Dear Cardinal Community,

Indeed, it was a great week to be a Cardinal! I would like to thank all the individuals who helped make Spirit Week 2018 a huge success for our students and our school! Our ASB Moderator, Mr. Mike Cano, and his ASB class leaders went above and beyond in their organization and execution of the activities for the week. We thank all our classroom parent representatives and teacher moderators at every grade level for their support, guidance, and many hours spent building props, supplying materials, making food, and cheering our students on! Spirit Week at Bishop Diego is truly the result of a team effort! A special thank you to Juan Diaz for preparing a delicious taco lunch for all on Friday afternoon and to all those who helped serve the students, and oversaw the lunchtime “inflatable” fun! We thank all our sophomore class parents who helped with the homecoming court set up at SBCC on Saturday night as well as those of you who are decorating, serving as chaperones, or cleaning up for the homecoming dance tonight. Our community is blessed to have you; it is our students who directly reap the rewards of your active involvement!

And lastly, I thank our STUDENTS! Their enthusiastic participation in Spirit Week 2018 was contagious! Our ASB student leaders took this opportunity to lead their classes in building school spirit and Cardinal pride through decorating the quad, designing class t-shirts, choreographing skits, and some even creating keepsakes for the week. The freshman keepsake sitting on my desk sums up the week; the students collected and designed hand-painted rocks for every member of the class that read “Class of 2022 will Rock You.” I commented to a colleague about how impressed I am with the leadership of our ASB students and all those who took an active role in this year’s spirit week. We both
agreed that the level of involvement, student initiative, creativity, and leadership affirm why coming to work at Bishop Diego each and every day is an absolute privilege. With so many opportunities to soar, the sky is the limit for our Bishop Diego Cardinals!

In closing, I reflect on a quote from St. Francis of Assisi as we celebrate his feast day this week. “Remember that when you leave this earth, you can take with you nothing that you have received--only what you have given.” To each and every one of you who give so much of yourself to help make Bishop Garcia Diego High School what it is, I thank you.

Yours in Christ,

Mrs. Karen Regan
Head of School

Please Notice an Important Change for Bishop starting Tuesday!

BIG NEWS!

Beginning on Tuesday, October 2nd, Bishop Diego will be BELL FREE! That’s right, you read correctly – no more bells ringing at the start or end of class beginning on Tuesday. Our bell system is antiquated and no longer serviceable. As a college preparatory environment, we have determined that the best way to maximize instructional minutes in the classroom is to become “bell free.” Students and teachers are empowered to access the daily schedule posted electronically in PCR, on the wall in every classroom, as well as the sandwich board in the quad that will remind students of the daily schedule if they forget. For those Cardinals who have gotten accustomed to “Bishop Time” and arrive late to school knowing the bells were 4 minutes off, please note, beginning Tuesday, October 2nd, students will be marked tardy if they are not in their first period class by 8:20am when we begin with prayer and pledge. This is Pacific Standard Time – NOT Bishop Time. We are confident that a Bell Free Bishop will allow teachers to maximize instructional time and further enhance student learning.
Lunchtime Fun!

We are looking for help locating a few items to bring some fun to our student’s lunchtime! If you or anyone you know has a Ping-Pong table, badminton set-up, or other fun items to donate, please let us know! Or, if you would like to make a donation towards the purchase of these items, the students would be very grateful! All donations are tax-deductible!

Cardinal Event

Bishop Diego’s Cardinal Club will host the annual Cardinal Event on Saturday, October 6, 2018, from 6:00 – 9:00 pm. Dress for the evening is casual! Wear your favorite sports team’s jersey or shirt, enjoy an amazing BBQ dinner and open bar, dance the night away, and experience our Cardinal spirit! Tickets are $150 and provide entry for two to the event on October 6 as well as numerous chances to win cash prizes, including the grand prize of $10,000! You do not need to be present at the event to win.

