Dear Bishop Community,

Every month I have the pleasure of attending Parent Advisory Board and Cardinal Club meetings. As I drive home, I have a chance to reflect and realize that I am in awe at the amount of time and dedication our parents give to Bishop. Whether in organizing activities for our students, leading fundraising efforts, overseeing ticket and concession sales at all athletic contests, providing food and hospitality at school events and student retreats, the list is unending! Active parental involvement makes our community what it is, and it has a positive impact on your son or daughter's high school experience, as well as the value they place on future volunteerism and philanthropic opportunities. While it may sound cliché, we couldn't do it without you.

As a parent whose children also attend Catholic school, I know firsthand that Catholic schools ask a great deal of our parents and participating in volunteer and fundraising activities can feel burdensome. But if we are to remain true to the mission of Catholic schools, this will always be the case. Providing an affordable, Catholic education becomes possible when parents are involved. It is a tremendous benefit to the school to have parents helping out with so many projects and activities. In addition, it is extremely meaningful for our young men and women to witness the spirit of philanthropy in their parents as they give back to Bishop Diego.

This year, we are using ParentSquare for volunteer sign ups as well as Parent Board and Cardinal Club communications. The link is updated regularly with new opportunities. Given we are half way through the year, I would like to remind everyone that all families have an obligation to complete 25 hours of service by the end of May. In the immediate future, we are in great need of parents to work ticket sales and concessions at our home basketball contests. Additionally, an upcoming volunteer effort that will require all hands on deck is our annual Auction Gala. Please consider how you can help and sign up today!
In the words of Elizabeth Andrew, “Volunteers do not necessarily have the time, they just have the heart.” I remind myself that it is our children who see the benefits of our efforts, and we can never make that too great an expense. To each and every one of you who give so much of yourself to help make Bishop Garcia Diego High School what it is, I thank you.

In Christ,

Mrs. Karen Regan
Head of School

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**Admissions and Advancement – Dr. Cristy McNay**

**Tuition Assistance & Scholarship Applications – Due Date Change**

Applications for Tuition Assistance and Scholarships are now open. EVERY Bishop family who would like to receive a Personalized Tuition Plan **MUST** reapply for Tuition Assistance through FACTS for the 2019/20 school year. **Tuition Assistance Applications are due by January 17, 2019.** In addition, many scholarships do not automatically renew and must be reapplied for each year. **Scholarship applications are also due by January 17, 2019.** Please visit Bishop’s website and the Admissions/Personalized Tuition pages for more information.

**Re-enrollment for 2019/20**

Parents of students in grades 9, 10 & 11 – be on the lookout for your online re-enrollment links coming before mid-February. We have moved to a completely online platform that will require a little extra input the first time, but will ultimately make everything much easier going forward! More information coming soon!

**Admissions Info & Middle School Multimedia Night – January 15, 2019**

Parents are invited to attend an Admissions information session and middle school students in grades 6 – 8 are invited to experience the Gherini Center for Multimedia Arts & Technology on Tuesday, January 15 beginning at 5:00 pm. While parents learn about Bishop Diego and the application process, their students will be doing hands-on activities in both the BDTV and Sound Studios. RSVPs are required for Multimedia Night and space is extremely limited. Please contact the Admissions Office to reserve your student’s spot at info@bishopdiego.org or call 805-967-1266, ext. 114.
A 300% Increase in Admissions Applications!

To date, Bishop Diego has received 3 times as many applications as the same time last year. The Admissions Office encourages families of prospective students to submit their online applications EARLY! The deadline is January 31, 2019, but earlier is better!

Entrance Placement Testing – January 26, 2019

Entrance Placement Testing for all incoming freshman will be administered on Saturday, January 26, 2019. A completed online application and application fee must be submitted in order to sit for the exam. Parents can apply online at: https://bishopdiego.schooladminonline.com/users/sign_in

Poker Tournament to Support Capital Improvements at Bishop

Bishop Diego is hosting its 2nd annual Poker Tournament on Sunday, January 20, 2019 in the Brick House. Check-in starts at 12:00 pm. Tournament play begins at 1:00 pm. Buy-in/reservation is $75/person. Participants must be 21+ with valid photo ID. Additional buy-ins available at the event. All AFC and NFC football games will be televised! Cardinal Chili, snacks, mixed drinks, draft beer and more will be served! Prizes include:

- 52 inch Samsung TV
- Fess Parker gift certificate
- Bose headphones
- Third Window gift certificate
- Apple TV
- Via Maestra 42 gift certificate

For information, visit www.bishopdiego.org/support-major-events/poker-tournament to secure a spot. contact Ms. Erika Van Wingerden at 805.967.1266, ext. 114 or evanwingerden@bishopdiego.org.

