



Sentinel



Volume 31, Issue 25
March 20, 2025



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

Every Tuesday Morning
Donuts—\$1.50/donut



- Mar 24 3rd Qtr Report Cards Posted
- Mar 31-Apr 3 Tech Week School Schedule is **9:30-3PM**
- Apr 4 NO SCHOOL
Spring Musical 7PM
- Apr 5 Spring Musical 7PM
- Apr 6 Spring Musical 3PM
- Apr 9 NHS Induction Ceremony 2PM
- Apr 11 Spring Musical 7PM
- Apr 12 Spring Musical 7PM
- Apr 13 Palm Sunday
- Apr 15 Job Fair during both lunches
- Apr 17-25 Easter Vacation
- Apr 26 Divine Mercy Sunday

2025/2026 SCHOOL YEAR

- Aug 20—First Day of School
- Dec 22-Jan 2- Christmas Break
- April 2-April 10—Easter Break
- June 1 Graduation for Class of 2026

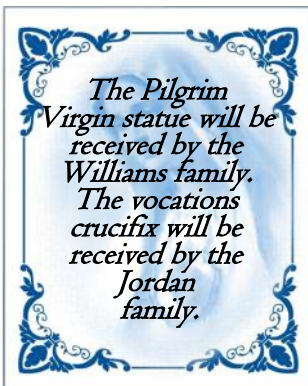


Click [here](#) for Drivers Ed Forms.



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

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



FROM THE EXECUTIVE DIRECTOR



RETREATS: Thank you to all who prayed for our students during their retreat days. We are grateful to Father John Mark, O.P. for being our retreat master and his inspiring talks on the Beatitudes and Blessed Pier Giorgio Frassati and to all the priests who heard confessions. Thank you, Dr. Jonathan Reyes, for teaching our young men how to be

the men God wants them to be so that they can fulfill the mission God has for them and become saints.. Thank you, Mrs. Maureen Terza Campbell ('93) for your powerful story of your own life and helping our young women understand that God will be with us in our sufferings. If we embrace those sufferings, He will give us joy and make us saints.

DIOCESANWIDE DAY TO UNPLUG: Last year Seton participated in the Diocesan wide screen free day. This year the day to unplug is Friday, March 28, and we will again participate. We encourage all our families to enjoy a screen-free twenty-four hours. Please read the Catholic Herald article on this topic for more information [click [HERE](#)]. For ideas on what to do offline, prayers and service opportunities [click [HERE](#)]. By participating in this screen fast, you can also gain a Holy Year plenary indulgence.

ALL NIGHT ADORATION: March 28 is just after the midpoint of Lent, and we will be holding all-night adoration in the chapel. We will send out a sign-up genius so that you can sign up for your hour. Thank you for participating in our previous all-night adorations, and now you have an opportunity to prepare for the final weeks of Lent and Holy Week by spending time with Our Lord in the Blessed Sacrament. Students and parents who will be getting up early on Saturday for the first tech week musical rehearsal are encouraged to come to the late afternoon or early evening hours of adoration. We have so many intentions to pray for and so many gifts to be grateful for.

TALENT SHOW: Thank you, Mr. Heisler, for organizing the second annual talent show, this one to celebrate St. Joseph's Solemnity. There were so many beautiful performances, deserving of the phrase "class acts." And the grand finale was great fun, sending us out with a smile on our faces.



LENTEN CROSS: Thanks to all those who have performed the works of mercy on our Lenten cross. Keep up the good work as Lent continues. We still have many tags waiting to be taken.

CONSECRATION: Please pray for all the students and staff who will be making their Total Consecration to Jesus through Mary on the Solemnity of the Annunciation, Tuesday, March 25.

RECOMMENDED READING

- ✦ <https://refinelifeco.com/distraction-free-work-day-tips/>
- ✦ <https://catholicvote.org/napa-institute-spotlights-jason-everts-how-to-keep-your-kids-and-grandkids-catholic-talk/>
- ✦ <https://catholicexchange.com/beyond-the-sanitized-cross>

MASSES AND

ROSARIES

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



PRAYER REQUESTS

Please pray for repose of the soul of Jeanne Heppner, Seton Alumni mom of Karen ('83) Ellen ('86)

Thank You!

