Dear Bishop Community,

I would like to thank our Parent Advisory Board, under the leadership of Mrs. Carol Fellers, for hosting a wonderful guest speaker for our parents last Tuesday evening. Thanks to the support of PAB, in conjunction with Christina Broderick and Marymount of Santa Barbara, we were able to bring guest speaker, Dr. Kelly Jameson, to Bishop Diego for an informative parenting workshop. A topic applicable to all of us as parents and educators of teens, Dr. Jameson focused her talk on the effects of stress and anxiety on the developing teenage brain and the importance of developing resiliency from an early age.

There were many wonderful take-aways from Dr. Jameson’s talk, but I will focus on the points that most resonated with me that evening. As I listened, I considered not only the raising of my own three children, but also the responsibility we have as educators to make sure we are doing all we can to help prepare our young people to not only get to the next stage in their lives, but to be successful once they get there! Grit and resiliency are buzz-words in the current climate in which we live and I believe we all want to do our best when it comes to parenting the next generation of leaders. I personally appreciated Dr. Jameson’s comments on the “how to” as I think we can all agree that resiliency is a trait we want to develop in our young people, but how do we actually foster it?

Dr. Jameson emphasized the importance of knowing what “sparks” each child, and once we know what that is, to give the child opportunities to develop competence in whatever that “spark” is – the arts, sports, etc. This needs to be done in an environment that allows them to practice and develop a skill outside from mom or dad being the coach/teacher, to fail at times and to succeed at other times, to get used to different teaching or coaching styles, to be on the
first place team at times, and perhaps the last place at others. All of these varied experiences are opportunities for children to develop competence in something that is not tied to us as their parents, which in turn develops into confidence in their own abilities. Confident kids are then able to transfer those strategies to other life experiences, giving them something to draw from when life throws the inevitable curve ball. This confidence in turn leads to resilience.

Thank you to all those who were able to come out for the evening. I find it an absolute privilege to lead our great school and partner with you as parents as we do our best to develop our young men and women, our future.

Yours in Christ,

Mrs. Karen Regan
Head of School

Admissions and Advancement – Dr. Cristy McNay

Re-enrollment for 2020-21:

Attention all Junior, Sophomore, and Freshmen families: Invitations to re-enroll for the next school year will arrive in your email in-box no later than February 28, 2020. To secure your student’s spot for the 2020-21 school year, online tuition contracts must be submitted along with the $1000 tuition deposit (or first installment of this deposit) no later than March 31, 2020. Please plan ahead for this payment in March, which can be paid in-full, in two payments (March & April), or in four payments (March, April, May & June). Enrollments received after March 31 will not qualify for the four payment plan.

Warmly,

Dr. Cristy McNay
Director of Admissions and Advancement
(805) 967-1266, ext. 118
cmcnay@bishopdiego.org
JUNIORS: Those planning to apply to 4-year college should consider signing up for College Seminar at Bishop. This application bootcamp is FREE and takes place June 1, 2 and 3 from 9:00am-12:30pm. Only two spots left and then we go to a waiting list. RSVP to rcarpenter@bishopdiego.org.

SCHOLARSHIP FOR JUNIORS: The Cameron Impact Scholarship is a merit-based undergraduate scholarship for incomparable individuals who have the ability to make real, tangible contributions to their families, friends, and the greater society.

- Merit-based
- 10-15 scholarships awarded per annum
- Four-year, full tuition scholarship (actual dollar amount varies based upon school selection)
- Freedom in choice of school and area of study

ELIGIBILITY REQUIREMENTS

- Accepting applications for the Class of 2021;
- have a cumulative unweighted GPA of 3.7;
- excel in extracurricular activities;
- exhibit strong leadership qualities;
- demonstrate active participation in community service;
- be a citizen of the United States.

DEADLINES

Early Applicant Deadline – May 22, 2020
Regular Applicant Deadline – September 11, 2020

*Why apply early?*

They select a total of 100 Finalists and these slots are filled first with the early applicants, so the remainder after that round is allocated to the regular round – generally a much larger pool of applicants (ie. The odds of receiving a Finalist interview are much higher in the Early Round)
They will only accept a total of 3,000 applications, so there is no guarantee that the applications will still be accepted if one waits until the Final Deadline. (They will make a note on their website if they have reached their maximum).

More information at: https://www.bryancameroneducationfoundation.org/cameron-impact-scholarship/selection-criteria-eligibility

**SAT/ACT BOOTCAMP:** To help students who are preparing to take the SAT or ACT exam this spring/summer, Bishop is offering a weekend bootcamp in collaboration with Tutors Across America. The camp will be at Bishop on Friday, March 27 from 4:00pm-8:30pm, Saturday, March 28 from 9:00am-6:00pm and Sunday, March 29 from 9:00am-6:00pm. The cost of this program is $299.00. The registration deadline is Friday, March 20. Register at: http://TutorsAcrossAmerica.com/ACTcourse. Scroll down to Weekend Bootcamp at Bishop Diego High School and enroll as directed.

