



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

October 7, 2026

Principal's Message

On Friday, we hosted the Priests' Barbecue, an annual opportunity for the children to visit with the priests and to enjoy hot dogs and hamburgers as well as an extended recess. It is a beloved tradition in our school community and one that celebrates the faith, joy, and wonder that are part of our culture.

I wish to thank Mrs. Flory Fleisig, Director of the Cafeteria Program, her staff, and the volunteers who helped to make the event such a great success for our community.

One of the parents who volunteered for the event shared that her children were so excited about the barbecue that they laid out their clothes for school the evening before to ensure that they would be on time! What a wonderful reminder of just how much the students cherish the event.

As we had many volunteers helping to serve food, I was able to step away and visit with students during recess, even capturing a few minutes to throw the football with our 5th graders. As we were enjoying that time together, I

suddenly heard a PA announcement at noon, signaling it was time for the praying of *The Angelus*. Immediately, more than one hundred children scattered across the playground and blacktop, stopped right in place and joined together in prayer. And soon as the prayer ended, they went right back to their games. It was an awe-inspiring moment and a poignant reminder of what it means to be part of a Catholic school.

A couple of weeks ago I announced that Mrs. Ninoska Paramo would be joining our staff as an Extended Day assistant. However, due to a change in circumstances, she will not be joining our team at this time. For this reason, I am continuing to seek applicants for the position. Should you know of anyone who may be interested in this part-time role, please encourage them to contact the office for more information.

Tomorrow and Friday, I will be away for the Principals' Retreat. As I gather with colleagues in West Virginia for this annual event, please know of my continued prayers for our school community and the needs of our families.

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



PTO General Membership Meeting (Wednesday, October 14) - Join Us for an Evening of Information & Conversation!

Parents are invited to attend our upcoming PTO General Membership Meeting featuring a presentation by Mr. Conroy, our principal, on the topic of curriculum, NWEA Map Growth (including a review of scores from the first round of testing in September), and other initiatives for the year.

Plan to join us and learn more about the plans in place to support student learning and what parents can expect. There will also be time for questions on these topics as well as other areas that may be of interest to parents.

Date: October 14

Time: 7:00 p.m.

Location: Parish Activities Center (PAC)

Please RSVP to let us know if you plan to attend. Additionally, we invite you to submit questions in advance so we can make sure to provide information that is most helpful for our parents.

RSVP & Submit Questions: [RSVP/Question Form](#)

We look forward to gathering as a school community to share updates, answer questions, and support our students together!

Employment Opportunity

Extended Day Assistant (PT/2:00-4:30 p.m., Monday-Friday)

Hourly rate: 17 –20 based on previous experience

Benefits: Not a benefits eligible position

For information or to apply for this position, please contact our principal, Mr. Conroy (dconroy@allsaintsva.org).

Virtues in Practice – October

Virtue of the Month: Studiosness

Definition: Seeking knowledge to grow closer to Truth

Saints: St. Albert the Great (PK-2), St. Thomas Aquinas (3-5), St. Edith Stein (6-8)

Important Reminders

- **Pilgrim Virgin Statue Program**

One of the beautiful traditions of our school is the Pilgrim Virgin Statue Program whereby families are invited to host one of two statues of Our Lady of Fatima in their home for one week. While the statue is in the home, families are encouraged to pray together part of or the entire Rosary for the intentions of our school as well as their own private intentions. Families who wish to participate in this program may sign up on *Track It Forward*.

Pick up time for the Statues at the front office is before 2:30 p.m. on Friday (unless otherwise noted) with a return time of before 9:00 a.m. the following Friday. Please be sure to sign in and out for the Statue at the front desk.

Should you have any questions or would like more information, please contact our Pilgrim Virgin Statue Rotation Coordinator, Mrs. Fuzzy Reynolds or call (703-963-4232)

<https://www.trackitforward.com/site/935959/event/1316116>

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

Saint John Paul the Great Catholic High School

Shadow a Wolf for a day!
To get a taste of the full JP experience, sign up for a shadow day! Visit classes, meet JP students, and enjoy a free lunch!



Fall Dates
Parent permission is required to shadow, complete the form with the QR code to secure your spot!

8:30am-2:30pm: 9/22, 10/6
7:30am-2:30pm: 9/24, 10/1, 10/2, 10/15, 10/16

Sign up today!

703.445.8248 | JPthegreat.org | admissions@JPthegreat.org
17708 DOMINICAN DRIVE, POTOMAC SHORES, VA 22026



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



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](#)

7th and 8th Grade Families
Join Us for Our

Open House

Sunday, Oct. 4
1-3 PM

Discover the O'Connell Experience

Learn About:

- Catholic Identity through our Campus Ministry program
- Our College-Prep Curriculum
- 33 AP Subject Areas
- Dual Enrollment/Credit Classes with Marymount and Catholic Universities
- Project Lead The Way Engineering
- Global Studies Program
- Expanded Services
- Muller Center Academic Support Center
- Scholarships and Tuition Assistance

Experience:

- Our Fine Arts Program
- Student Involvement & Clubs
- Knights Athletics

Have a Conversation with:

