



All Saints Catholic School

*To do justice, and to love goodness, and to walk
humbly with your God.*

Mission Statement

United and nourished by the Word of God and the Eucharist, our culturally diverse Catholic school inspires learning within a nurturing and dynamic environment of academic excellence and Gospel values

The Sentinel Newsletter

September 16, 2026

Principal's Message

This week we are pleased to welcome Mrs. Ninoska Paramo as the newest member of our staff. Mrs. Paramo will be joining our Extended Day team and working as an assistant during the afternoon hours. Having worked in a variety of daycare programs, she brings extensive experience to her new role at All Saints as well as a great love of the Catholic faith. Welcome, Mrs. Paramo!

To do justice and to love goodness, and to walk humbly with your God.



Priests' Barbecue (October 2)

Hi Teachers and Staff members,

Our Annual Priest BBQ event is fast approaching, and we are very excited to celebrate it with you all. Please, mark your calendars as it will be on October 2nd. THIS LUNCH IS OFFERED BY THE PARISH, SO IT IS **FREE** FOR STUDENTS AND EMPLOYEES.

Teachers, you will receive a letter and a lunch order form from the cafeteria this Friday. The last day to submit the lunch order is **Tuesday September 29th**, so we have enough time to place the order with our food provider. **Students in grades 5-8 ONLY may order a double entree: 2 hot dogs OR 1 hamburger and 1 hot dog. They may not order 2 hamburgers.** If you are going to order a hamburger or hot dog, please add it to the students' order form.

For school and parish staff, you can order by telephone or email no later than **Tuesday September 29th**. The cafeteria extension is 209. Remember that students eat outside if weather permits, and employees come to the gym, where we will have food and tables ready as of 11am.

Menu for students:

- Hamburger or Hot Dog
- Potato Chips
- Teddy Graham Cookies
- Fruit Punch

Menu for Employees:

- Hamburger or Hot Dog
- Corn on the cob
- Caesar salad
- Fresh watermelon
- Sugar cookie
- Soda, iced tea or water
- American cheese, lettuce, sliced tomatoes, sliced onion and condiments.

We look forward to working together to make this activity a complete success. If you have any questions or concerns, please let us know.

Thank you,

Cafeteria Team

PTO Event Survey

Thank you to all parents who participated in the PTO Event Survey that was handed out at Back to School Night. If you have not taken the survey, there is still time! Please submit any survey responses by next Wednesday, September 23rd. Your feedback is incredibly valuable as we work to establish new events at All Saints!

Parent Event Survey

Bishop O'Connell Open House

Discover the O'Connell tradition of excellence at our annual Open House!

When:

October 4, 2026

1-3pm

Explore our school at your own pace and let your student's interests lead the way. Families can chat with teachers, watch a performance, discover visual arts, check out athletics, browse clubs, and so much more! Simultaneous breakout sessions will focus on Academics, Campus Ministry, and the Student Experience to give families a deeper understanding of our school and what students can expect at Bishop O'Connell.

Open to 7th and 8th grade families.

[RSVP Here](#)

JP Shadow Days - Sign Up Today!

Schedule a shadow day at Saint John Paul the Great! Shadow days give prospective students the chance to see life at JP firsthand! Shadow guests are paired with a current JP student for an entire school day. They attend classes, meet teachers, and enjoy a complimentary lunch from the cafeteria. This is a great way for prospective students to envision themselves as JP students! **[Sign up here!](#)**

Link: https://jpthegreat.fsenrollment.com/portal/new_inquiry

Open House at John Paul the Great- Sunday, November 1

Saint John Paul the Great's Open House is fun for the whole family! Learn more about our rigorous college-preparatory curriculum, competitive athletics, inspiring visual and performing arts, and abundant extracurricular opportunities. Meet students, faculty, coaches, administration, and parents to learn more about the programs you love.

[Pre-register here!](#)