Save the Date for Bishop’s Annual Auction – March 9, 2019!

Warmly,

Cristy McNay, Ed.D
Director of Admissions and Advancement
(805) 967-1266, ext. 118
cmcnay@bishopdiego.org
HOMEWORK CLUB – Is voluntary, but parents can require their students to participate if they wish. The Homework Club will take attendance each day, and parents can check with Ms. Gonzalez at any point to see if their child was at homework club on a given day.

- Location: College and Career Center (adjacent to library)
- Monday, Tuesday and Wednesday from 3:15pm – 4:00pm
- Thursday from 1:45pm – 4:00pm.

Homework Club does not replace Office Hours. It is just a time to quietly do homework. Tutoring is not provided, but a student can ask Ms. Anderson if a peer tutor is available to help during Homework Club.

The application deadline for CSF and NHS is THIS FRIDAY, January 18 at 3:30pm. More details are available at www.bdhsmultimedia.org/csf---nhs.html. The applications are available in the College and Career Center. They are also online: www.bdhsmultimedia.org/application-forms.html.

Thank you to those who came out to the various counseling info sessions on January 7. If you missed the information…

Related to the PSAT Scores back session, at this link is a video discussing the PSAT, SAT and ACT: http://bdhsmultimedia.org/videos.html.

Related to the College Information Session, at this link are highlights about the California State University System: http://bdhsmultimedia.org/california-state-university-(csu).html. This link is for the University of California System: http://bdhsmultimedia.org/university-of-california-(uc).html, and this link has information about the Common App, which is utilized by over 600 colleges and universities: http://bdhsmultimedia.org/common-application-colleges.html.
JUNIORS - A popular option for test prep is the SAT/ACT Bootcamp we offer each fall and spring. The spring bootcamp will take place April 5, 6 and 7. The cost is $299 and the deadline to register is Friday, March 29 at https://tutorsacrossamerica.com/actcourse/ (scroll to the bottom of the page to find the link for Bishop Diego).

Juniors, please save the date for College Seminar, which is planned for Monday, June 3 and Tuesday, June 4 from 9:00am-2:00pm. College Seminar is FREE, but requires RSVP to Ms. Gonzalez no later than May 17. This program is designed to help rising seniors begin fine tuning their college list, get started on their CSU, UC and Common Application, and begin work on a college application essay.

SENIORS - Don’t forget that the deadline for the Scholarship Foundation of SB is January 15, and you need your teacher/counselor letter of rec uploaded before you can hit the submit button.

Seniors, there are many scholarship opportunities listed at: http://bdhsmultimedia.org/scholarships.html.

FRESHMAN, SOPHOMORES AND JUNIORS – If you want to start looking into summer enrichment opportunities, here are some ideas: http://bdhsmultimedia.org/enrichment-opportunities.html.

Rya Carpenter
Director of Counseling and Student Services
College Counselor
(805) 967-1266, ext. 104
rcarpenter@bishopdiego.org

Spiritual Life – Mrs. Jennifer Winnewisser

It is Respect Life Week here at Bishop and throughout the nation. It is our obligation as a Catholic school to bring awareness to our community about the sacredness of all life, from conception to natural death. Students will explore some of the current "life" issues in our society.
at some point during the week in their theology classes. The week's theme aligns perfectly with the core values of respect, compassion and perseverance that we work to instill in our students. It should lend itself to some meaningful discussion about how we treat one another on a daily basis as well. We hope that it will also lead to some healthy conversations around your dinner table!

In the spirit of Respect Life Week, we will hold a **Diaper Drive** this week. You and your students are encouraged to donate diapers of all sizes which will be given to Villa Majella a local organization that supports women (and men) facing unplanned pregnancies. Villa Majella has a surplus of size 1 diapers at this time but will greatly appreciate diapers for newborns, and sizes, 2, 3 and 4. Diapers can be dropped off in the library beginning Monday, January 14th. Thank you for your generous contributions!

Bishop will also participate in "**9 Days for Life**", a nation-wide prayer campaign. Our morning prayer over the PA will include intentions for the respect and protection of all human life. These prayers are written by our senior campus ministry team. Each morning the prayer will focus on a specific life issue. Here are the quotes we will also be reflecting on this week:

**Monday (the marginalized)** - No life is more valuable than another. ~Pope Francis

**Tuesday (the dying)** - Respect for life and for the dignity of the human person also extends to the rest of creation, which is called to join man in praising God. ~Pope John Paul II

**Wednesday (abortion)** - We cannot diminish the value of one category of human life - the unborn - without diminishing the value of all human life. ~Ronald Reagan

**Thursday (death penalty)** - Every soul is beautiful and precious; worthy of dignity and respect, and deserving of peace, love and joy. ~Bryant McGill

**Friday (immigration)** - Any religion or philosophy which is not based on a respect for life is not a true religion or philosophy. Albert Schweitzer

**Catholic Schools Week** is quickly approaching. We look forward to welcoming the students and faculty from Notre Dame, Our Lady of Mt. Carmel and St. Raphael schools to
Bishop High School on Tuesday, January 29th for our annual Catholic Schools week K-12 Mass at 10:00am. Parents are welcome to join us!

