



Weekly Newsletter
For the Weeks of December 15, 2019 – December 21, 2019

Dear Bishop Community,

As a parent of pre-teens, I find myself questioning the amount of screen time they encounter on a daily basis. Even as adults, we often turn to our screens and I thought it appropriate this week to provide some information regarding the effects of screen time on teen's brains. As a parent myself, I struggle with knowing how much is too much.

The attached link outlines the effects of screen time on sleep and the association with depression in teens, specifically in girls. However, we know that the effects are not limited to girls and it saddens me to know that so many of our own families deal with anxiety and depression in their teenage sons and daughters. While many factors contribute to this, the staggering increase in the prevalence of anxiety and depression among our teens begs our attention.

https://www.wsj.com/articles/the-lonely-burden-of-todays-teenage-girls-11565883328?emailToken=0a48a000e77cfc85a52e69b47956d94czggm/i8nMdfa3b38JU89V9I531IzjjQT5DLSK/J0bBKjcDUe/ttzhQChVcq0T+IEorfRnLofMLW7hSKGkqnbCKjyind0ZBTF/Asc7DDXX4M%3D&reflink=article_email_share

At Bishop Diego, we pride ourselves on educating the whole child. Our student's mental and emotional wellness is paramount to us. We offer an outstanding counseling department and encourage you to reach out to us if your child is struggling. Talk with your child; the online world can be a scary place and often times our teens don't know what to do with information they encounter. Remind them of your unconditional love for them and encourage them to take advantage of the resources offered at Bishop Diego.

As a reminder, on January 11th, from 8AM 4:30PM, ALL Bishop parents and teachers have the option to participate in Youth Mental Health First Aid certification at Bishop. Join the movement in Santa Barbara County to strengthen our community because we can all be more aware and more informed. Over 700 parents, educators, and providers have been trained in SB this past year. 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. This training will give parents tools to be able to engage in meaningful conversations with their youth.

REGISTER: <https://www.eventbrite.com/e/youth-mental-health-first-aid-training-registration-79743696543>

Yours in Christ,

Mrs. Karen Regan

Head of School

Admissions and Advancement – *Dr. Cristy McNay*

Blessing Bishop

As we head into the Christmas seasons, many ask how they can bless Bishop Diego with a tax-deductible gift. Over the next two weeks, the Advancement Office is outlining the various ways that our generous donors can support those Bishop initiatives that matter most to them:

December 15 – December 21: Technology Campaign

Ensuring that Bishop Diego's students have access to cutting edge technology is essential to preparing them for the future. Whether it is maintaining and upgrading the Gherini Center for Multimedia Arts and Technology, supporting the 1:1 iPad program, providing state-of-the-art security systems, or integrating new alumni and donor software, Bishop Diego relies on the generous support of those who understand the importance of 21st century technology.

December 22 – December 31: Spirituality Campaign

Our Catholic faith is the primary factor that differentiates Bishop from any other high school in the area. The tremendous impact spirituality has on students prepares them to face life with hearts full of compassion. Retreats, Masses, Theology classes, and service opportunities infuse a Bishop Diego education with character formation that changes lives. Giving to this campaign will affirm your belief in the power of a Catholic education.

To give your year-end, tax-deductible gift to any of the above campaigns, please visit our Online Giving page at www.bishopdiego.org/online-giving and choose The Fund for Bishop Diego when donating. Your support changes lives!

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 here. Below 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.

We will contact parents, through email, when grades will be uploaded in PCR.

Have a very Merry Christmas and Happy New Year!

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

Counseling Services – Mrs. Rya Carpenter

YOUTH MENTAL HEALTH FIRST AID is a certification class at Bishop for parents and staff on Saturday, January 11 from 8:00am-4:30pm. Lunch will be provided.

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>

CSF/NHS APPLICATIONS OPEN IN JANUARY:

10th, 11th and 12th grade students are encouraged to apply for CSF and NHS. California Scholarship Federation (CSF) is available to students with a minimum 3.5 GPA from the fall semester. National Honor Society (NHS) is available to students with a cumulative GPA of at least 3.75. For continued participation, students must meet all requirements, dues and paperwork deadlines each semester. The deadline is Friday, January 17 at 3:30pm. The application will

become available on January 1 in BD Classroom, under “Counseling Website” and then under “Quizzes”.

Parents of Sophomores and Juniors: On Monday, January 13, you are invited to join us for a Scores Analysis session. At this event, we’ll help families interpret scores from the PSAT and the Mock ACT. Event starts at 5:00pm in the Library.