Link: https://jpthegreat.fsenrollment.com/portal/new_inquiry

September 2026				
DAILY PRICES: LUNCH ONLY - \$5.00 Whole Milk /Chocolate milk: 65¢ 100% JUICE - 50¢				
Mon	Tue	Wed	Thu	Fri
	1 Chili dog OR Hot dog Baked beans Corn on the cob	2 Grilled chicken sandwich OR Ham and cheese sandwich Potato wedges Fresh grapes * Chocolate ice cream cup x sale	3 Pepperoni pizza OR Tuna salad sandwich Caesar salad Fresh watermelon	4 Pasta with meatballs OR Plain buttered pasta Garlic breadstick Broccoli
7 LABOR DAY	8 Chicken nuggets OR Ham and cheese sandwich Mac and cheese Green beans	9 Hot Ham and cheese OR Hot Turkey and cheese (both served on croissant) Tater tots Chilled pineapple * Dorito chips for sale	10 Cheese pizza OR Chicken salad sandwich Garlic breadstick Tossed salad	11 Meatball sub OR Turkey and cheese sandwich Potato chips Fresh oranges
14 Beef tacos OR Chicken quesadilla White rice Black beans Watermelon	15 Chicken Alfredo pasta OR Plain buttered pasta Celery and carrots with Ranch Vanilla yogurt	16 Cheeseburger OR Hamburger Baked beans Corn on the cob * Sugar cookies for sale	17 Vocelli's pepperoni pizza OR Tuna salad sandwich Garden salad Watermelon	18 Chicken tacos OR Ham and cheese sandwich White rice Black beans Chilled pineapple
21 Breakfast sandwich: English muffin, Turkey sausage Egg patty Yellow American cheese Tater tots Oranges	22 Nacho Day! Seasoned beef Tortilla nacho Cheddar cheese sauce Cornbread Topping: Lettuce and salsa	23 Chicken patty sandwich OR Ham and cheese sandwich Potato wedges Chilled peaches * Chocolate chip cookies for sale	24 Cheese pizza OR Chicken salad sandwich Caesar salad Vanilla yogurt w/ oreo	25 Pasta with Marinara sauce OR Plain buttered pasta Garlic bread Broccoli
28 PROFESSIONAL DEVELOPMENT DAY	29 Pancake w/Syrup Turkey sausage Scrambled egg Oranges	30 Italian OR American Sub Pickles Potato chips Pineapple *Brownie for sale		

*Grades 3-8 ONLY—Extra entrée may be ordered for \$3.00 charged to lunch account.
Salads are available for purchase daily as an entrée.
Side items (Potato chips, cookies, fruit, etc.) will be sold on a specific day in the week for 75¢

Important Reminders

- **School Wellness Fair (September 24)**

Fall brings welcome cooler weather and unwelcome colds and viruses. Visit our Wellness Fair for health and wellness tips.

Although our days are busy, it is important to recognize the significance of our health in our daily lives. On Thursday September 24, from 3:30-6pm, the school will host a Wellness Fair in the Parish Activity Center (PAC). We will have several vendors all under the same roof:

- Starlight Smiles Pediatric Dentistry
- Paper Pie Books (formerly Usbourne Books) providing book sales of health, science, fiction, and nonfiction books
- Mental health awareness table, with a representative from a local counseling center .
- Manassas City Fire Dept. will be present to answer questions about proper car seat installation.
- All Saints PTO will be ready to answer any questions about the great events we host for the fall and winter, as well as have examples of healthy snacks for the school day.
- House of Mercy will be highlighting their community resources: basic needs, employment, healthcare, etc. House of Mercy will also have a donation box for some of their most needed health care items to support the hundreds of families they serve: laundry detergent, shampoo, deodorant, toothpaste, toothbrushes, and toilet paper.

Thank you to all the families that plan to come and participate in our first multi-vendor Wellness Fair!

- **Substitute Teacher Opportunities**

All Saints is seeking additional substitute teachers for grades Pre-K–8. For information or to request an application, please contact the school office (703-368-4400 or schooloffice@ [allsaintsva.org](mailto:schooloffice@allsaintsva.org)).

A Message from the Child Protection Coordinator

If you are a *new family* or have *not yet completed the Diocese of Arlington's Child Protection requirements*, now is the perfect time to become compliant. Parents and family members who wish to volunteer throughout the school year, including helping in the classroom, chaperoning field trips, assisting with school events, coaching, or participating in other volunteer opportunities—must complete all required Child Protection requirements *before* volunteering.

To become compliant, you must:

- Complete the Background Check
- Sign and Submit the CPS Acknowledgement Form
- Attend the required VIRTUS "Protecting God's Children" training

Ready to get started?

Visit our Child Protection webpage for step-by-step instructions, required forms, registration information, and helpful resources:

<https://allsaintsvaschool.org/parent-resources/virtus-program/>

We encourage you to complete these requirements as early as possible. Waiting until a volunteer opportunity arises may prevent you from participating if your requirements have not been completed and processed.

The safety and well-being of our students is a shared responsibility, and we are grateful for your partnership in creating a safe environment for every child.

If you have any questions or need assistance with the process, please contact Mrs. Viridiana Neri, Child Protection Coordinator, at virtus@allsaintsva.org.

RUNNING WITH THE SAINTS 5K



OCT 24 2026

The **Running with the Saints 5K** features a family-friendly atmosphere, Blue Ridge timing for running enthusiasts, musical entertainment, and great prizes!



Running with the Saints - Save the Date!