*CONGRATULATIONS * goes out to Mr. and Mrs. Stroud, parents of Branden and Ryan Le. They won $500.00 on Friday, in the Early Bird drawing for the Cardinal Special Event. This is only the first of many opportunities to win if you buy a Special Event Ticket.

Don’t Forget: Cardinal Event tickets must be purchased by 10/6!

As a reminder, each family has a fundraising commitment to purchase or sell TWO Cardinal Event tickets. You can split the cost of the tickets with family, friends, and coworkers! All proceeds from this fundraiser go directly to Bishop Diego’s Athletics program. If you have lost the tickets assigned to your family or need assistance in fulfilling the fundraising commitment, please let us know. We are here to help in any way we can.

Important Fall Admissions and Advancement Dates:

Fall Admissions Information Night – Tuesday, October 2 (date change)
Middle School Movie Night – Tuesday, October 2 (date change)
Cardinal Event – Saturday, October 6
Middle School Chemistry Night – Wednesday, October 24
Open House – Sunday, November 4  
Freshman for a Day – Tuesday, November 6  
Middle School Wrap Party/Project Santa – Thursday, December 13

Warmly,

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

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**Curriculum & Instruction – Mr. Tim Flanagan**

Curriculum & Instruction

The PSAT will be administered to all Sophomores and Juniors on **Wednesday, October 10th**. The PSAT/NMSQT is the qualifying test for the National Merit Scholarship Program, one of the largest recognition and scholarship programs in the country. To learn more about the test and scholarship opportunities, visit [psat.org](http://psat.org). Permission Slips & Release Forms for the Senior Fun Day at Lake Lopez are due on **Wednesday, October 3rd**. Please give your completed forms to Mrs. McCarthy. The buses will be leaving at 8:15am and returning at 4:00pm on Wednesday, October 10th.

Here are a few examples of what's going on in classrooms this week:

- **AP English Language** students are analyzing the ethos, pathos and logos of photographs, political cartoons and other visual images. **Pre-Calculus** classes are exploring functions graphically and algebraically. **Biology** students are examining cell structure, transport and signaling. And **Context & Application** classes are studying and creating Egyptian Art.

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

We are grateful to our hard working teachers for updating PCR on a regular basis. This is no easy task, and we hope families have found the information useful. Should you have a question about your student’s progress in a particular class, please reach out to the teacher as a first course of action. If you find that additional support is needed, contact our Academic and Personal counselor, Jean Anderson for assistance: janderson@bishopdiego.org. If you are experiencing any difficulties logging into your PCR account, please contact Liv Gonzalez for assistance: lgonzalez@bishopdiego.org

Students enrolled in AP courses are required to commit to and pay for the exam no later than October 12. Those who miss the October 12 deadline may be removed from the AP course for the remainder of the year. Each exam costs $120.00, payable to Bishop, and submitted to Mrs. Bohnett. Requests for financial assistance go through Mrs. Carpenter.

Support Services:

Bishop Peer Tutoring has begun. Students will find peer tutors available in their classrooms during Office Hours, 7:50am-8:15am, or can request a peer tutor from their teachers. They can also sign up in the Counseling Office.

The Counseling Office also has a list of local private tutors for hire. For more information on private tutors who can work with your students after hours, please contact Jean Anderson: janderson@bishopdiego.org

Parents of 9th Graders:

On October 10, your student is to report to the Gym by 8:20 a.m. and will stay with us until 11:45am for a day packed with career and inspirational presentations. Due to the PSAT, October 10 is a minimum day.
Please save the date: Wednesday, November 14 at 6:00pm, in the Library for a parent information event on graduation and college admissions requirements.

**Parents of 10th Graders:**

Your student will take the PSAT on October 10, with a start time of 8:20am SHARP and a release time of 11:45am. The Preliminary SAT (PSAT) is a short version of the SAT. It offers students the opportunity to gain experience taking standardized college admissions exams.

Students are to report to their Family Homeroom. Those with testing accommodations report to the Resource Room on that day.

Please remind your student that cell phones are prohibited in the test room, and violation will result in a referral to the Dean. Students should bring a calculator, #2 pencil (not mechanical), snacks and water.

