



Sentinel



Volume 33, Issue 2
September 10, 2026

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



- Sept 11 ALL NIGHT ADORATION (click [HERE](#) to sign up)
- Sept 12 HS Back to School Social 7-9PM
- Sept 16 HS Back to School Night 6:30
- Sept 22 Seton School Picture Day (click [HERE](#) for the dress code)
- Sep 23 Hot Dog Sales during lunch
- Sept 26 Admissions Testing 9-noon
JHS Scavenger Hunt 4-6PM
- Sept 27 Interims
- Oct 2 Consecration to the Sacred Heart in Classrooms
- Oct 4 Open House 2-4
- Oct 6-9 Penny Wars
- Oct 7 PSAT 9-11th Graders 8:10AM;
Senior Retreat; No School for JH
- Oct 10 Fall Play 2:30 & 7:30PM
- Oct 11 Fall Play 2:30
- Oct 12 Columbus Day; Teacher In-Service Day; NO SCHOOL



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

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

*The Pilgrim Virgin statue will be received by the Hartung family.
The vocations crucifix will be received by the Halisky family.*

FROM THE EXECUTIVE DIRECTOR

ALL NIGHT ADORATION FRIDAY (9/11, 12:30PM to 6:30AM) TO PRAY FOR THE REPOSE OF THE SOUL OF DOMINIC HARTUNG ('20) AND THE CONSOLATION OF HIS FAMILY.

[CLICK HERE TO SIGN UP.](#)

HE LIVES: FINDING PEACE IN SUFFERING by Keith Hetrick ('08).

Seton alumnus Keith Hetrick has written a beautiful, profound, and inspiring book describing his twenty-year plus battle against cancer and other serious health issues. But the book is far more than a medical story. Keith has written the far more important spiritual story of how he came to understand the true meaning and purpose of suffering. If you or someone you love is wrestling with the question of how we can possibly find God in anguish and pain, this book is for you. In fact, it is for anyone who wants to gain a deeper understanding of how God's love and providence are present in any kind of trial and for anyone who wants to cultivate a deeper gratitude for all God's gifts. You can learn more of Keith's story and order his book at www.keithhetrick.co.

VIRTUE OF THE YEAR, PATIENCE, weekly excerpt from Divine Intimacy

Patience is a special aspect of the virtue of fortitude which prevents our deviating from the right road when we encounter obstacles. It is an illusion to believe in a life without difficulties. These are usually all the greater and the more frequent as our undertakings are more generous. Great works, magnanimous and heroic virtues, always grow in the midst of difficulties.

Difficulties, even great crosses are a blessing. See Keith Hetrick's book, described above.



OPENING MASS: Many thanks to Msgr. Lee Roos for celebrating the Mass, Father Noah Morey for concelebrating, Ms. Catabui and the choir, the senior lectors, altar servers, and gift bearers, and everyone who attended.



Teachers reciting the Oath of Fidelity to the Magisterium during our Opening Mass on September 4th.

MASSSES AND

ROSARIES

Monday Mass

All Saints 8:30 AM

Rosary

Tues-Fri 8:00 AM
in the Chapel



PRAYER REQUESTS

Please pray for the repose of the souls of Dominic Hartung ('20) And Ashley Intihar

Thank You! Mrs. Irwin and Mrs. Ariasu for providing the priest's lunch and dinner for Mrs. Carroll and Mr. Westhoff and Msgr Roos and Fr. Morey for saying our School Mass.

Seton Guidance Corner

Dear Parents, I am pleased to provide you with this information regarding the Seton Guidance Program. This program is designed to help students develop the skills and attitudes necessary for a successful life. The program includes a variety of activities, including individual counseling, group counseling, and career guidance. I hope you find this information helpful and encouraging.

SETON'S GUIDANCE CORNER



High School Back to School Night is on Sept 16.

Both begin at 6:30 PM 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.

ROSARY TO HONOR THE 25TH ANNIVERSARY OF 9-11

This Friday is the 25th anniversary of 9-11. The school community will say a Rosary before Mass on Friday. We will pray for the repose of the souls of the victims, for their families, for the first responders and all those who ministered to the victims, for the conversion of terrorists anywhere in the world, and for the moral well-being of our nation. One intention for each decade which will be led by each class. 1st decade: Seniors and seives.; 2nd decade: juniors; 3rd decade: sophomores; 4th decade: freshmen; and 5th decade: 8th grade.

