MENTAL HEALTH FIRST AID:

Many of us would know how to help if we saw someone having a heart attack—we’d start CPR, or at the least, call 911. But few of us would know how to respond if we saw someone having a panic attack or if we were concerned that someone might be struggling with substance use.

The YOUTH MENTAL HEALTH FIRST AID program teaches participants to recognize warning signs and understand the risk factors for mental health and substance use; providing strategies for how to help someone in crisis and non-crisis situations, and how to connect youth to appropriate care.

Students in our community need all of us! Join the movement in Santa Barbara County to support students by becoming more aware, informed and empowered to help.

Family Service Agency, the Mental Wellness Center, and the YouthWell Coalition have partnered to bring YOUTH MENTAL HEALTH FIRST AID a certification class to Bishop.

Participants will be charged a $10.00 fee; however, if this fee is cost prohibitive, please reach out to rcarpenter@bishopdiego.org for a fee waiver.

Space is limited. Please register at:
https://www.eventbrite.com/e/youth-mental-health-first-aid-training-registration-79743696543

Attention Juniors:

On Saturday, December 7, from 8:00am-12:00pm, Bishop will offer a Mock ACT Exam for interested Juniors. Students must RSVP no later than Friday, November 22nd. The test is free. The sign-up sheet is outside Ms. Gonzalez’ office. Interested Sophomores may inquire if there is a spot available, but priority is reserved for Juniors.
Seniors & College Applications:

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Remember that the UC and CSU Application deadline is November 30. Do not wait until the last minute to apply! Transcripts and letters of recommendation are not required for these schools.

Scholarships:

Notre Dame de Namur is a small, Catholic school in the San Francisco area. Bishop can nominate two seniors for a $16,000 scholarship to attend Notre Dame de Namur. If interested in a nomination, please submit your request to Mrs. Carpenter no later than December 1. In order to qualify for this scholarship, students must also apply to Notre Dame de Namur by December 1. For more information about this school, visit [ndnu.edu](http://ndnu.edu).

The Sons of Italy Western Foundation offers academic awards, Italian language study grants and athletic awards for seniors who are wholly or partially of Italian descent and will attend college upon graduation from Bishop. The application deadline is March 1, and the application is available at: [www.osiaca.org](http://www.osiaca.org).

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