

# The Bear Cub Facts



INSPIRING LIFE-LONG LEARNING  
**THE SCHOOLS OF  
BETHANY  
LUTHERAN**  
CULTIVATING CHRISTIAN CHARACTER

"You are so loved." John 3:16

## Trunk or Treat Car Parade



*Bethany Lutheran Schools*

**PTL TRUNK-OR-TREAT  
CAR PARADE**

Join us and drive on through the  
Bethany Parking Lot  
**Friday, October 30, 2020 4:30 pm - 6:00 pm!**

Last names A-I 4:30 pm - 5:00 pm  
Last names J-R 5:00 pm - 5:30 pm  
Last names S-Z 5:30 pm - 6:00 pm

*Or come when it works best for your family...we're not  
checking IDs!*

**WEAR YOUR COSTUMES**

**COME SEE THE FUN  
STAFF CARS!**



**DON'T FORGET YOUR  
TREAT BAG!**

**BRING 1 SMALL BAG OF CANDY PER CAR**



## Upcoming Events & Dates to remember

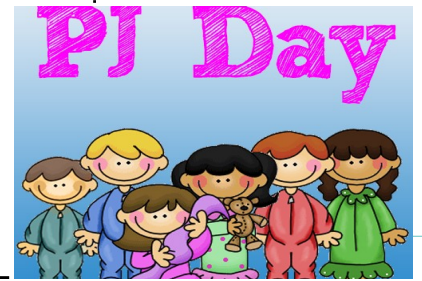
- ⇒ Octoberfest CANCELLED
- ⇒ October 27 -PTL mtg @ 6:30 PM
- ⇒ October 30 -All Schools Trunk or Treat Car Parade
- ⇒ November 11 -Preschool CLOSED for Veteran's Day
- ⇒ November 23-25 - Preschool CLOSED for LEC conference
- ⇒ November 26-27 - Preschool CLOSED for Thanksgiving Holiday

## Chapel

Today, Pastor Seth shares the Bible story of Moses and the Red Sea. To view chapel please click on the following link  
<https://vimeo.com/465199136>

## Pajama Day

The preschool will be celebrating Halloween, Friday, October 30th with a special pajama day and snack. Please have your child wear their pajamas, bring a stuffed animal, and a special blanket from home. We will be showing a short movie and enjoying a snack. Your child MUST wear regular closed toe school shoes.



## Flu Vaccinations

Flu season is upon us, and this year, due to COVID-19, there is greater concern for the health and welfare of everyone. We encourage all of our families to review the links below to learn more about influenza, ways to protect your family's health and key facts about the flu vaccination.

<https://www.cdc.gov/flu/season/protect-your-health.html>

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>

<https://www.cdc.gov/flu/prevent/keyfacts.htm>

Many of the flu vaccination clinics are drive-thru clinics and you are not required to get out of your car or you may contact your doctor's office also.

In addition, you may use the following link to find a location for a vaccine:

<https://vaccinefinder.org/> Several area drug stores offer free flu shots, and the City of Long Beach has free flu vaccination clinics for those who do not have insurance or those whose insurance does not offer flu shots. The clinics operate on Thursdays and Saturdays through November 21, 2020. Please use the following link for additional information and locations and times. <http://www.longbeach.gov/press-releases/city-of-long-beach-to-offer-free-flu-vaccination-clinics/#:~:text=The%20first%20large%2Dscale%20clinic,getting%20out%20of%20their%20vehicle.>

We sincerely appreciate all that you are doing to protect your families and others. COVID-19 has imposed another layer of issues that require all of us to be diligent in doing everything we can to promote good health and safety. Please continue to practice physical distancing, proper hand hygiene, wear clean and appropriate face coverings, avoid crowds and remain at home when you do not feel well. While we cannot guarantee 100% protection from illness, we can all do our part to minimize risk and the spread of disease.

# Operation Christmas Child



**SEND  
GOOD  
NEWS  
AND  
GREAT  
JOY**

**PACK A SHOEBOX**

**Samaritan's Purse**  
THE INTERNATIONAL CHRISTIAN RELIEF ORGANIZATION

GIFT-FILLED SHOE BOXES WERE HANDED OUT TO CHILDREN IN EARLY 2020 AS PART OF FRANKLIN GRAHAM'S BOLD VISION TO REACH EVERY CHILD ON 1,000 PACIFIC ISLANDS WITH THE GOSPEL OVER THE NEXT FEW YEARS. PASTOR ANDY LOOS, WHO COORDINATED GUAM'S FIRST SHOEBOX DISTRIBUTION EVENT, SHARES THIS STORY:

"A little girl had asked her dad for some art supplies, but they couldn't afford any. She opened her box, and it was filled with art supplies. She was so excited and so were her parents. They were wiping tears away as they saw the joy on their little girl's face. And only Jesus knew how to get that box to that little girl." (January 2020)

