



Weekly Newsletter
For the Weeks of September 8, 2019 – September 14, 2019

Dear Bishop Community,

I am filled with pride when I speak with our teachers and feel the passion and excitement they have for teaching our students. Of any of the numerous factors that influence student learning and achievement, it is the teacher that has the greatest impact! During my frequent classroom visits, I am able to assess student engagement, which is directly correlated to teacher preparation, planning, and delivery of content. While we have only been in school for just over two short weeks and folks are still settling into a routine, I am continually impressed with the teaching and learning occurring in our classrooms! We are blessed at Bishop Diego to have an amazingly talented and dedicated group of teachers working with our students on a daily basis and are committed to supporting our teachers' professional growth, not only as individuals but also as a collaborative team. At Bishop Diego, we are working toward one common goal, which is to continually improve teaching and learning.

We have a wonderful opportunity to kick off the year with each other at Back to School Night this coming Thursday, September 12th. I urge you to please make this evening a priority and come and meet your son or daughter's teachers; you'll be glad you did! It is also an opportunity to be able to share with you the exciting advances we are making on our campus, all for the benefit of not only our current Cardinals but future Cardinals as well! Bishop is going places!

On Thursday, parents are welcome to arrive between 6:00-6:30 pm, during which time there will be faculty and staff on hand in the following locations informally addressing the following topics:

Room 202 (Computer Lab): BD Classroom Tutorial for parents (see Tim Flanagan's newsletter)

College and Career Counseling Center: All counseling needs (Academic/College/Personal)

Additionally, our Parent Advisory Board and Cardinal Club will be on hand to provide information about spirit week, sell spirit wear and share opportunities for all to get involved in the BDHS community!

The formal portion of the evening will begin at 6:30 pm in the Main Gym. Please pick up your student's schedule (and a cookie!) in the quad prior to entering the gym. Classroom visits with teachers will begin at 7:15 pm and the evening will conclude by 8:30 pm. The purpose of this portion of Back to School Night is to provide parents an opportunity to experience a "day in the life" of their son or daughter in each class period as well as provide a brief introduction to our teachers. We look forward to seeing you all on Thursday evening!

Yours in Christ,

Mrs. Karen Regan

Head of School

Admissions and Advancement – *Dr. Cristy McNay*

New Parent Social

All parents with a new student in grades 9 – 12 are invited to attend the **New Parent Social** on Tuesday, September 17 from 6:00 – 7:00 pm. Enjoy wine and light hors d'oeuvres in our Quad as you get to know your fellow parents! Please RSVP to Erika Van Wingerden at evanwingerden@bishopdiego.org or ext. 114.

Middle School Multimedia Night & Admissions Information Night

September 24, 2019 @ 5:30 p.m.

If you know someone who is thinking about Bishop Diego, help us spread the word!

During Admissions Information Night, prospective parents will learn more about the admissions process and what makes Bishop Diego High School the only school for their student! Guests are welcome to attend a casual evening in our library to speak with current students,

teachers, and administrators, ask questions, and get to know why Bishop Diego is the best opportunity in Santa Barbara and the surrounding communities!

While parents attend Admissions Information Night, middle school students in grades 6, 7, & 8 are invited to Multimedia Night at Bishop Diego High School! They will experience our state-of-the-art broadcast and sound studios and create something very special to take home that night! Our own BDTV and Sound & Design students will be on hand to show them the ropes and share why BDHS is the only place to be! Space is extremely limited and an RSVP is required. Families can RSVP for both events by submitting an online inquiry at www.bishopdiego.org.

Cardinal Event

Tickets/Family Fundraising Commitment

Raffle tickets were handed out at the Back to School BBQ but if we missed you, your family's tickets will be mailed to the primary address listed for your family.

This year's Cardinal Event is scheduled for Saturday, October 5th and it once again promises to be a wonderful evening of fun, food, and friendship. Casual, sports-themed attire sets the tone and is the perfect way to celebrate our Girls and Boys sports teams at this 21 & over event! We thank you in advance for supporting the Cardinal Club's biggest fundraiser of the year.

As a reminder, each Bishop family has committed to purchasing or selling TWO Cardinal Event tickets, as listed in the financial contract signed at the time of enrollment. The grand prize is \$10,000 with many smaller cash prizes, including a \$500 early bird prize, to be awarded. Tickets are \$150 each and each ticket provides entry for TWO to the event, a delicious BBQ dinner, drinks, and one entry into the raffle. If the tickets are not sold by October 4th, the fundraising commitment for any unsold tickets will be billed through FACTS. All families must participate, so don't miss out on the chance to win \$10,000!

