those who are afflicted and despised, if they trust in Him alone." St. Teresa of Avila
- ✦ **From Elizabeth Ann Seton's prayer leading her young daughter to a deeper trust in God [at the bedside of her recently departed husband] on December 27, 1803, "I took my little Anna in my arms and made her kneel again with me...and thank our heavenly Father for relieving him [William] from his misery, for the joyful assurance that through our blessed Redeemer he had entered into life eternal, and implored His protecting care and pity for us who have yet to finish our course."

OPENING MASS Everyone is invited to our opening Mass, tomorrow at 11:20. At this Mass the faculty will recite the Oath of Allegiance to the Magisterium of the Church.

DONATIONS TO BETHANY FOOD PANTRY

Don't forget to bring or send in your donations of non-perishable food items for the All Saints Bethany Food Pantry. These donations are our way of showing gratitude to our parish for all that they have done for Seton.



MANY THANKS to Mr. Pogue, Mrs. Witter, our cleaning families, the office staff, and all those who worked tirelessly to get our school ready for opening day of our 50th year.

AN EXCELLENT PODCAST ON AI AND OTHER ASPECTS OF THE SCREEN CULTURE I encourage you to listen to this podcast and learn from it. Click [HERE](#).

MASSES AND ROSARIES

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



PRAYER REQUESTS

Please continue to pray for
Christian Spicer
Rest of the souls of
Richard Solomon,
father of Michael ('09)
and Peter ('12)
Joseph Harkins, father
of Christie ('94), Erin
('01), and Amanda ('03)
William Burgh, hus-
band of Ellen Heppner
Burgh ('86)
Moirra Hall, Seton
Alumnus who died this
morning

Thank You!
Mrs. Knight for the
delicious staff break-
fast on the first day of
school and for provid-
ing dinner for Mrs.
Carroll and Mr.
Westhoff last Friday.

SETON'S GUIDANCE CORNER



FROM THE EXECUTIVE DIRECTOR (CON'T)

RECOMMENDED READING:

- ✦ <https://catholicvote.org/year-on-mission-eucharistic-revival-calls-catholics-to-embrace-historic-evangelization-effort/>
- ✦ <https://catholicexchange.com/confessions-of-a-former-facebook-addict/>
- ✦ <https://www.catholicculture.org/commentary/six-inspiring-books-to-jump-start-your-inner-evangelist/>
- ✦ catholicvote.org/prayers-of-reparation-you-should-know/

WELCOME BACK TO SCHOOL!



Congratulations to Gabe Marm (11) and Nick Moore (10) for qualifying for the United States FAI Rocketry Team! After a grueling competition this past August in Pueblo, Colorado, where they endured 104 degree temperatures in the Colorado desert as they launched multiple rockets they designed and built themselves, they will now move on to compete against aerospace engineers from over 40 countries at the FAI International Rocketry Competition in Serbia next year! Seton students are literally out of this world!



Check out our new Stations of the Cross! Luke Mantooh ('24) was busy this summer completing his Eagle Scout Project and we are so grateful that he chose to bring outside Stations of the Cross to Seton. The Class of 2024's Senior class gift helped with the cost and Mo Campbell and some of our 9th grade boys helped with the landscaping. Praise God!



SETON'S YEAR!



OPENING SCHOOL MASS Friday, August 30
 at 11:20 in the Gym with Fr. Lee Roos and Fr. Ben Compton, Fathers of Mercy, Concelebrating . Please bring donations of non-perishable food items for the All Saints Bethany Food Pantry.

JHS & HS BACK TO SCHOOL NIGHTS JHS is on Sept 4 and HS is on Sept 11.

Both begin at 7PM in the gym with a short assembly, then parents will follow their student's class schedule with mini classes. Please bring your student's schedules.

HS BACK TO SCHOOL SOCIAL

The High School back to school Social is on Sat, Sept 7 from 7 - 9 pm in the gym. The cost is \$5. Please come hang out with friends and have a good time. More info coming soon.

JHS BACK TO SCHOOL SCAVENGER HUNT & SOCIAL
 Held on **Sept 23, 4-6 PM.** More info coming soon!

JUPITER ED



We hope everyone has been able to access their child's Jupiter Ed account. Please let us know if you would like an additional email added to your account. Click [here](#) for some Jupiter Ed helpful tips. If you have any Jupiter Ed type questions, please email Mrs. McIntyre at tmcintyre@setonschool.net or call the front office.

VEHICLE REGISTRATION FORM

This is a reminder to come to the office to get a Vehicle registration form if you are driving to school. We need to have these on file in case your car is bumped or if the lights are left on etc. Please be aware that the City of Manassas Parking Enforcement monitors the streets around Seton. Here are a couple of reasons that they have given tickets in the past: Expired license plates/ expired inspection stickers; If a car is parked within 5' from the edge of a driveway; If a car is parked less than 12' from any cross intersection.



CARPOOL REMINDERS

PLEASE do not drop off or pick up your kids on the streets. We ask you to please pull through the carpool line. Not only does this create back up on our streets but more importantly is unsafe for not only your children but others that park in the senior lot or on the street.

