Dear Cardinal Community,

It was wonderful to see so many of our families and alumni at the Cardinal Event last night! What a fun evening! I would like to personally thank each and every school family who made a commitment to coming out and supporting our students at this annual event! The proceeds from the Cardinal Event benefit the vibrant student life programs available at Bishop Diego, including Athletics, as well as our Associated Student Body and Parent Board sponsored activities that enhance the educational experience available to all students. Your support of our Cardinal Event provides additional programming in athletics, leadership, clubs, extracurricular offerings, and campus ministry experiences. While our commitment to a rigorous academic program is paramount, we are also committed to providing opportunities for our students to thrive and grow in mind, body, and spirit as they develop into well-rounded young men and women, our leaders of tomorrow.

I would like to extend a huge thank you to Cristy McNay and Erika Van Wingerden in our Advancement Department, as well as Tom Johnson, Greg Chambers, Stef Carty, Kerri Boeddeker, and our Junior Class Parent Representatives for their leadership in this year's event. These parents, along with their fabulous team of dedicated volunteers, put in a tremendous amount of time to ensure the success of our annual fundraiser, all for the benefit of our students! There truly is no greater investment of time than in our students. From start to finish, every detail was considered and executed so well. 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.

Yours in Christ,

Mrs. Karen Regan
Head of School
Lunchtime Fun!

We are looking for help locating a few items to bring some fun to our student’s lunchtime! If you or anyone you know has a Ping-Pong table, badminton set-up, or other fun items to donate, please let us know! Or, if you would like to make a donation towards the purchase of these items, the students would be very grateful! All donations are tax-deductible!

Cardinal Event

Thank you to all who made the Cardinal Event another HUGE success! Our Cardinal Club raises money to support student activities and athletics at Bishop Diego and this event is their largest fundraiser of the year. Bishop cannot impact so many lives without the generous support of our families.

Important Fall Admissions and Advancement Dates:

Middle School Chemistry Night – Wednesday, October 24
Open House – Sunday, November 4
Freshman for a Day – Tuesday, November 6
Middle School Wrap Party/Project Santa – Thursday, December 13

Warmly,

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

PCR Parent & Student Portals are changing Wednesday, October 10th. New links will be posted on the school website for you to use. The upgraded interfaces have all of the information for which you are accustomed to looking, but are reformatted for ease of use. We will be holding training sessions on October 10th from 3:00-4:00pm, and October 17th from 8:00-9:00am and 3:00-4:00pm. If you have any questions, please contact Tim Flanagan.

The October STEAM Society group meeting will take place on Monday, October 8th, from 7:45-8:15 a.m. This month’s speaker is Dr. Nikolaus Volgenau of Las Cumbres Observatory in Goleta. Dr. Volgenau will speak about the mission of the observatory and his work there.

Here's a sample of what's going on in classrooms this week:

Imam Yama Niazi will be speaking to World Religions classes about Islam on October 9th. AP Calculus students will be exploring slope fields, a tool to graphically obtain solutions and find patterns across the coordinate plane. Intro to Sound classes are learning editing techniques in a program called Pro Tools in order to use full band electronic instrumentation to create original songs. Students in The Human Element in Sports are creating personal trading cards using Photoshop and Google Docs. And English 10 students have begun exploring Shakespeare's The Tragedy of Macbeth.

Have a great week, all!

"The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction"
Proverbs 1:7

Tim Flanagan
Director of Curriculum & Instruction
(805) 967-1266, ext. 115
tflanagan@bishopdiego.org
Parents of 9th Graders:

On Wednesday, October 10, 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, career and inspirational presentations. Due to the PSAT, October 10 is a minimum day.

Parents of 10th & 11th Graders:

Your student will take the PSAT on October 10, with a start time of 8:20am SHARP and a release time of 11:45am.

Students are to report to their Family Homeroom. Those with testing accommodations report to the Resource Room on that day.

Please remind your student that cell phones are prohibited in the test room, and violation will result in a referral to the Dean. Students should bring a calculator, #2 pencil (not mechanical), snacks and water.

