

The Knightly News

The Official Newsletter of St. Elizabeth Ann Seton Catholic School



A SPIRITUAL JOURNEY OF PRAYER

The pages of this edition of the Knightly News are filled with the Seton Catholic Community's 40 day journey this Lent. Although the ever popular Ramen Noodles are put away and Snack Shack is temporarily closed on Fridays, our sense of faith and community has never been stronger. We have been privileged to share the Stations of the Cross together as a journey outside, following a path around the perimeter of our school; as a video with reflections from Catholic Relief Services; inside the school using our social distancing markers, and as a sung reflection led by Mrs. Laura Boronski. We continue to celebrate Mass weekly with Father Paul McNeill from Precious Blood of Christ Catholic Church and delight in seeing our students take leadership in ministry, including leading us in music and setting the altar as sacristans. We end each week by praying the Chaplet of Divine Mercy together before we leave school on Friday, led by our Student Council President and 11th grade representative.

Even as we take this spiritual journey of prayer, fasting, and almsgiving, our academic, extracurricular, and athletic programs are showing signs of new growth, with programs springing up weekly.

**Reaching
Higher in
Mind, Body
and Spirit.**

#SetonRunsOnRamen

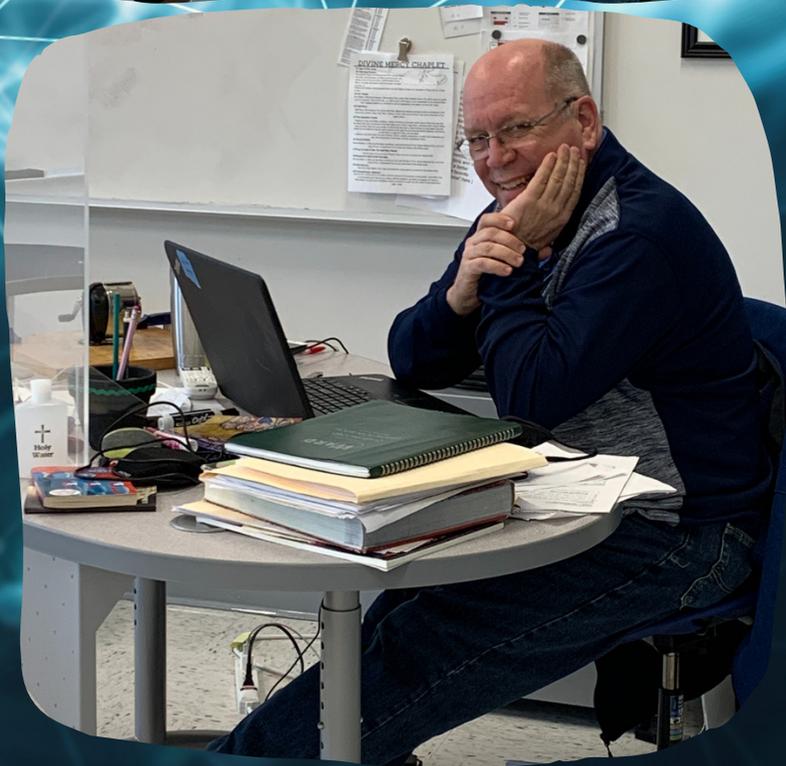
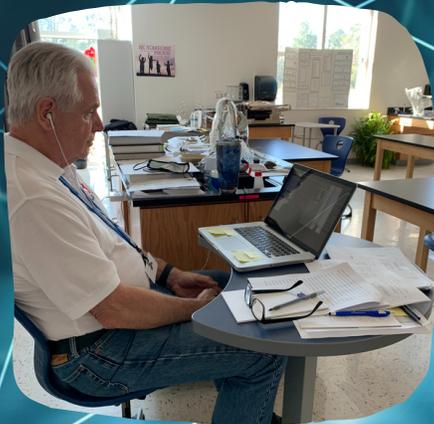
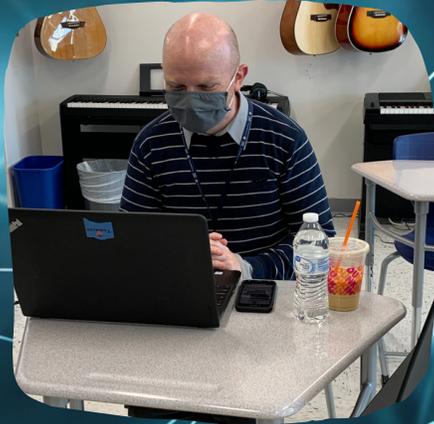
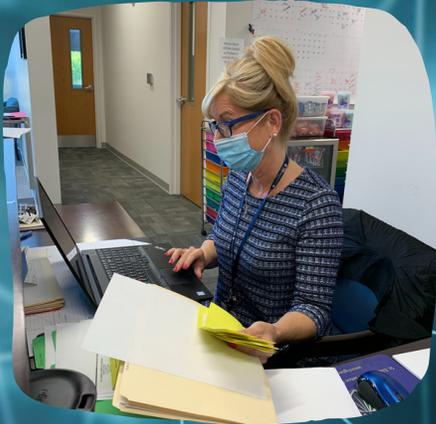


FATHER, FORGIVE THEM; FOR THEY KNOW NOT WHAT THEY DO.

Throughout the season of Lent, the Seton community has prayed the Stations of the Cross in a variety of ways. During one Lenten week, we retraced Jesus' final steps and meditated on experiences that we face in our lives at fourteen different points around our school building.