Mrs. O'Malley for providing dinner for Mrs. Carroll and Mr. Westhoff on Friday and Fr. John Mark, Dr. Johnathan Reyes, and Mrs. Mo Campbell for leading our retreats and Fr. Vander Woude for saying our school Mass on Friday.

SETON'S GUIDANCE CORNER





Seton Musical Tickets on sale now! Click [HERE](#) for the order form or [HERE](#) to order online.



Click on the links above to pre-order Candy Grams, Flowers or a keepsake ornament for *The Music Man* Cast and Crew!



ATTENTION ALL FAMILIES THAT HAVE NOT MET THEIR SETON SPIRIT AD CAMPAIGN REQUIRED FAMILY CONTRIBUTION OF \$400: We have not met

our \$70,000 goal and **will not have the day off on May 2nd** unless we meet our goal. If all families that still need to contribute send in their contribution before opening night (April 4th) we **WILL** meet our goal and have the day off!



2025-26 COURSE SCHEDULING WORKSHOPS

Starting next week, Mrs. Guyant & Mrs. McIntyre will visit the student's English classes (Life Science Classes for 7th grade) to go through next year's Course Scheduling forms and share relevant guidance information regarding course scheduling (see schedule below). Students will bring home their forms to discuss with their parents the courses selected and recommendations presented.

Please go over the forms with your students, make any necessary changes and sign the forms. If students have unanswered questions and need a meeting with our the guidance department please check the box on the form. **ALL FORMS ARE DUE BACK TO THE FRONT OFFICE BY APRIL 11th.** Our forms as well as important additional information about scheduling are available on our website, click [HERE](#).

Course Scheduling	Workshop
Class of 2026	Tues 3/25
Class of 2027	Tues 4/1
Class of 2028	Thurs 3/27
Class of 2029	Thurs 4/3
Class of 2030	Tues 4/8



Thanks to Mo Campbell for her inspirational talk at the girls retreat on Tuesday. For any of the girls that would like to continue the conversation or talk about anything, she has so much more to share and would be happy to speak to any of you. If you are interested, please come to the front office and we will give you her contact information.

Congratulations to all the students that participated in the amazing 2025 Talent Show!



2025 VEX Robotics Virginia High School State Championship

During the 2024-2025 VEX competition season, 97 high school teams competed for 56 spots at the Virginia State Championship. Seton's three high school teams—**46B** (Gabe & Eli Marm, Jerome Kramer, and Nickolas Moore), **46N** (Elijah Rodriguez, Dominic Judge, Patrick Judge, Luke Pillion, and Raphael Clune), and **46V** (Dan Jackson, Joe Benin, Daniil Makarov, Luke Partridge, and Dan's nephew Lucca Amato)—all qualified.

The state championship tournament was held March 15-16 at The Potomac School in McLean. Seton's teams achieved a combined winning percentage of 59.2%, tying the school record set by last year's VEX club for the highest winning percentage at States.

Team	Qualification		Skills	
	Record	Place	Eliminations	Place
46B	7-2	6	Quarter Finals	5
46N	5-4	25	Round of 16	26
46V	4-5	35	Round of 16	30

Special recognition goes to Gabe Marm (team captain) and 46B, which earned an invitation to the World Championship in May in Dallas, Texas. Their robot skills score was the 5th highest at the state championship.

Seton's VEX club is young with only one senior. I'm anticipating we're only going to become more competitive and successful in the future!



Are you interested in earning **PRO** hours as a test proctor for the **AP exams in May**? Please contact Stephanie Reyes (smreyes595@gmail.com). The exams will be administered May 6-16.

PROM 2025 DRESS APPROVAL All Jr./Sr. ladies that are going to Prom (AS WELL AS OUTSIDE GUESTS), get your dress approved by Mrs. Pogue during 6th lunch or Mrs. Salas during 5th lunch. **DEADLINE** is April 28th. Any approvals after this date will have to go to Mrs. Carroll and pay a late approval fee of \$5. Click [here](#) for the dress guidelines.



