

September 2024

COUNSELOR'S CORNER NEWSLETTER

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Theme of the Month - FAITH

Did you know?

We are called to "see with faith" which is why Faith is often represented by the image of an eye!

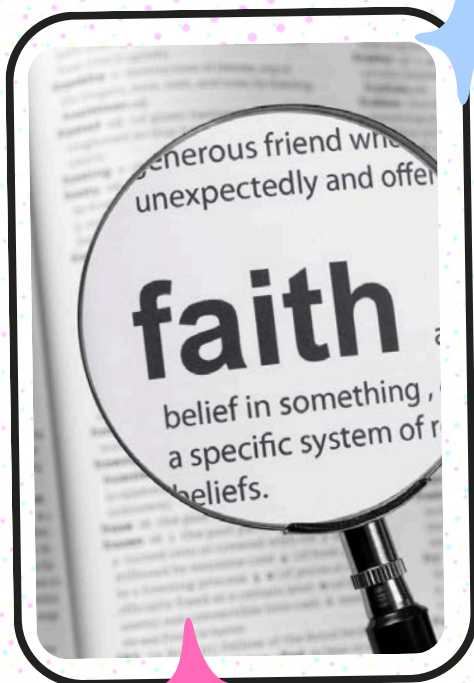
This month your Seton Panther(s) will be growing in their knowledge and understanding of a very important Theological Virtue: Faith.

Faith gives Christians the belief that everything God revealed to us in Sacred Scripture and Tradition is undeniably true!

"Faith is the realization of what is hoped for and evidence of things not seen." -Hebrews 11:1

Keep Reading to Learn More!

- Intro to Virtues in Education
- Tips for Self-Improvement
- Goal Setting 101
- Looking to the Saints



Virtues in Education

Beginning in September, I will be introducing a NEW curriculum across Seton during my monthly counseling lessons (prek3-8th) brought to us by Open Light Media and Sister John Dominic Rasmussen, OP and the Dominican Sisters of Mary, Mother of Eucharist!

"We are called to be credible witnesses to Christ and to live joyfully as disciples of Christ." By living a virtuous life we are able to see the world and the events of the world differently!

Our mission at St. Elizabeth Seton states "Catholic values and traditions are incorporated with academic excellence in an atmosphere of faith, discipline, and love," so this year we will increase our understanding of the virtues of our faith so that we can live and share our values and traditions with others!

Self-Improvement Tips

Similarly to setting goals, it is also very important for your Seton Panther(s) to strive for their very best! Here are a FIVE tips for your student(s)!

1. Allow your student to make decisions!
2. Encourage your student to try new things!
3. Teach your student time management skills!
4. Teach your student good manners!
5. Encourage your student to use positive self-talk!

Setting goals is necessary for long-term success, but most students (and adults) need support with creating goals that can be followed through AND met!

A very simple way to SET, FOLLOW THROUGH, and ACHIEVE a goal can be done by remembering the acronym S.M.A.R.T!

Specific
Measurable
Achievable
Relevant
Time Bound

The beginning of the school year is a GREAT TIME to make new goals! Be sure to ask your Panthers about their goals this month!

Goal Setting!

Ven. Fulton Sheen



LOOKING TO THE SAINTS

Ven. Fulton Sheen is a perfect example of what it means to "see with faith" and is our Saint of the Month! Born on an Illinois farm in 1885, Fulton Sheen was introduced to the Catholic faith at a very young age and in 1919 he was ordained to the Priesthood and later to Bishop.

Over much of his young adult and adult life, Fulton Sheen shared his faith openly and clearly to congregations, schools, and even on television where he had nearly 10 million viewers weekly!

Fulton Sheen spoke about current events and helped his audiences understand the events in light of Catholic teaching.

In 2002, Archbishop Sheen's Cause for Canonization as a saint was officially opened under the leadership of the Diocese of Peoria, and from then on he was referred to as a "Servant of God".

The mission of St. Elizabeth Seton Catholic School is to nurture the development of each student to achieve their spiritual, intellectual, physical and social potential. Catholic values and traditions are incorporated with academic excellence in an atmosphere of faith, discipline and love.