KNOWING THE WORD



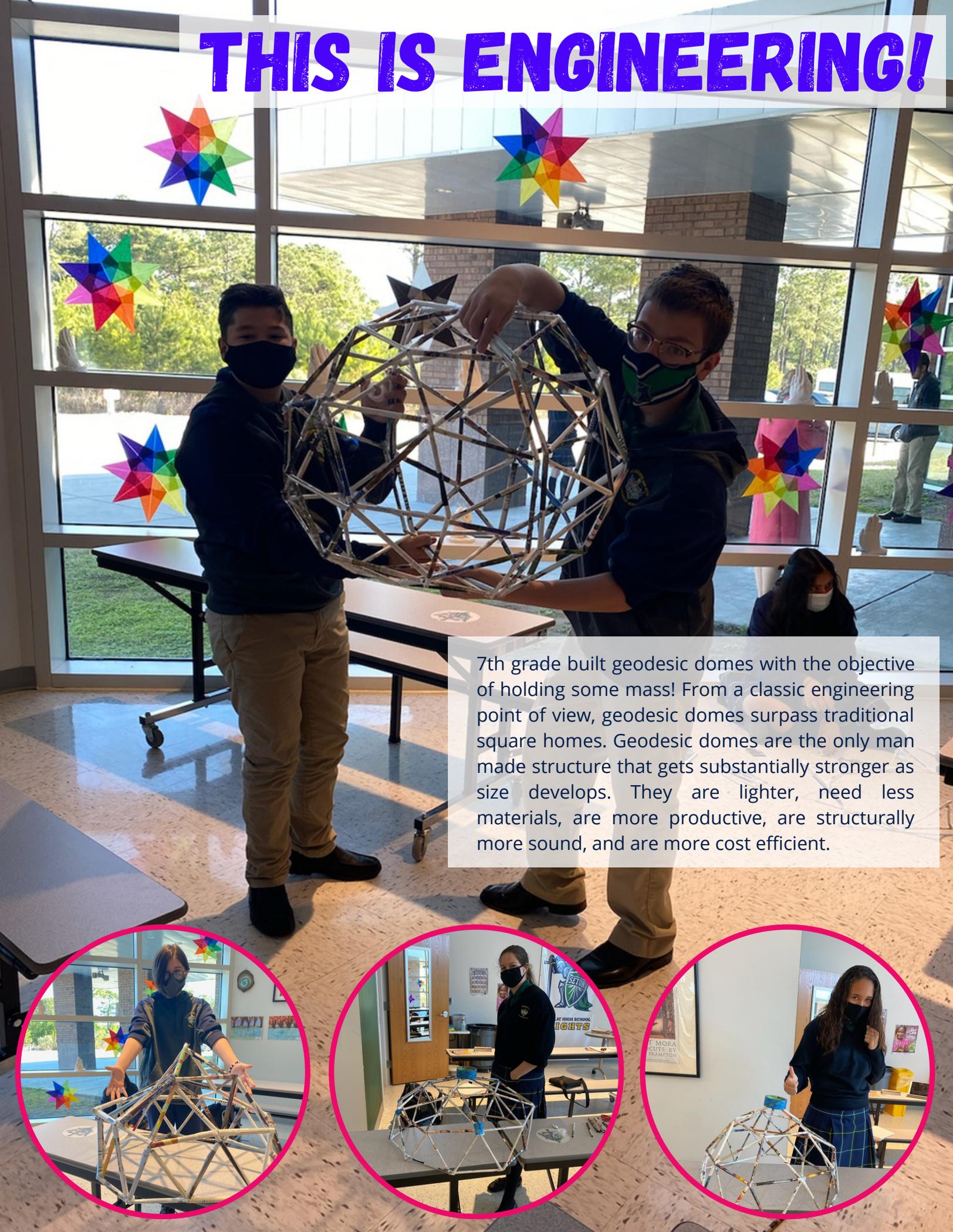
Seton Catholic Faculty and Staff gathered for the 2021 Biannual Teacher Education Conference (TEC) for all teachers in the Diocese of Charleston. We started our day with a welcome message from Superintendent William Ryan and attending virtual mass celebrated by Bishop Guglielmone. Father Rhett Williams gave the keynote address stressing for us to be who we are meant to be, come to know ourselves and be that person well. Our primary mission is to know the word and make it fresh, to apply our craft. Pray with God, reflect where you are at the moment and where you need to go, allow yourself to be known and loved. Teachers then broke into small groups selecting from an assortment of virtual workshops by some wonderful presenters! It truly was a beneficial conference for all.

SPRING HAS SPRUNG

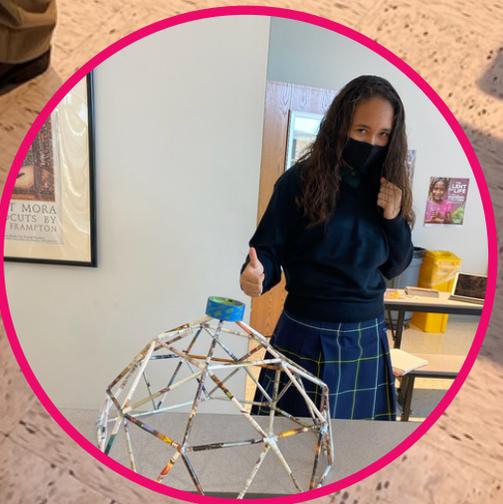


Despite the chilly 27 degree start to some March mornings at Seton Catholic, Spring has sprung up in our kiln. Students in ceramics and sculpture class created a sculptural bird's nest using the hand building technique of coiling and slump. "Spring adds new life and new beauty to all that is." Jessica Harrelson

THIS IS ENGINEERING!



