



Weekly Newsletter
For the Weeks of October 13, 2019 – October 19, 2019

Dear Cardinal Community,

I would like to call your attention to the Mrs. Rya Carpenter's column today as we are very excited to be bringing a new program to our school. In recognizing that we in Catholic schools take pride in educating the "whole" person, we are pleased to be partnering with Family Service Agency, the Mental Wellness Center, and the YouthWell Coalition to bring a YOUTH MENTAL HEALTH FIRST AID certification class to Bishop Diego. We recognize that our teen's mental well-being is of utmost importance as they balance the rigors of a college preparatory curriculum with extracurricular programming, as well as the challenges of being a teen today. Please take a moment to read her column and mark your calendars for January 11th as we are fortunate to be able to bring this training to our parents, faculty, and staff right here on our campus. All 10th-12th graders will also be receiving a similar training during the month of January.

In addition to their academic, spiritual, and physical development, our young men and women are also learning to navigate socially. For many students, high school is a time when they find their own voice and develop the skills necessary to advocate for themselves, stand up for a friend, or speak out against injustice. One issue that we take very seriously here at Bishop Diego is bullying. We have an amazing counseling department equipped to deal with these types of issues and student concerns are always addressed with sensitivity and confidentiality, as appropriate.

It is helpful when our efforts to maintain a safe, respectful environment and ability to swiftly address issues are coupled with a community wide effort to seek resolution. Ultimately, I know that we all want what is best for all of our students. Someone who witnesses bullying, either in person or online, is a bystander. Friends, students, peers, teachers, school staff, parents, coaches, and other youth-serving adults can be bystanders. [Bystanders](#) have the potential to make a positive difference

in a bullying situation by becoming an upstander. An upstander is someone who sees what happens and intervenes, interrupts, or speaks up to stop the bullying. When no one intervenes the person being targeted may feel that bystanders do not care or they agree with what is happening.

There are many reasons why a bystander may not interject, even if they believe that bullying is wrong. They may be afraid of retaliation or of becoming the target of bullying themselves. They might fear that getting involved could have negative social consequences. As adults, we may also be worried about these same things, but we have the responsibility to provide our sons and daughters with this example of being the upstander, especially in difficult situations.

If you become aware of bullying at Bishop, please contact Ms. Carr to report what is taking place. We need your support as we help all of the young men and women in our care to “do the right thing.” We are proud to be able partner with our families to help our students through the challenging times; these four years are the most formative of their young lives and together we can truly make a difference.

As I end my column, I would like to take this opportunity to thank Juan Diaz for his 5 years of service and dedication to Bishop Diego, specifically his diligent care for and maintenance of our campus. Mr. Diaz will be pursuing other endeavors in facility maintenance and I know you all join me in wishing him the best.

Yours in Christ,
Mrs. Karen Regan
Head of School

Admissions and Advancement – *Dr. Cristy McNay*

Open House & Family Fun Day – Sunday, November 17 - 12:00 – 2:00 pm

Bishop is changing the way we celebrate and share our Cardinal spirit! On Sunday, November 17th from 12:00 – 2:00 pm, all students and their friends and families are invited to attend

Open House & Family Fun Day. Each class will host a booth, the Cardinal Club will be BBQing, and there will be games and prizes as well as inflatables on the back lawn. We want to share Bishop with our community and families, so please plan to attend this FREE and fun event! Anyone is welcome to be there so please invite your neighbors, extended family, and friends.

This event is a small version of what we hope to do next year: Homecoming & Family Weekend 2020! The celebration will include three days of reunions, the homecoming football game, a volleyball game, a tailgate party, live music, and so much more. We plan to make it the biggest party of the year and look forward to your ideas and enthusiasm!

Admissions for 2020-21

Applications for NEW students are now open

If you know a student who is hoping to attend Bishop Diego next fall, please let them know that online applications for the 2020-21 school year are now open at www.bishopdiego.org.

Also, please invite them to Open House on November 17th from 12:00 – 2:00 pm. Eighth graders are also invited to be Freshmen for a day on Wednesday, November 20th from 8:00 am to 2:00 pm. Families can RSVP for both events at www.bishopdiego.org.

Warmly,

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

Curriculum & Instruction – *Mr. Tim Flanagan*

A STEAM field trip is scheduled to the Moxi Museum on Wednesday, November 6th from 9:50 a.m. - 1 p.m. The field trip cost is \$14 and includes admission and an activity in the Engineering Exploration Lab. STEAM students interested in attending should see Dr. Shafer for a permission slip.

PSAT Testing:

The PSAT will be administered to all Sophomores and Juniors on **Wednesday, October 16th**. The PSAT/NMSQT is the qualifying test for the National Merit Scholarship Program, one of the

largest recognition and scholarship programs in the country. To learn more about the test and scholarship opportunities, visit psat.org.

