

# Bear Cub Facts

October 5 2021



INSPIRING LIFE-LONG LEARNING

THE SCHOOLS OF  
**BETHANY  
LUTHERAN**

CULTIVATING CHRISTIAN CHARACTER

## Trike-a-Thon

Our first annual Trike-a-thon will be held Monday, October 11th. This PTL fundraiser will be used to support PTL events and to purchase new trikes and bikes for the preschool.

All you need to do is get pledges for flat rate donations since we won't be counting laps for the little ones. You can either use the envelop sent home last week or use the online donation page called PledgeStar.

To use PledgeStar:

- go to <https://pledgestar.com/bethany>
- Enter your name and email address, then click Register
- Follow the instructions on screen

When you finish the system emails pledge requests to your family and friends and allows for secure credit card donations on-line or to mail a check to the school.

If your child does not normally attend on Mondays, you are still welcome to bring them to the blacktop to bike with their designated time. Please see new Trike /Bike Times

Please have your child bring their helmet and a trike//bike/scooter on Monday so that they can participate.

## Upcoming Dates

- ♦ **Mon. Oct 11**– Trike-a-thon
- ♦ **Mon. Oct 11**– Minimum day– **NOON DISMISSAL**
- ♦ **Tues. Oct 19**– PTL mtg. 6:30 PM in school library, zoom opt.
- ♦ **Sun. Oct 24**– Oktoberfest and Trunk-or-Treat
- ♦ **Thurs. Nov 11**– Veteran's Day– **Preschool CLOSED**
- ♦ **Fri. Nov 12**– Operation Christmas Child packing Party
- ♦ **Mon.-Wed. Nov 22-24**– Pre-school CLOSED for LEC conference

## NEW Trike/Bike Times

Please note the new start times for biking/triking:

Miss Melanie & Miss Carli/ Miss Lauren & Miss Debbie from 9:40-10:00 am

Miss Jenn & Miss Lauren M/ Miss Kara & Miss Mandy from 10:00-10:30 am

Miss Angela/ Miss Vanessa & Miss Alicia from 10:30- 11:00 am

## Operation Christmas Child



Shoebbox season is here, which means we once again have the privilege to help share the Good News of Jesus Christ with millions of boys and girls around the world. Bethany students will be packing shoeboxes on Friday,

November 12. Would you consider providing school supplies for this packing party while many stores have these items on sale? We could use colored pencils, markers, crayons, pencils, pens, and 1 subject notebooks. Items can be dropped off at the school office or placed in the OCC box in the church narthex. Thank you! OCC Committee.

## Cook's Nights Out

CNO is a fundraiser! Many restaurants offer a fundraising opportunity. We set a date and time with the restaurant - sometimes the time period is very specific and sometimes it is all day! On the date (and during the time period) you eat at the designated restaurant and tell them that you are there for the fundraiser. Sometimes they require a flyer or a code or show the flyer on your phone and sometimes you just let them know! Each CNO will let you know what the restaurant requires. Some of the restaurants offer dine-in or take-out options or both. Each CNO is a little unique in that respect. Take the opportunity to take a night off from cooking dinner and support a good cause at the same time!

The Bethany Lutheran School 8<sup>th</sup> grade class invites ALL Bethany members and their families to join the next Cook's Night Out to raise funds for their Washington DC trip. Please make plans to join them for dinner on **Tuesday, October 19, 2021 at Chick-fil-A (Lakewood location) from 6:30 - 9:00 PM.** Thank you.

## Oktoberfest

**Oktoberfest 2021** - Join your friends on **Sunday October 24<sup>th</sup>** for an afternoon and evening of celebration and fun. There will be a full German feast including bratwurst and all the trimmings. Hot dog meals will also be available. Dance to the tunes of the Oom-Pa-Pa band, spend the day with friends and perhaps make some new ones. **The event is free and food will be available to purchase ahead of time.** There may be very limited meals available at the event. All beer purchases are presale **ONLY** and limited to two (2) twelve-ounce beers per adult. **No beer sales at the event.** The tent will open at 4:30 PM on the grassy field at Bethany (4644 Clark Ave. Long Beach, CA 90808). Food will be served from 4:30 -6:30 PM and the band will play until 7:30 PM.