7th grade built geodesic domes with the objective of holding some mass! From a classic engineering point of view, geodesic domes surpass traditional square homes. Geodesic domes are the only man made structure that gets substantially stronger as size develops. They are lighter, need less materials, are more productive, are structurally more sound, and are more cost efficient.



HUSTLE & HEART SET US APART



The Seton Coaching Staff are excited to welcome new and returning members of the Seton Knights Tennis Team, where everyone is welcome, beginners and advanced players. This year the Knights have their largest turnout with 17 players on the team. Our tennis experiences provide a unique opportunity for the team. Advanced players get coached in friendly matches, with helpful critiques and the beginners learn how to hold a racquet properly, hit forehand and backhand volleys and how to serve. Seton players are taught how to win and lose respectfully and have FUN!

"Life is like a game of tennis; the player who serves well seldom loses."

BUILDING AN EXPERIENCE

The high school students are hard at work preparing for their portrayal of the Living Stations and were amazed to see the life-size cross that Mr. Hanes generously constructed! Thank you, Mr. Hanes, for your beautiful addition to what will be a powerful and prayerful experience!



REFLECTION



Lord, Teach me a new freedom. Freedom to reject comparison And to embrace uniqueness. Freedom to cut ties with greed And feast on love. Freedom to abstain from over indulgence And feast on self-control. Freedom to leave behind selfish thoughts And to focus on the needs of others. Freedom to fend off insecurity And to embrace grace. Lord, at this time of Lent, thank you for the freedom you bring. Amen.

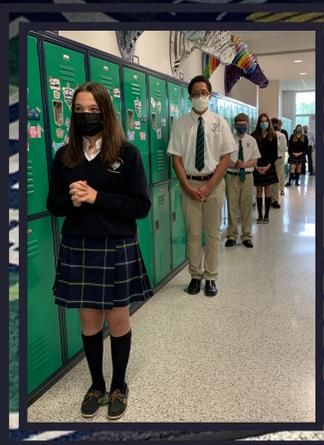


PHOTO: MEGAN WATSON

MUSICAL MEDITATION



Thank you to Mrs. Laura Boronski for leading our students through the Stations of the Cross, A Musical Meditation and sharing some interesting facts about St. Patrick! If you are interested in learning more about Mrs. Boronski and her beautiful music and ministry, you can visit her website at www.LauraBoronski.com



In the weeks leading up to Easter, students in sixth and seventh grade STREAM class teamed up to test their egg-cellent engineering skills in an attempt to "save the egg" during our Egg Drop experiment. The aim of this project was to design a protective, sturdy, lightweight carrier that would prevent an egg from breaking when dropped from a height. Students had to be resourceful as they could only use the specific materials provided, and at least a quarter of the egg needed to be visible at all times. Students were evaluated on their application of STREAM knowledge in the engineering and creativity of their apparatus designs and whether their raw egg remained intact during flight and impact! No yolk, this project was all that it was cracked up to be!

NO YOKE!



ACCREDITED

Seton Catholic is proud to report that they have completed their first Internal Improvement Review Report, under the leadership of Ms. Julianne Beach. In this year long project, the school is asked to look at their complete program, from mission to budget, from curriculum to extra curricular activities. Continuous improvement that results in success for all learners should be the goal of every institution. The Improvement Journey for each institution may look different but should always include measures of quality of learning and instruction. The AdvancED Performance Standards serve this purpose by providing a set of evaluative criteria that lays the foundation for improvement planning and implementation. Based on rigorous research and best practices, the Standards are a powerful tool for driving institutional change. The AdvancED Performance Standards embody our belief that high quality learning can transform lives, communities and the world.

