Dear Bishop Community,

This week we begin the liturgical season of Lent as we celebrate Ash Wednesday. Having worked at the elementary and junior high school level for much of my career, I fondly recall talking with the students about what they were “giving up” for Lent. Some talked about how hard it would be to give up sweets or video games, while others joked that they wish they could give up vegetables! I have a feeling our high school students may share in these same sentiments!

While we spend a majority of our time during Lent talking about giving up things, fasting is just one of the three pillars of Lent. The other two pillars are almsgiving and prayer. I encourage you to take some time as a family to discuss how to give during this Lenten season as well. A powerful way to couple almsgiving with fasting is to set aside what you would have spent on desserts, soda, etc. and donate that amount after discussing as a family a meaningful cause or charity.

Thirdly, during Lent we are called to renew our prayer life. Since life is busy, prayer has to be a choice we make each day. One great way to incorporate prayer into our daily lives is to subscribe to a daily devotional or reflection. There are many great, free resources out there. I have included two links, one from Word on Fire by our regional bishop, Bishop Robert Barron (http://www.lentreflections.com/) and another by Dynamic Catholic (dynamiccatholic.com/bestlentever/).

Why do we do all of this during Lent? One reason is to separate ourselves from the material world to focus on our inner spiritual lives. St. Augustine said that fasting and almsgiving are the “two wings of prayer.” May we be lifted up as we prepare our inner lives for Christ’s resurrection at Easter.
Please join us on Wednesday at 1:30 PM for our Ash Wednesday prayer service in the main gym.

In Christ,

Mrs. Karen Regan
Head of School

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Re-enrollment for 2019/20

Re-enrollment information has been sent to the parent email address(es) on-file. If you have not received this information or have updated your email address, please contact the Admissions Office right away. All families must complete the online re-enrollment process by March 29, 2019.

Save the Date for Bishop’s Annual Golf Tournament – May 3, 2019!

The golf tournament sells out every year so be sure to reserve your spot early!

Sponsorships are available and include some incredible perks! Contact the Advancement Office for more details!

Warmly,

Cristy McNay, Ed.D
Director of Admissions and Advancement
(805) 967-1266, ext. 118
cmcnay@bishopdiego.org
Upcoming events with our STEAM Program:

Monday, March 4 - March STEAM group meeting - Juniors are sharing their presentations on recent innovations in the STEAM fields.

Seniors, don't forget to get started on your senior STEAM projects. You need to select a project and discuss your idea with me by Friday, March 8th.

Field trips:

2. Saturday, March 9th from 3-4:15 - The California Los Padres section of the ACS is sponsoring a lecture on defense technology modernization by Colonel Francisco J. Leija. Colonel Leija is currently a senior advisor to the Deputy Commanding General of the newest Army four-star command: Army Futures Command in Austin, Texas. Here is a link to the information. https://www.lospadresacs.org/2019-pi-day-lecture-defense-technology-modernization/?utm_source=CALPACS+Announcement&utm_campaign=1c6437d18b-EMAIL_CAMPAIGN_2019_02_21_06_02&utm_medium=email&utm_term=0_8c0cf8e0cc-1c6437d18b-112872133 Please let me know if you and/or a parent would like to attend this lecture as I need to RSVP with the number of people joining me. I will not be able to provide transportation but I plan on attending the talk.

Thursday, March 14th Pi day - students are encouraged to bake or bring in pies for our annual STEAM pi sale. Sign up on the google classroom or see Mrs. Adam for more information.

In Astronomy:

Thursday, March 7th, Edward Peter Jacobus (Ed) van den Heuvel (born 2 November 1940 in Soest) a Dutch astronomer and emeritus professor at the Astronomical Institute Anton Pannekoek of the University of Amsterdam will be speaking to Astronomy students in Mr. Bennett’s class about black holes.

Happenings in religion:
March 6th we will have our Ash Wednesday service. Everyone is welcome to attend.
To accommodate the service we will be switching the Bishop Plus days. The schedule for
Wednesday and Thursday, March 6th and 7th will be as follows:

3/6, Wednesday:  **BISHOP PLUS 6, 7, 5**

1:30 – 2:15 - Ash Wednesday Service
School ends – 2:15 pm

3/7, Thursday:  **BISHOP PLUS 1, 2, 3, 4**

School ends 3:05 pm

Coming up:
Seniors will have their exit interviews on Thursday, April 11th from 1:45 pm to
approximately 2:30 pm. The senior exits interviews, a requirement, give our seniors a chance
to express how they have grown these last four years in the core value areas. They also have
the opportunity to give the faculty feed back on their experience at Bishop. Anyone who
misses the interview due to absence from school or a sports competition will have their
interview at a future date with Mr. Flanagan and Ms. Carr.