Seniors:

Permission Slips & Release Forms for the Team Bonding, Kayaking Adventure at the Santa Barbara Harbor must be in before their field trip on Wednesday. The seniors will need to be at Sea Landing, 302 W. Cabrillo Blvd. Santa Barbara no later than 8:45 am. Snacks and lunch will be provided by the senior parents.

9th Graders:

On October 16, your student is to report to the Main Gym by 8:20 a.m. and will stay with us until 11:45am for a day packed with academic, college and career exploration.

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

Counseling Services – Mrs. Rya Carpenter

COLLEGES VISITING SANTA BARBARA:

PEPPERDINE UNIVERSITY

- Monday, October 14 at lunch in College and Career Center

HAMILTON COLLEGE

- Tuesday, October 15 at 7:50am in College and Career Center

SEATTLE PACIFIC UNIVERSITY

- Friday, October 18 at 7:50am in the College and Career Center

DUKE UNIVERSITY

- Friday, October 18 at 3:15pm in the College and Career Center

Parents of 9th Graders:

On October 16, your student is to report to the Main Gym by 8:20 a.m. and will stay with us until 11:45am for a day packed with academic, college and career exploration.

Parents of 10th & 11th Graders:

Your student will take the PSAT on October 16, with a start time of 8:20am SHARP and a release time of 11:45am.

Parents of 12th Graders:

Mrs. Carpenter will host a series of college application workshops that students are encouraged to attend. Parents are also welcome to join us. We will have access to computers for these workshops. Students are welcome to bring their laptops if preferred.

Wednesday, October 23 during Cardinal Time (11:17am – 11:40am)

Common Application Workshop
College & Career Center

Thursday, October 24 during Cardinal Time (11:10am – 11:40am)

California State University (CSU) Application Workshop

Thursday, November 7 during Cardinal Time (11:10am – 11:40am)

University of California (UC) Application Workshop

College/Scholarship App Deadline	Deadline to Request a Letter of Recommendation
November 1	October 18
November 15	November 1
December 1	November 11
December 15	December 3
January 1	December 3
January 15	January 1

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 certification classes to Santa Barbara County.

Please save the date:

WHAT: Youth Mental Health First Aid
WHO: Offered to parents, teachers and staff
WHERE: Bishop High School
WHEN: Saturday, January 11 from 8:00am-4:30pm

Lunch will be provided.
Registration details are forthcoming.

10th-12th grade students will be given a similar training program during school in the month of January.

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

Spiritual Life – *Mrs. Jennifer Winnewisser*

PERSEVERANCE: Many of life's failures are people who did not realize how close they were to success when they gave up. ~Thomas Edison

On Friday the entire school processed around campus reciting the **Holy Rosary**. In the Catholic church the month of October is considered the month of the Rosary. We are grateful to our Mother Mary for her intercession in our lives, bringing us closer to her son Jesus and praying for us and our needs. Click here to watch a short video explanation of the rosary that was shared with the students on BDTV last week: <https://bustedhalo.com/video/the-rosary-in-two-minutes>

Friday, October 25th is the **Junior Ring Mass**. We are excited to have Bishop Robert Barron as our celebrant! All parents, especially parents of juniors, are welcome to this special Mass which begins at 12:08 in the main gym. Those new to Bishop Diego may not know much about our local Bishop Barron. He's quite the celebrity! Please check out this link to learn more: <https://www.wordonfire.org/bishop-robert-barron/>

The **Freshman Retreat** will be held on Tuesday, November 12th from 8-3 at Serra Hall. More information will be sent out to the families of the Class of 2023. For now, be sure to mark your calendars to bring your students to Serra Hall, not school that day. Also, be on the lookout for a Parent Square sign-up to support the food portion of the retreat. Thank you parents!

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

Athletics – *Mr. Mike Cano*

All students wishing to participate in Winter Sports please attend a brief meeting on the dates below:

Girls Basketball- Monday Main Gym at Lunch

Boys Basketball- Tuesday Main Gym at Lunch

Girls Soccer- Thursday Main Gym at Lunch

Boys Basketball- Friday Main Gym at Lunch

Athletic Calendar Week of October 14-18

Tuesday October 15

Girls Volleyball @ Villanova JV 5:00p, Varsity 6:00p **NO EARLY RELEASE**

Wednesday October 16

Girls Golf @ League Tourney 2:30p Buenaventura GC **EARLY RELEASE 1:20**

Thursday October 17

Girls Tennis Hone vs Santa Clara 3:45p **EARLY RELEASE 2:45p**

Boys JV Football @ Paraclete 4:00p **EARLY RELEASE 12:02p**

Friday October 18

Varsity Football Home vs Paraclete 7:30p **NO EARLY RELEASE**

Go Cardinals!

