Dear Cardinal Community,

One of the many highlights of working at Bishop Diego is being surrounded by young people full of promise and on the cusp of leaping into the throws of adulthood. As we watch and guide our students on their individual journeys, it is fulfilling to see the fruits of our shared labors come to life. Allow me to share with you a heartwarming story that exemplifies the core value of compassion and how I witness our students putting word into action.

As you all know, community service is a central tenet of our Catholic faith and mission at Bishop Diego. Thanks to the leadership of Thomas Coleman, one of our juniors, we have a “Teens on the Scene” Club comprised of 14 Bishop students. Teens on the Scene are extremely active in our local community, having earned the “Looking Good Santa Barbara” award last spring for their spirit of volunteerism. Currently, Teens on the Scene is partnering with the Children’s Resource Network Teen Closet Program to provide clothes for homeless children in our local community. They are also collecting non-perishable food items for the Unity Shoppe of Santa Barbara. While there is a friendly competition between the grades to see who can donate the most items, it is truly heartwarming to walk in to our library and see the tables and bins overflowing with items for those less fortunate than ourselves, especially as we enter the holiday season and appreciate all with which we have been blessed.

To witness the leadership of our students living out the Gospel value of compassion is inspiring. I thank Thomas Coleman, our Teens on the Scene club, and all those who have participated in the clothing and food drive. I am so touched by and proud of our students and
know that with fine young men and women such as our BDHS Cardinals, our future is in good hands.

Yours in Christ,

Mrs. Karen Regan

Head of School

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

**Open House & Family Fun Day – TODAY! 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](http://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

Semester exams are fast approaching. Here is the schedule for the week, and a few reminders about exam protocols:

Wednesday, December 18th

• Period 1 - 8:30 - 10:00  
• Period 2 - 10:30 - 12:00  
• Lunch 12:00 - 12:40  
• Period 3 - 12:45 - 2:15

Thursday, December 19th

• Period 4 - 8:30 -10:00  
• Period 5 - 10:30 - 12:00

Friday, December 20th

• Period 6 - 8:30-10:00  
• Period 7 - 10:30 - 12:00
Please remember that students need to be in dress code and on time in order to take their exams. If students do not have an exam during the last testing period of the day, they may be dismissed with written parental permission.

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

Counseling Services – Mrs. Rya Carpenter

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 a certification class to Bishop.

Participants will be charged a $10.00 fee; however, if this fee is cost prohibitive, please reach out to rcarpenter@bishopdiego.org for a fee waiver.

Space is limited. Please register at:  
https://www.eventbrite.com/e/youth-mental-health-first-aid-training-registration-79743696543

Attention Juniors:

On Saturday, December 7, from 8:00am-12:00pm, Bishop will offer a Mock ACT Exam for interested Juniors. Students must RSVP no later than Friday, November 22nd. The test is free. The sign-up
sheet is outside Ms. Gonzalez’ office. Interested Sophomores may inquire if there is a spot available, but priority is reserved for Juniors.

**Seniors & College Applications:**

<table>
<thead>
<tr>
<th>College/Scholarship App Deadline</th>
<th>Deadline to Request a Letter of Recommendation</th>
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<tr>
<td>December 15</td>
<td>December 3</td>
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<tr>
<td>January 1</td>
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<td>January 15</td>
<td>January 1</td>
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Remember that the UC and CSU Application deadline is November 30. Do not wait until the last minute to apply! Transcripts and letters of recommendation are not required for these schools.

**Scholarships:**

Notre Dame de Namur is a small, Catholic school in the San Francisco area. Bishop can nominate two seniors for a $16,000 scholarship to attend Notre Dame de Namur. If interested in a nomination, please submit your request to Mrs. Carpenter no later than December 1. In order to qualify for this scholarship, students must also apply to Notre Dame de Namur by December 1. For more information about this school, visit [ndnu.edu](http://ndnu.edu).

The Sons of Italy Western Foundation offers academic awards, Italian language study grants and athletic awards for seniors who are wholly or partially of Italian descent and will attend college upon graduation from Bishop. The application deadline is March 1, and the application is available at: [www.osiaca.org](http://www.osiaca.org).

Rya Carpenter  
Director of Counseling and Student Services  
College Counselor  
(805) 967-1266, ext. 104  
rcarpenter@bishopdiego.org
RESPECT: Respect is how you treat everyone, not just those who you want to impress. ~Richard Benson

Thanksgiving Prayer Service will take place on Friday, November 22nd at 12:30 in the main gym. It is important for us to gather as Cardinal family to acknowledge our many blessings. We are grateful to Mrs. Carpenter who will share her message of gratitude during the service and to the student choir for their enthusiastic participation. Parents, as always, you are most welcome!

Upon our return from Thanksgiving break, we enter the season of Advent, preparing our hearts for the birth of Jesus at Christmas. Here are some important ways that we will celebrate this beautiful season as a Bishop community:

• Tuesday, December 3rd, we will hold an Advent Penance Service throughout the day via Theology classes.
• Thursday, December 12th, Feast of Our Lady of Guadalupe/Advent Mass (12:00 noon)
• Ongoing and information coming to you real soon - PROJECT SANTA

Thanksgiving blessings to you and yours!

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

The Bishop Fall Sports Banquet is scheduled for Sunday December 8th at 5pm. Bishop has had a good Fall Sports season and we are excited to celebrate the student/athletes successes. The banquet will take place in the main gym and the details are as follows:

Sunday, December 8th, 2019
5:00 p.m.
Main Gym

DINNER IS PROVIDED FOR ALL STUDENT ATHLETES, COACHES AND ONE GUEST PER COACH!

