Dear Bishop Community,

At Bishop Diego, we are proud to educate and help develop the whole child – body, mind, and soul. I would like to share with you two upcoming opportunities in our local community that address two very important topics facing our youth today.

_Navigating the Digital and Gaming Age with Our Kids_ will be sponsored by Deckers Brands, Youthwell, Family Service Agency, and the Mental Wellness Center on Sunday, January 27th at 3:00pm at Deckers Brands in Goleta (6601 Hollister Ave). This is a free parent workshop featuring 2 speakers and breakout groups where attendees will learn strategies on how to support youth responsibly with their devices and understand the impact of screens on brain development. This is a great opportunity to learn to identify signs of cell phone and gaming addiction and how to start the conversations with your child and set healthy limits around devices. For more information and to RSVP to the event, please click here: [https://digital_workshop.eventbrite.com](https://digital_workshop.eventbrite.com).

The second opportunity is a Youth Mental Health First Aid course. Just as CPR training helps in assisting an individual having a heart attack, Youth Mental Health First Aid training helps one to recognize the warning signs and understand the risk factors for mental health and substance use concerns. This course will cover strategies for how to help someone in both crisis and non-crisis situations, as well as how to connect youth to appropriate care. Youth in our community need all of us! By increasing awareness and understanding, we can change the focus to prevention and early intervention so that we are not always responding in crisis mode. The goal of this program is to train everyone who has regular contact with youth (age 10-18). The greater the number of parents, teachers, coaches, youth group leaders, social workers, camp counselors, and school support staff trained, the more students in our community will benefit from accessing the help that they need. To view a list of dates the course is offered, and to register, please click here: [http://bethedifferencesb.org](http://bethedifferencesb.org).
We are fortunate to live in a community with so many resources available to help guide our young people through these pivotal years in their lives.

In Christ,

Mrs. Karen Regan
Head of School

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!

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!

Save the Date for Bishop’s Annual Golf Tournament – May 3, 2019!

Warmly,

Cristy McNay, Ed.D
Director of Admissions and Advancement
(805) 967-1266, ext. 118
cmcnay@bishopdiego.org

Curriculum & Instruction – Mr. Tim Flanagan

Congratulations to Bishop Chemistry Students Monica Chan and Kristen Hazelton whose work on the new periodic table of moles will be published this winter by the American Chemical Society. Monica’s work on Argon and Kristen’s work on Californium was chosen from a national pool of submissions.

Here’s a sampling of what is going on in classrooms:

Spanish II will be retelling stories, fairy tales and Disney classics in order to learn the past tense. Students in English 9 are working on 5 - 6 page research papers identifying a problem or conflict in the world and detailing its causes. Theology 10 students are learning about various martyrs in the history of the Catholic Church in anticipation of a research project
on a particular martyr. **Astronomy** class will be studying planetary geology and the effects of gravity on the formation of the solar system.

Tim Flanagan  
Director of Curriculum & Instruction  
(805) 967-1266, ext. 115  
tflanagan@bishopdiego.org

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**Counseling Services – Mrs. Rya Carpenter**

**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.

**SOPHOMORE PARENTS** - Ms. Anderson will be spending some time with your students in January exploring a new program available to them called YouScience which involves aptitude tests, career exploration, and relevant college search information. This program is designed to help students with self-discovery in career and college education paths. If you’d like more information about this program, visit: [https://www.youscience.com/about/](https://www.youscience.com/about/)

A follow up to this activity is our Sophomore Academic Planning meeting with you and **your child**. An email has been sent to all Sophomore parents/guardians to schedule a meeting with you and your child to discuss their academic plans for the next two years at Bishop Diego. Wednesday, January 23rd and Thursday, January 24th has been set aside to meet in groups of 4-5 families after school in the library to go over college entrance requirements, graduation requirements, and your child’s academic path. Please make sure to check your email for details and available times for these important meetings.

**AP EXAMS** - The deadline to order AP Exams is February 1. Students taking an Advanced Placement exam should have already received confirmation from Ms. Gonzalez regarding test(s) we will be ordering for him/her. If your student is uncertain if we have the correct information on file, please contact Mrs. Carpenter or Ms. Gonzalez no later than February 1.
PARENT VOLUNTEER NEEDED - A parent chaperone is needed for the California State University, Channel Islands field trip planned for Wednesday, January 30 from 7:45am-2:00pm. If you are interested in serving as a chaperone, which would go toward parent service hours, please contact: rcarpenter@bishopdiego.org.

FINANCIAL AID INFO FOR 7TH-11TH GRADE PARENTS - On Thursday, March 14 at 6:30pm, Bishop again will host Trevor Mizrahi from Premier College Guidance. Trevor is a Financial Aid expert, who will focus on college options and planning ahead. The conversation will be relevant to any parent of 7th-12th graders. The meeting will take place in the College and Career Center.

Gearing up for this discussion on Financial Aid, here is another excerpt from College Admission: Application to Acceptance, Step-by-Step, written by Robin Mamlet and Christine Vandevelde.