**Parents of 11th Graders:**

Your student will take the PSAT on October 10, with a start time of 8:20am SHARP and a release time of 11:45am. The Preliminary SAT (PSAT) is a short version of the SAT. It offers students the opportunity to gain experience taking standardized college admissions exams. For 11th graders, exceptionally high performance on this exam may qualify students for the National Merit Scholarship Program.

Students are to report to their Family Homeroom. Those with testing accommodations report to the Resource Room on that day.

Please remind your student that cell phones are prohibited in the test room, and violation will result in a referral to the Dean. Students should bring a calculator, #2 pencil (not mechanical), snacks and water.
Please visit Bishop’s College Counseling webpage for detailed information regarding the SAT, ACT and SAT Subject Tests: http://bdhsmultimedia.org/college-entrance-exams.html

Save the date for the Mock ACT Exam we have planned for students at Bishop: Saturday, December 8th from 8:00am-12:30pm. RSVP is mandatory to rcarpenter@bishopdiego.org. There is no charge for this test. Students will be invited to attend a scores review session on Monday, January 7 from 5:00pm-5:45pm. At this meeting, you can compare your student's PSAT results with the Mock ACT results to determine if you want to engage in test prep moving forward.

It is recommended that Juniors take the official ACT and SAT Exams toward the end of Spring Semester. To help prepare for those official tests, Bishop offers an ACT/SAT Bootcamp in collaboration with Tutors Across America. While it is early for 10th graders to engage in this sort of test prep, interested students are welcome to participate.

ACT Weekend Boot Camp, Bishop High School:
Fri. April 5: 4:00pm-8:30pm
Sat. April 6: 9:00am-6:00pm (lunch break from 1:00-2:00)
Sun. April 7: 9:00am-6:00pm (lunch break from 1:00-2:00)

Students in recent Weekend ACT Camps have averaged 5.5 pt. improvements
Cost: $299.00 – Deadline to register is March 29. You may register online directly with www.tutorsacrossamerica.com.

Fall semester is a time for the College Counselor, Mrs. Carpenter, to work closely with seniors completing college applications. Spring semester, focus will turn to juniors. Thank you for your patience during this time. Mrs. Carpenter hopes to meet with each junior family individually starting in January/February. Please contact Ms. Gonzalez if you would like to schedule an appointment with Mrs. Carpenter for spring semester: lgonzalez@bishopdiego.org or 967-1266, ext. 119.

Info Sessions for Grades 9-12
NCAA & NAIA and Athletic Recruiting

Wednesday, November 14 at 6:00pm in the College and Career Center (adjacent to the library), Mrs. Carpenter will present to anyone interested in learning more about NCAA and NAIA eligibility and the athletic recruiting process.

Highly Selective College Admission Process

Wednesday, November 14 at 7:00pm in the College and Career Center, Mrs. Carpenter will lead a discussion on the ‘Highly Selective College Admissions Process’. Anyone is welcome to attend.

National College Fair

November 1st from 6:00pm – 8:00pm, at Santa Barbara High School
Students and parents will have the opportunity to meet with representatives from 80 Colleges and Universities from around the nation, including the University of California and the California State University campuses. Trained Financial Aid professionals will be available to teach you how to apply for and secure scholarships, grants (federal and state aid), and loans for education.

Parents of 12th Graders:

Mrs. Carpenter will host a series of college application workshops that students and parents are encouraged to attend. We will meet in the College and Career Center, and will use computers there and in the Library for the workshop. Students are encouraged to bring their laptops if interested.

Common Application Workshop
Wednesday, October 3 during Study Hall (9:40am-10:05am)

California State University (CSU) Application Workshop
Wednesday, October 17 during Study Hall (9:40am-10:05am)

University of California (UC) Application Workshop
Thursday, October 18 during Family Homeroom (9:40am-10:05am)

After school every day the week of October 22 – 26, Mrs. Carpenter will be available in the College & Career Center to help students working on their applications. Drop in for help!
3:15pm – 5:00pm on Monday, Tuesday, Wednesday and Friday
1:45pm – 3:45pm on Thursday

We strongly encourage students take the SAT or ACT twice. It is perfectly acceptable for seniors to take the October, November and sometimes December exams.

