

ALUMNI SPOTLIGHT—Leah Digmann

Leah graduated from Seton Catholic in 2018 and is currently a Senior at Western Dubuque High School (WD). She has earned high honor roll every trimester at WD, while staying active in sports and extracurricular activities

Leah participated in cross country (four years, captain her senior year where team placed 4th at state), basketball (four years as a guard), soccer (four years as a forward and midfielder - also captain), softball (four years playing first base and catcher), speech (four years - group and individual, State and All State), band (three years in percussion), and student council (two years).

She also participated in the Backpacking Bobcats trip to Wyoming and works as a lifeguard at the Dyersville Aquatic Center as well as the local Dairy Queen.

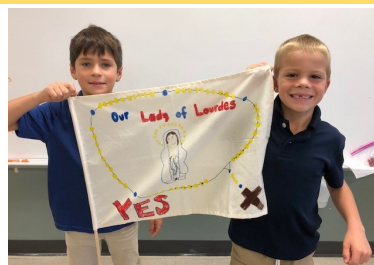
We at Seton Catholic are proud of Leah's accomplishments and wish her well on her next adventure!



MESSAGE FROM THE COUNSELOR—Reid Mettert, MA, tLMHC

Reid is a Licensed Mental Health therapist (tLMCH) with Life Connections. He attended Clarke University for his undergraduate degree where he majored in psychology and sports management, he also ran track for Clarke the four years that he was in school. He received his master's degree in Mental Health counseling from Loras College in 2021. Reid has a positive and relaxing approach in working with his clients and he excels in working with athletes and clients dealing with stress, anxiety and depression.

"My philosophy to therapy is oriented around the principals of cognitive behavioral therapy. Essentially, our thoughts, emotions, and behaviors are all intertwined and each of these domains affects one another in a variety of ways. To only look at one domain is doing a complete dis-service to the other domains that are equally important. To me, in order to see real growth we need to be able to understand where the concerns originate, and also how they are impacting all the other areas of our life."



CLASSROOM HIGHLIGHT—Mrs. Hyland, third grade teacher

Our third grade classroom loves to learn together! We are delving into the 7 Habits of Happy Kids and trying to practice these on a daily basis. Reading God's word has also reminded us that our words and actions matter. This makes us excited to become difference makers!

The third graders are enthusiastically learning about the Phases of the Moon. They enjoyed demonstrating each of these phases with Oreo cookies, flashlights and Styrofoam moons, and a cut-out diagram. Many students can be found singing or humming the *Phases of the Moon* jingle we love!!! We are in awe at the creation of God and interested in learning more about our universe!

As a way to engage in the "Seton Strives for Sainthood" motto, our class chose Saint Monica to learn about. We loved how she prayed persistently and gained peace, positively affecting her family members and bringing about awesome conversions! In addition, each student has been able to choose a saint of their own to research. They are excited to learn from these faith heroes and will share about them in a written report as well as dress up like them for a one minute speech.

Multiplication is super exciting to our class! We're discovering how and why multiplication can be used in our lives every day! "Math is like a fun game!" is something you might hear in our classroom! We figure things out, often in more than one way, and we are getting better at efficient strategies. The kids refer to themselves as mighty mathematicians!



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Visit www.ourfaithsto.org for more information, talk to your tax professional, financial advisor or call Deacon Brian Zeman, Our Faith STO Director at 563-556-2580 ext. 296.



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SETON CATHOLIC NEWSLETTER

Serving the Parishes of St. Elizabeth Pastorate



TAKE A LOOK AT THIS QUARTER'S ISSUE:

1. Message from the Principal
2. Classroom Highlight
3. Seton Catholic Alumni Spotlight
4. Message from the Counselor
5. Seton Catholic Holiday Gala

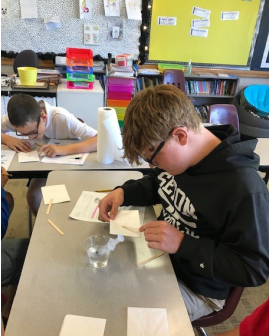
STUDENT ENROLLMENT

K—8 = 287

PRESCHOOL = 43

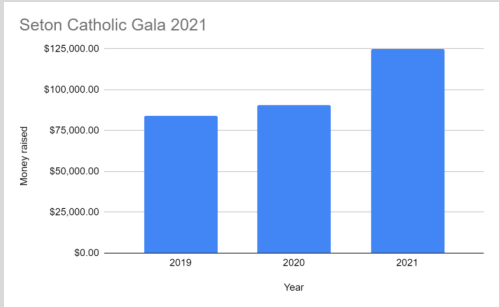
JOIN US EVERY WEEK

Celebrate mass with us on Tuesdays at 8:45 AM
in the Peosta gym and Wednesdays at 8:45 AM
at St. Joseph, Farley.



SETON CATHOLIC HOLIDAY GALA FUNDRAISER

The 2021 Seton Gala was a huge success! Thank you, thank you, thank you, for all of your support for Seton Catholic. Every penny that we raise goes towards helping students grow! They are our main priority and our mission as Seton Knights!



Additionally, a huge thank you to Molly Rauen, Kate Hermesen and the Gala Committee for all of the time and organization that went into this event!

**This success would not be possible without
our Corporate sponsors, especially:**

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MESSAGE FROM THE PRINCIPAL—*Eric R. Meyer*

Welcome to the Fall edition of the Seton Catholic Quarterly Newsletter! Seton Catholic is continuing to focus on this year's goal of "Striving for Sainthood." This school year we are learning everything that we can about the Saints. According to USCCB: All Christians are called to be saints. Saints are persons in heaven (officially canonized or not), who lived heroically virtuous lives, offered their life for others, or were martyred for the faith, and who are worthy of imitation.

So what kind of Saints do we want our Seton Knights to be? There is not just one right way to be a saint. There is not a wrong way to be a saint. We have academic saints like St. Joseph of Cupertino, athletic saints like St. Teresa of the Andes or St. Philip Evans, even Saints that loved technology like Carlo Acutis. At Seton Catholic we want to help students find their way of becoming saints. In order to do this, every classroom has chosen a patron Saint of their class. The class is tasked with learning about that saint AND sharing what they have learned with the entire school community.

Thank you for your continued support of Seton Catholic!