We know it may take a minute for your child to find you and get in, however, if part of your carpool has to go find the other children, then we ask you to be considerate to the long line behind you and circle around. When the flow comes to a dead stop, our school traffic completely blocks Maple street which is not good. We want to stay on good terms with our neighbors.

Thank you!

PARENT RESOURCE ORG (PRO)

Welcome to the Seton School Parent Resource Organization (PRO)! The PRO, guided by a board of volunteer parents (PRO Board), aims to improve the educational, spiritual, and social life of the Seton community through parental volunteerism. Parental assistance helps keep tuition low, while cultivating a safe and spirited environment for the school community. All families are required to serve 25 PRO hours (or buy them out at \$15/hour). Parents submit hours as they are served using Track It Forward. Please check out the [PRO handbook](#) which is accessible on the school website. Your PRO board looks forward to seeing you at the Back to School nights. Questions? Need a new login? Ask the PRO President at proboard@setonschool.net Thank you for volunteering at Seton School!

PRO Point Opportunity

Serving as a PSAT exam room monitor is a great way to earn PRO points! If you are interested, please contact Stephanie Reyes (smreyes595@gmail.com or 540-683-1942).

9th, 10th, and 11th graders:



Please note that the deadline to register for the 2024 PSAT or PSAT 8/9 exam is September 14. Information and the registration form were sent via Jupiter Ed and in the summer mailing. These exams will be administered on October 2. Questions? Contact Mrs. Reyes (smreyes595@gmail.com, 540-683-1942)



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

Seton has exposition and adoration of the Blessed Sacrament every Friday from the end of Mass (around 12:20) until 8:00 PM. Students and faculty cover the time until school dismissal at 3:00 PM. But we need generous souls to volunteer to cover the hours from 3:00-8:00. If you can't commit to every Friday, then choose one Friday or two per month. Perhaps your family could take one hour, with different members coming each week. If you sign up for an hour but something comes up one week, then let the office know, and we will find a substitute. (office 703-368-3220)

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 [flyer](#) .

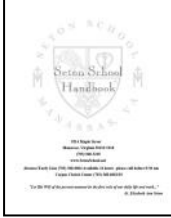
MESSAGE FROM OUR DEAN OF STUDENTS

We are off to a great start, growing academically but more importantly growing in holiness and trust in our savior Jesus Christ. Just a few reminders. Please check over your Seton wear.

- Donate clothes that are too small to the Seton uniform closet (Corpus Christi Office).
- Make sure skirts are long enough to cover “most or all of the knee”.
- Pants are not too tight or too short.
- Shirts are long enough to stay tucked.
- Shoes are to be dark dress shoes (or all black Sambas – see the Handbook for details) and not have “white, sneaker-like soles”.
- Hair should look natural and neatly styled, no extreme or fad hairstyles, no hair wraps or tinsel
- Boys’ hair should be above the collar and no longer than four inches. A demerit will be given to gentlemen with hair outside the guidelines, but the demerit may be removed if hair is cut within a week.
- Boys are to be clean-shaven daily.

STUDENT HANDBOOK

All Parents and Students are required to read the Student Handbook. It’s on our website, click [here](#).



Please review the Seton Handbook for all the specifics on hairstyles, shoes, and outerwear. Our Dress Code reflects personal discipline and modesty. “The sacrifice and effort required to adhere to a uniform dress code policy on a daily basis is an outward expression of the discipline necessary for academic success and spiritual growth.” Be familiar with the Seton Cell Phone Policy (found in the Handbook). Our emphasis is on face-to-face relationships, not face to phone. Help us keep Seton a generally phone-free learning environment. Please be diligent in arriving on time or early to school and Monday Mass. Demerits can be given for being late or tardy as this disrupts the learning process. Each teacher will be explaining his/her classroom policy. Teachers and students gather in the Seton Chapel 8 am Tuesday – Friday to pray the rosary. Everyone is welcome.

Blessings to all for a great school year!



Trivia Night

The Best of BROADWAY

Click HERE!

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 Nov 1, 2024.



CELEBRATING SETON SCHOOL’S 50TH ANNIVERSARY



“COLONEL P.” MEMORIAL GOLF TOURNAMENT

Presented by
Tuesday, October 8, 2024
Air Treatment Heating & Cooling
Featuring 
Come home to comfort

SPONSOR, DONATE, OR PLAY

Proceeds Build Active, Happy, Healthy, Wholesome
Seton Students Through Athletics

MORE INFORMATION & REGISTRATION

setongolf.com





OPPORTUNITIES FOR THE SETON COMMUNITY

Volunteers for Second Annual Patient Appreciation Day at Mother of Mercy Free Clinic (Woodbridge) On Saturday, September 21, would you like to be part of a special event to help the patients at Catholic Charities Mother of Mercy Free Clinic feel pampered & appreciated? The first Patient Appreciation Day, held last summer, was an amazing success! Over 600 patients and their families enjoyed the day of fun, food and pampering. We expect at least the same number of attendees and we need your help! **Would you volunteer to provide manicures, hair styling, face painting, and games?** Sign up here: bit.ly/2024PatientAppreciationDay. Questions or suggestions? Email volunteer.clinic@ccda.net Click [HERE](#) for the flyer.

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