SAT with Writing Registration Deadlines (Bishop’s School Code is 053-245)
October 5 for November 3 Test
Register at www.sat.collegeboard.org/register

ACT with Writing Registration Deadlines
November 2 for December 8 Test
Register at www.actstudent.org

If paying for an SAT/ACT exam presents financial hardship, please see Mrs. Carpenter, as financial assistance may be available for qualifying families.

Seniors have been advised of the process for requesting letters of recommendation (letters of recommendation ARE NOT accepted by UC & CSU schools, with the exception of Berkeley who might ask for a letter from certain applicants). Bishop requires two weeks’ notice in order to complete a letter of recommendation or secondary school report. Many private school admission deadlines fall in January. Please do not wait to submit requests until mid-December, as we will not be writing letters over Christmas vacation. Most private colleges utilize www.commonapp.org for the application process. Students should submit letter of recommendation requests through the Common App website.

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Transcript Requests: UC/CSU schools DO NOT want transcripts from students unless they specifically ask for one. In September, unofficial transcripts were provided to seniors. Please check your student’s transcript for accuracy. For Common App schools, official transcripts are automatically submitted by the person completing the secondary school report form (i.e. Mrs. Carpenter, [IF] the student has entered her email address correctly). For schools other than the Common App, UC & CSU’s, if a transcript is needed, please submit a transcript request with Ms. Gonzalez in the Registrar’s Office. The transcript request form is available outside of her office and 24 hour notice is required.

Official COLLEGE and OTHER HIGH SCHOOLS ATTENDED TRANSCRIPTS are required when you apply to Common App schools, and case by case for other college systems. If you have attended a high school other than Bishop and/or have taken college courses, it is your responsibility to order these transcripts directly from these institutions. For questions, please contact Mrs. Carpenter.

It is also the responsibility of seniors to order official SAT/ACT scores and have them sent to colleges BY THEIR INDIVIDUAL COLLEGE APPLICATION DEADLINES. See Mrs. Carpenter with questions.

Scholarship Opportunities:

The Santa Barbara Scholarship Foundation is offering the following opportunities:
- Honors Scholarship Program for high school seniors, with a minimum 4.2 GPA.
- Art Scholarship Program for high school seniors planning to major in art or an art related field in college.

Applications Available: October 15
Application Deadline: November 15. No late entries accepted https://sbsscholarship.org

General Scholarship Application Deadline: January 15
https://sbsscholarship.org
Please visit http://bdhsmultimedia.org/scholarships.html for a copy of Bishop’s “Local Scholarship Directory”.

The CSS Profile is required by certain private schools if you will seek financial aid. Please visit: http://student.collegeboard.org/css-financial-aid-profile to check on institution specific requirements and deadlines.

IMPORTANT NOTE: You are encouraged to begin working on the FAFSA or Dream Act Application as of October 1. The earlier you apply the better. Please join us on October 3rd at 5:00pm for the FAFSA & Dream Act workshop. Assistance in English and Spanish will be available. Location: Room 202. Please come prepared with the following information:
• Student and parent social security number
• Student and parent W2 forms or income records for 2017
• 2017 bank statements
• Business records if applicable
• DACA card if you are a resident of California, but not a US Citizen. International students DO NOT complete the FAFSA, but AB540 students are encouraged to complete the Dream Act only, NOT the FAFSA

COLLEGE INFORMATION SESSIONS AT BISHOP THIS MONTH

University of Notre Dame
Monday, October 1
7:00pm – 8:00pm
Library

University of California, Santa Barbara
Tuesday, October 2
7:50am-8:20am
College and Career Center

Washington University in St. Louis
Tuesday, October 2
12:53pm – 1:20pm
College and Career Center