Help share the love of Jesus with a child in need by joining us at one or more of these Operation Christmas Child activities:

- 1. Fill a box at home and return it.** Boxes and brochures will be distributed after Sunday services starting on Oct 18 through Nov. 15. **NEW THIS YEAR:** Use the postage paid envelope to mail in the suggested \$9 donation for shipping costs rather than placing any money in the box. If you prefer, you can also pay online and follow the destination of your box. (<https://www.samaritanspurse.org/operation-christmas-child/follow-your-box/>) Return filled boxes on any Sunday through November 22.
- 2. Build-a-box at Bethany** is an **IN PERSON** event happening on **Saturdays, November 7 & 14** from **9:00 am to 4:00 pm**. To protect the health of those participating and to follow COVID-19 guidelines, reservations are required. Time slots will be available every 15 minutes on both dates. To register, go to Bethany's website at [www.bethanylutheran.org](http://www.bethanylutheran.org) and click on the "Build-a-box" link. Individuals and family groups of up to 6, will be guided through a series of tables with shoebox supplies to choose from until their boxes are filled. It will be "touchless" in that volunteers at each table will use grabber sticks or gloves to transfer supplies to your box. All shoe box items and supplies will be provided. We will have a free-will donation basket if you would like to help with the cost of shipping our shoe boxes.
- 3. Build-a-box-online:** with just a few clicks, you can pack a shoebox online to help share the Good News of Jesus Christ with a boy or girl in need around the world. With a tax-deductible donation of \$25, you can select school supplies, toys, and other fun items and personalize your gift with your own letter. Samaritan's Purse will pack the gift for you and send it on its way. Go to the following link for Bethany's build-a-box- page: <https://build-a-shoebox.samaritanspurse.org/view/368e1699-c9ab-453e-82e7-839b0090540b> Visa scrip cards are available for purchase in the school office.
- 4. Volunteer at the Fullerton Processing Center:** If you are interested in inspecting boxes at the Processing before they are transported to receiving countries, we have a reservation for 25 volunteers from 10:00 am to 2:00 pm on Thursday, November 27. Sign-up sheets for this event will be available on Sundays, beginning Oct 18 through Nov 15, or until filled.
- 5. Drop off items for a Spring packing party:** A packing party for our students at Bethany is tentatively scheduled for the Spring of 2021. If you would like to contribute items for this event, which will also be opened to members at large, you may drop off supplies in our collection box in the school office, M-F, 8 - 4. For the months of October and November our featured collection items are **flashlights** (batteries are ok to pack; if batteries are loose, seal ends with tape) and **small toys** like legos, yoyo's, hot wheels, miniature dolls, balls of all sizes (bouncy balls should be a medium size to avoid a choking hazard), playing cards, plastic animal figures, etc. New, unused items only, please.
- 6. Volunteer at Bethany during National Collection Week:** Between Nov 16 and Nov 23, Bethany will serve as a shoebox collection site for members from the community. Come out and meet some of our neighbors and help us collect, organize, pray, and transport donated boxes. We could use your help anytime between 9:00 am and 1:00 p.m., Monday, November 16 through Friday, Nov 20, and again on Mon., Nov 23.

*Operation Christmas Child Committee*

*Committee members: Aleina Aiello, Pam Brehm, Louana Dean, Michele Harvey, Ruth Lopez, Celina and Reggie McDermott, Deloris Mayuga, Kahana Smith (562-377-3673) together with a great support team of volunteers*

**National Collection Week: November 16 - 23, 2020**

# Parent Academy



## Conscious Discipline®

### What should I do when my preschooler clings on to me when I drop them off at preschool?

Your preschooler's body is telling you important information about his feelings. Provide empathy for his upset, focus on safety and provide a connection before you leave. Say, "Your body tells me you might be feeling scared about staying at preschool while I go to work. You are safe at preschool. Mrs. Kendall will keep you safe." Breathe together using an active calming technique like the S.T.A.R. (Smile, take a deep breath and relax). Establish a connection ritual that you do together every morning at goodbye time. Involve Mrs. Kendall in the ritual if possible. After the ritual, it is time for you to leave. Breathe deeply and assertively state, "I'll be back after nap-time. Mrs. Kendall will keep you safe. You can handle it," and pass your child off into Mrs. Kendall's waiting hands. As you leave, envision your child as capable and strong, instead of feeling bad about leaving or upset about the disruption. Turn and walk away, breathing and wishing him well.

It's also helpful to know that during a certain developmental stage from 18 months to 3 years, leaving Mom is more difficult for your child. If possible, you might ask your significant other to drop the child off.

### Church Newsletters

For the church newsletter and updates please visit the link: <http://www.bethanylutheran.org/contact-us/chimes-newsletters/>