2025 Summer Robotics Workshops Learn how to build, program and drive a VEX robot!

- June 24-25 **Beginning Robotics**
- July 22-23 **Beginning Robotics**
- July 24-25 **Programming and Sensors**
- August 5-6 **Advanced Robotics**

All workshops 9:30 AM – 4:00 PM
Seton School (Corpus Christi Center)



Seton Student Instructors!

Workshops for rising 7th grade students and above
No experience necessary to attend the Beginning Robotics workshop
Each student will build and program their own robot!
Cost: \$200

Workshops open to Seton and non-Seton students
Seats are limited!
For information contact:
Mr. Mark Hoffman
703-674-8028
markwhoffman@msn.com

OPPORTUNITIES FOR THE SETON COMMUNITY

Pilgrimage to Fatima and other holy sites in Portugal and Spain. July 20-August 1. Spiritual directors Father Andrew Fisher and Father Charles Smith. \$2200 p/person, all inclusive. Excluding airfare. See attached flyer or call Frank Spicer for more info 571-334-5925 Click [HERE](#) for the flyer.

ART, DRAMA, MUSICAL THEATRE CAMPS for K-12 in a Catholic setting! Since 2004, Spotlight on the Arts Summer Camps has offered Broadway Spotlight, Drama Bootcamp, Art Explorer, and Arts & Crafts Fun Camp to hundreds of Diocesan families and friends. This July 7th - 18th young people are invited to experience top level instruction as they engage in creative fun through Acting, Visual Art, Music, and more! The camps are taught by professional Catholic educators very accomplished in their area of expertise. Each week concludes with either an Art Showcase or a Theatrical Performance by the campers. Prices are frozen in 2025 and through March 31st, all camps are \$35 off plus everyone gets a free t-shirt. Additionally, there are extra discounts for families that enroll 3 or more kids! Learn more and register at www.SpotlightSummerCamps.com



Seton Musical Ticket Order Form

Performances on April 4, 5, 11, 12 at 7:00 pm
and April 6 at 3:00 pm

Tickets are \$10 per person/\$60 maximum per family* per show.
Only \$50 family* maximum per show if purchased by 3/17/25.

We will sell tickets at the door, but we expect sold out shows.
Doors open a half-hour before the show.

Tickets on sale in the Corpus Christi office starting March 3.

*Family discount applies for immediate family--all that live in the same household. Please fill out the names for the family below. Individual tickets can be bought online at:

<https://tinyurl.com/SetonMusicalTickets2025>

Please return this form to the Corpus Christi office via mail or in person.

First come, first serve--sorry no refunds are possible!!

Please make checks to "Seton School"

9314 Maple Street
Manassas, VA 20110

Pick up tickets at Door.

Name: _____ Phone: _____

Please note the number of tickets requested for each show:

_____ Friday, April 4, 2025 at 7pm

_____ Friday, April 11, 2025 at 7pm

_____ Saturday, April 5, 2025 at 7pm

_____ Saturday, April 12, 2025 at 7pm

_____ Sunday, April 6, 2025 at 3pm

Family Discount Info: Family Last Name: _____

Please list all the names of the immediate family members attending:

Seton Guidance Corner

March 20, 2025

Course Scheduling Begins Next Week for the 2025-26 Academic Year

Tuesday, March 25 - Course Scheduling for Rising Seniors

Thursday, March 27 – Course Scheduling for Rising Sophomores

Mrs. McIntyre and Mrs. Guyant will be visiting English 11 and English 9 classes next week to go over course scheduling forms for next school year. Students will fill out the form in class and then take them home to go over the information with their parents. Forms will need to be returned to the Seton Front Office with parent signatures. Be sure to make a copy of the form for your records before turning it in.