COLLEGE INFORMATION SESSIONS AT BISHOP THIS WEEK

**Brown University (an Ivy League school)**
Monday, October 8
10:50am – 11:30am
College and Career Center

**Duke University**
Monday, October 8
12:53pm – 1:20pm
College and Career Center

**Denison University**
Tuesday, October 9
12:53pm – 1:20pm
College and Career Center

**Willamette University**
Thursday, October 11
7:50am – 8:20am
Scholarship Opportunities:

Are you a middle or high school student making a difference through volunteering? Apply today for national recognition, monetary awards and an all-expense-paid trip to Washington, D.C.! Young volunteers in grades 5-12 can complete applications online at spirit.prudential.com or nassp.org/spirit in early November and then submit the application to their Head of School. One student from each school is then selected as a Local Honoree. The top youth volunteer in each state are named State Honorees and go on to national finals.

The Scholarship Foundation of Santa Barbara offers the Breitling College Visit Scholarship to junior and senior female students. The scholarship is designed for the purpose of providing financial assistance to visit college campuses outside of California; giving the opportunity to be exposed to new environments. The application deadline is November 30th. The scholarship can be used for airfare, lodging, food costs and miscellaneous expenses. If interested in an application, please see Mrs. Carpenter.

Parents of 12th Graders:

Mrs. Carpenter will host a series of college application workshops that students and parents are encouraged to attend. We will meet in the College and Career Center, and will use computers there and in the Library for the workshop. Students can also bring their laptops if interested.

California State University (CSU) Application Workshop
Wednesday, October 17 during Study Hall (9:40am-10:05am)
College and Career Center

University of California (UC) Application Workshop
Thursday, October 18 after school (1:45am-2:45pm)
College and Career Center

UCSB will offer webinars the first Monday of each month at 11am.
- **Monday, Nov. 5:** Engineering Admissions at UCSB [Register now!]
- **Monday, Dec. 3:** College of Creative Studies at UCSB [Register now!]
- **Monday, Jan. 7:** UCSB Financial Aid [Register now!]

SAT with Writing Registration Deadlines (Bishop’s School Code is 053-245)
November 2 for December 1 Test
Register at [www.sat.collegeboard.org/register](http://www.sat.collegeboard.org/register)

ACT with Writing Registration Deadlines  
November 2 for December 8 Test  
Register at [www.actstudent.org](http://www.actstudent.org)

**IMPORTANT UPDATE** regarding how to send official SAT and ACT scores to Cal State Universities. The Cal State application has been refined; now students can send test scores to just one CSU and the colleges a student applies to will share scores with one another. This is similar to what the UCs have historically done. For all other colleges, you will have to order test scores individually. See Mrs. Carpenter with questions.

If you need a letter of recommendation for an early application, please make note of the deadlines below.

<table>
<thead>
<tr>
<th>College/Scholarship App Deadline</th>
<th>Deadline to Request a Letter of Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 1</td>
<td>October 18</td>
</tr>
<tr>
<td>November 15</td>
<td>November 1</td>
</tr>
</tbody>
</table>

Scholarship Opportunities:

Fireside Catholic Publishing offers a $1,000 award with their essay contest. Applications are due by December 7th and the essay topic is “How is your Religious Education Influencing your Life?” Only one student from Bishop may apply for the scholarship. Contact Mrs. Carpenter for more information.

Davidson College in North Carolina offers a $65,000 annual award with $3,000 travel stipend for a winner of the Belks Scholarship; going to a student with demonstrated superior and intellectual personal achievement and significant leadership ability.