Dinner costs $15 per person for non-student athletes if they RSVP by the deadline. Deadline is 10:00 a.m. on Wednesday, DECEMBER 4, 2019!

Please RSVP to front desk. Checks should be made out to Bishop Diego High School. Cost at the door will be $25, so please get your checks in now!

MASS DRESS IS MANDATORY! Mass dress is required for athletes to be recognized. This basically means dress shirt and tie for boys, appropriate dress, skirt or dress pants for girls. If you have any questions about Mass Dress, consult the Parent-Student Handbook found on the school website.

Girls Volleyball teams are responsible for set-up before the banquet. Please have your team at the gym by 4pm for setup.

Football teams are responsible for break down and clean up after the banquet.
Athletic Contests Week of November 18-23

**Monday November 18**
Girls Basketball @ Malibu Tourney vs Santa Clarita Christian 4:00p **EARLY RELEASE 1:23p**

**Tuesday November 19**
Girls Basketball @ Malibu Tourney vs Vaughn 5:30p **EARLY RELEASE 2:14p**

**Wednesday November 20**
Girls Basketball @ Malibu Tourney vs Malibu 4:00p **EARLY RELEASE 1:23p**
Boys JV Basketball @ Santa Clara Tourney vs TBD **EARLY RELEASE TBD**

**Thursday November 21**
Girls Basketball @ Malibu Tourney vs TBD **EARLY RELEASE TBD**

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

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Core Values of the Bishop Community.....

School-leadership, faculty, staff and parents model a definite respect for each member of the school community. The Core Values are intended to provide the standards and guidance to maintain the good order indispensable for the serious pursuits of spiritual and personal development, intellectual excellence and for maintaining the high moral tone expected at Bishop Diego High School. The Core Values are intended to assist in achieving the delicate and necessary balance between freedom and restraint and are based on learning and meeting the standards and traditions that guide how we relate to each other, our school family, the community at large and the environment. We are called to teach, enforce, advocate, and model these values as a community. Using Christ as our model and the Scriptures as our guide, our community is formed according to the following:

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Dean of Students – Ms. Stacey Carr
1. **Respect** – We believe that the well-being and dignity of humanity and the stewardship of the environment are important God-given responsibilities. We welcome and treat all people with reverence without regard to race, religion, sexual orientation, political ideology, gender, age, or other physical or personal characteristics. We abide by laws, adhere to established community standards and reflect on our emotions, values, attitudes, motivations, mindsets, and personal attributes as we pursue lives of grace consistent with the Gospel message.

2. **Perseverance** – We are steadfast in performing our responsibilities and pursuing our goals with honor, integrity, vigor and tenacity despite frustrations, mistakes, setbacks, and other obstacles that make our task difficult or seem impossible. We resist temptations and pressures to give up or quit, choosing instead to persist. We adhere to ethical Christian principles even when it is detrimental to our relationships, social standing, careers, or economic well-being (i.e., we do the right thing even when it costs more than we want to pay). We are accountable for the consequences of our choices and recognize that personal accountability assists us in realizing our God-given potential.

3. **Compassion** – We display the trait of empathy (the disposition and ability to sympathetically understand and personally identify with the emotional states, needs, and feelings of others) by consoling, comforting, calming, supporting, serving and showing mercy to others. We take ownership of our lives and acknowledge our power to choose what we think, say, and do (including our attitudes and mindsets) as gracious and charitable members of a multi-cultural society. The registration of a student at Bishop Diego High School is an expressed agreement on her/his part and the part of her/his parents or guardians to teach, enforce, advocate and model the Core Values of the School.

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**Tobacco Free CA…**

Connect with Tobacco Free CA for information related to smoking, vaping and more.

[https://tobaccofreeca.com/](https://tobaccofreeca.com/)
A severe lung illness from vaping has become a public health outbreak resulting in more than 1,800 hospitalizations. Nearly 80% of patients are under the age of 35. Get the facts at http://bit.ly/36CnJxO

Community Service....... 
Last day to submit Community Service Hours for the FALL SEMESTER 2019 is Friday, December 20th.

Our Lady of Mount Carmel School celebrated their 75th Anniversary Gala Auction at the Rosewood Miramar Resort Saturday November 9. BDHS students helped guests bid on auction items, set up the pick-up area, and served as a concierge for guests with their auction items. Thank You Cardinals..... photo attached.

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

11/17
Sunday Obligation
**No Bishop Plus This Week**
12:00 pm – Open House

11/20
**NO BISHOP PLUS**
Freshman for a Day

11/21
**NO BISHOP PLUS**

11/22
1:00 Dismissal
Thanksgiving Prayer Service

Bishop Events Looking Ahead …

11/24 – 11/26
Urban Plunge

11/25 – 11/29
School Closed – Thanksgiving Week

12/2
School Resumes
7:45 am – STEAM Society Group Meeting

12/7
8:00 am – Mock ACT Exam

12/8
Fall Sports Banquet

12/12
Mass Bell - Advent Mass

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
7:45 am – STEAM society Group Meeting

1/12
Poker Tournament

1/13
5:00 pm - PSAT and Mock ACT Scores Review Session
6:00 pm – Junior Parent College Information Night

1/14
5:30 pm – Admissions Information Night

1/17
Independent Scholarship Applications Due

1/20
No school – Martin Luther King Day