



Sentinel



Volume 33
Summer Issue
August 2026

Bob Pennefather, Director
Anne Carroll, Executive Director

(703) 368-3220
www.SetonSchool.net

A Weekly Newsletter for Seton Parents & Students

UPCOMING EVENTS

[Live Calendar](#)

Every Monday and Thursday
Pizza - \$1.50/slice

Every Tuesday Morning
Donuts—\$1.50/donut



- Aug 12 Living Rosary 7PM in Chapel backyard
- Aug 18 Fall Play Auditions
- Aug 20 Service Day 9:30 -12 Noon
- Aug 22 Orientation for New Students
7th Graders 9-12:45
All others 9-11
- Aug 24 PRO Social Event at Urbana
Swim Club 4PM
- Aug 26 First Day of School 8:15-3:00PM
- Aug 31 8:30 Mass at All Saints
- Sept 2 Activities Fair during lunch
- Sept 4 SCREEN FREE DAY
Opening School Mass 11:20 at
Seton—All are welcome
- Sept 7 Labor Day—NO SCHOOL



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

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



PLANNING DATES FOR 2025-2026

Click [HERE](#) FOR THE CALENDAR OF EVENTS AND ACTIVITIES.

Aug 26	First Day of School
Oct 10-11	Fall Play
Nov 16-20	Spirit Week
Nov 26-27	Thanksgiving Break
Dec 14	Religion Mid-Term
Dec 21-Jan 1	Christmas Break
Jan 7-14	Mid-Term Exams
Mar 25-Apr 2	Easter Break
May 26-June 4	Final Exam Week
June 3	8th Grade Graduation
June 7	HS Graduation

FROM THE EXECUTIVE DIRECTOR



WELCOME to Seton's 52nd year. We begin a spiritual initiative which will bring many graces to our school. We will become a Scriptural Rosary School as Mr. Pennefather described in a Jupiter Ed message sent earlier in the summer. The religion classes will begin each day with a decade of the Rosary including a brief Scriptural meditation before each Hail Mary. Schools throughout the country have found this practice to bring many blessings to the school as a whole, the students, the faculty, and the families. We expect that the same graces will flow to the Seton community.

Fr. Jim Kelleher, who promotes the Scriptural Rosary School apostolate, will be at Seton on Friday, August 28, to say Mass and to speak to the religion classes about the apostolate. Parents and friends are welcome to attend the Mass, which will be the usual time, 11:20 AM.

Holy Trinity Parish is sponsoring a one-day retreat by Fr. Kelleher, "The Rosary Is My Spiritual Weapon," on Saturday, August 29, 9:30 AM-4:00 PM. For more information visit the website at ourladyofcorpuschristi.org or email retreat@ourladyofcc.org.

LIVING ROSARY: Our third annual Living Rosary to honor Our Lady's Assumption will take place on Wednesday, August 12, at 7:00 PM in the Chapel backyard. The Rosary, led by the students, will be followed by Adoration and Benediction in the chapel. Please bring the whole family and invite your friends.

PHONE POLICY: By now you should have received a mailing including a fund appeal letter (see announcement elsewhere in the Sentinel) and the phone policy agreement giving a student permission to have a phone on campus. Please be sure that your student understands and agrees to obey the cell phone policy. For some students, it will be a sacrifice to obey the policy and refrain from having their phone powered on during school hours. But sacrifices strengthen character and enable a person to resist other temptations. Honestly signing their names to the agreement is a sign of personal integrity and mature judgment. Parents, if you need to contact your student during the school day, please call the office. The office staff will deliver the message or get the student out of class if the matter is urgent.

IMPORTANT ARTICLE: A recent scientific study concluded that "handwriting but not typewriting leads to widespread brain connectivity." The "brain connectivity patterns were far more elaborate than when typewriting on a keyboard." These patterns "are crucial for memory formation and for encoding new information." The authors "urge that children, from an early age, must be exposed to handwriting activities." [HERE](#) is a link to the entire detailed article, complete with statistics. (This is not beach reading, unless you are a statistician or neuroscientist or have ambitions in that direction.)

[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.

