

We are unable to offer our traditional Christmas Store for our students this year



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

“You are so loved.” John 3:16

See's Candy & Link

[https://www.yumraising.com/secure/bethanyls\\_bethany\\_lutheran\\_schools\\_sees1/candy?h=TabCra7035&c=ot7933](https://www.yumraising.com/secure/bethanyls_bethany_lutheran_schools_sees1/candy?h=TabCra7035&c=ot7933)

## Upcoming Events & Dates to remember

- ⇒ November 23-25 - Preschool CLOSED for All Church Workers LEC conference
- ⇒ November 26-27 - Preschool CLOSED for Thanksgiving Holiday
- ⇒ December 17 - Preschool Christmas service cancelled
- ⇒ December 18 - 1/2 day Preschool Staff NLSA in-service
- ⇒ December 21- January 1st Preschool CLOSED for Christmas break
- ⇒ January 4 Preschool resumes

'T IS THE SEASON TO

# SEE'S

DEAR PARENTS AND FRIENDS,  
WE ARE EXCITED TO BEGIN OUR  
HOLIDAY SEE'S CANDIES  
PTL FUNDRAISER!

JOIN US THIS HOLIDAY SEASON FOR  
OUR VIRTUAL FUNDRAISER!

SIMPLY CLICK THE LINK IN THIS POST  
OR EMAIL AND LET THE ORDERS  
BEGIN!

PLEASE NOTE THAT OUR SHOP IS  
OPEN FROM  
11/1/20-12/4/20  
BUT ORDERS WILL NOT START  
SHIPPING UNTIL 11/16/20!

## Chapel Link

Today, Kayleigh shares the Bible story of David and Goliath. To view chapel please click on the following link:

<https://vimeo.com/474849906>



## Christmas Store Reimagined

We are unable to offer our traditional Christmas Store for our students this year due to the pandemic. But we do have another fun, memory-making activity for you and your family to do together. We are partnering with AR Workshops to provide a Do-It-Yourself Ornament Kit that you and your family can decorate together. Each kit comes with 6 wooden disk ornaments, the stencils, paints and all supplies for this fun activity! Kits are \$35 but will offer a memory making activity and a keepsake for years to come - order and make them for family members, grandparents, friends and yourself too! In addition, and which we know will be a ton of fun, we're having a Zoom painting party on Saturday, December 19 @ 9 AM where you can join us for a fun, family activity. Zoom link will be issued closer to the event. Christmas is all about family and we hope you'll look forward to this special activity! Order your kit this week using the google drive link! <https://docs.google.com/forms/d/e/1FAIpQLSeUMjAF002F8uEdRWc6VtHzdQdt9HqbLusfBF0BeVzGWIDxIg/viewform>

## LEC Conference during Thanksgiving Week

Due to the attendance of all preschool staff at the annual Lutheran Educator Conference (LEC), the preschool will be closed from November 25-27.

## SCRIP Sales

**ThankScriping Days are coming this week** - for the first time ever, you get 2 days to earn big on ThankScriping Day bonuses. It's a great opportunity to get started on your holiday shopping and make an even bigger impact on your rebate—without leaving home. Shop gifts, décor, clothing, and so much more. You need an online account to take advantage of these special earnings. If you haven't already, create an account today in the mobile app, RaiseRight, or on ShopWithScrip.com. Enrollment code: IBL8EE69719L

Questions? Contact Ruth Lopez

[rlopez@bethanylutheran.org](mailto:rlopez@bethanylutheran.org) 562-420-7783 ext. 58

## Cook's Night Out

Parents please join us for Cook's Night Out at **Pina Pizza House**. This event is when a restaurant donates a percentage of the bill amount that Bethany Families spends when ordering/dining at their restaurant. For example, if a families dines out at the participating restaurant and spends \$100 and the restaurant has agreed to give us 20% of the proceeds then the school would make \$20 on that bill. Families take the flyer so the restaurant can keep track of the totals. Cook's Night Out monies go to a fund that helps the 8th grade class pay for their class trip to Washington D.C. See attached flier for date, times, and participating restaurant..

## Church Newsletters

For the church newsletter and updates please visit the link below

<http://www.bethanylutheran.org/contact-us/chimes-newsletters/>



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*

# Parent Academy



## Conscious Discipline®

### How do I help my child handle disappointment?

Disappointment is a difficult emotion to handle. All parents ultimately want children to be good sportsmen, take responsibility for their actions rather than blaming others, and be able to stand tall after their falls in life (both literal and metaphoric). Here are some essential guidelines to help children with this type of pain:

First, your goal must be to help them deal with the emotion, not “happy them up.” “Happying them up” comes in many forms. It could be a distraction, a promise to buy a toy or taking them out for ice cream. This attempt to take away the pain can lead (in many years) to adults who unconsciously graze through the refrigerator or use shopping sprees to deal with disappointment.

Instead, we can provide empathy to help ease their pain and teach them that they can handle all that life brings to them.

“You seem \_\_\_\_\_.” (Put your best guess of the feeling in the blank... disappointed, frustrated, sad, etc.) IF you guess their emotion correctly, their body will relax. IF you guess incorrectly, they will tense up, pull away or correct you. IF this happens, simply try to describe the feeling again.

“You were hoping \_\_\_\_\_” or “You wanted \_\_\_\_\_” Describe the disappointment or hurt.

“It’s hard when \_\_\_\_\_.” Validate their feelings.

“You can handle it.” Offer assurance.

“Breathe with me.” Take a deep breath together, and then physically connect in some way.

Example: A child does not make a football team.

“You seem disappointed. You were hoping to make the team with your friends. You wanted this more than anything. It’s hard when things turn out differently than you wanted. You can handle this. Let’s take some deep breaths together.” Then hug or hold your child.