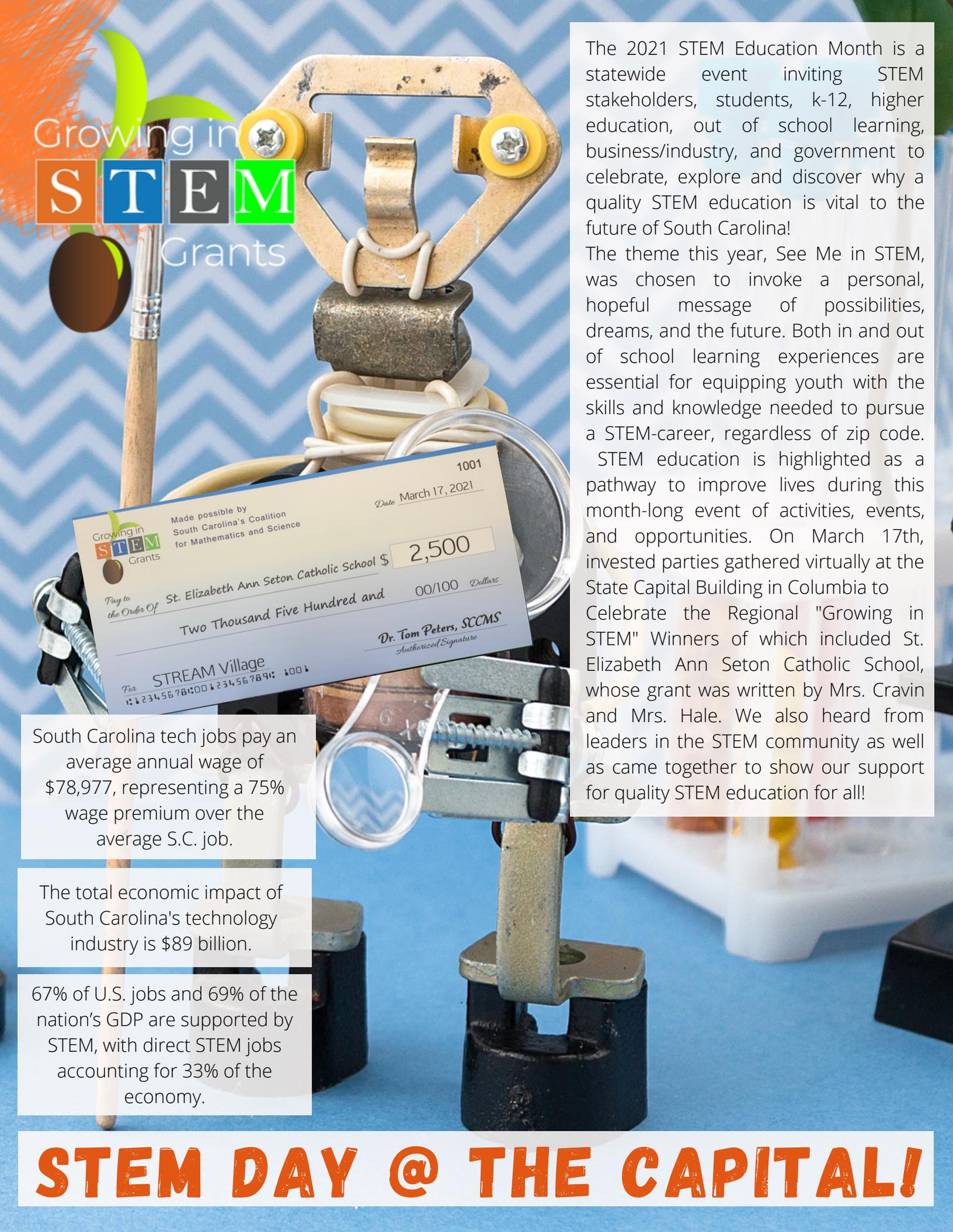




EST. 1961

PEARLE VISION SM

This past November, Student Council began a five month fundraising effort utilizing the local businesses in our community. The overall objective was to raise funds for the school and our ever growing extracurricular programs. Our students petitioned the friends of Seton in the local business community and produced eight themed gift baskets that hit the auction block raising over \$1500. Thank you to all our friends and donors, student council and those who supported the auction!



Growing in
S T E M
Grants

The 2021 STEM Education Month is a statewide event inviting STEM stakeholders, students, k-12, higher education, out of school learning, business/industry, and government to celebrate, explore and discover why a quality STEM education is vital to the future of South Carolina!

The theme this year, See Me in STEM, was chosen to invoke a personal, hopeful message of possibilities, dreams, and the future. Both in and out of school learning experiences are essential for equipping youth with the skills and knowledge needed to pursue a STEM-career, regardless of zip code.

STEM education is highlighted as a pathway to improve lives during this month-long event of activities, events, and opportunities. On March 17th, invested parties gathered virtually at the State Capital Building in Columbia to Celebrate the Regional "Growing in STEM" Winners of which included St. Elizabeth Ann Seton Catholic School, whose grant was written by Mrs. Cravin and Mrs. Hale. We also heard from leaders in the STEM community as well as came together to show our support for quality STEM education for all!