MASSSES AND

ROSARIES

Monday Mass

All Saints 8:30 AM

Rosary

Tues-Fri 8:00 AM
in the Chapel



PRAYER REQUESTS

Please pray for

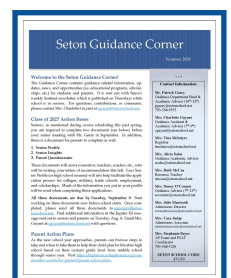
Alfredo Powers,
Peter Foeckler,
Brian Hudson,
Jaime Quejada,
Cathy Carolla,
Mary Murphy

*and the repose of the
souls of*

Richard Baker
(Seton alumni dad)
and
Joseph Strada
(Seton Alumni dad)



SETON'S GUIDANCE CORNER



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.



PRAY FOR THE TEACHERS AND THE TEACHERS WILL PRAY

FOR YOU: 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: 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.

WELCOME TO SETON NEW TEACHERS!

Miss Michaela Catabui
Life Science & Grammar 9

Mrs. Shirley Howe
Spanish II, Art I & II

Miss Teresa Kelly
Biology

Mrs. Jennifer Vilella
Girls Life Skills

FROM OUR DIRECTOR

Dear Seton Community,

I hope you are all enjoying a restful and grace filled summer. As we draw closer to the beginning of another school year, I hope your family has had the opportunity to incorporate at least a portion of the Scriptural Rosary into your family's prayer life.

In June, I had the pleasure of attending the Seton Class of 2001's twenty-fifth reunion. One of the greatest blessings of teaching at Seton is witnessing the enduring fruits of a faithful Catholic education. It was deeply edifying to see so many alumni striving to live their Catholic faith and raising families rooted in love of Christ.

At the end of the last school year, Miss Jennifer Erwin and the Seton Band traveled to Sandusky, Ohio, to compete against school bands from around the country. At the conclusion of the competition, Seton earned the highest possible rating a band can receive, "Superior." The final award, the Esprit de Corps Award, given to the one school that best exemplifies maturity, professionalism, respect, kindness, and exemplary conduct throughout the entire competition was also won by the Seton School Band. This was the third year in a row that Miss Erwin directed the band in earning this award.

As we prepare to welcome students back to campus, let us continue to ask for Our Lady's intercession, that this coming year may be one of deeper faith, joy filled learning, and a renewed commitment to growing closer to Christ.

God Bless - Bob

Seton School is proud to present the

2026 Seton Fall Play: "The Curious Savage" by John Patrick



This wickedly funny play presents some exciting acting and characterization challenges and is going to be a great hit! Mrs. Savage has been left ten million dollars and hopes to use it for something meaningful—despite her selfish stepchildren's attempts to take control of it. When they realize they can't touch the money, they have her committed to a sanatorium to "bring her to her senses." Inside, Mrs. Savage meets a group of quirky, gentle misfits who've been misunderstood by the outside world. Through their kindness and honesty, she finds purpose, friendship, and a place where she truly feels at home.

Auditions are open for all roles (5 men, 6 women, all grades considered). You'll need to prepare a one minute comedic monologue (memorized) to perform in front of a group. We will also have cold readings and some creativity/directability games. The successful candidate will research the show and find a monologue that fits the style, and have it memorized and practiced before auditions. It's a small cast, so do the work! You'll be glad you did.

If you are a boy who plays violin or piano, be prepared with a short one minute or less performance on your instrument as well.

Auditions will be held **August 18th at 6 PM – 9:30 PM in Faustina**. Please fill out this form form.jotform.com/241437175867062 before the audition. Questions? Please contact the director Matt Moore at m@ttmoore.com and cc Theresa Zahorchak at Zahorchak1013@gmail.com

We can't wait to see you at auditions!



SETON DAY AT THE POOL!

Mon, August 24th from 4-8 PM at the Urbanna Swim Club, 8030 Urbanna Rd. Manassas. Seton PRO will provide admission and paper products. Each family brings their own main dish (grills are available). Modest swim wear is kindly required. Click [HERE](#) to sign up.