**COLLEGE VISIT OPPORTUNITY:** Swarthmore College offers an all-expenses-paid visit to their campus. Participants get a taste of the college experience, including the opportunity to meet current students, learn from faculty members, eat in their dining hall, and spend a few nights in their residence halls with student hosts.

Discover Swarthmore is open to all rising high school seniors. The selection committee prioritizes applications from students with the following characteristics:

- Underrepresented students (African-American, Asian-American, Hispanic/Latino/a, Middle Eastern and North African, and Native and Indigenous American)
- First generation in their family to attend college
- Low-income students (Pell-eligible, free/reduced lunch, etc.), and students who might not otherwise be able to afford a trip to campus
- **Rural and small town students**
- **Undocumented and DACA-eligible students**

Additionally, they invite applications from any rising senior (U.S. citizens, Permanent Residents, and undocumented/DACA students attending school in the United States) who is interested in attending, regardless of demographic or economic background. Swarthmore
supports all forms of diversity, including—but not limited to—ideological, geographic, and religious diversity.

**Juniors with a** 3.8 GPA or higher may request a nomination for this program by contacting Mrs. Carpenter no later than April 1.

**SENIORS:** Those planning to attend SBCC in the fall are required to participate in the SBCC Orientation planned for **February 20 from 1:45pm-4:00pm** in Room 202. Additionally, SBCC requires participation in Registration & Course Selection planning on **Thursday, April 9 from 2:00pm-3:30pm** in Room 202.

**SCHOLARSHIP FOR SENIORS:** The Freestone Future Leaders scholarship is open to all graduating high school seniors and current undergraduate college students enrolled full-time in an accredited two or four-year technical college or university. Each year, five students will be awarded with a $5,000 tuition reimbursement, totaling $100,000 in financial support for 20 students over four years.

**Who Should Apply:** They encourage all high school seniors or current undergraduates who are involved in meaningful extracurricular activities, demonstrate a commitment to improving their communities, and who possess an entrepreneurial spirit to apply.

- **April 1, 2020** – Application deadline

**How to Apply**

Please see the full list of instructions and rules on their website’s scholarship page: ([https://www.freestonecapital.com/freestone-future-leaders-scholarship](https://www.freestonecapital.com/freestone-future-leaders-scholarship))

Rya Carpenter  
Director of Counseling and Student Services  
College Counselor  
(805) 967-1266, ext. 104  
rcarpenter@bishopdiego.org
PERSEVERANCE: The light shines in the darkness and the darkness has not overcome it. ~John 1:5

The senior girls are looking forward to a special lunch with their mothers this Thursday, February 13th from 11:10-12:10. Can't wait!

Mothers of senior boys are invited to dine together on Thursday, February 20th from 11:10-12:10 at school in the Mission Center. It promises to be a wonderful time!

Senior dads, we haven't forgotten about you!! You will gather with your senior students on Thursday February 27th also from 11:10-12:10 here at school. Good times!

We will hold an Ash Wednesday Prayer Service on Wednesday, February 26th at 12:30 in the gym. Parents are welcome as always!

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

Winter sports banquet will be held on, Sunday, March 15, 2020 at 5:30 pm. More details to follow.

Athletic Contests Week of February 10-15

Monday February 10
Boys Soccer @ CIF W/C Playoff TBD
Wednesday February 12
Boys Basketball CIF 1st Rd Playoff TBD
Boys Soccer @ CIF 1st Rd Playoff TBD

Thursday February 13
Girls Basketball CIF 1st Rd Playoffs TBD

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

Dean of Students – Ms. Stacey Carr

Plagiarism, Cheating and Intellectual Property Use

Fortunately, we have very few incidents here at Bishop regarding students making poor choices when it comes to academic integrity or cheating. However, we sometimes encounter situations where students seem uncertain as to what constitutes cheating, particularly in our technological world where access to information, resources, papers, and, yes, test answers, are often right at hand. We also know that whether as a result of pressure, laziness, or even forgetfulness, there is sometimes the temptation to look for the proverbial “short cut” to completing homework or studying to improve assessment performance. If you suspect your child might be tempted to succumb to that temptation, or perhaps you have heard from a teacher regarding their concern, you might find the information below helpful and you may wish to review it with your son or daughter.

In general, BDHS defines integrity of cheating as using someone else’s words, work, test answers, and/or ideas and claiming them as your own.

