Weekly Newsletter
For the Week of November 11 – November 17, 2018

Dear Cardinal Community,

First and foremost, our hearts, our prayers, and our commitment to support in ways that we are able go out to the lives lost, the families impacted and the entire community that was affected by the tragic events in our neighboring community of Thousand Oaks on Wednesday night.

It has been a difficult week for many, and I would like to provide you with a few resources that can help aid in the recovery process for all those impacted, both directly and indirectly. In an effort to support our students and families, included are some strategies aimed to create hope, build resilience, and enable healing for your family and your child(ren):

- **Realize the impact of the victims list.** Given the nature of our small community, it is possible that members of our community will have relationships with the victims in the shooting. We are vigilant in our efforts to address the well-being of our students and will increase the amount of counseling and support available if needed. If you or your child(ren) need a counselor, please let Mr. Beach, our personal counselor, know and we’ll help facilitate a connection.
- **Note that the footage in both traditional and social media has been graphic** given the circumstances of the event. As such, we recommend limiting the exposure that your child(ren) have to the coverage.
- **We encourage families to hold a space** for their child(ren) to ask questions and to answer them honestly. These events can be frightening for children of all ages, so providing an opportunity to share their questions and thoughts is a healthy beginning to the recovery process.
- **Avoid speculating.** While the slow pace of information can be painful, everything will be known eventually. Until then, do your best to discourage hypothesizing and speculation.
- **Check in with yourself.** As a parent or guardian, you’re constantly faced with challenges, in the face of which you must be strong. You’ll need to do that here, too. That said, if you need someone to check in with, please contact a counselor. You can also consider the resources available through the various online channels for support, including the National Alliance of Mental Illness, [nami.org](http://nami.org), and American Psychological Association, [apa.org](http://apa.org).
Anyone who has experienced trauma in their life - big or small - is likely to experience events like this with more anxiety and generally more emotion. We are prepared to support our community through whatever means necessary. As we are reminded in Psalms 46:1, “God is our refuge and strength, an ever-present help in trouble.”

In strength and in unity,

Mrs. Karen Regan
Head of School

Admissions and Advancement – Dr. Cristy McNay

Save the Date!

Bishop’s annual Gala and Auction will be held on March 9, 2019!

To get the ball rolling, Bishop’s Auction Committee will be hosting a wine and cheese reception on Monday, November 26 to kick-off planning and garner support for the sub-committees. If you are interested, please feel free to attend! Hors d’oeuvres will be served at 5:30 pm and the meeting will begin at 6:00 pm.

Giving Tuesday

Tuesday, November 27 is the annual Day of Giving and Bishop Diego is excited to participate for the first time ever! Keep an eye out for more information on our social media pages!

Online Applications for 2019/20 are open!

Bishop Diego is now accepting applications for the Class of 2023! Tell everyone you know that completed applications are due by January 31, 2019, and admissions decisions will be made by March 1, 2019.
Important Fall Admissions and Advancement Dates:

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

Curriculum & Instruction – Mr. Tim Flanagan

M.I.T. Enterprise Forum, Wednesday, November 14th.

BDHS Sophomores and Juniors with a cumulative GPA of 4.0 or higher are invited to represent BDHS at the Central Coast Massachusetts Institute of Technology Enterprise Forum (MITEF). The Central Coast MITEF hosts the region’s top business and technology events. Each month, professionals and students are invited to interact with veteran business and industry leaders in order to educate, inform and inspire entrepreneurs. Each event is limited to four BDHS students.

Here’s a sample of what’s going on in classrooms this week:

We are pleased to welcome the Venerable Tapovanaye Sutadhara, Director of the Ventura Buddhist Study Center, and former Senior Lecturer in the Department of Linguistics at the University of Kelaniya in Sri Lanka. He will be discussing Buddhism with World Religions classes on Monday, November 12th. As part of Geography Awareness Week, we welcome Tessa Montini, a graduate student in the Geography Department at UCSB, who will be speaking on Friday, November 16th to Environmental Science students who are studying climate change. Context & Applications classes are incorporating historical artistic styles into original holiday cards. AP Statistics students are learning about geometric distribution, which will help them calculate the probability of something not happening until it does. And students
in *The Human Element in Sports* are taking a tour of Dodger Stadium in order to produce a short documentary film.