The following is written to the student…


You’re buying a product that can cost anywhere from three- to seventy-five thousand dollars – a year. The price isn’t clearly disclosed at the beginning, and even to get some idea of what you’re going to pay, you have to fill out screens and screens of online data, in some cases not even knowing where to put the data…

1. **Not understanding the forms.** Depending on what schools you’re applying to, there are one or two forms to fill out. The basic FAFSA form (“Free Application for Federal Student Aid”) asks you, and in most cases your parents, to provide relevant financial information, most of it from the 1040 (or 1040A) tax form….

The CSS/Profile form is a much more complicated financial inventory, due in the first few months of your senior year (the exact date is set by each college), used by more than 600 colleges, typically the more selective private colleges. Here, depending on the college, you might be asked more probing questions about the value of your home, how close your parents are to retirement, how much they’ve contributed to their pension in the last year, whether they own a small business, whether they’re married or divorced, whether you have any money in a 529 college savings plan, and so on, and so on.
Keep in mind that if the school asks for the Profile form, they’ll also want the FAFSA form, so double the pleasure, double the fun.

There are big differences in ‘methodology’, that is, in how colleges calculate your financial aid award, especially among colleges that use the Profile form. For example, different schools calculate need according to different formulas; some colleges cap the equity in your parents’ house (if they have one) differently; some include different measures of gift, loan, and your work contribution in their awards; and some expect different contributions from your or your parents’ savings (if any). While the net price calculator can give you a ballpark figure about all of this, and while on the financial aid websites of some colleges some information about their methodology is provided, it’s a good idea to keep a very open mind about what the final figures will be for you—and how they might differ from college to college.


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

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**Spiritual Life – Mrs. Jennifer Winnewisser**

**RESPECT:** When you practice gratefulness there is a sense of respect toward others. ~Dalai Lama

**Diaper Drive** - We had very few diaper donations turned in last week so in hopes of making a substantial contribution to Villa Majella, we will extend the Diaper Drive through Wednesday, January 23rd. Thank you for considering giving to this wonderful organization who care for babies and mothers in difficult situations.
Catholic Schools Week - Tuesday, January 29th we welcome Notre Dame, Our Lady of Mount Carmel, and St. Raphael school children and faculty to Bishop for our Catholic School Week Mass at 10AM.

An important component of being part of a Catholic school is instilling in our community our call to be people of service. With this in mind, we will hold a canned food collection. We ask that each Bishop student bring in one (of course more is most welcome) canned food to be donated to the Catholic Charities food pantry. Please bring donations to Theology classes during this week, but for sure by Tuesday, January 29th. The students from the schools coming for Mass will also be bringing food. Thank you for your generosity. The shoppers at Catholic Charities will be most grateful!

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

Athletics – Mr. Dan Peeters

Boys and Girls Basketball photos were taken last week and Boys and Girls Soccer photos will be taken this Tuesday Jan 22nd. Photos will be available at the sports banquet, which will be held on Sunday March 17th.

Girls Sand Volleyball meeting will be held on Wednesday Jan 23rd after school.

Softball and Baseball practices have started for students not participating in a winter sport. Please have your child come out if they are interested in either sport.

Go Cards

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

Tuesday January 22
Girls Basketball Home vs Providence 6:00p **NO EARLY RELEASE**
Boys Soccer Home vs Villanova 3:15p **EARLY RELEASE 1:20p**

Wednesday January 23
Boys Basketball @ Foothill Tech Ventura College JV 5:30p, Varsity 7:00p **NO EARLY RELEASE**

Thursday January 24
Boys Soccer Home vs St. Bonaventure 3:15p **SCHOOL OUT 1:30p**
Girls Soccer @ Villanova 3:15p **EARLY RELEASE 12:45p**
Girls Basketball @ La Reina 6:00p **SCHOOL OUT 1:30p**

Friday January 25
Boys Basketball Home vs St. Bonaventure Frosh/Soph 4:00p, JV 5:30p, Varsity 7:00p **NO EARLY RELEASE**

Saturday January 26
Girls Soccer @ Cate 1:30p
Boys Soccer @ St. Bonaventure 11:00a

Dean of Students – Ms. Stacey Carr

As part of BDHS Catholic Schools Week our Cardinals will give back by supporting the City of Santa Barbara with their **Looking Good Santa Barbara Clean Up Program**. Students along with faculty/staff have been assigned to a city location (park or beach) to beautify.

**Day of Service** will be held **Wednesday, January 30th from 9am-NOON**. Students have received two forms to be completed by parents 1) BDHS parent permission slip and 2) City of SB release form. Family Homeroom Teachers have provided students with both forms which are due Thursday, January 24th.

On January 30th Office Hours for students will be available 7:45am-8:20am. Students will need to report to their Day of Service location @ 9:00am. Students may drive or parents may drop off/pick up. Students will need to bring their own water and snack. Attire is BDHS shirt/sweatshirt, close-toed shoes and jeans. Following the Day of Service students may return
to school for athletics or may enjoy the rest of the day. Students will receive service hours for their community project.

We are excited for this opportunity to help keep our community beautiful. More importantly we hope our students find a new appreciation for our home we call Santa Barbara.

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**

1/20
Sunday Obligation
Rotation 6

1/21
No School

1/23
**BISHOP PLUS 1,2,3,4**

1/24
**BISHOP PLUS 6,7,5**

1/26
Entrance Placement Exam

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**Bishop Events Looking Ahead ...**

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

3/1
Returning student registration due