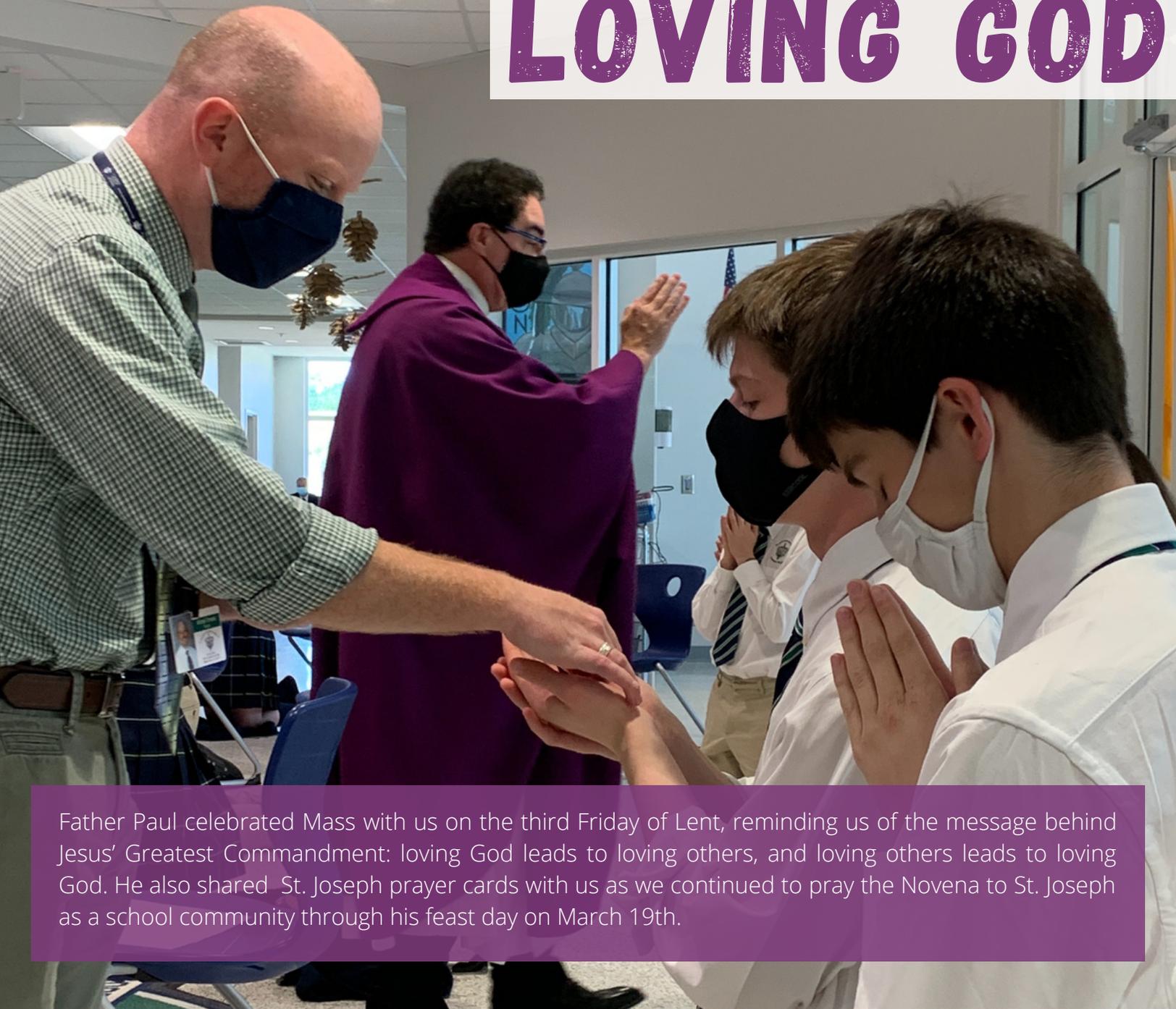
South Carolina tech jobs pay an average annual wage of \$78,977, representing a 75% wage premium over the average S.C. job.

The total economic impact of South Carolina's technology industry is \$89 billion.

67% of U.S. jobs and 69% of the nation's GDP are supported by STEM, with direct STEM jobs accounting for 33% of the economy.

STEM DAY @ THE CAPITAL!

LOVING GOD



Father Paul celebrated Mass with us on the third Friday of Lent, reminding us of the message behind Jesus' Greatest Commandment: loving God leads to loving others, and loving others leads to loving God. He also shared St. Joseph prayer cards with us as we continued to pray the Novena to St. Joseph as a school community through his feast day on March 19th.



SCIENCE'ING

The Science Fair this year was conducted as an on-line assignment in place of the usual tri-fold competition. Last year, we held the traditional Science Fair on what turned out to be the last day of in class learning. Last fall when the possibility of being on-line for much of the school year was high, Mr. Poland made the decision to have projects done via Thinglink, which allowed the students to be creative in the presentation of their products. That digital platform allows for pictures, text, audio, and video to be included in the presentation. The results were interactive and impressive!

2021 SCIENCE FAIR RESULTS

MIDDLE SCHOOL

GENERAL SCIENCE

- 1ST - AUBREY B.- WHICH LIPSTICK IS THE BEST QUALITY FOR THE PRICE?
- 2ND - AVA R.- WHICH MASK IS BEST FOR KEEPING SNEEZES OUT OF THE ATMOSPHERE?
- 3RD - SHELBY C.- WHICH MASK IS BEST FOR PROTECTING AGAINST COVID?

PHYSICAL SCIENCE

- 1ST - MARGARET T. - WHICH BREAKFAST CEREAL IS THE BEST SOURCE OF IRON?
- 2ND - ANTHONY S. - CONSTRUCTING A FUNCTIONAL-MECHANICAL HAND
- 3RD - CODY P. - DOES THE WAY YOU SHOOT A BASKETBALL MATTER?

BEHAVIORAL SCIENCE

- 1ST - ASHLEY F.- DOES A PERSON'S MUSIC GENRE FLUCTUATE WITH AGE?
- 2ND - MAGGIE R.- CAN MUSIC AFFECT HEART RATE?
- 3RD - VALERIA A. - REAL SMILES WHEN A PERSON IS WEARING A MASK?

HIGH SCHOOL

GENERAL SCIENCE

- 1ST - LAUREN N.- LEVELS OF CHLOROPHYLL IN DIFFERENT PLANTS
- 2ND - KAILI S. - THE SCIENCE OF SWIMMING POOL WATER
- 3RD - JOHN T. - ELECTRICAL FLOW IN DIFFERENT LIQUID
- PHYSICAL SCIENCE
- 1ST - ANTE G.- DOES BACH REPEAT PATTERNS OF NOTES IN A COMPOSITION?
- 2ND - JACK D. - HOW RUNNING FORM AFFECTS SPEED
- 3RD - MATT B. - REACTION TIME
- 3RD - PAUL V. - WHICH BRIDGE DESIGN SUPPORTS THE MOST WEIGHT?