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

**Counseling Services – Mrs. Rya Carpenter**

**Grades:** Most students have been doing well this semester, but there are a few who
need to get back to some serious studying. We previously sent out progress letters to parents
of students with a D or F grade, which can impact co-curricular activities. If you received a
letter, please feel free to contact teachers with questions you may have about your student’s
academic difficulties. Our data shows that students who attend office hours with their teachers
have been able to significantly improve their grades. Please encourage your student to attend
office hours offered every morning 7:50am-8:15am. Quarter 3 ends March 8th marking the
mid-semester grading period.
Students with Fs on their transcript will need to make a plan for retaking courses, and students with Ds on their transcript will need to make a plan for four-year college eligibility. Two main options for making up courses include college courses and online high school programs. BEFORE signing up for a class, students must get their course approved by Ms. Anderson, via Academic Petition, in order to ensure the course has been approved by UC/CSU for meeting admission requirements, and our BDHS graduation requirements.

Schedules 2019-2020: It's time to begin thinking about the next school year and what courses your student will take. Students will be given their Course Selection Form on March 7th. Encourage your student to continue with a language other than English, or to take that next challenging math or science class. Colleges like to see students push themselves academically, and go BEYOND the minimum college entrance requirements. An “easy” schedule with few solid academic classes does not impress a college admission officer. If you or your student have any questions about the courses that have been recommended for them, please contact their current teacher in the specific subject area for more information.

Be certain to register on time for the 2019-2020 school year and have your student return the Course Selection Form to Ms. Anderson when she is scheduled to meet with students during Theology class. Priority course placement will be given to students based on date of paid registration for the 2019-2020 school year.

Ms. Anderson will meet with students to discuss individual course schedules as follows:
· March 11 & 12 – Juniors
· March 12, 13 & 14 – Sophomores
· March 13 & 15 – Freshmen

FINANCIAL AID – The college financial aid information session for 7th-11th grade parents that is planned for March 14 will not be taking place in the Library. Please RSVP to lgonzalez@bishopdiego.org for this event, and once the location is solidified, we will email you a confirmation.

SCHOLARSHIP ESSAY CONTEST - The Harvard Undergraduate Economics Association (HUEA), in collaboration with the Harvard Economics Review (HER), is delighted to announce the annual International Essay Competition. It is open to students ages 15 to 18
or in high/senior school (Grades 9 to 12, or Years 10 to 13). It is a fantastic opportunity to demonstrate an accomplished level of writing as well as to establish a well-argued essay. These skills are highly attractive on undergraduate applications to universities in the USA and UK.

Four questions have been posted on the HUEA website. The deadline for submitting the essay will be 11:59pm EST April 30th, 2019. There will be $1300 worth of prizes to be won, with further non-monetary awards available. Further details about the competition are available at their website here. The essays will be judged by the boards of the HUEA and HER, with the top 15 submissions adjudicated by esteemed Harvard economics professor and 2016 Nobel Prize Winner, Oliver Hart.

SUMMER EMPLOYMENT - This summer, UCSB Recreation is looking to hire 12 to 15 high school students to join their team of water safety professionals. Here are some of the perks:

- Flexible schedules
- Competitive wages
- On going paid training
- Work outside

If interested, please contact:
 Rick Van Hoorn
 Manager
 UCSB Aquatics Programs
 805-451-5061

COLLEGE EXPLORATION: Interested in learning more about studying in Northern England? If so, join this webinar: https://www.eventbrite.co.uk/e/study-uk-is-northern-england-the-perfect-match-registration-55576771620

The University of Rochester offers microscholarships through raise.me Visit: raise.me/join/Rochester to see how students can earn $340 for each A in a course, $380 for each leadership position, $500 for each honors course and $1,000 for each AP.
The University also offers exciting summer enrichment programs, like:

- Explorations in Pathology
- Mini Medical School
- Hajim Engineering
- Business Bootcamp
- The Art of a Short Film

Enrollment.rochester.edu/precollege

**SAT SUBJECT TESTS** are important for students looking at exceptionally competitive colleges and for selective majors at schools, like the University of California. Revolution Prep has created a 14-page guide and video on this topic.