LEADERSHIP SERVICE DAY

Date: Wed, August 20th 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 Fatima-Mrs. Pogue's Classroom. 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. to Mrs. Pogue through Jupited Ed ONLY if you are unable to come.



NEW STUDENT ORIENTATION

Date: Saturday, August 22

9:00 (Meet in the Gym)

Incoming 7th Graders will meet in the gym for talks, games and activities, schedule info with mini class visits, chapel visit, and frozen treats. Please see the JE message that went out for all the details. Parents can leave after the opening assembly and return for pick up at 12:45.

Incoming 8th-12th Graders will meet from 9-11 (approx). 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).

CLEANING DAY! Sat, August 22, 9:30

On August 22 at 9:30 am, Mrs. Witter will be assigning different tasks to prepare the school for opening day. This is a great way to earn pro hours. Students helping their parents will also count towards your family pro hours! Any questions? Call Mrs. Kelly Witter at 571 451 8861 or email kellywitter@yahoo.com.



CLASS SCHEDULES

Student schedules will be posted and sent through Jupiter Ed on August 19. If your schedule is incomplete or an error has been made please email schedule@setonschool.net (please use only this address). **NO OTHER CHANGES WILL BE CONSIDERED; INCLUDING TEACHER REQUESTS.** Schedule cards will be passed out on the first day (see First Day of School).

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. New students will receive instructions at Orientation on the 22nd.



FIRST DAY OF SCHOOL

Wednesday, August 26th

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, 8/31**



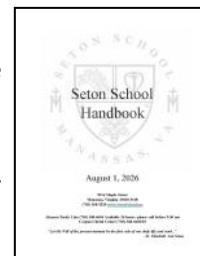
UNIFORM REMINDERS

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. Click [HERE](#) for the updated shoe policy.



SETON 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 [HERE](#). **PLEASE NOTE: updates to the CELL PHONE POLICY (found on page 30-31, VI:D) and the SHOE POLICY (found on page 41, VIII:C:6).**



"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.



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.





2026 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.

Girls Volleyball Varsity: Aug 17 & 18; 5-7:15PM; JV: Aug 19-20; 3:15-5PM; JH: Aug 17 & 18; 3-5PM



Boys Soccer Varsity: Aug 3, 4, 6; 4:15-6PM at Hellwig Park, Field #3, 14420 Bristow Rd., Manassas; JV & JH: TBA



Cross Country (coed) All are welcome to join the Seton Cross Country team. Official practices have already started. Please contact Katie Lynch at aklynch2@gmail.com or Coach Joe Hurley, hurleyjoe1922@gmail.com with questions.

Graduation



Varsity Girls Tennis Aug. 13, 14, 17, 18, 19, 24; 7:00 - 9:00 pm at Battlefield High School Courts, 15000 Dr., Haymarket



SPORT PHYSICAL EXAMINATION FORMS ARE NEEDED FOR ALL SETON ATHLETES!

Senate Bills have mandated Pre-Participation Physical Examinations (PPE) for all high school student athletes. Physical exams can be given by your health provider and some CVS locations. The form can be found [HERE](#). Forms are needed at least one week before your son/daughter's sport tryout.



**CONGRATULATIONS TO THE
CLASS OF 2026
ATHLETIC AWARD WINNERS!**



SETON SCHOOL
ATHLETIC DEPARTMENT



A GREAT DAY FOR A GOOD CAUSE



**"COLONEL P." MEMORIAL
GOLF TOURNAMENT**

Tuesday, October 6, 2026

Presented by

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



Seton Guidance Corner

Summer 2026

Welcome to the Seton Guidance Corner!

The Guidance Corner contains guidance related information, updates, news, and opportunities (i.e. educational programs, scholarships, etc.) for students and parents. It is sent out with Seton's weekly Sentinel newsletter which is published on Thursdays while school is in session. For questions, contributions, or comments, please contact Mrs. Charlotte Guyant at cguyant@setonschool.net.

Class of 2027 Action Items

Seniors, as mentioned during course scheduling this past spring, you are required to complete two documents (see below) before your senior meeting with Mr. Geary in September. In addition, there is a document for parents to complete as well.