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

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**Counseling Services – Mrs. Rya Carpenter**

Wednesday, November 14th, marks the mid-quarter date for Quarter 2 Progress Marks. Our teachers will be calculating mid-quarter grades, and letters will be mailed to notify you if your child is receiving a C- or below in any of their classes. Please help your child stay current in their classes by checking PCR regularly and contacting teachers in any classes where your child may be struggling. If you would like to set up a meeting with your child and any of their teachers, please contact their teacher and/or me, and we will schedule a time to meet.

Jean Anderson  
Counseling Department  
janderson@bishopdiego.org

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**Colleges Visiting Bishop:**

**University of La Verne**  
Tuesday, November 13  
12:53pm – at lunch  
College Center

**Syracuse** – Careers in Health Sciences info session  
Thursday, November 15 from 7:00pm-9:00pm  
https://www.syracuse.edu/admissions/visit-tour/search-register

**Syracuse** – Admissions Interviews in Los Angeles  
Saturday, November 17 from 10:00am-5:00pm  
https://www.syracuse.edu/admissions/visit-tour/search-register
**Spelling Bee Competition**

This year, UCLA is partnering with USC to host the annual **2019 Los Angeles Brain Bee**! The Brain Bee is an internationally-recognized competition in which students ages 13-19 can test their knowledge on the brain. The winner of the Los Angeles Brain Bee will receive a paid trip to the National Brain Bee competition. If the student wins the national competition, they will also be provided a paid trip to the International Brain Bee.

The competition will be held at UCLA on January 26, 2019. The registration deadline is January 19th. You can find more details regarding the format of the competition, registration and the event schedule here: [http://losangelesbrainbee.com/](http://losangelesbrainbee.com/). The website also contains the two books students will need to study to prepare for the competition as well as some sample questions.

**Summer Enrichment Programs**

USC is now accepting applications for their summer programs. Visit [summer.usd.edu](http://summer.usd.edu) for more information.

The Counseling Office maintains an extensive list of other summer opportunities, which can be found at: [http://bdhsmultimedia.org/enrichment-opportunities.html](http://bdhsmultimedia.org/enrichment-opportunities.html)

**Parents of 9th Graders:**

Please join us on **Wednesday, November 14th at 6:00pm in the Library** for an informative evening covering the following topics:

- Graduation and college entrance requirements
- Bishop’s 4 Year Academic Plan
- Christian Service Hours Requirement & Opportunities
- Advanced Placement (AP) program & courses

**SENIORS - COLLEGE APPLICATION WORKSHOP SESSIONS – DROP IN FOR STUDENTS AND PARENTS**

- Monday, November 12 – lunch and after school (12:53 pm-1:20 pm and 3:00 pm-5:00 pm)
- Wednesday, November 14 – study hall (9:40am-10:05am)
- Thursday, November 15 – study hall (9:40am-10:05am)
Wednesday, November 28 – study hall and after school (9:40am-10:05am and 3:00 pm – 5:00 pm

Thursday, November 29 – study hall (9:40am-10:05am and 1:45pm-5:00pm

Rya Carpenter
Director of Counseling and Student Services
College Counselor
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**Spiritual Life – Mrs. Jennifer Winnewisser**

RESPECT – Regardless of how we perceive other people to be, they are God’s creations, and it is God’s will for us to show respect to others.

~Author Unknown

The Freshmen Retreat was a wonderful experience for all. God gave us a beautiful day to be with each other, play, pray and share a meal. We couldn’t have done this without the help from our faculty, parents, and our wonderful Campus Ministry team. Thank you for all that you do to support the students of our Bishop Community.

Our next major event will be the Urban Plunge, which will be from November 18th through the 20th. We are looking forward to helping those less fortunate than ourselves during this season of thanksgiving.

Have a wonderful week!

Jennifer Winnewisser
Director of Campus Ministry & Spiritual Life
(805) 967-1266, ext. 123
jwinnewisser@bishopdiego.org
Winter sports have begun!! If your student is still deciding on coming out for either basketball or soccer, please have them see the respective coaches for information. Also, be sure your son or daughter has completed the sports participation form which is found online this year [https://athleticclearance.com](https://athleticclearance.com)

Fall sports banquet will be Sunday Dec 9th at 5:30 pm.

