



## FAMILY CONNECTIONS

E-newsletter

October 2016

Welcome to “Family Connections,” the Seattle University e-newsletter for parents. We know you are critical to your student’s success and we want to help you stay connected and be informed at Seattle University. The Office of Parent and Family Engagement is here to provide resources helping you and your student navigate the SU experience. You are an important part of the Redhawk family! Visit the [Parent and Family website](#) for more information!

### Family Weekend, October 21-23

Every fall we welcome families back to campus. Please join us Friday, October 21 through Sunday, October 23 for our annual Family Weekend. This weekend is designed to help students show off their Seattle U home. Participate in all the activities or just a few, it’s up to you! More information and registration is available at:

<https://su-family-weekend-2016.eventbrite.com>.



### The Class of 2020 arrives on campus!



### Stress Reduction through Massage

Our students, faculty, and staff have access to massage therapy on campus provided by [Dreamclinic](#). Therapeutic massage improves quality of life by lowering stress, treating muscle aches and muscle-related conditions, and restoring flexibility.

Buy your student a gift certificate! Learn more [here](#).



## Thinking of You

You can celebrate your college student on this journey with a care package delivered directly to their residence hall. Bon Appetit, offers a variety of nutritious, sweet, and savory care packages throughout the year. Packages are created on campus and personally delivered. Visit [Bon Appetit's](#) website to learn more!



## Seattle U turns 125!

Join us as we celebrate our past, present and future.

Learn more about the history of our beloved university.



<https://www.seattleu.edu/su125/>

### IMPORTANT FALL QUARTER DATES:

- **October 5:** Fall Quarter Meal Plan Change deadline.
- **October 21-23:** Family Weekend
- **Oct 24-Nov 10 :** Advising Period for Winter 2017
- **November 1:** Last Day to Apply for Graduation: Spring 2017
- **November 7:** Last day to submit Winter Break Occupancy requests  
Halls close during winter break & in order to stay late or arrive early students must submit a Winter Break Occupancy request. These are reviewed on a case by case basis and are generally approved for students traveling internationally or to Hawaii, students working on campus, or with emergency or extenuating circumstances.
- **November 11:** Veteran's Day, no classes
- **November 23 – 27:** Thanksgiving Break  
Students will sign up at their front desks if they are staying in the residence halls during this break.
- **December 10:** Halls Close for Winter Break  
Please note that students are required to vacate the halls within 24 hours after their last final, or by 12 noon on Saturday, December 10, whichever comes first. If a student needs to stay past 24 hours after their final or past December 10, they must submit a Winter Break Occupancy Request.
- **January 2:** Residence Halls re-open for Winter Quarter.

For the full academic calendar, please visit the [Academic Calendar](#).

**Follow Redhawks Athletics at: <http://www.goseattleu.com/>**

## Office of Parent and Family Engagement

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