YEARBOOKS ARE HERE!

Yearbooks will be distributed on Monday during both lunches. If you did not pre-order a yearbooks we have extras—first come, first serve—for \$55 (Cash or checks made out to Seton School).



Attention 9th, 10th, and 11th graders:

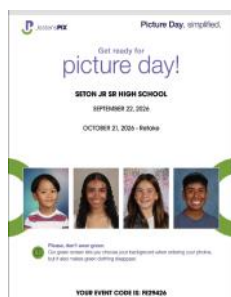
Information about preparing your device for the 2026 PSAT was included in the Seton summer mailing and can be found here: <https://bluebook.collegeboard.org/technology/devices/requirements/overview> Please note that personal Chromebooks will not work for this exam and that the deadline to request to borrow a Seton-owned device for the PSAT is September 16. Questions? Contact Mrs. Reyes (smreyes595@gmail.com, 540-683-1942)

Serve as a PSAT exam room monitor on October 7 is a great way to earn PRO points! If you are interested, please contact Stephanie Reyes (smreyes595@gmail.com or 540-683-1942).

PICTURE DAY IS SEPT 22ND!

We will be using Jostens again this year for our pictures. Click on [the flyer](#) for all the info. Ordering will be done online again. Please click [here](#) for the dress code.

Please don't wear green!



BACK TO SCHOOL SOCIAL

AMERICA 250

AMERICA/STATE THEMED

DRESS UP IN RED/WHITE/BLUE ATTIRE,

OR EMBLEMS OF STATES

LIKE THE STATUE OF LIBERTY, ETC.

MODEST JEANS ARE ALLOWED

7-9 HIGH SCHOOL ONLY

\$5 ENTRY FEE AND

DRINKS/SNACKS PROVIDED

SETON SCHOOL

OPEN HOUSE

SUNDAY, OCTOBER 4, 2026

9314 Maple St., Manassas, VA 20110

- Accredited
- Private, Catholic
- Co-Educational
- Junior-Senior High School

Begin your visit with a formal presentation at 2:00 p.m. in the main building's gymnasium. Afterwards, explore Seton through sample classes and school tours, and join us for a reception in the Corpus Christi Building.

Seton School is Cardinal Newman Society recognized as the longest existing independent Catholic school in the nation.

LEARN MORE **703.368.3220** **SETONSCHOOLNET**

SETON SCHOOL ATHLETIC DEPARTMENT

A GREAT DAY FOR A GOOD CAUSE

COLONEL FZ MEMORIAL GOLF TOURNAMENT

Tuesday, October 6, 2026

Sponsored by Air Treatment Heating & Cooling

SPONSOR, DONATE, OR PLAY

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

MORE INFORMATION & REGISTRATION

setongolf.com

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

FALL PLAY TICKETS ARE ON SALE!

Come support our talented Seton students as they perform their annual fall play, Curious Savage by John Patrick and featuring the Follies Pre-show. Show dates Oct 10-11.

Make it a special evening by joining us for dinner before the Saturday evening show. Dinner tickets are limited and are priority seating, so be sure to reserve yours soon!

Buy Your Tickets Now, [CLICK HERE!](#)



OPPORTUNITIES FOR THE SETON COMMUNITY

Mother Daughter Retreat. 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 26, 2026. 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 16, visit waywomen.com/daystar

LEGION OF MARY AT THE HOUSE OF MERCY (click on the [flyer](#))



INVITATION TO CATHOLIC YOUTH
AGES 12 THROUGH 18

WOULD YOU LIKE TO SERVE THOSE BLINDED
THROUGH THE PRACTICE OF CORPORAL WORKS OF MERCY?

JOIN THE LEGION OF MARY AT THE HOUSE OF MERCY
WEDNESDAY AFTERNOONS 3:30 TO 6 P.M.