Franciscan University of Steubenville
Friday, October 5
12:53pm – 1:20pm
Brown University
Monday, October 8
10:50am – 11:45am
College and Career Center

Denison University
Tuesday, October 9
12:53pm – 1:20pm
College and Career Center

Willamette University
Thursday, October 11
7:50am – 8:20am
College and Career Center

UCLA – Presentation on Highly Selective Admissions
Monday, October 15
6:30pm – 8:00pm
Main Gym (open to the public)

Occidental University
Wednesday, October 24
11:40am – 12:10pm
College and Career Center

Hamilton College
Monday, October 29
7:50am – 8:20am
College and Career Center

Gonzaga University
Monday, October 29
12:53pm – 1:20pm
College and Career Center

University of Oregon
Tuesday, October 30
12:53pm – 1:20pm
College and Career Center

Rya Carpenter
Director of Counseling and Student Services
College Counselor
(805) 967-1266, ext. 104
rcarpenter@bishopdiego.org
RESPECT: Be devoted to one another in love. Honor one another above yourselves. ~St. Paul to the Romans

DATE CHANGE! We will hold the Blessing of the Animals on Friday morning, October 5th at 8:20 AM out on the football field. (not Thursday, Oct 4th) We look forward to this special event each year when our students bring their pets for a quick visit and blessing. Bring your creatures, great and small, but know that they need to go home following the blessing. Small, caged animals are welcome to stay on campus. Animals of all faiths are welcome!

The Junior Retreat is almost here!! (Monday-Tuesday, October 8-9) Important information and permission ships will be going out to the Class of 2020 on Tuesday. Parents of juniors, please ask your student for it and thank you in advance for anything you can do to help with the meals. You will be hearing from your parent representatives. Please know that your help is GREATLY appreciated! It's a pleasure being in this ministry business with you!

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

Girl's golf is undefeated and league play at 3-0 champs is a realistic goal. Grace Hay and Marisa Mancinelli lead the team.
Girl’s Volleyball is playing well and battling to make a return to the playoffs.

Cross Country had their first league meet with many runners posting personal bests.

Girl’s tennis is now into league play. Helena Insua remains undefeated in league play and our girls narrowly missed their first league win, losing on games to Santa Clara.

The football team was looking forward to a great contest for their homecoming game. We hope you enjoyed celebrating the end of this very eventful and exciting spirit week with us.

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

Upcoming Athletic Events

Monday October 1
Girls Golf Home vs Foothill Tech 3:00 La Cumbre Country Club NO SCHOOL

Tuesday October 2
Girls Volleyball @ Cate Frosh/Soph 4:00p, JV 5:00P, Varsity 6:00p FROSH/SOPH ONLY EARLY RELEASE 2:30p
Girls Tennis Home vs Providence 3:30p SB Muni Courts EARLY RELEASE 2:30p

Wednesday October 3
Girls Golf @ La Reina 3:00p Sunset Hills Country Club EARLY RELEASE 12:30p

Thursday October 4
Girls Volleyball Home vs Villanova JV 5:00p, Varsity 6:00p SCHOOL OUT 1:30p
JV Football @ Camarillo 6:30p SCHOOL OUT 1:30

Friday October 5
Varsity Football @ Camarillo 7:00p NO EARLY RELEASE
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 new habit appealing. The commercials and radio ads describe the tasty flavors of Murica/Rocket Popsicle Flavor, Smurf Cake/Blueberry Cheesecake Flavor, Rainbow Crunch/Fruit Cereal Flavor and Circus Bear/Strawberry Banana Custard Flavor are delicious to young teenagers and with less calories then if they enjoyed a slice of blueberry cheesecake.

Parents have heard their child talk about it or have admitted to trying it. After all, according to many teens, “It doesn’t contain any nicotine at all so it’s completely safe.”