1. Senior Profile
2. Senior Insights
3. Parent Questionnaire

These documents will assist counselors, teachers, coaches, etc., who will be writing your letters of recommendation this fall. Your Senior Profile (or high school resume) will also help facilitate the application process for colleges, military, trade schools, employment, and scholarships. Much of the information you put in your profile will be used when completing these applications.

All three documents are due by Tuesday, September 8. Start working on these documents now before school starts. Once completed, please send all three documents to seniorprofile@setonschool.net. Find additional information in the Jupiter Ed message sent out to seniors and parents on Tuesday, Aug. 4. Email Mrs. Guyant at cguyant@setonschool.net with questions.

Parent Action Plans

As the new school year approaches, parents can browse steps to take and when to take them to help their child plan for life after high school based on their current grade level from middle school through senior year. Visit <https://bigfuture.collegeboard.org/communities-events/for-parents/parent-action-plans>.

• • • Contact Information:

Mr. Patrick Geary
Guidance Department Head &
Academic Advisor (10th-12th)
pgeary@setonschool.net
703-368-9555

Mrs. Charlotte Guyant
Guidance Assistant &
Academic Advisor (7th-9th)
cguyant@setonschool.net

Mrs. Tina McIntyre
Registrar
tmcintyre@setonschool.net

Mrs. Alicia Salas
Guidance Academic Advisor
asalas@setonschool.net

Mrs. Ruth McCaa
Resource Teacher
rmccaa@setonschool.net

Mrs. Stacey O'Connor
Guidance Advisor (7th-12th)
soconnor@setonschool.net

Mrs. Julie Mantooth
Admissions Director
setonadmissions@setonschool.net

Mrs. Tara Judge
Admissions Associate
admissionsassociate@setonschool.net

Mrs. Stephanie Reyes
AP Exam and PSAT
Coordinator
703-368-3220

SETON SCHOOL CODE:
471350

Benefits of the Common App

Seniors, if you are planning to apply to multiple colleges this fall, then consider using the Common App (www.commonapp.org/). The Common App (a single online college application form) will help you navigate the college application process as well as save you time. Instead of filling out general information repeatedly (i.e. address, GPA, and extracurriculars) for each college, you will only need to do it once. To see which colleges accept the Common App, visit www.commonapp.org/explore/. (If your college is not listed, you will need to go to their website and apply through their online application portal.) In addition, the college essay is a senior's chance to paint a picture of who they are and why they are a good fit for the colleges they are considering. The Common App Essay Prompts are now available here: www.commonapp.org/apply/essay-prompts. Try and get a jumpstart on your college applications and essays before your senior year starts!

Class of 2026 Post-Seton Plans by the Numbers:

Ave Maria University	5
Belmont Abbey College	3
Benedictine College	1
Catholic University of America	1
Christendom College	10
DeSales University	1
Franciscan University	8
George Mason University	1
Georgia Institute of Technology	1
Liberty University	1
Marymount University	1
Northeastern University	1
Purdue University	1
Shenandoah University	2

University of Dallas	4
Villanova University	1
Virginia Tech	1
Walsh University	1
William & Mary	1
Community College	4
Virginia Military Institute	1
West Point	1
U.S. Coast Guard Academy	1
Air National Guard	1
Air Force (Enlistment)	1
Trades	2
Gap Year	4

CLT, SAT, and ACT Registration Deadlines Coming Up

CLT Test Date – Sept. 17 (Remote)

Registration Deadline – Sept. 10

Click [here](#) to register.

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

SAT Test Date – Sept. 12

Registration Deadline – Aug. 28

Click [here](#) to register.

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

ACT Test Date – Sept. 19

Registration Deadline – Aug. 14

Click [here](#) to register.

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

Scholarship Opportunities

Ascent Summer Scholarship

Amount: \$10,000

Deadline: September 30, 2026

<https://studentscholarships.org/scholarship/35346/ascent-summer-scholarship?>

Summer 2026 Fastweb Invite a Friend Sweepstakes

Amount: \$1,000

Deadline: September 30, 2026

<https://www.fastweb.com/college-scholarships/scholarships/194343-summer-2026-fastweb-invite-a-friend-sweepstakes>

**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.*