Dear Cardinal Community,

It was wonderful to see so many of our families and members of the community enjoying such a fun evening at the Cardinal Event last night! The spirit in the room was truly characteristic of our Cardinal family and I hope you all enjoyed the event as much as I did. I extend a huge thank you to our Cardinal Club and our Junior Class Parent Advisory Board leaders and committee members for putting on a fantastic event to benefit our students! From start to finish, every detail was considered and executed so well – all by parent volunteers! We are so grateful!

While the Cardinal Event is a signature event for our parent and alumni community, we are excited to begin planning for our Spirit/Homecoming Week for our students! Bishop Diego's Homecoming Week is key to building and showcasing our Cardinal pride. Student and parents and moderators have been busy the past three weekends constructing materials for our class decorating competition! In advance, I thank our ASB Moderator, Mr. Mike Cano, as well as all ASB Members, Faculty and Staff Cardinal Time Moderators, and our PAB Parent reps for their dedication to our students and fostering Cardinal pride in anticipation of what I know will be a most memorable week of the 19-20 school year. Attached is an outline for the weeks ahead; know you are welcome and encouraged to attend any of the Spirit Week events listed below!!

Bishop Diego Spirit Week – Homecoming Events Timeline October 28-November 2, 2019

• Spirit Week Theme is “Holidays”
  o Freshmen – Orange-Halloween
  o Juniors – Green-Christmas
  o Sophomores – Blue – 4th of July
  o Seniors – Yellow – SB Fiesta
Oct. 2,3,9,10,16,17,23,24  Cardinal Time/Spirit Week Workshops

Oct. 13 and 27 (if needed)  Weekend Workshops 10a-1p

Oct. 7th-29th  Homecoming Sales $25.00/$40.00 for two Cardinal Store

Oct-9th  Seniors vote for Homecoming Court during Cardinal time

Oct. 24th  Homecoming Court presentation during Cardinal time
Voting for Homecoming Court
All classes during Period 7

Oct.-28-Oct.31  Extended Lunch Schedule All Week (12:33-1:31pm NO BISHOP PLUS)

• Monday- Seniors Decorate Campus
  Frisbee Class Competition - Main gym

• Tuesday  Juniors Decorate Campus  Relay Race
  Class Competition – Main Gym

• Wednesday: Sophs Decorate Campus
  Faculty v Students Dodge Ball – Main Gym

• Thursday- Freshmen Decorate Campus
  BBQ Lunch for all 12:33-1:33pm
  Skits/Dance Main gym 1:40p-2:30pm
  Campus clean up 2:30-3:05pm

Nov. 1  NO SCHOOL
Homecoming Game vs Thousand Oaks
SBCC 7:30pm
Half-time Coronation of King and Queen
Senior Night

Nov. 2  Homecoming Dance 8p-11p on Campus
Theme: “Starry Night”

• For Dance – Dress attire is to be modest and semi-formal. Boys should wear shirt, tie, dress pants, and dress shoes. Girls should wear semi-formal dress or pantsuit and dress shoes no higher than 3 inches.
• Every student who will be attending must have the dance contract completed and turned in by Tuesday, Oct. 29.
• Guests of Bishop students must pick-up a guest attendance letter and have it completed with ID attached, and turned into the Bishop school office by Tuesday, Oct. 29
• Snacks and a photo booth will be provided at the dance.
• Students are expected to stay at the dance until it is over at 11 pm.

Additional Homecoming Dance information will be sent out to all families from Ms. Carr, Dean of Students. Please be on the lookout for information from your son/our daughter about the Service Project we are incorporating into Spirit Week this year. Students will be creating Pay it Forward packs for the homeless in our community and classes will be voting on which item they would like their class to bring in as part of this project. We have an amazing opportunity to do so much good in our community, beyond the walls of Bishop Diego. We look forward to the special days and weeks ahead and I thank you all in advance for your help with making Spirit Week 2019 memorable for our students!

Yours in Christ,
Mrs. Karen Regan
Head of School

Admissions and Advancement – Dr. Cristy McNay

Cardinal Event

THANK YOU! The Cardinal Event was a HUGE success with the largest attendance in history!