Warmly,

Dr. Cristy McNay
Director of Admissions and Advancement
(805) 967-1266, ext. 118
cmcnay@bishopdiego.org

Curriculum & Instruction – *Mr. Tim Flanagan*

Back-to-School Night

We look forward to seeing all of you at BTSN. Pairing codes for BD Classroom should have been received via e-mail on Friday 9/5. Please see the instructions below for details on how to set up your parent access. An info session on the use of BD Classroom will be held in Room 202 from 6:00-6:30 at BTSN.

STEAM Society

The first STEAM Society group meeting of the year is Monday, September 9th from 7:45-8:15 am in Room 304. All Bishop students with an interest in science, technology, engineering, art, or math are encouraged to join the STEAM Society. The STEAM Society provides opportunities for students to explore the STEAM fields in the world beyond the classroom. This first meeting is mandatory for new and returning STEAM Society members. Dr. Shafer will discuss the STEAM Society and its associated requirements. In addition, Wendy Ibsen from UCSB Center for Science and Engineering Partnerships will talk about 2 UCSB programs for high school students.

Dr. Shafer looks forward to welcoming new and returning students to this first STEAM meeting of the year.

WELCOME TO BD CLASSROOM!

Emails with instructions on how to access student assignments, grades and much more went home on Friday 23, 2019. As mentioned in the email, the school will be sending pairing codes to all parents on Friday, September 6, 2019, after the schedule change period has ended. There are also instructions in the email on how your student may give you a pairing code should you want to access their classes sooner. Please contact Tim Flanagan if you did not receive the email or if you have questions about the process. Most student information will no longer be available in PCR.

Seniors and Senior Parents:

There have been updates made on the Senior Calendar (Important Dates) for the year. Please check out the new due dates, etc. and your Cornerstone Picture Form for the Senior Portrait.

A Senior Packet with all the senior paperwork needed for the school year will be handed out at Back to School Night, September 12th. Along with important information, there are forms that need to be signed and returned by September 20. This will be a night you do not want to miss. See you there.

Welcome back Cardinals!

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

Counseling Services – *Mrs. Rya Carpenter*

COLLEGES VISITING SANTA BARBARA –

Thursday, September 5th at 7:50am

- [California Lutheran University](#)
- College and Career Center
- Open to students and parents

Friday, September 13 at lunch

- [Grand Canyon University](#) in the Quad

Friday, September 20 at 7:50am

- [Westmont](#) in the Library
- [Lehigh University](#) in the College and Career Center

Monday, September 23 at 7:50am

- [Santa Clara University](#) in the College and Career Center
- [University of Miami](#) in the Library
- Open to students and parents

Tuesday, September 24 at 7:50am

- [Princeton University](#)
- College and Career Center
- Open to students and parents

Monday, September 30 at 7:50am

- [Haverford College](#) in the College and Career Center

- Skidmore College in the Library
 - Open to students and parents
- Monday, September 30 at lunch
- Trinity University in the Quad

Duke, Georgetown, Harvard, UPenn and Stanford will host an information session for students and parents on Thursday, September 19 from 7:00pm-9:00pm at the Hilton Garden Inn, Goleta. To RSVP, visit: https://uapply.georgetown.edu/register/SantaBarbaraECO2019#_ga=2.253713423.725673256.1566848877-2128153782.1566848877

Tufts University will host an information session on the topic of “Breaking Down Highly Selective Admissions”: Sunday, September 22 at 1:30pm; Hilton Los Angeles. RSVP at: <https://admissions.tufts.edu/visit/in-your-area>.

SCHEDULES - The deadline to request a schedule change with Ms. Anderson is Thursday, September 5 at 3:30pm.

AP EXAMS - This ONLY applies to students who are taking courses with AP in the title, which stands for Advanced Placement. If a student has an AP Course in their schedule, students must commit to taking the AP Exam no later than September 26. On this date, students in AP Courses will be invoiced by Bishop, \$120.00 for each AP exam. Final payment for these exams will be due no later than October 17. If you have questions, please contact rcarpenter@bishopdiego.org.