- Students
- Teachers
- Administrators
- Counselors
- Coaches

**RSVP
HERE**



**BISHOP O'CONNELL
HIGH SCHOOL**

6600 Little Falls Road, Arlington, VA 22213
703-237-1420 | bishopoconnell.org/openhouse



October 2026



DAILY PRICES: LUNCH: \$5.00 White MILK/CHOCOLATE MILK: \$.65 100% JUICE - \$.50

Mon	Tue	Wed	Thu	Fri
			1. Pepperoni Pizza OR Tuna Salad Garden Salad Applesauce w/cinnamon	2. Priest BBQ Hamburger OR Hot Dog Potato Chips Teddy Bear cookie Fruit Punch
5. Chicken Tacos OR Ham & Cheese sandwich White rice Black Beans Tropical fruit	6. Cheese Breadstick w/Marinara sauce OR Turkey & Cheese Sandwich Tossed Salad Oranges	7. Breakfast Sandwich English muffin Turkey sausage Egg Patty Tater tots Grapes <i>*Vanilla Ice Cream Cup x sale</i>	8. Cheese Pizza OR Chicken salad sandwich Garlic Breadsticks Caesar salad	9. Chicken Alfredo pasta OR Plain buttered pasta Broccoli Oranges
12. Columbus Day 	13. Chili Dog OR Hot Dog Baked beans Corn on the cob	14. Meatball sub OR Turkey & Cheese Sandwich Potato Chips Chilled Pineapples <i>*Chocolate Ice Cream cup x sale</i>	15. Pepperoni Pizza OR Tuna salad Sandwich Tossed salad Grapes	16. Pasta w/spaghetti sauce OR Plain buttered Pasta Garlic bread Broccoli
19. Beef Tacos OR Chicken Quesadilla White rice Black Beans Sliced apples	20. Chicken nuggets OR Ham & Cheese sandwich Mac & Cheese Green beans	21. Chicken patty sandwich OR Ham & Cheese sandwich Potato Wedges Grapes <i>*Vanilla yogurt w/orzo x sale</i>	22. Vocelli's Cheese pizza OR Chicken Salad sandwich Garden Salad Chilled pineapple	23. Pasta w/meatballs OR Plain Buttered Pasta Green beans Cinnamon apple sauce
26. Chicken tacos OR Ham & Cheese Sandwich White Rice Black beans Peaches	27. Pancake w/syrup Turkey Sausage Scrambled eggs Oranges	28. Grilled Chicken Sandwich OR Ham & Cheese sandwich Tater Tots Tropical Fruit <i>*Brownie for sale</i>	29. Pepperoni Pizza OR Tuna Salad Sandwich Caesar salad Grapes	30. Nacho Day Seasoned Beef Tortilla Nacho Cheddar Cheese sauce Cornbread Toppings: Lettuce, Salsa



*Grades 3-8 ONLY—Extra entrée may be ordered for \$3.00 charged to lunch account..
Salads are available for purchase in place of main entrée.

**Side items (Potato chips, fruit, etc.) will be sold on a specific day in the week for \$.75



RUNNING WITH THE SAINTS 5K



- St. Carlo Acutis -

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!



SCAN TO REGISTER!



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

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.

Running With The Saints 5k VOLUNTEERS needed:

We are looking for volunteers to help make the upcoming Running with the Saints 5k a success! Whether you assist with the Packet Pickup Party the day before or help with day-of activities, we would love your support. We are especially in need of Course Monitors! This is a great way to support our runners by cheering them on from a designated spot along the course while helping guide everyone along the correct route. Check out the Track it Forward links below and email me with any questions: mecscanlon@gmail.com. Thank you for being a part of this community!

Running with the Saints 5k Packet Pickup

Running with the Saints 5k



**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>

Upcoming Events

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 Membership Meeting (PAC/7:00 p.m.)

Thursday, October 15

Earthquake Drill (Great Southeast Shakeout)

Friday, October 16

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

Tuesday, October 20

St. Paul VI Catholic High School 8th Grade Presentation

Wednesday, October 21

Dress Down Day sponsored by Creation Care Club (\$1.00)

Thursday, October 22

The Gift of Human Sexuality Middle School Presentation I

Middle School Glow Party (PAC/7:00-8:30 p.m.)

Friday, October 23

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

Saturday, October 24

Running with the Saints 5K (8:00 a.m.)

Monday, October 26

St. John Paul the Great Catholic High School 8th Grade Visit

Thursday, October 29

The Gift of Human Sexuality Middle School Presentation II

Friday, October 30

School Mass – Votive Mass of All Saints & 3rd Grade Procession of Saints (8:30 a.m.)

8th Grade Saints Alive Presentation (PAC/9:30 a.m.)

Penny Bazaar (1:30 p.m.)

Monday, November 2

Holiday (Parent-Teacher Conferences)

Tuesday, November 3

Noon Dismissal (Parent-Teacher Conferences)

Change to Winter Uniforms

The Gift of Human Sexuality Middle School Presentation III

Wednesday, November 4

Picture Day (Individual & Class Photos)

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

Thursday, November 5

Open House (PAC Atrium/9:00 a.m.)

Faculty Meeting (3:30 p.m.)

Friday, November 6

School Mass (Veterans Day) followed by Assembly & Reception (8:30 a.m.)