The guide includes:

- Detailed information on the content covered in each exam & all eligible official test dates
- Numerous tips for taking each test, including strategic guessing techniques, what questions to answer first, etc.
- Videos covering instruction on how to prepare for the most popular SAT Subject Tests, including sample questions
- 10% off coupon for all your SAT Subject Test prep needs

If you're interested in this guide, please visit https://www.revolutionprep.com/partners/1327/.

I have also created a brief video about the SAT, ACT and SAT Subject Tests for ease of reference: http://bdhsmultimedia.org/videos.html. The video title is “College Entrance Exams”.

**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, April 5 from 4:00pm-8:30pm, Saturday, April 6 from 9:00am-6:00pm and Sunday, April 7 from 9:00am-6:00pm. The cost of this program is $299.00. The registration deadline is Friday, March 22. Register at: https://tutorsacrossamerica.com/actcourse/ - Scroll toward the bottom of the page to register for Bishop’s camp.
SENIORS: Exit Interviews will take place on Thursday, April 11 at 1:45pm. This is a mandatory event, as it is part of our Core Values program and a graduation requirement. Seniors will receive information about this process in their Family Homeroom Class. Please SAVE THE DATE.

Those planning to attend SBCC in the fall are required to participate in the SBCC Registration and Orientation session planned for March 7 at 1:45pm in Room 202. Later, to assist seniors with the next steps for Academic Planning and Signing up for Classes, Bishop will host SBCC in Room 202 on June 5th at 9:00am. RSVP to rcarpenter@bishopdiego.org is required for the event on 6/5.

Please remember to submit the FAFSA (Free Application for Federal Student Aid) by the March 2nd deadline, and ALSO log into your Webgrants Account to make certain everything is in order there: https://mygrantinfo.csac.ca.gov/logon.asp.

Don't forget to apply for scholarships: http://bdhsmultimedia.org/scholarships.html.

EVENT ADVERTISEMENT: Families are invited to watch the film premiere of Unstoppable, featuring professional surfer and inspirational speaker Bethany Hamilton.

Unstoppable is Bethany Hamilton’s complete and untold story that follows her journey from childhood into motherhood — the ups, downs and her powerful resilience against all odds to become one of the leading professional surfers of all time. From chasing her toddler to chasing the biggest waves, Bethany is continually rewriting the rules on being a fearless athlete.

Come out for a great cause and be inspired by Bethany's toughness and determination to charge some of the biggest waves worldwide. The event features a welcome concert, silent auction, marketplace, surfboard raffle, movie premiere, and the opportunity for a meet and greet after-party. Kathy Ireland will be the Master of Ceremonies and will interview Bethany on stage after the film. Here are the details:

Sunday, April 14th @ 2:00 pm
Doors Open at 1:00 pm for welcome concert, marketplace and silent auction
After Party w/ Bethany 4:15-5:15 pm (must purchase VIP ticket)
Arlington Theatre, Santa Barbara
They are offering students the best-priced tickets, at the link below. Tickets can also be purchased in person at the Arlington Box Office, but will not be discounted there.
https://betterunite.com/wonderfullymade-unstoppablemoviepremierewithbethanyhamilton

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

Spiritual Life – Mrs. Jennifer Winnewisser

**RESPECT:** Saint Paul said to the Romans, "Be devoted to one another in love. Honor one another above yourselves."

This week begins the season of Lent, one of the Church's most beautiful times of the year. We will begin the season with an Ash Wednesday prayer service in the gym beginning at 1:35. Parents are always welcome to join us.

Tuesday through Thursday, March 12-14 is the **Senior Retreat**! We are so excited for this special time with the Class of 2019. Please continue to keep the retreat team and the seniors in your prayers as they take some time to pause and reflect on the greater things in life. Senior parents, note that the students received information on what to bring, time to be at school, etc. Thank you for checking in with your student for all the details. Seniors are expected to come to school on Friday, March 15th but they're allowed to miss period 1. They must arrive in time for period 2.

Friday, March 22nd is the **Sophomore Retreat Reunion** right here at school. The Class of 2021 will gather for Mass and enjoy lunch and a few retreat activities in the gym.