Examples of Cheating
Below are some common examples of what constitutes breaches of academic integrity:

- Hiring someone to write a paper, buying a paper or downloading a paper from an online service or the internet
• Not properly citing the words, pictures, or other forms of communication in a research project or paper thereby giving the impression they are the “original” work of the student
• Rewording someone else’s words (paraphrasing) but not giving them credit for their ideas
• Copying another student’s homework (or working together with another student to complete the work when it is to be individually done)
• Not participating in with a class project and yet taking credit for the assignment
• Having a family member (sibling or parent) or fellow student complete an assignment
• Looking at another’s test or sharing what is on a test with students also taking that test (including copying any portion of the test or answers)
• Pressuring another student to provide answers
• Using and/or submitting an assignment completed by another sibling or friend

Example of How Students Get Caught
• Teachers and media specialists can simply plug a phrase from a student’s work into a search engine and find where the in cyberspace the student “scammed” an idea or paper
• Teachers find out from each other when students turn in work in one class that their friends have turned in for another teacher’s class
• Work that was turned in by a friend or relative years before can still be recognized by teachers
• When a teacher grades a set of tests, lab reports, essays, or papers, they will remember what students have written
• Inconsistency in a student’s answers or grades based on performance, study habits, or attitude which leads the teacher to conduct a closer examination of the work
• Use of multiple versions of a test by teachers where a student’s answers are inconsistent with version student is taking
• Inappropriate use of an electronic device during an assessment

School Response to Academic Integrity Issues
The school policy of potential consequences for integrity issues is set forth in the Parent Student Handbook and typically involves the following steps:

An initial incident will result in the teacher meeting with the student to review the situation and an email to the parent(s) to alert them. The teacher has discretion to determine what credit,
if any, is to be given for original work. The Dean is copied on these communications, will typically meet with the teacher, and then meet face to face with the student to review the situation. We want to make sure the student understands the school policy and expectations and, further, is aware of potentially serious consequences (academic and in life etc.) from such incidents. We also try to caution students as to activities to avoid and try and help them identify strategies to cope with the common “causes” that might lead someone to consider the “short cut” – strategies such as improved organization, use of study hall to meet with teachers to go over confusing topics, planning ahead etc.

A second incident of academic integrity at any time during the student’s remaining time at BDHS makes the student liable for suspension or other consequence – academic and discipline contract, for example, with loss of privileges. The procedure outlined above is followed in terms of notification to parents and the Dean and, in addition, a meeting with the parent, typically attended by the Head of School and/or Director of Curriculum will be required to discuss the matter and the potential suspension. If suspension occurs, this may be recorded on the student’s academic record. Resumption at Bishop will likely require a Discipline and/or Academic Contract.

A third incident of academic integrity makes the student liable for dismissal from the school. Parents will be notified and the Head of School and/or Director of Curriculum will be involved in the dismissal meeting and decision.

Again, we are fortunate to have students who have such high character, care about their individual achievement, and understand of being evaluated on their own merit! And, when the rare incident occurs, our students, teachers and parents work together to help the student learn from their mistake and move forward to ensure there are no further incidents.

Community Service Information
Deadline to submit hours for the 2019-2020 school year is April 22, 2020.

New forms service forms are available online
Check the website for additional opportunities and new service locations.

Teens on the Scene.....

TOTS will be helping out at PATH again on Sunday Feb 23rd 1:00 - 4:00pm. 816 Cacique Street, Santa Barbara, CA 93103. More information about PATH can be found here:
https://www.epath.org/regions/santa-barbara-central-coast/

Habitat Restoration Volunteers - Santa Barbara County Trails Council

The Trails Council builds and maintains miles of trails in Santa Barbara County. Maintenance and rehabilitation of the trails is an ongoing process. In order to protect the trail infrastructure and related resources, volunteers are needed to provide labor. In return, volunteers learn about land stewardship and resource conservation while giving back to the trails they enjoy. The act of paying forward or paying back helps to improve the experience of trail access to our wild and scenic treasures. If you want to join the next native plant saving weed pulling event please visit the web site and send a note expressing your interest in being notified: Volunteers are needed and appreciated.
https://sbtrails.org/volunteer/habitat-restoration/

In life, you don’t get what you want, you get what you deserve and earn.

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

Upcoming Bishop Events Calendar

2/9
Sunday Obligation
Rotation 7

2/12
BISHOP PLUS 1,2,4,3
2/13
**BISHOP PLUS 7,5,6**
Senior Mother/Daughter Luncheon

2/14
No School – Presidents’ Day Weekend

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**Bishop Events Looking Ahead ...**

2/17
No School - Presidents’ Day

2/20
Senior Mother/Son Luncheon
Senior Application Workshop

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

3/11
Senior Retreat

3/12
Senior Retreat

3/15
Winter Sports Banquet
3/18
PCPA Theaterfest “Julius Ceasar” (H English 9 and AP Eng. Lit.)
Returning Students’ Registration Due

3/23
Spring Fever Week

3/27
Senior Parent Mass
3:30 pm – SAT/ACT Bootcamp

3/28
3:30 pm – SAT/ACT Bootcamp

3/29
6:30 pm – SAT/ACT Bootcamp

3/31
New Student Enrollment Due

4/1
Evening of Excellence

4/6
7:45 am – STEAM Society Group Meeting

4/7
Extended Lunch
Stations of the Cross

4/10
Good Friday – No School

4/12
Easter Sunday

4/13 – 4/17: Easter Break

4/20
School Resumes

5/1
No School – Golf Tournament

5/4
7:45 am - STEAM Society Group Meeting