More than 450 people attended this year’s cardinal Event raising much-needed funds for Girls and Boys Athletics and the Junior Class. The BBQ was delicious, thanks to our amazing Cardinal Club BBQ Team and the atmosphere inside truly showcased our Cardinal spirit thanks to our Cardinal Event planners, Steffanie Carty ’86 and Kerri Boeddeker ’89! This event could never have happened without the tireless support of our amazing parents.
Special thanks go to Mr. Greg Chambers, Cardinal Club President, and Mr. Tom Johnson, Cardinal Club Vice President. Their years of service to Bishop have allowed the Cardinal Event to operate seamlessly. We will miss them now that their seniors will be graduating, but hope they come back to join the fun next year!

We also want to thank the many parents, including Dawn Maho, Kathryn Roberts, and Lisa Streett, who helped the Junior Class raffle shine! Thirty-nine baskets were raffled off and the proceeds will help to keep prom prices affordable. Thank you to EVERY parent that donated or solicited items for the raffle baskets. We are so humbled by the generosity of our families!

**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
Monday, October 7th from 7:45-8:15 is the next STEAM group meeting. Dr. Jenny Du, a chemist from Apeel Biosciences, will be the guest speaker.

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.

If you are still interested in joining the STEAM Society this year, it is not too late. See Dr. Shafer during in Room 304 to receive information about the STEAM Society and sign up.

**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](http://psat.org).

**Seniors:**

Permission Slips & Release Forms for the Team Bonding, Kayaking Adventure at the Santa Barbara Harbor, along with all the other important senior forms were due **Friday, October 4th**. If these have not been turned in, please do so before Wednesday, October 9th. Seniors will not be able to be measured for their caps and gowns until their senior packets have been returned to Mrs. McCarthy. 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:

Monday, October 7 at 7:50am:
Amherst College
· College and Career Center
· Open to students and parents

Tuesday, October 8 at 7:50am:
Washington University in St. Louis
· College and Career Center
· Open to students and parents

Friday, October 11 at 12:33pm:
Thomas Aquinas College & Emmanuel College
· Quad at Lunch

Friday, October 11 during 5th period (2:22pm):
Gonzaga University
· College and Career Center
· Permission slip required

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.

**Saturday, October 5 from 4:00pm-6:00pm (drop-in)**

*General College Application Workshop* in Room 202

Bring your questions, or just come get started on any application…Common, UC, CSU, whatever!

**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*

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**Scholarship Opportunity:**

University of Puget Sound offers a $23,000 per year, Dean’s Scholarship, to admitted students with a 3.6 unweighted GPA. For more information, visit: pugetsound.edu/admission
The University of Dayton offers up to $112,000 in total scholarships for students that have a passion for personal development and a commitment to service. Seniors who would like to be nominated, please contact Mrs. Carpenter by October 15.

**Summer College Tour:**

Spencer Barr, from Santa Barbara High School, is coordinating a Mid-Atlantic College Tour from June 14 – 19, 2020. Spencer has opened this trip to interested Bishop students. The price includes: airfare, hotel, breakfast & dinner, campus visits of:

- George Washington University,
- American University,
- University of Maryland,
- Johns Hopkins University,
- Goucher College,
- University of Pennsylvania,
- Drexel University,
- and Temple University.

Also included is a Phillies baseball game, walking tours of DC and Philadelphia, chaperones, and a full time tour director. Total Cost: $2,149.00. For more information, contact: sbarr@sbunified.org or register at https://tri.ps.BkNXR.

**College Exploration:**

We, on the school counseling side and those on the college admissions side of the table have noticed an uptick in the number of students struggling with anxiety, depression and substance use. Certainly, there are many contributing factors, but one that has been on my mind is related to college admissions. As a society, we have bought in to the value of a higher education, which I fully embrace. Unfortunately though, the quest to find the perfect college can sometimes lead to poor decision-making, like what took place with the Varsity Blues scandal, and worse yet…unnecessary pressure on our children. While the College Counseling Program at Bishopstrives to provide broad resources and information for students, including those aiming for hyper-selective admission; my mission is to help students understand that developing meaningful relationships and finding one’s purpose are key to a fulfilling life journey. Where you attend college does not define you, nor does it guarantee success and happiness.