BEHAVIORAL SCIENCE

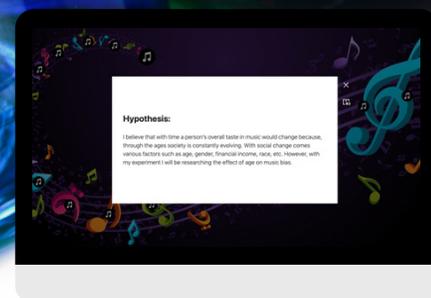
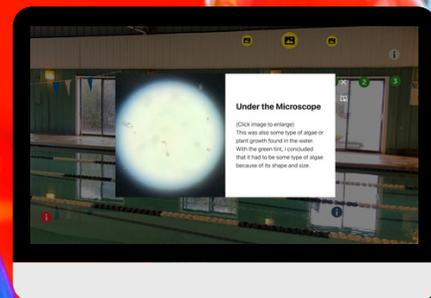
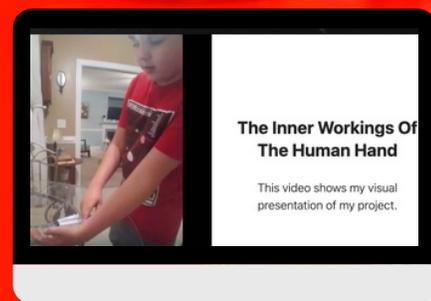
- 1ST - JOSEPH T. - CAN YOU HANDLE THE PRESSURE?
- 2ND - JOHN PAUL P. - COFFEE'S EFFECT ON HEART RATE
- 3RD - LUCY H. - TESTING CRITICAL THINKING IN HIGH SCHOOL STUDENTS

ENVIRONMENTAL SCIENCE

- 1ST - REGINA V.- THE SPREAD OF DISEASE
- 2ND - JESSICA C. - BASIL PLANT GROWTH "WATERED" WITH DIFFERENT LIQUIDS
- 3RD - LAUREN D. - TEMPERATURE OF DIFFERENT COLORS IN VARYING CONDITIONS

BIOLOGICAL SCIENCE

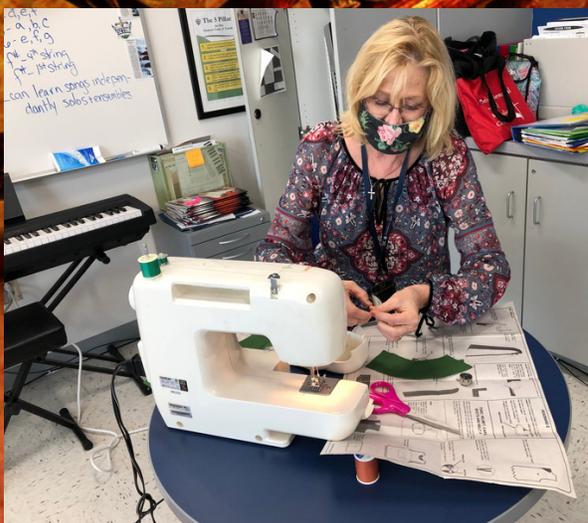
- 1ST - SKYLAR D. - FOOT PLACEMENT IN RUNNING
- 2ND - ELIZABETH M.- DOES TALKING TO PLANTS AFFECT GROWTH?



WERE YOU THERE?



At the beginning of Lent, 2020, our students, led by Junior, Regina, began work on a Living Stations of the Cross to present during Holy Week 2020. Little did we suspect that we would leave school on Friday, March 13, and not return until Monday, August 17! The Pandemic shelved the students' plans for a Living Stations for 2020 but they came back to life in Lent, 2021! This time, led again, by now Senior, Regina. The students have led us in a beautiful and reverent portrayal of the Stations of the Cross as they acted out the parts in a moving tableau with reflection and prayer at each juncture. With the help of Mrs. Becky Hale the costumes added to the feel that we really were in Jerusalem with our Savior, walking the Via Crucis with Him. Thank you, students, for the time, talents, treasure and perseverance you showed to bring us this very special prayer time.

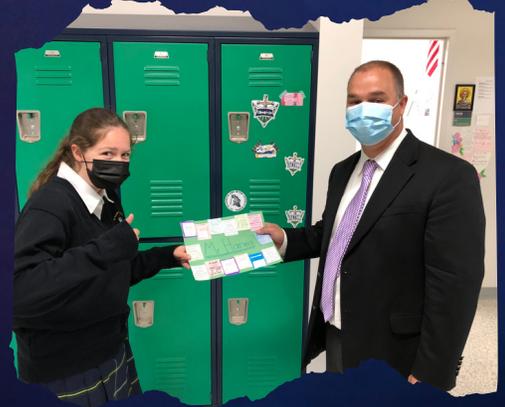
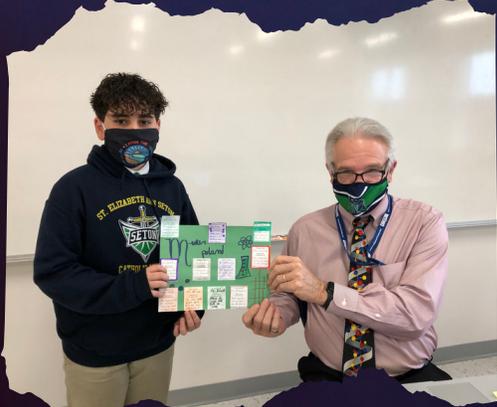
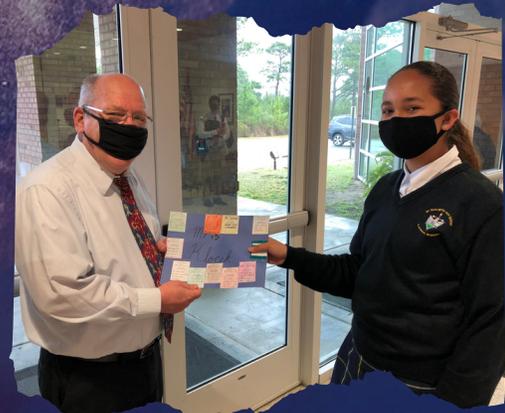
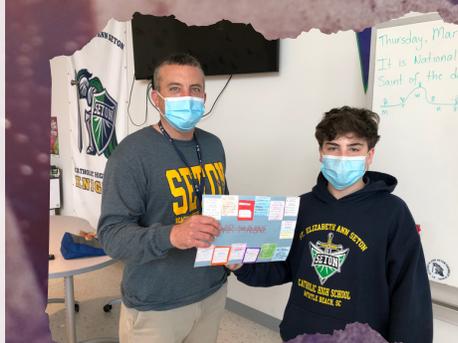
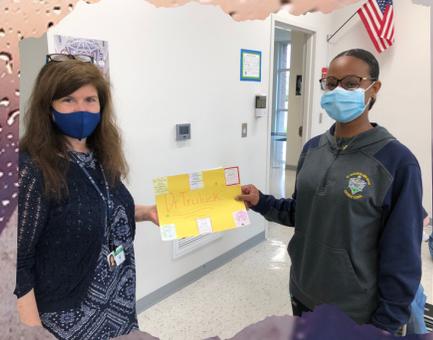