Wednesday, March 27th is the **Senior Mother/Son Luncheon** in the Mission Center at school beginning at 11:40. Hoping all moms of senior boys can be there! If not, please encourage your son to invite a grandmother, aunt or other motherly figure or attend the lunch with a senior friend and his mother. Looking forward to this special time!
Friday, March 29th is the **Senior Parent Mass** at 12:00. All senior parents are invited for Mass and are welcome to take their senior off campus for lunch after Mass. Seniors do not have to return to school after enjoying lunch.

Wishing you a prayerful and meaningful Lenten season!

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

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**Athletics – Mr. Dan Peeters**

Winter Sports Banquet:

Below is link to information regarding the sports banquet slated for **March 17th at 5:30 pm** in the main gym.

This year families can log on and purchase tickets. Remember coaches, coaches’ families, and winter student athletes are free!

[https://secure.qgiv.com/for/bwsb/](https://secure.qgiv.com/for/bwsb/) (please type this in or use the link under This Week in… Athletics)

Water Polo interest:

We have gotten a substantial amount of interest in creating a Water polo program. If you have not already reached out to us in regards to playing water polo, please do so by contacting Mr. Peeters at dpeeters@bishopdiego.org.

To get the latest news on Bishop Athletics please follow us on BD Athletics.

Go Cards

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

Monday March 4
JV Baseball @ San Marcos 3:30p EARLY RELEASE 2:00pm

Tuesday March 5
Softball Home vs Hueneme 3:30pm EARLY RELEASE 2:14p
Boys Volleyball @ Carpinteria 5:00p NO EARLY RELEASE

Wednesday March 6
JV Baseball home vs San Marcos 3:30p EARLY RELEASE 2:15p (after Ash Wednesday service)

Thursday March 7
Boys Tennis @ Laguna Blanca 3:00p EARLY RELEASE 2:00p
Track @ Villanova 3:00p EARLY RELEASE 12:45p
Softball @ Hueneme 3:30p EARLY RELEASE 1:00p
Varsity Baseball Home vs Santa Clara 3:30p EARLY RELEASE 2:15p
Boys Volleyball @ Fillmore 6:00pm NO EARLY RELEASE

Friday March 7
JV Baseball Home vs Santa Clara 3:30p EARLY RELEASE 2:14p

Saturday March 8
Varsity Baseball Home vs Granada Hills 11:00a and 2:00p
JV Baseball @ Granada Hills 11:00a and 2:00

Dean of Students – Ms. Stacey Carr

Hay Fever Season as we SPRING Forward

Sunday, March 10 we SPRING forward! We gain more daylight, but we also lose an hour which can be difficult to adjust to the first week. Please be sure your child continues to arrive to school on time! And as always, we recommend students arriving to school at least 15 minutes before the start of school.

Spring also brings hay fever season! A reminder about our medication policy; all hay fever/allergy medications (and other) need to be kept with Mrs. Callow. Please be sure to send the medication in a zip lock bag with your child’s name. Mrs. Callow has medication forms available at the front desk for parents to complete. The student has access to his or her medicine during the day. Also, if your son or daughter exhibits flu-like symptoms, with a fever,
they should not return to school until 24 hours after the fever has subsided. For more details visit page 29 in the PSH.

2019/2020 SCHOOL YEAR DATES TO KNOW:

- Back to School BBQ and fall parent sports meeting: Tuesday, August 20, 2019
- New student Orientation: Wednesday, August 21, 2019
- First day of School: Thursday, August 22, 2019
- Picture Day: Friday, August 30, 2019

As you plan for summer vacations, please keep these important school dates in mind.

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

3/3
Sunday Obligation
Rotation 6

3/4
7:45 am STEAM Society group meeting

3/5
ASB applications available

3/6
Ash Wednesday
BISHOP PLUS 6, 7, 5

3/7
Course Selections for next year
1:45 pm – SBCC Registration for seniors
BISHOP PLUS 1, 2, 3, 4

3/8
End of 3rd quarter
Deadline for Senior STEAM Project selection
3/9
Gala Auction

Bishop Events Looking Ahead ...

3/10
Senior retreat run through

3/12
Senior Retreat

3/13
Senior Retreat

3/14
Senior Retreat
Pi Day

3/15
Senior breakfast

3/17
Winter Sport Banquet

3/20
10:10 am - STEAM Field Trip

3/22
Sophomore retreat reunion

3/27
Senior Mother/Son Luncheon

3/28
SB Scholarship Foundation interviews

3/29
Senior Parent Mass
New Student registration due