Further, as a Catholic school, we foster the mindset that one should engage in activities that improve circumstances for individuals, the community, and our natural environment. Bishop’s
Counseling Program strives to provide academic, career and social/emotional counseling services with this perspective in mind. With this said, I would like to share information from a book called *Colleges of Distinction*, by Wes Creel, Tyson Schritter, Nathan Wilgeroth and Erin Pettus. While the schools highlighted in this book may not be for everyone, I would like to celebrate the *way* the authors are analyzing colleges.

Please go to our “Counseling Service – Mrs. Rya Carpenter” link for more colleges of distinction.

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 we love and respect people, revealing to them their value, they can begin to come out from behind the walls that protect them. ~Jean Vanier

How wonderful to see so many of God's creatures at last week's **Blessing of the Animals**. Thank you to Fr. Dan Lackie, pastor at St. Barbara's parish at the Old Mission for taking the time to be with us. Our critters thank you too!

In the Catholic Church the month of October is dedicated to the Most Holy Rosary. This is primarily due to the fact that the liturgical feast of Our Lady of the Rosary is celebrated annually on October 7. With that said, on Friday, October 11th Bishop will do what's called a **Living Rosary** around the quad. This will take place at 12:30pm, just before lunch. As always, parents are welcome to join us.
Friday, October 25th is the **Junior Ring Mass**. We are thrilled to welcome Bishop Robert Barron as our principal presider. Mass will begin at 12:08 and again, all parents are welcome!

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

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### Athletics – *Mr. Mike Cano*

A huge thank you to all of you who came to the Cardinal Event Saturday evening. We are so blessed by our Cardinal community and your generosity! Thank you to our Cardinal Club and our Junior Class  
Parent Advisory Board leaders and committee members for putting on a great event to benefit our student/athletes. GO CARDINALS!

Girls Volleyball hosting PINK OUT for Breast Cancer Awareness on Tuesday Oct. 8 COME SUPPORT AND WEAR PINK!  
Also we will honor our senior girl volleyball players on Thursday Oct. 10 for their commitment to BD Athletics. Game time is 6:00pm

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**Athletic Contests Week of Oct. 7-12**

**Tuesday Oct. 8**
- Girls Tennis Home vs Villanova 3:45p SB Muni Courts **EARLY RELEASE 2:45p**
- Girls Volleyball Home vs Thacher Frosh(vs Cate) 4:00p, JV 5:00p, Varsity 6:00p **PINK OUT BREAST CANCER AWARENESS GAME NO EARLY RELEASE**

**Wednesday Oct. 9**
- Girls Golf Home vs League Tourney#1 2:30p SB Golf Club **EARLY RELEASE 1:45p**
Thursday Oct.10
Girls Frosh Volleyball @ Ojai Valley 4:00p EARLY RELEASE 2:00p
Girls Volleyball Home vs Laguna Blanca JV 5:00p, Varsity 6:00p SENIOR NIGHT NO EARLY RELEASE
Girls Tennis Home vs Providence 3:45p SB MUNI COURTS EARLY RELEASE 2:45p
JV Football vs Camarillo 4:00p LOCATION TBD, EARLY RELEASE TBD

Saturday October 12
Varsity Football Home vs Camarillo 7:30p SBCC
Girls JV Volleyball Home Tournament ALL DAY

Go Cardinals!

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

SENIORS:

Senior packets need to be turned in with fees paid before getting measured for your cap and gown for graduation. Cap and Gown measuring will be taking place on Wednesday, October 9th. Anyone with payment issues will need to contact Mrs. McCarthy for an extension.