The Eugene McDermott Scholars Program at The University of Texas at Dallas is one of the nation’s most generous and selective undergraduate merit awards. **Valued at more than $250,000** the scholarship includes tuition, stipend, study abroad and professional development funding.
McDermott Scholars have:

- Interned at Google, Amazon, JPMorgan, U.S. Supreme Court, NPR, NIH and CERN.
- Gone on to Harvard, Yale, MIT, Stanford, Johns Hopkins and Cambridge.
- Won Fulbrights, Goldwaters, NSF Fellowships, Udalls, a Schwarzman and a Gates Cambridge.
- Worked at Microsoft, McKinsey, Texas Instruments, the White House, United Nations, NASA, Cleveland Clinic and PricewaterhouseCoopers.
- Deadline: Dec. 7, 2018

Notre Dame De Namur University is a small private school near San Francisco. Mrs. Carpenter has been given the opportunity to nominate two seniors for a $16,000 scholarship, awarding graduates of Catholic High Schools, committed to community service. If interested in a nomination, please see Mrs. Carpenter.

Gonzaga University offers a Leaders Scholarship worth $20,000. For more information, visit: The Gonzaga Leaders Scholarship

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

Spiritual Life – Mrs. Jennifer Winnewisser

PERSEVERANCE: Courage and perseverance make difficulties disappear and obstacles vanish. ~Author Unknown

The Junior Retreat is Monday and Tuesday. Juniors, don't forget to bring your overnight belongings to the Mission Center first thing Monday morning and a reminder that we are collecting toiletry and sock donations for the Urban Plunge trip to Skid Row. Thank you Bishop community, for holding the Class of 2020 and the Campus Ministry Team in your thoughts and prayers at this special time.
Mark your calendars for the Thursday, November 1st All Saints Day/Junior Ring Mass to be held in the gym at noon. Parents are always welcome!

Have a blessed week!

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

---

**Athletics – Mr. Dan Peeters**

Girls varsity volleyball had an epic 5 win match over Villanova to all but secure a playoff birth!

Girls golf has a busy week this week as with 3 matches as the are gunning for a league title.

Kudos to the Cheer program! Under Coach Rodriquez the program has grown to over 20 girls and the squad is producing high quality routines.

Girls tennis looks to advance several girls to CIF at league finals in a few weeks.

Football will enjoy the bye week as their gear up for a playoff run.

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

**Tuesday October 9**
Girls Golf vs San Marcos 3:00p La Cumbre CC  EARLY RELEASE 1:45p
Girls Volleyball @ Providence JV 6:00p, Varsity 7:00p Page Youth Center  NO EARLY RELEASE

**Wednesday October 10**
Girls Golf @ Foothill Technology 3:00P Buenaventura GC EARLY RELEASE 1:00p
Girls Tennis @ Santa Clara 3:30p Oxnard Tennis Center early EARLY RELEASE 1:30p

**Thursday October 11**
Girls Golf @ St. Bonaventure and La Reina Olivas Links 3:00p EARLY RELEASE 1:00p
Girls Tennis @ St. Bonaventure 3:30p EARLY RELEASE 1:27p

**Friday October 12**
Cross Country @ Dos Pueblos Invitational 2:00p EARLY RELEASE 12:45p

---

**Dean of Students – Ms. Stacey Carr**

**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.youtube.com/watch?v=fymPlQw0-VA
https://bemoviez.com/movie-435886-screenagers-2016.html

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

Upcoming Bishop Events Calendar

10/8
Junior Retreat
7:45 am STEAM Society Group meeting

10/9
Junior Retreat
10/10
NO BISHOP PLUS
Freshmen Seminar
Sophomores and Juniors - PSAT Testing
Senior Fun Day – Ropes Course

10/11
NO BISHOP PLUS

10/12
All School Picture Retake Day
Senior Portrait Retake Day

Bishop Events Looking Ahead …

10/15
6:30pm – 8:30pm Highly Selective College Admissions Event

10/24
Middle School Chemistry Night
9:40am - Jostens Cap and Gown Presentation to Seniors

10/27
STEAM Society Field Trip to CalTech

10/31
Halloween fun

11/1
Jr. Ring Mass

11/4
12:00 pm Open House

11/5
7:45 - STEAM society Group Meeting
12:53 - Orders Due to Jostens (Announcements, Cap and Gowns)

11/9
Freshman Retreat

11/13
Cal-SOAP field trip to CSUCI
11/18
Urban Plunge (11/18 thru 11/20)

11/19
Thanksgiving Break – no school