Mike Cano
Director of Athletics
(805) 967-1266, ext. 107
mcano@bishopdiego.org

Dean of Students – Ms. Stacey Carr

Student Volunteer Opportunities

A minimum of **25 hours** of Christian Service is expected each year, freshman through senior year. Numerous opportunities for service are available at all times on and off campus. Hours are applied yearly July 1 - June 30. Hours must be submitted once service is completed and/or by the end of each semester.

What counts as Christian Service?

Service must be something that benefits others: This is the fundamental goal of service: to help others. You cannot get paid or be given credit in any way for the activity. The organization may not benefit monetarily from your service. Parents are not permitted to supervise or sign off student hours.

5 steps to get started...

- **Step #1** Find a non-profit organization where you would like to volunteer. Pre-approved sites and opportunity ideas can be found on the back of the BDHS Community Service Form. If you are unsure if the organization or project will count as service hours, visit the Dean of Students for approval. Be sure to take a form to the volunteer site for the supervisor to complete their section of the form.

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Other ways to learn about service opportunities...

- Aired on BDTV
 - Discussed @ Cardinal Time
 - On the school website under Life at Bishop
 - Visit the Dean of Students for additional opportunities
 - Community Service board in the library
- **Step #2**
Community service forms are available in the library and the website Life at Bishop/Forms <https://www.bishopdiego.org/life-at-bishop/student-life/student-volunteer-opportunities>
 - **Step #3**
Do your service...with great love!
 - **Step #4**
Turn in your COMPLETED service form to the basket in the library.
 - **Step #5**
Repeat above steps until you've reached 25.

Due dates for each semester

- Fall Semester: December 20, 2019
- Spring Semester: April 22, 2020.
- Service hours from the fall semester will not be accepted in the spring semester - be sure to turn in your hours.

Cardinal SUMMER Service Hours...

Throughout the summer **113 Cardinals** took the initiative to get started on their required service hours for the 2019-2020 school year.

Top Cardinals from each class.....

- Senior Nicole Borden with 140
- Junior Cameron Medina with 164
- Sophomore Jack Broderick with 143
- Freshmen Olivia Carlyle with 220.75

Total Summer Hour for each class.....

- 2020 = 1,314.50 = 25 Seniors
- 2021 = 1,029.50 = 23 Juniors
- 2022 = 1,537.45 = 38 Sophomores
- 2023 = 1,071.00 = 27 Freshmen
- **Total = 4,952.45 = SUMMER 2019**

Seek opportunities to show you care. The smallest gestures often make the difference.

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

Upcoming Bishop Events Calendar

10/13

Rotation 7

Sunday Obligation

NO BISHOP PLUS THIS WEEK

10/14

Regular Schedule

10/16

No Bishop Plus

8:20 am - Freshman College & Career Experience

8:20 am - PSAT Exam

8:30 am – Senior Kayaking Adventure at the Santa Barbara Harbor

10/17
No Bishop Plus

10/18
End of Quarter 1
FB Game (Home vs. Paraclete)

Bishop Events Looking Ahead ...

10/21
6:00 pm – Christian College Fair

10/22
8:00 am – Cal-SOAP College Tour

10/23
4:00 pm - Middle School Chemistry Night

10/25
All School Picture Retakes
Junior Ring Mass
FB Game (Away vs. Moorpark)

10/28
No Bishop Plus
Spirit Week

10/29
No Bishop Plus
Spirit Week

10/30
No Bishop Plus
Spirit Week

10/31
No Bishop Plus
Spirit Week
Halloween

11/1
No School
FB Homecoming Game (Home vs. Thousand Oaks)

11/2

Homecoming Dance

11/4

7:45 am - STEAM society Group Meeting

11/6

STEAM field Trip to MOXI

11/11

Veteran's Day

11/12

Freshman Retreat

11/13

6:00 pm - College Athletics NCAS & NAIA Presentation

6:00 pm - Current Freshman Parent Information Night

7:00 pm – Highly Selective College Admissions Presentation

11/17

12:00 pm – Open House

11/20

Freshman for a Day

11/22

Thanksgiving Mass

11/25 – 11/29

School Closed – Thanksgiving Week

12/2

School Resumes

7:45 am – STEAM Society Group Meeting

12/8

Fall Sports Banquet

12/14

Project Santa

12/18

Finals 1,2,3

12/19

Finals 4,5

12/20

Finals 6,7

12/23 - 1/5

Christmas Break

1/6

School Resumes