The “School Zone” is supposed to keep students safe as they arrive at and leave school, but these “ZONES” sometimes pose a “RISK” for pedestrians, neighbors, and motorist a like. BDHS has students who drive, walk, often now bike to school, and we still have many parents who spend the morning driving their child to school. BDHS shares the La Colina Road with Hope Elementary School. Many of the neighborhood families enjoy the morning walk to school, and has enlisted a very kind volunteer who manages the cross walk each morning to ensure the little ones arrive unharmed by fast moving vehicles.
We recently had some of our La Colina neighbors contact BDHS concerned about parents and students driving on this street. The concerned neighbors stated they have witnessed numerous times parents carelessly driving through the school crosswalk, driving in a dangerous way. Most recently a parent leaving the school and decided to maneuver their way around a car, placing the vehicle on the wrong side of the road just to get around traffic that was stopped for children crossing the street. Keep in mind elementary students don't know how long it takes to stop a car, none of that is in their thinking pattern. Drivers need to increase their focus when driving in a school zone; pedestrians are often plugged into their mp3 players or smartphones and have tuned out the real world and its hazards.

We ask all Cardinals families to remember we are in a School Zone and to abide to the speed limit. Be mindful to watch for the younger students who attend Hope Elementary School including their parents, the neighbors attempting to back out of their driveway and most of all not to rush to school in the morning or for the afternoon pick up. Please leave your home early enough to avoid the need to speed down La Colina Road and consider your surrounds and the consequences if something was to happen. We are always in contact with the SB Police Dept. and Sheriff's Office when we receive concerns from our neighbors.

Additional, when pulling into the school's new paved parking lot, please follow the arrows. Crossing over to the middle aisle or not driving completely into the parking lot and whipping the car around just might cause an accident. If you pull to the curb to drop off, be mindful to look to the left to ensure there is no other cars moving forward or pulling out of a parking spot.

Keep in mind Day Light Savings will occur Sunday, November 3rd. Since there will be less light as the day comes to an end, it’s important to remind your child to wait for you in a lighted area. If students must take the bus for transportation, be sure they are aware of their surroundings. If the student has any reason of concern while waiting at the bus stop, the student should dial 911 and head directly back to the school and/or across to the Sansum Clinic.

Smoking Out the Issues....

Dr. Dan Brennan: Teens, Parents, Doctors and Educators Fuming Over Local Trends in Teen Vaping | Your Health - Noozhawk.com
Teenage Vapeland.....

What parents need to know about E-Cigarettes. Please take the time to read the attached article from the Sansum Clinic and local Pediatrician, Dr. Dan Brennan.

Community Opportunities...

"Looking Good Santa Barbara" will host a Community Clean Up Day Saturday, October 19th from 9am-NOON. For more information visit www.LookingGoodSB.com or call 805-564-5669. BDHS Teens on the Scene will be involved, students may contact Club President; Thomas Coleman.

Teens on the Scene....

Eleven Cardinal TOTS volunteered at PATH Saturday, September 28 helping prepare food and serving those in need of a hearty meal. Thank you to Club President; Thomas Coleman and his Cardinal Crew…Cameron Medina, Evelyn Pazos, Tyler Dutcher, Luc Maho, Parker Maho, Logan Maho, Maddox DeNuzio, Sophie, Kinderdick, Vivian Rios and Kris Hazelton – photos attached. For more information and volunteer opportunities at PATH visit https://www.epath.org/regions/santa-barbara-central-coast/

Be a reflection of what you’d like to see in others

Best,

Ms. Carr

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

10/6
Rotation 6
Sunday Obligation

10/7
7:45 am - STEAM Society Group Meeting
TBCF Club Bake Sale

10/9
**BISHOP PLUS 1,2,3,4**
Senior Cap and Gown Measuring

10/10
**BISHOP PLUS 6,7,5**

10/11
Extended Lunch
Living Rosary
Good Graces Club Bake Sale

10/12
FB Game (home vs. Camarillo)

Bishop Events Looking Ahead ...

10/13
**NO BISHOP PLUS THIS WEEK**

10/14
Regular Schedule

10/16
8:20 am - Freshman College & Career Experience
8:20 am - PSAT Exam
8:30 am – Senior Kayaking Adventure at the Santa Barbara Harbor

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

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