Running with the Saints 5K – Event Sponsorship Available

All Saints Catholic School is hosting its annual Running with the Saints 5K on Saturday, October 24. Become a sponsor and take advantage of this opportunity to advertise your business to race participants and families in the All Saints school and parish community. Sponsorship options available for all levels! Learn more about sponsorship by contacting Sara Roberts at RWTS@allsaintsva.org or by visiting allsaintsvaschool.org.

Race registration is now open.

The Running with the Saints 5K race course will start and end at All Saints. This event features a family-friendly atmosphere, Racewire timing for running enthusiasts, musical entertainment, and great prizes! Runners, walkers, and baby strollers welcome; staggered start times. Registration is \$35 for adults / \$25 for youth. Proceeds from this event will benefit All Saints Catholic School. Register today at runsignup.com/Race/VA/Manassas/RunningWithTheSaints5k



CYO registration is now open for 2026 Boys and Girls Fall Cross Country and Track & Field. Deadline extended to September 26th.

- Boys and Girls from both the Parish and the School in 3rd-8th Grade are eligible to participate.
- Practices will be on Wednesdays 5-6:15 PM at the Pennington Track and on Saturdays 8:00-9:15 AM at the Manassas Battlefield. You can still register after practices begin through September 5th.
- The Fall Track Meet will be on October 10. The Cross Country Meets will be on September 19, October 17, and November 7.
- Cost is \$20 per participant per team.
- If you have any questions, please email Hank Konstanty, Commissioner for Cross Country and Track & Field, at hkonstanty@gmail.com, and Kevin Sullivan, Assistant Commissioner for Cross Country and Track & Field, at kevin4sullivan@gmail.com.

<https://reg.sportspilot.com/106526/leagues>

**Registration for the 2026-2027 Boys and Girls CYO Basketball season is open from
September 14th through October 12th**

- Boys and Girls from both the Parish and the School in 3rd-8th Grade are eligible to participate.
- Practices are one weeknight a week in the All Saints Gym and start November 2nd.
- Games are on Saturdays and Sundays throughout the Diocese. Sunday games start after noon.
- There will be 2-3 preseason games in December. Regular season games take place in January and February 2027
- The cost is \$75 per player
- There will be a preseason skills clinics on Sunday, October 18th and 25th, where you will meet your team and coach. Schedule to be announced.
- All Saints CYO relies on the volunteerism of parents and members of our All Saints community. We are still seeking head and assistant coaches for some grades, especially for 3rd grade. Please email Laurie Short, CYO Basketball Commissioner, at glshort1@comcast.net. If you are interested in coaching, you must be certified for Diocesan child protection (including VIRTUS™) before

working with participants. If you are not VIRTUS certified, please let us know and we can help you complete the process

<https://reg.sportspilot.com/106526/leagues>

For general questions please email jcyosports@allsaintsva.org

Financial Assistance: No child will be denied the opportunity to participate because of financial need. Families seeking assistance are encouraged to contact sportsdirector.cyo@allsaintsva.org to discuss available options.

Upcoming Events

Wednesday, September 16

Confessions – Grades 3 - 5 (10:00 a.m.)
Room Liaisons Meeting (PAC Atrium/7:00 p.m.)

Thursday, September 17

School Mass – Memorial: St. Hildegard of Bingen (8:30 a.m.)
PTO Helping Hands (PAC/9:00 a.m. – 3:00 p.m.)
8th Grade Parent Meeting (PAC/7:00 p.m.)

Thursday, September 24

School Health Fair (PAC/3:30 – 6:00 p.m.)

Friday, September 25

School Mass (8:30 a.m.)
6th Grade Field Trip – The EDGE

Monday, September 28

Holiday (Diocesan Professional Development Day)

Thursday, October 1

Faculty Meeting (Art Room/3:30 p.m.)

Friday, October 2

School Mass – Memorial of The Holy Guardian Angels (8:30 a.m.)
Priests' Barbeque (11:00 a.m. – 1:00 p.m.)

Saturday, October 3

Parish Blessing of the Animals (10:00 a.m.)

Monday, October 5

The Gift of Human Sexuality Middle School Parent Presentation (Zoom/7:00 p.m.)

Wednesday, October 7

School Mass – Memorial of Our Lady of the Rosary (8:30 a.m.)

PTO Executive Committee Meeting (PAC Atrium/7:00 p.m.)

Thursday, October 8

SCA Installation Ceremony (PAC/1:30 p.m.)

Enrollment Management Team Meeting (PLC/5:00 p.m.)

Friday, October 9

Used Uniform Sale (PAC Atrium/8:00 – 10:00 a.m.)

Monday, October 12

Holiday (Columbus Day)

Wednesday, October 14

PTO General Assembly Meeting (PAC/7:00 p.m.)

Friday, October 16

School Mass – Memorial of St. Hedwig (8:30 a.m.)