TEST PREP – The deadline to register for the fall SAT/ACT bootcamp is September 13. Those interested in taking the SAT or ACT this semester may wish to register for the fall Bootcamp. The cost is \$299.00 and the class will take place September 20-22. The 20th is a practice exam, which students are welcome to take at home if they will be at the football game that evening. This bootcamp is an excellent option for seniors looking to boost their score before going into the October, November or December exams. Juniors who think they have a chance to score in the top tier on the PSAT may wish to consider this fall bootcamp as well. Register at: <http://tutorsacrossamerica.com/ACTcourse>.

CSF/NHS Applications – Due no later than Friday, September 5 at 3:30pm

For instructions on how to apply for CSF and NHS, please watch this short video: <https://bgdhs.instructuremedia.com/embed/73afc722-493b-4326-af6d-da985089735b>

About CSF and NHS:

Open to Sophomores, Juniors and Seniors: The National Honor Society (NHS) is the nation's premier organization established to recognize outstanding high school students. More than just an honor roll, NHS serves to recognize students who have demonstrated excellence in the areas of Scholarship, Leadership, Service, and Character. Membership in NHS requires a minimum cumulative 3.75 GPA each semester. A student will be notified if he/she has dropped below the minimum GPA and a warning will be given. Additionally, students are expected to continue achievement in Leadership, Service, and Character. If a student shows behavior or actions that go against the quality of the areas of Leadership, Service, and Character he/she may lose recognition of membership. Students involved with NHS are honored at the Bishop graduation ceremony. Plus, membership may be attractive in the college admissions process.

Each semester, NHS students are required to fulfill 2 hours of Bishop Peer-Tutoring. Hours can be counted toward students' Christian Service Hours and are to be signed-off by Ms. Anderson. Students in grades 10-12 with at least a 3.75 GPA are invited to complete an application, which is available on the BD Counseling Website in Canvas. Students must renew membership each semester.

Open to Sophomores, Juniors and Seniors: The California Scholarship Federation (CSF) emphasizes high standards of scholarship and community service for California high school students. Founded in 1921, the CSF is the oldest scholarship institution in the state of California. There are two types of membership in CSF. The first CSF membership is the highest honor which is the most selective membership type. Students with the highest honor membership have earned six semesters of membership in CSF. To participate in the California Scholarship Federation (CSF), students are required to apply each semester to continue enrollment. Students in grades 10-12 with at least a 3.5 GPA are invited to complete an application, which is available on the BD Counseling Website in Canvas.

Free College Application Webinars:

September 12, 5:00 PM PDT: [How to Make Your Common App a Lot Less Common](https://www.eventbrite.com/e/how-to-make-your-common-app-a-lot-less-common-webinar-tickets-70347458141) (<https://www.eventbrite.com/e/how-to-make-your-common-app-a-lot-less-common-webinar-tickets-70347458141>)

September 24, 5:00 PM PDT: [The Art of the Supplemental Essay](https://www.eventbrite.com/e/the-art-of-the-supplemental-essay-webinar-tickets-70378186049) (<https://www.eventbrite.com/e/the-art-of-the-supplemental-essay-webinar-tickets-70378186049>)

October 8, 5:00 PM PDT: [College Admissions: State of the Union](https://www.eventbrite.com/e/college-admissions-state-of-the-union-webinar-tickets-70378619345) (<https://www.eventbrite.com/e/college-admissions-state-of-the-union-webinar-tickets-70378619345>)

October 22, 5:00 PM PDT: [Acing Your University of California App](https://www.eventbrite.com/e/acing-your-university-of-california-app-webinar-tickets-70378886143) (<https://www.eventbrite.com/e/acing-your-university-of-california-app-webinar-tickets-70378886143>)

November 5, 5:00 PM PST: [Full STEAM Ahead: Selecting Your Major \(And Getting In!\)](https://www.eventbrite.com/e/full-steam-ahead-selecting-your-major-and-getting-in-webinar-tickets-70378950335) (<https://www.eventbrite.com/e/full-steam-ahead-selecting-your-major-and-getting-in-webinar-tickets-70378950335>)

Scholarship Application for SENIORS:

The 2020 MVS application is now open. Applications can be found online at enf.elks.org/MVS. The application deadline is November 5th.

The Elks National Foundation (ENF) awards 500 four-year scholarships based on scholarship, leadership, and financial need. National awards range from \$1,000 per year to \$12,500 per year. The national awards are announced in April 2020.

