Screenagers Movie | Growing up in the digital age.

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span?

The concern of cancer and other health problems from using cell phones is still valid, but a larger issue is the amount of time your child is on the phone. Monitoring your child's phone does take time but its crucial parents are in the know; what is googled, posted, replies, likes, dislikes and more.

In SCREENAGERS, Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average student spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well. Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids’ development and offers solutions on how adults can empower the youth to best navigate the digital world and find balance.
Take the time to watch **SCREENAGERS** you just might be surprised and decide a change is needed.

- [https://www.screenagersmovie.com/](https://www.screenagersmovie.com/)

**Bishop TOTS at SB Community Clean Up Event**

THANK YOU to the BDHS TOTS (Teens on the Scene) program who participated in **LOOKING GOOD SB** community clean up Saturday, October 19th to clean up **East Side Park and neighborhood**. Lorraine Cruz Carpenter from the City of Santa Barbara and Councilor Jason Dominguez who represents District 1 came to thank the Cardinals for their dedication to keeping Santa Barbara beautiful. Photos attached.

**Community Volunteer Opportunity.....**

Bishop Teens on the Scene is partnering with the Children’s Resource Network Teen Closet Program to provide clothes for homeless children in our local community. They will also be collecting non-perishable food items for the **Unity Shoppe of Santa Barbara**. Please bring gently used clothing & non-perishable food items to the Bishop Library during drop off between **8:00 - 8:30am Monday-Friday Nov 4th - Nov 15th**. Volunteers will also be available curb side to collect items during drop off. For every bin bag of clothing you will receive one service hour. Flyer attached.

Please donate gently used children and teen clothing and shoes only. The Unity Shoppe is also in need of non-perishable food items such as **Chicken Noodle Soup, Peanut Butter, Cereal, Tuna, canned beans, etc**. There is a friendly competition between the grades to see who can donate the most items so please include the students name and grade on any bags of donated items. Thank you for your support. Any questions please contact Thomas Coleman: tcoleman@bishopdiego.org. Flyer attached.

**Our Lady of Mt. Carmel School** will host their **75th Anniversary Gala Auction** at the Rosewood Miramar Resort on **Saturday November 9 from 4pm-10pm**. Students
interested may contact Mrs. Lombardi @ dilemma78@cox.net. Students will help bidders bid on auction items, set up the pick-up area, also help as a concierge for guests with their auction items. Dinner and snacks will be provided.

*Individual commitment to a group effort that is what makes a team work, a company work, a society work, a civilization work – Vince Lombardi*

Stacey L. Carr, M.Ed.
Dean of Students
(805) 967-1266, ext. 105
scarr@bishopdiego.org