GO CARDINALS!

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

### Upcoming Athletic Events

**Monday November 12**  
Girls Varsity Basketball Home vs Valley Christian (scrimmage) 4:00pm **NO EARLY RELEASE**

**Thursday November 15**  
Girls Varsity Basketball Home vs Fillmore and Dos Pueblos (scrimmage) 5:00pm **NO EARLY RELEASE**

Dear Parents,

Your support is needed! Please review once again the BDHS required dress attire for students. Faculty and Staff rely on you, the parent, to ensure your child is dressed appropriately for the school day.
Commercial logos are defined as any shirt identifying a company brand. **At school, there are two styles of a shirt or zip-pull over jacket that are acceptable. 1) the BDHS logo and 2) the name of a college/university.**

Each layer counts! We all have our favorite shirt; however that shirt might not meet the school’s dress code policy. Wearing a “sweatshirt” over that favorite “non-approved” shirt still is not acceptable, knowing the student will remove the sweatshirt during the school day.

We have a Cardinal Closet filled with many styles of school color shirts for both young men and women to wear, if needed. And of course, available, for those mornings when someone just can’t find the proper shirt, students may ask to borrow a shirt for the day. We appreciate seeing a student take the initiative to be in proper attire at the beginning of the school day!

Per the Parent-Student Handbook - pages 36-37

**THE SPIRIT OF CARDINAL ATTIRE AND APPEARANCE**

While considerable freedom is allowed with respect to appearance, we form young adults who respect and recognize that standards of appearance exist among communities and how one carries oneself within that community matters. As student members of the Cardinal family, all are expected to exhibit Christian modesty honoring the Bishop community and maintaining an appearance consistent with the expectations of a Catholic college preparatory school. The Dean of Students and the Head of School have discretion in determining what is inappropriate per the Spirit of the Cardinal Attire and Appearance guidelines.

**Cardinal Dress for Young Men**

In accordance with the principles and values of the School, all clothing should exhibit Christian modesty, be neat and clean. All clothing should always fit properly. On regular school days, the acceptable dress apparel for young men is:

1. Shirts, sweaters, collared polo shirts, and sweatshirts (zip or pullover) are acceptable. The only approved logos for all attire include BDHS or College/University. Style must represent a modest fit; no commercial logos.
2. BDHS sponsored apparel
3. Slacks, jeans, or non-athletic shorts that display a modest fit and style
4. Any type of conventional footwear with a backing
5. Hats are permitted during the school day, but may not be worn indoors

**Cardinal Dress for Young Women**

All clothing should exhibit Christian modesty, be neat and clean. All clothing should always fit properly. On regular school days, the acceptable dress apparel for young women is:
1. Blouses, sweaters, collared polo shirts, shirts, and sweatshirts (zip or pullover) are acceptable. The only approved logos for all attire include BDHS or College/University. Style must represent a modest fit; no commercial logos.
2. BDHS sponsored apparel
3. Slacks, jeans, or non-athletic shorts that display a modest fit and style
4. Any type of conventional footwear with a backing
5. Hats are permitted during the school day, but may not be worn indoors

Stacey L. Carr, M.Ed.
Dean of Student
Director of Character Formation and Community Service
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**Upcoming Bishop Events Calendar**

11/11
Sunday Obligation
12:00 pm Open House
Rotation 5

11/12
12:53 PM Josten’s order forms due

11/13
Cal-SOAP field trip to CSUCI

11/14
College Athletics meeting
Current Freshman Parent academics and college meeting
Highly Selective College Admissions meeting

11/18
Urban Plunge (11/18 thru 11/20)

11/19 thru 11/25
Thanksgiving Break – no school
11/26
School resumes

12/7
Advent Mass

12/13
Admissions Wrap Party

12/14
Christmas Fair

12/17
Finals 1,2,3

12/18
Finals 4,5

12/19
Finals 6,7

12/20/18 thru 1/2/19
Christmas Break

1/3
School Resumes