MVS scholarships are for students pursuing a four-year degree on a full-time basis (minimum of 12 semester hours), at a U.S. college or university. Eligible applicants include:

- Current high school seniors (or equivalent) who are citizens of the United States.
- Applicants do not have to be related to a member of the Elks, nor do they have to have an affiliation with Santa Barbara Lodge #613.

Complete details can be found at enf.elks.org/MVS.

Legacy Awards – The Legacy Awards program begins on September 1st. Legacy Awards provide \$4,000 scholarships for children and grandchildren of dues-paying Elk members. The ENF offers a total of 300 national awards. Like the MVS contest, the Legacy Awards application is

entirely online. The application deadline is January 31, 2020 at 11:59 a.m., Central Time. Please visit <https://www.elks.org/scholars/scholarships/Legacy.cfm> for more details and the application link.

2020 Prudential Spirit of Community Awards recognize students in middle and high school who have made meaningful contributions to their communities through volunteer service.

Any student may apply if:

- In grade 5-12 and a legal resident of one of the 50 states or District of Columbia
- Has engaged in a volunteer activity that occurred at least in part after September 1, 2018
- Completes an application and submits to Mrs. Carpenter by November 5, 2019.
- Apply at spirit.prudential.com or nassp.org/spirit

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

Spiritual Life – *Mrs. Jennifer Winnewisser*

COMPASSION: If you want others to be happy, practice compassion. If you want to be happy, practice compassion. ~Dalai Lama

What a joy to be witnesses to the faith of two fine young men at Mass this past Friday! Congratulations to Luke Knightley and Jackson Haskell on receiving the sacraments of Baptism and Holy Communion. We are so proud of you and we pray that your journeys with Christ are filled with the joy of knowing Him during all aspects of your life.

Sophomore Retreat - Tuesday, September 17th from 9-3. Thank you to sophomore parents for already responding so generously with donations of food and help on the retreat day! More information will be going out soon to the Class of 2022.

Junior Retreat - Thursday, September 26th thru Friday, September 27th. The Class of 2021 will depart Bishop by bus (some cars) on the 26th right after lunch and return the next day by 3pm. Thank you also for already stepping up with snacks and other necessities for this special time for our juniors.

Mark your calendars for Friday, October 4th, the Feast of St. Francis of Assisi. All are welcome to bring their pets on this day for a special **Blessing of the Animals** celebration. More information to come!

Have a blessed week!

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

Athletics – Mr. Mike Cano

Displaying Good Sportsmanship and Challenges in Today's Athletics
<https://www.nfhs.org/articles/the-nfhs-voice-parents-adult-fans-biggest-challenge-today/>

Go Cardinals!

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

Athletic Contests Week of September 9-14

Tuesday September 10

Girls Volleyball @ Carpinteria Frosh/Soph 4:00p, JV 5:00p, Varsity 6:00p

Thursday September 12

Girls Volleyball Home vs Providence Varsity Only 4:00p

Friday September 13

Football vs Nipomo @ Mission Prep High San Luis Obispo JV 5:00, Varsity 7:30p

Cross Country Home vs Providence Obern Trail 4:00p

Dean of Students – *Ms. Stacey Carr*

Vaping:

Sadly, vaping is all the rage especially with teens. It's reported fewer teenagers are smoking traditional cigarettes, and choosing to vape. One in four high school students are vaping with products such as e-cigarettes, e-cigars, vape pens, or Juuls.

Most teenagers will say the flavors make this habit appealing. The commercials and radio ads describe the tasty flavors of Popsicles, Smurf Cake/Blueberry Cheesecake, Rainbow Crunch/Fruit Cereal and Circus Bear/Strawberry Banana Custard are delicious to young teenagers and with less calories than if they enjoyed a slice of blueberry cheesecake.

According to many teens, "It doesn't contain any nicotine at all so it's completely safe."

Below are some recent stories regarding the dangers of vaping. Dentists are also recognizing physical changes to the teeth, gum tissue and coloring of teeth. This also includes teenagers who have braces. Over time the chemical(s) with the metal braces will cause damage to the teeth; the metal could easily break without warning causing damage to the mouth.

The Mysterious Vaping Illness That's 'Becoming an Epidemic'

A surge of severe lung ailments has baffled doctors and public health experts.