Following this program, we will have a presentation for all **11th grade parents**. Presenters include Admission Counselors from UCSB, CSU Channel Islands and Westmont College. Together, we will review the admissions process for public universities in California and private colleges/universities around the country. Event starts at 6:00pm in the Library.

SENIORS – SCHOLARSHIP APPLICATIONS:

There is a list of scholarship opportunities provided in BD Classroom, under “Counseling Website”, then click on “Modules” and select “Scholarships”.

Remember that the deadline to ask for a letter of recommendation for the Scholarship Foundation of Santa Barbara is January 1. Teachers have to upload their letters before you can submit you application, which is due on January 15. Do not delay in asking for your letter of recommendation.

If you have completed the FAFSA, and did not ‘opt-out’ of the Cal-Grant application, you may log into your WebGrant portal to check that everything is in order. If you have trouble logging in, or see that there is a problem, contact Mrs. Carpenter immediately. We can help troubleshoot, but waiting until March 2nd for this is not advised. To check your Cal-Grant status, visit: <https://mygrantinfo.csac.ca.gov/> and create your WebGrants for Students Sign-In.

Please let Mrs. Carpenter know when you have been admitted to a college, including any Merit Scholarship offers. We love to celebrate your success!

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

Spiritual Life – *Mrs. Jennifer Winnewisser*

We continue to reflect on **Advent verses** each morning from the gospels of Matthew and Luke. Our prayer is that the spiritual journey of each member of the Bishop community is rich in the knowledge and Truth of the Good News of our Savior Jesus Christ.

Last Thursday's **Fiesta** following the Advent Mass was a blast! *THANK YOU* to the many parents who stepped in to contribute food, candy, gift cards and service for this fun event. What a great turn out of parent support! A huge thank you to the Sepulveda family for their donation of the most delicious *Lilly's Tacos*! So generous of all of you!

Once again, **Project Santa** was an enormous success! We took a full trolley to Carpinteria with Santa Claus (Mr. Ibarra) in tow to deliver our Christmas love to ten homes. Thank you to the Bishop community for pulling your resources together in order to make Christmas extra special for these deserving families. What a special treat to serve our Lord in this way! “Whoever gives to the poor will lack nothing” -Proverbs 28:27

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

Dean of Students – *Ms. Stacey Carr*

Academic and Athletic Lockers...

Remind your son/daughter to bring home any academic materials and clothing from their athletic locker since the school will be closed during the winter break. Even though school is out, there will be winter sports and other activities on campus, its important students secure and take home what they can during the two week holiday break.

Community Service HOLIDAY Forms.....

For students planning to volunteer in the community during the holiday break, please use the attached form. The following organizations are always in need of volunteers during the holiday.

THANK YOU for GIVING BACK!

- **Unity Shoppe:** 805-965-4122 <https://www.unityshoppe.org/ways-to-give/>
<mailto:nfo@unityshoppe.org>
- **PATH:** 805-884-8481 <https://www.epath.org/regions/santa-barbara-central-coast/>
- **Santa Barbara Rescue Mission:** 805-966-1316 <http://www.sbrm.org/about-sbrm/volunteer>
- **Food Bank of Santa Barbara:** 805-967-5741 <http://foodbanksbc.org/>
- **Santa Barbara Humane Society:** 805-964-4777
<https://www.sbhumanesociety.org/give/volunteers/>
- **Catholic Charities of Santa Barbara:** 805-965-7045 <https://catholiccharitiesusa.org/get-involved>

3 Types of People to surround yourself with.....

- 1. The Inspired*
- 2. The Excited*
- 3. The Grateful*

Stacey L. Carr, M.Ed.
Dean of Students
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scarr@bishopdiego.org

Upcoming Bishop Events Calendar

12/15

Sunday Obligation

Rotation 7 on Mon. and Tues.

12/18

Finals 1,2,3

12/19

Finals 4,5

12/20

Finals 6,7

Bishop Events Looking Ahead ...

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

1/26

Catholic School's Week Begins

1/28

Catholic School's Week Mass

1/29

Day of Service

1/31

Admission Application Close Date

FACTS Tuition Assistance Applications Due

2/3

FACTS Applications Due

7:45 am – STEAM Society Group Meeting

2/13

Senior Mother/Daughter Luncheon

2/14

No School – Presidents' Day Weekend

2/17

Presidents' Day

2/20

Senior Mother/Son Luncheon

2/26

Ash Wednesday

2/27

Senior Father Lunch

3/2

7:45 am – STEAM Society Group Meeting

3/5

Course Selection Day (During Cardinal Time)

3/6

Offers of Admission Sent

3/7

Gala & Auction