STUDENTS OF SETON PRESENT LIVING STATIONS OF THE CROSS



"HOW CAN I BE FOR OTHERS?"

How many times have you heard someone say, "What's in it for me?" or "What will I get out of this?" Throughout the season of Lent, students in middle school Religion have responded to reflective writing questions that involve the pillar of sacrifice: not just doing something kind, but giving up something that is precious for the sake of someone else and asking, "How can I be for others?" In addition, students wrote brief notes to thank the Seton faculty & staff for all of the sacrifices that they make and their heartfelt love for our school community, then presented each with a collage of their notes. Thank you to all who always go above & beyond to make Seton such a special place!



LAUDATO SI

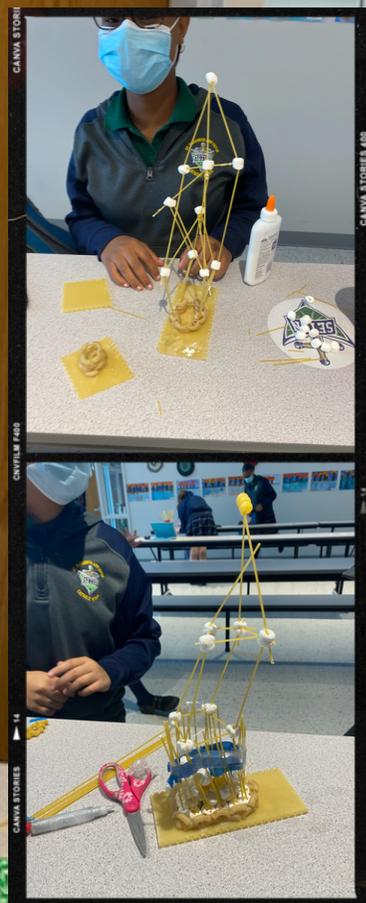
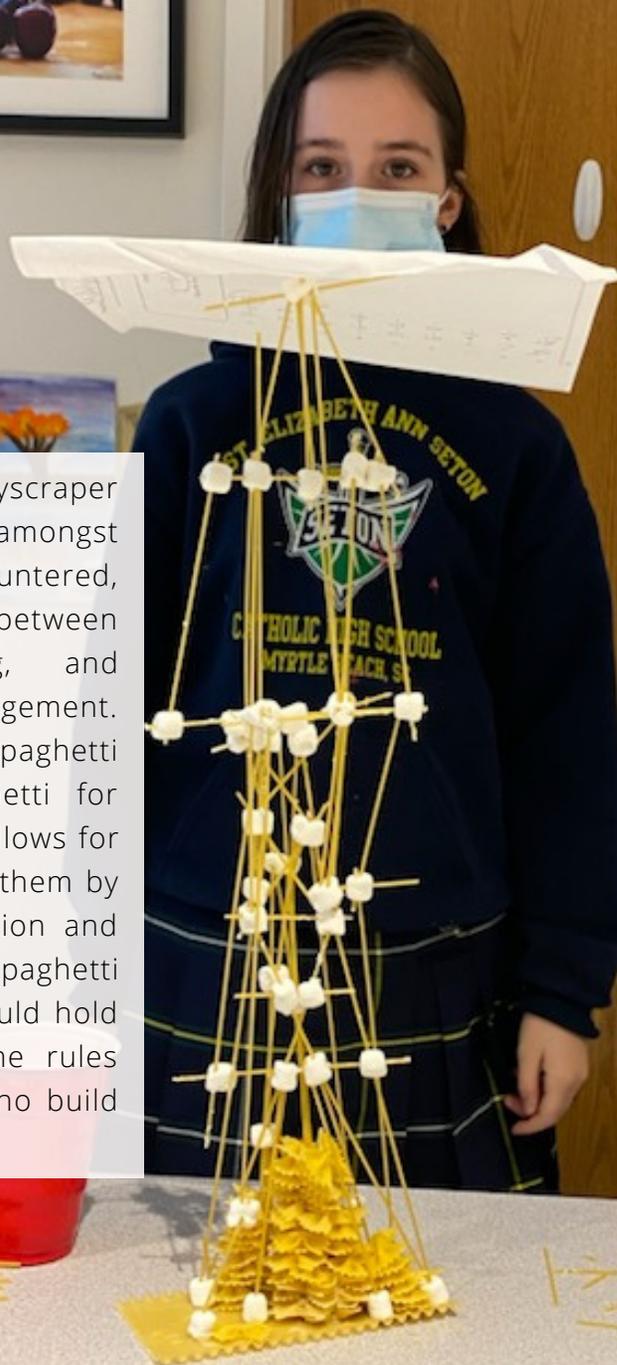