FOR MORE INFORMATION CONTACT:
Mrs. Pat Seck at patseck2@gmail.com

Seton Guidance Corner

September 10, 2026

2026 Newman Guide Virtual College Fair

This year's Newman Guide Virtual College Fair will take place on Thursday, October 8. Live sessions will run from 1:00 to 3:00 p.m. and 7:00 to 9:00 p.m. Meet representatives from Newman Guide recommended colleges; explore virtual college booths; and attend featured sessions on academics, student life, admissions, scholarships and financial aid, the college search timeline, career preparation, and the role faithful Catholic education can play in forming students for life and their vocation. Register for free at <https://cardinalnewmansociety.org/fair/>.

20th Annual Aviation Education & Career Expo

Students are invited to attend the 20th Annual Aviation Education & Career Expo, "Dreams with Wings," on Friday, November 6 from 9:00 a.m. to 2:00 p.m. at Rider Jet Center, Hagerstown Regional Airport, MD. This educational event offers students an incredible opportunity to explore careers in aviation and aerospace through keynote speakers, hands-on demonstrations, aircraft displays, and industry exhibitors. Students will meet professionals from airlines, flight schools, the military, drone academies, law enforcement, air medical services, airport management, aircraft maintenance, and more. In addition, the Expo awards scholarships and internships each year during the event with over \$2 million in scholarships granted to date.

This event is free and includes lunch. Seton School has 8 reserved seats for students to attend. (Students must be 16 or older.) Registration is first come first serve. To register, email Mrs. Guyant at cguyant@setonschool.net by Friday, Sept. 18. Please note, there will be no representative attending from Seton or transportation offered, and students must be accompanied by an adult. Students attending will receive an excused absence for the day. The Expo is highly recommended by Seton students who have attended in the past. For more information, visit <https://www.paragonaviationgroup.com/aviation-education-career-expo/>.

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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

High School Students, Are You Keeping Track?

Whether you plan to attend college, attend vocational or trade school, join the military, get a job, or take a gap year; it is important to keep good records of all your achievements and activities. Why? Because it will illustrate how well-rounded you are when you fill-out applications. You will be seen as a stronger applicant in whatever you pursue. Students are strongly encouraged to get involved in sports, clubs, community service, leadership positions and hobbies and to keep a record of these activities as well as all awards and accomplishments. What information should you keep track of?

- Extracurricular Activities (teams, clubs, groups)
- Leadership (roles, titles)
- Honors/Awards/Accolades (date awarded)
- Community Service (locations, task, hours)
- Work (location, responsibilities, hours per week)
- Skills/Passions/Hobbies

How best should you be keeping track? Consider creating a tracker document or anything that works for you. It just needs to be simple and easy for you to update quickly. By doing this throughout high school, you can be confident you will remember all the activities, achievements and accomplishments you want to share with admissions officers, scholarship committees, and future employers. (Adapted from <https://www.collegeaccessguide.com/post/track-your-achievements-activities-and-accomplishments/>.)

Fall Open House at Christendom College

Christendom College invites high school students and their families to their Fall Open House scheduled for Saturday afternoon, September 26, from 1:00 to 5:00 p.m. Participants will hear presentations on Christendom's unique mission and academic programs; learn about leadership, athletic, and study abroad programs; tour the 200-acre campus; attend class; meet staff and current students; and experience Christendom's friendly Catholic culture firsthand. To register, visit <https://www.christendom.edu/admissions/open-house/>.

CLT, SAT, and ACT Registration Deadlines Coming Up

CLT Test Date – September 17 (Remote)

Registration Deadline – September 10

Click [here](#) to register.

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

SAT Test Date – October 3

Registration Deadline – September 18

Click [here](#) to register.

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

ACT Test Date – October 17

Registration Deadline – September 11

Click [here](#) to register.

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

Scholarship Opportunities

BigFuture Scholarships

The BigFuture Scholarship is a program from College Board that awards monthly scholarships to high school sophomores, juniors, and seniors. Students earn entries into the drawings by completing six college and career planning steps on the BigFuture website to include building a college list, scholarship list, and career list. Complete each step by the advertised deadlines to earn entries for scholarships. The earlier you complete each step, the more chances you have to win. Awards include \$500 and \$40,000 Scholarships. For more information and to get started, visit <https://bigfuture.collegeboard.org/pay-for-college/bigfuture-scholarships>.

**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.*