

# 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



## MESSAGE FROM THE PRINCIPAL—*Clayton Ellsworth*

The year commenced with fervor, and the Seton Catholic staff seized the opportunity to make the most of our brief initial week of school. During this time, our students and faculty delighted in reconnecting with peers, reestablishing dedicated mindsets, and embracing academic routines, concluding each day with both perspiring brows and exuberant smiles.

As we step into the second week of school, our students will delve deeper into their daily and weekly rhythms. While nurturing relationships remains a central theme throughout the year, the pursuit of academic excellence and rigor will progressively take center stage. We persist in advocating for nightly reading across all grade levels, including letter sounds for kindergarteners and engrossing chapter books for upper elementary and middle school students.

Simultaneously, the second week marks the commencement of diverse forms of professional development and collaborative efforts among the staff. Every Wednesday, our team will convene for focused sessions addressing school-wide concerns such as aligning with curriculum standards and fostering a culture of continual learning. Furthermore, administrators will gather weekly with specific grade levels, aiming to address unique grade-level requisites as well as individual student challenges and accomplishments.

Lastly, as we navigate the early stages of the year, our quest to infuse every facet of our school day with a sense of the divine continues. We will unite as the entire Seton community through a school-wide mass, embodying a collective spiritual beginning. Our younger students will be introduced to the fundamental tenets of our faith, grasping the depth of Jesus' fervent care for them, while our older students will unravel the intricate tapestry of God's purpose and design in their individual lives.

As we embark on this journey through the academic year, we stand at the crossroads of growth, learning, and spiritual discovery. With our unwavering commitment to nurturing both minds and souls, Seton Catholic remains dedicated to fostering an environment where each student's potential flourishes, relationships deepen, and the presence of God permeates every aspect of our shared experience. Together, as a united community of learners and believers, we eagerly anticipate the enriching chapters that lie ahead on this transformative path.

## ALUMNI SPOTLIGHT—*Isaiah Hammerand*

Isaiah graduated from Seton Catholic in 2019 and Western Dubuque High School (WD) in 2023. He earned honor roll every trimester at WD, while staying active in sports and extracurricular activities.

Isaiah participated in cross country (three year letter winner, district champion, placed 3<sup>rd</sup> at state, all state academic, first team all-conference), track (two year letter winner, twice state qualifier for 1600 & 3200, 4<sup>th</sup> fastest time record in 3200 at WD), speech contest and quiz bowl.

He was recognized by the *National Merit Scholarship Corporation* for his exceptional academic promise, demonstrated by his outstanding performance on the 2021 preliminary SAT/National Merit Scholarship qualifying test PSAT/ NMSQT. Recognized students were in the top 50,000 of the 1.5 million students who entered the competition.

Outside of the classroom, Isaiah was a qualifier for the National Holstein Convention in quiz bowl/ jeopardy and he is a lector at his parish.

Isaiah is currently attending Wartburg College, majoring in economics and participates in cross country and track.

*“Through Seton, I was able to build a reliable support group which has pushed me through my athletic and academic journeys. Furthermore, my faith in Christ has brought me hope in my everyday trials and has allowed me to persevere through times where I fell short of my goals. My belief in His redeeming qualities has allowed me to redefine myself from a lazy individual into one who has known the struggles as well as joys that come with hard work.” - Isaiah*



**Educational Savings Accounts (ESA's) had a tremendous impact for our Seton families this year. Sixty families, with a total of 99 students, received an ESA for their child(ren) this academic year. In two years, all families will be eligible for an ESA.**

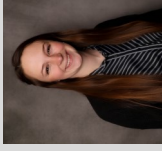




## MESSAGE FROM COUNSELOR—SHAWNA MARIN, LSIW

Shawna Marin is a licensed independent social worker employed by Life Connections. She has provided school-based therapy services to the Catholic schools in the Western Dubuque School District since the beginning of last school year and she has three prior years of working as a school-based therapist as well. She works with students of all ages on a variety of different skills, including but not limited to emotional regulation skills, social skills, and processing of different challenges. Common therapeutic modalities that Shawna uses include Cognitive Behavioral Therapy (CBT), mindfulness, strength-based approach, as well as play-based and art-based therapy techniques.

*"I'm a strong supporter of the importance of movement and outdoor time to support one's mental well-being, while also taking the time to recognize and validate some of the thoughts and emotions we are experiencing internally. My top mental health tips for students who are struggling would be to make sure they find time throughout the week to move their bodies, get outside, and talk to someone they trust. While so much support is provided in the home, I also think it is important to focus on making sure that child has a positive support person in the school and in the community as well."*



## CLASSROOM HIGHLIGHT—Mrs. Herndon, Middle School

Mrs. Herndon's eighth grade math class will learn about shapes that are congruent or similar. They will learn what a function is and explore different ways to solve a system of linear equations. The Algebra 1 class is exploring different types of functions and what qualities each unique function has when graphed. Students in both math classes will have the opportunity to showcase their learning with various projects and assignments throughout the year.

She will also teach sixth grade religion this school year. The students will prepare and plan five masses during the school year. During Lent, students will study the Passion of the Lord and replicate the events participating in the mime. Mrs. Herndon, herself, did the mime when she was a sixth grader at Seton and she is excited to be a part of the production again!

The seventh graders are learning science in Mrs. Herndon's classroom. They are learning about Earth's atmosphere and water. There will be demonstrations and experiments performed where students will get to see the science in real time. Students will be pushed to find correlations between what is being learned in class to what is happening "in the real world". There will be opportunities for projects and assignments for students to demonstrate their learning.

Mrs. Herndon is excited to have the opportunity to teach so many students during each day. She's happy to join these students on their educational journey and help them to be successful in their current grade level and prepare them for what is yet to come!



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