Students in sixth grade STREAM really put the “R” (Religion) and “A” (Art) into STREAM with our latest Trash to Treasure Project! They reflected on Pope Francis’s encyclical Laudato Si, and made great connections to ways that we can take “swift and unified” action to care for our common home: planet Earth! Students created sculptures and artwork completely from (clean) trash and recycled materials, ranging from a Trash-a-saurus Rex, to a pair of virtual reality goggles, and some other living things in between! It was an eye-opening experience to learn that art is all around us, including in our recycling bins!



ON CARE FOR OUR COMMON HOME

The problems posed in skyscraper design are considered amongst the most difficult encountered, given the scales required between economics, engineering, and construction management. Seventh grade built spaghetti skyscrapers using spaghetti for the girders and marshmallows for the struts. Students built them by applying the proper tension and compression, so the spaghetti would not snap and it could hold some weight. These same rules apply to the engineers who build skyscrapers.



SPECIAL SUBSTRUCTURES

Hippity, hoppity, Easter's on its way! Thank you for your generous donations to our Baskets of Love collection, we were able to fill over 60 Easter baskets for children in need! Seton Catholic is honored and pleased to partner with the team from Help4Kids who will distribute the baskets and make many children very happy on Easter morning! Great job to the Beta Club members and middle school students who helped to organize and assemble all of the donations, and to the teachers who were involved in this egg-cellent effort!



HELP4KIDS



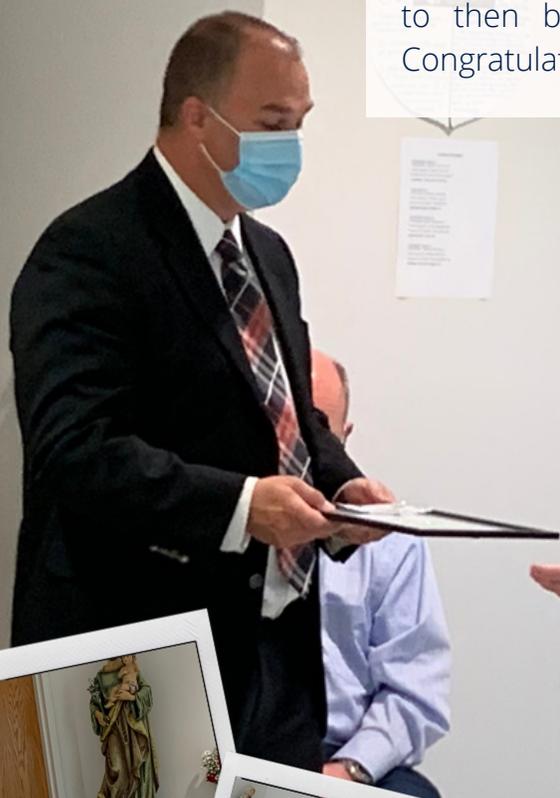
FEAST OF ST. JOSEPH



“I do not remember even now that I have ever asked anything of [St. Joseph] which he has failed to grant... To other saints the Lord seems to have given grace to succour us in some of our necessities, but of this glorious saint my experience is that he succours us in them all...”
(Autobiography of St. Teresa of Avila)

ACHIEVE & SUCCEED

This past month, Seton family witnessed the induction of the school's first group into the National Honor Society. Students must first qualify for consideration with a high enough cumulative Grade Point Average. Next the faculty rates the students on Leadership, Service, and Character. Finally the Advisory Council looks at the average ratings of all eligible students, without names, to determine the cut-off score necessary for students to then be invited to apply for membership. Congratulations to all of our inductees.



FOCUS ON HIM

As we began our countdown to Palm Sunday and Holy Week, we celebrated Mass again with Fr Paul on the fifth week of Lent. Our statues and crucifixes were wrapped in purple cloth to remind us to focus on Him who is most important right now, the Word made flesh who dwelt among us. The readings brought us the message to stand up for our faith; to stand for the truth. Fr. Paul reminded us all to hold fast to our faith and to allow Jesus' words to touch our heart. For His Word is the Truth...and the Truth will set us free!



ACADEMY OF NUTRITION

- Eat lots of vegetables and fruit
- Eat protein rich foods
- Limit highly and ultra-processed foods
- Make water your drink of choice
- Exercise regularly
- Reduce sitting and screen time
- Get enough good sleep



National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "Personalize Your Plate." All month long Seton Catholic has celebrated with Nurse DaGrossa, who discussed the USDA change from the Food Pyramid to MyPlate in 2011 and the health reasons that supported the need for the change. Did you know half of your plate should be fruits and vegetables? Our Seton students do! The 5 food groups and endless examples of items in those groups were brainstormed by students! Simple healthy snack recipes were provided to try at home. In conclusion of the month long celebration, Seton students, faculty, and staff joined together during activity block for a healthy snack personalizing their plate with fruit salad, apples, pears, grapes, bananas, and cuties.

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