Have a wonderful week!

Jennifer Winnewisser  
Director of Campus Ministry & Spiritual Life  
(805) 967-1266, ext. 123  
jwinnewisser@bishopdiego.org

**Athletics – Mr. Dan Peeters**

If you son is interested in Boys Tennis please have him contact Mr. Cano or Mr. Peeters this week. We are in the process of determining if we have enough students to field a team for 2019.

Boys Soccer is undefeated in league and look to capture the first league title in soccer since 1998.

If your son or daughter is participating in a spring sport and has not played any other sport this year they will need to have fill out a sports participation packet – please visit this website to complete the packet [https://athleticclearance.com/](https://athleticclearance.com/)

Go Cards

Dan Peeters  
Director of Athletics  
(805) 967-1266, ext. 113  
dpeeters@bishopdiego.org

**Upcoming Athletic Events**

**Tuesday January 15**  
Boys Soccer @ St. Bonaventure 3:15p  
Girls Soccer @ Cate 3:15p
Thursday January 17
Boys Soccer @ Thacher 3:15p  EARLY RELEASE 12:50p
Girls Soccer Home vs Laguna Blanca 3:15p  SCHOOL OUT 1:30p
Girls Basketball @ Thacher 6:00p  SCHOOL OUT 1:30p

Friday January 18
Boys Varsity Basketball Home vs Providence 7:00p  NO EARLY RELEASE

Dean of Students – Ms. Stacey Carr

Vaping has become an ongoing issue among our younger generation. Children and teens underestimate the health risks of vaping and believe vaping does no harm to their body and mind - and that's a problem. Vaping has become an epidemic among the youth, which needs to be understood by all.

To vape is to inhale vapor created from a liquid heated up inside a device. The devices have many names—vape pens, pod mods, tanks, electronic nicotine delivery devices (ENDS), e-hookahs and e-cigarettes. The liquid they contain also has many names it might be called e-juice, e-liquid, cartridges, pods, or oil. Most vape liquids contain a combination of glycerin—as a base, with nicotine, marijuana, or flavoring chemicals to produce common or outlandish inappropriate flavors, from strawberries, cookies n' cream to "unicorn puke". Another misconception is when you see plumes of what looks like steam coming out of person's mouth, people assume it's mostly safe, mostly water. But these liquids used in vaping are filled with nicotine, marijuana, flavoring agents, and other chemicals that cause harm to the lungs.

The devices rely on batteries to power heating elements made of various materials that aerosolize the liquid. A popular type of vaping device, called pod mods, look like USB drives and can even be charged via a laptop or USB port. These devices are easy to disguise and hide from others. In some cases these devices have caught fire inside a backpack even in a person's pants pocket due to the friction and heat in an enclosed location causing the device to explode.

This new hobby of vaping continues to grow and be popular among our youth. The best defense to stopping it is to be educated on the topic to discuss with your children. Also be observant of what might be a device and any physical changes with your child.
The California Smokers' Helpline is pleased to make three fact sheets available to share with parents and students about e-liquid, e-cigarettes, and JUUL-Suorin.

- E-Liquid and Children
- E-Cigarettes
- JUUL and Suorin

In addition KEYT recently shared this document among the community discussing the issues of vaping.


Stacey L. Carr, M.Ed.
Dean of Student Director of Character Formation and Community Service
(805) 967-1266, ext. 105
scarr@bishopdiego.org

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**Upcoming Bishop Events Calendar**

1/13
Sunday Obligation Rotation 5

1/15
5:00 pm Admissions Information Night

1/16
**BISHOP PLUS 1,2,4,3**
3:00 pm Last day to make schedule changes

1/17
**BISHOP PLUS 5,6,7**
Tuition Assistance and Scholarship Applications due

1/18
CSF/NHS Application Deadline By 3:30 pm
Bishop Events Looking Ahead ...

1/21
No School

1/26
Entrance Placement Exam

1/28
Catholic Schools Week

1/29
K-12 Mass

1/30
All School Day of Service (Office Closed)

1/31
Catholic Schools Week

2/1
Catholic Schools Week

2/4
7:45 am STEAM Society Group Meeting

2/6
Chinese New Year Lunch

2/12
Morning Assembly Bell

2/14
Senior Mother/Daughter Luncheon

2/15
No School

2/18
No School

2/22
Junior Retreat Reunion