Navigating Financial Aid Offers

After being accepted to college, students will receive a financial aid offer that outlines their financial aid eligibility at that specific school. Each financial aid offer will contain similar overall information but since there is no standard format, they can be difficult to interpret. For a webinar to help decipher financial aid offers to help determine which college is the best fit, visit

<https://salliemabank.webex.com/recording/service/sites/salliemabank/recording/23dd29f5e1c4103db1af56df9a775b8e/playback>.

What are Career Clusters?

Career clusters are groups of related types of work that students can use to explore various kinds of jobs within a broad category for career planning. Identifying with a cluster can help students determine career options as well as the credentials needed to pursue those options (college degree, specialized training, or certifications). To learn about key career clusters and what they involve, current trends, and the different careers they offer, visit <https://www.careeronestop.org/ExploreCareers/Learn/career-clusters.aspx>.

25 Tips for a Great College Campus Visit

Students planning to attend college after graduation are encouraged to make college visits especially during the spring. Visiting a college in person helps students get a firsthand look and feel of the place where they will be spending four years of their lives. From attending information sessions to talking with current students to visiting the local town, valuable information can be obtained and used while making this important decision. For a list of 25 tips for having a great college visit, visit

<https://www.eliteprep.com/blog/how-to-have-a-great-college-visit>. In addition, be sure to find and visit Catholic Campus Ministries. For the list of CCM's at Virginia state schools, click [here](#).

From Confusion to Clarity: Narrowing Down Academic Interests

Struggling to connect many interests into a clear direction can be a challenge for some students. They can ease this struggle by identifying "why" a specific issue or mission is exciting to them. Embracing this discovery process will help them make more intentional choices in high school and beyond. To read more, visit <https://www.ivywise.com/ivywise-knowledgebase/narrowing-down-your-academic-interests/>

Reminder - The Northern Virginia Regional College Fair

The Office of Admissions at George Mason University invites students to join one of the largest college fairs in the region. The Northern Virginia Regional College Fair will take place on Wednesday, April 9, from 6:30 to 8:30 p.m. at EagleBank Arena at the Fairfax Campus. Each year, this fair connects more than 1,500 students with representatives from over 200 colleges and universities across the country to include Catholic University of America and Belmont Abbey College. While registration is not required, it is recommended for students to sign up with StriveScan to enhance their experience. To sign up, visit <https://app.strivescan.com/guide/16448/northern-virginia-regional-college-fair>. For additional tips on maximizing a college fair visit, click [here](#).

Information for the Guidance Corner

Know of any programs, scholarships, articles or other opportunities to share with the Seton community in the Guidance Corner? If so, please contact Charlotte Guyant at cguyant@setonschool.net.

CLT, SAT, and ACT Registration Deadlines Coming Up

CLT Test Date – April 10 (Remotely Proctored)

Registration Deadline – April 3

Click [here](#) to register.

[Signup](#) for CLT's free practice test.

SAT Test Date – May 3

Registration Deadline – April 18

Click [here](#) to register.

[Signup](#) for free SAT practice test.

ACT Test Date – June 14

Registration Deadline – May 9

Click [here](#) to register.

[Signup](#) for free ACT test prep.

Scholarship Opportunities

Greater Manassas Baseball League (GMBL) Mark Shain Memorial Scholarship

Must have played a minimum of three spring seasons of baseball or softball in the Greater Manassas Baseball League between the league ages of 8-18.

Amount: \$500

Deadline: March 22, 2025

<https://manassasbaseball.com/about-us/mark-shain-memorial-scholarship>

Virginia Federation of Republican Women Political Studies Scholarship

Amount: \$2,000

Deadline: April 12, 2024

<https://vfrw.org/Scholarships>

The Bull Run Republican Women's Club Leadership Scholarship

Amount: \$1,000

Deadline: April 30, 2025

<https://bullrunrepublicanwomensclub.com/leadership-scholarship>

Virginia Sheriffs' Institute Scholarship

Only majors in the criminal justice field will qualify for a scholarship.

Amount: \$1,000

Deadline: May 1, 2025

<https://vasheriffsinstitute.org/programs/scholarship/>

**Please note, opportunities in the Guidance Corner are not endorsements of the programs. They are shared as options for students and parents to carefully consider.*