<https://www.nytimes.com/2019/08/31/health/vaping-marijuana-ecigarettes-sickness.html?smid=fb-nytimes&smtyp=cur>



An X-ray of a patient with a vaping habit, showing lung damage — densities or whitish cloud-like areas typically associated with some pneumonias, fluid in the lungs or inflammation. Intermountain Healthcare

E-Cigarette Exploded in a Teenager’s Mouth, Damaging His Jaw - The New York Times
<https://www.nytimes.com/2019/06/19/health/ecigarettes-explosion.html>

Vaping caused lung damage in eight teens from southeastern Wisconsin hospitalized over the last month, doctors’ suspect - CBS News
<https://www.cbsnews.com/news/vaping-lung-damage-eight-teens-southeastern-wisconsin-hospitalized-over-the-last-month-doctors/>

BDHS Cardinal Reminders.....

Cardinal Time Moderators for the Class of 2023

- Mr. Aijian
- Mr. Ibarra
- Ms. Pool
- Mrs. Sodusta
- Mrs. Winnewisser

Cardinal Time Moderators for the Class of 2022

- Mr. Eggman
- Mrs. Cortina
- Dr. Anderson-Cain
- Mrs. Schroeder
- Ms. Combs

Cardinal Time Moderators for the Class of 2021

- Mr. Stevens
- Ms. Harris
- Mrs. Adam
- Dr. Shafer
- Mrs. Lalumandiere

Cardinal Time Moderators for the Class of 2020

- Mr. Levoff
- Ms. Thorstad
- Mrs. Williams
- Mrs. Hapeman
- Mrs. Raimondi

School Parking Lot:

If you are dropping off your son/daughter please pull to the curb, not the middle of the road, this will help the traffic flow. Keep in mind, first period tardies are unexcused. Students need to be at school in class by 8:20am. **It's highly recommended students arrive by 8:00am** to ensure enough time for your son and/or daughter to get their academic materials from their locker and to lock up with athletic gear in the locker room.

Medication and Cold Season:

With the start of the new school year and the upcoming cold season students may need medications during the school day. A reminder all medications (even for a cold) need to be given to Mrs. Callow in the front office with a note from the parent and/or Doctor. Medications should not be with the student. The student has access to his or her medicine during the day. Also, if your student exhibits flu-like symptoms, with a fever, they should not return to school until 24 hours after the fever has subsided.

Talent will get you in the door, but character will keep you in the room

Best,

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

Upcoming Bishop Events Calendar

9/8
Sunday Obligation
Rotation 5

9/9
Welcome Week
Transfer Student Lunch

9/10
Welcome Week

9/11

BISHOP PLUS 1,2,3,4

Welcome Week

Memorial Service During School

9/12

BISHOP PLUS 5,6,7

Welcome Week

6:00 pm – Back to School Night

9/13

Welcome Week

Mass Schedule for Lip Syncs

Football Game (Away vs. Nipomo)

9/14

Welcome Dance

Bishop Events Looking Ahead ...

9/17

Sophomore Retreat

6:00 pm New Parent Social

9/19

5:30 pm – Costa Rica Parent Meeting

9/20

Senior Packet Forms Due

Football Game (Home vs. Chicago Hope)

4:00 pm - 8:30 pm: SAT/ACT Bootcamp

9/21

9:00 am – 6:00 pm: SAT/ACT Bootcamp

9/22

9:00 am – 6:00 pm: SAT/ACT Bootcamp

9/24

5:30 - Admissions Information Night

5:30 pm – Middle School Movie Night

9/26

Junior Retreat

3:00 pm – AP Exam Ordering Deadline

9/27

Junior Retreat

Bye Week (No Game)

10/1

Senior Portraits

Admission applications Open Online

10/2

5:00 pm – FAFSA Workshop

5:30 pm – New Parent Social

6:30 pm - Senior Parent College Information Night

10/4

Assembly Bell

Blessing of the Animals

FB Game (Away vs. Grace Brethren)

10/5

6:00 pm – Cardinal Event

10/9

Senior Cap and Gown Measuring

10/11

Extended Lunch

FB Game (home vs. Camarillo)

10/16

8:20 am - Freshman College & Career Experience

8:20 am - PSAT Exam

8:30 am – Senior Kayaking Adventure at the Santa Barbara Harbor

10/18

End of Quarter 1

FB Game (Home vs. Paraclete)

10/22

8:00 am – Cal-SOAP College Tour

10/25

All School Picture Retakes

FB Game (Away vs. Moorpark)

10/28

Spirit Week