WARNING: Within Weeks of Vaping, Teen Develops Horrifying "Wet Lung

Vapes, also known as an e-cigarette, are a popular alternative to smoking as many believe them to be less harmful. Vaping is popular with younger people and those trying to
quit smoking cigarettes. But as one 18-year-old woman found out, vaping can still cause serious health issues.

A teenage girl working as a restaurant hostess began using e-cigarettes, but within just three weeks, she had developed a terrifying medical condition called wet lung.

She noticed symptoms like excessive coughing, severe pain in her chest, and being short of breath, so she went to the emergency room. By the time doctors got a look at her, she was deteriorating rapidly and doctors were baffled.

The scared young woman was administered antibiotics but this was not enough, and she then went into acute respiratory failure. Just to keep her breathing, she was put into a ventilator machine with tubes sticking out of her chest to drain the liquid from her lungs.

She was unable to get enough oxygen into her blood from her lungs and required a mechanical ventilator to breathe from her until her lungs recovered.

Doctors then figured out that she had a condition called wet lung, which is the term for sensitivity to pneumonitis triggered by ingredients in an e-cigarette. She stayed in the machine while her lungs recovered and was given a drug used for severe allergic reaction. Within days, she had made a significant recovery and her terrifying ordeal was over.

Vaping may also cause a horrifying condition called popcorn lung, caused by breathing in a chemical called diacetyl. Popcorn lung is found in some flavorings used in e-cigarettes and the condition causes coughing and wheezing. Before vaping, consider the serious health problems that can occur!

Stacey L. Carr, M.Ed.
Dean of Student
Director of Character Formation and Community Service
(805) 967-1266, ext. 105
scarr@bishopdiego.org
Volunteer hours for parents:

Do you love to garden? Bishop is looking for a volunteer (parent service hours) to help maintain Sister Helen's beloved Peace Garden. If you enjoy working with the earth then this volunteer opportunity is just for you. To find out more information about what this service would entail, please contact Mr. Juan Diaz - 805-967-1266 ext. 117 or you may email him at juandiaz@bishopdiego.org.

Bells at Bishop (can also be found in Head of School News)

Beginning on Tuesday, October 2nd, Bishop Diego will be BELL FREE! That’s right, you read correctly – no more bells ringing at the start or end of class beginning on Tuesday. Our bell system is antiquated and no longer serviceable. As a college preparatory environment, we have determined that the best way to maximize instructional minutes in the classroom is to become “bell free.” Students and teachers are empowered to access the daily schedule posted electronically in PCR, on the wall in every classroom, as well as the sandwich board in the quad that will remind students of the daily schedule if they forget. For those Cardinals who have gotten accustomed to “Bishop Time” and arrive late to school knowing the bells were 4 minutes off, please note, beginning Tuesday, October 2nd, students will be marked tardy if they are not in their first period class by 8:20am when we begin with prayer and pledge. This is Pacific Standard Time – NOT Bishop Time. We are confident that a Bell Free Bishop will allow teachers to maximize instructional time and further enhance student learning.

Upcoming Bishop Events Calendar

9/30
Sunday Obligation
Rotation 5
Homecoming Dance
10/1
NO SCHOOL

10/2
Admissions Information Night
Middle School Movie Night

10/3
BISHOP PLUS 1,2,3,4
5:00 pm - Financial Aid Workshop for Senior Parents

10/4
BISHOP PLUS 5,6,7

10/5
8:20am - Blessing of the Animals

10/6
6:00 pm - Cardinal Event

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Bishop Events Looking Ahead ...

10/8
Junior Retreat
7:45 am - STEAM Society Group meeting

10/9
Junior Retreat

10/10
NO BISHOP PLUS
Freshmen Seminar
Sophomore and Juniors - PSAT Testing
Senior Fun Day – Ropes Course

10/11
NO BISHOP PLUS

10/12
All School Picture Retake Day
Senior Portrait Retake Day
10/15
6:30pm – 8:30pm Highly Selective College Admissions Event

10/24
Middle School Chemistry Night
9:40am - Jostens Cap and Gown Presentation to Seniors

10/27
STEAM Society Field Trip to CalTech