## Trunk-or-Treat

Trunk-or-Treat Fun! Please sign up for a parking spot for Bethany Lutheran's 2021 Trunk-or-Treat. We are asking two families from each of our preschool and school grade classrooms to host at least two spots for Trunk-or-Treat on October 24 (Sunday). Trunk-or-Treat runs from 4:30pm to 6pm. Please be aware that you will need to be here by 4 pm to set up and decorate your car for the event. The gates will close for the event at 4:00, so please don't be late! You do not need to bring candy to hand out. Families will bring a bag of candy as admission to the event. If you're not ready to host a Trunk-or-Treat spot, you can sign up for a slot to help clean up for Truck-or-Treat. This is great way to earn FISH hours, and to meet the great kids and parents of Bethany Lutheran School!

# Oktoberfest & Trunk or Treat



**OKTOBERFEST & TRUNK OR TREAT**

**BETHANY LUTHERAN**

**FOOD • DRINK • CANDY • COSTUMES**

★ ★ ★ ★ ★

**OCTOBER 24, 2021**

**TRUNK OR TREAT: 4:30-6:00 PM**  
**OKTOBERFEST: 4:30-7:30 PM**

COME TO ONE OR COME TO BOTH! YOUR CHOICE!!

ADMISSION TO TRUNK OR TREAT = 1 BAG OF CANDY PER FAMILY  
FOOD AND DRINK TICKETS FOR OKTOBERFEST AVAILABLE ONLINE



**WWW.BETHANYLUTHERAN.ORG**

# PTL Update

It was GREAT to see over 40 people attending the PTL meeting, some in person and some by Zoom.

Congrats to Jenn Garcia, our new Vice President!

Our next PTL meeting will be October 19 (we moved it up so we could be ready for Trunk-or-Treat!)

## Healthy Snack/Lunch Choices



### Healthy Snack/lunch Ideas



Bethany Lutheran Preschool recommends that snacks have items from 2 of the following groups and lunch have one item from each group

Fruits:	Veggies:	Grains:	Dairy:	Protein:
<ul style="list-style-type: none"><li>• Berries- strawberries, blueberries, raspberries, blackberries, cherries, etc</li><li>• Banana</li><li>• Fruit Cup</li><li>• Apple Sauce</li><li>• Oranges (Cuties or sliced)</li><li>• Pears</li><li>• Apples</li><li>• Grapes</li><li>• Mango</li><li>• Melon</li><li>• Plum</li><li>• Kiwi (cut in half)</li><li>• Raisins</li><li>• Pineapples</li><li>• Fruit smoothie</li><li>• Fruit leather or dried fruit</li><li>• 100% fruit juice</li></ul>	<ul style="list-style-type: none"><li>• Cucumber slices</li><li>• Pickles (mini or spears)</li><li>• Zucchini slices</li><li>• Bell Peppers (small or cut up)</li><li>• Tomatoes (grape or cherry)</li><li>• Carrots</li><li>• Celery</li><li>• Broccoli</li><li>• Veggie Chips</li><li>• Olives</li><li>• Guacamole/Avocado</li><li>• Sugar Snap peas</li></ul>	<ul style="list-style-type: none"><li>• Crackers- Ritz, goldfish, club, wheat thins, cheez-its, triscuits, graham, multigrain, saltines etc.</li><li>• Pretzels</li><li>• Pita bread/ chips</li><li>• Bagel</li><li>• Dry cereal</li><li>• Granola bar- Z bars, Nutri Grain bars, breakfast bars, Kind bars, etc.</li><li>• Whole grain chips</li><li>• Tortilla wraps with spread</li><li>• Whole grain bread</li></ul>	<ul style="list-style-type: none"><li>• Yogurt/ Go-Gurt</li><li>• String cheese/ sliced cheese</li><li>• Cottage cheese</li><li>• Cream cheese</li><li>• Ranch dip</li><li>• Milk/ chocolate milk</li></ul>	<ul style="list-style-type: none"><li>• Hummus</li><li>• Peanut butter/ Almond butter/ Nut butter</li><li>• Nuts- Almonds, peanuts, pecans, nut mix</li><li>• Trail mix</li><li>• Sliced Lunch Meat</li><li>• Hard boiled eggs</li><li>• Chickpeas</li><li>• Quinoa</li></ul>





Sometimes it seems like your preschooler has the innate ability to push you to the outer edge of your patience. And that is on a good day. Fear not mom's and dad's. You are not alone. Each preschool newsletter will feature a question and answer technique from our Conscious discipline curriculum that will provide encouragement, tips and tricks.

What should I do when my preschooler doesn't want to leave preschool? In the morning she doesn't want to leave me, but at pick up time, I can't get her out the door!

Your preschooler communicates to you through his/her actions. She is probably saying, "I missed you all day. I love you so much. I had fun today, but I'm still mad at you for not being with me." Let go of the list of things you are going to be late for and your agenda, and become present in this moment. This allows you to stop being angry or trying to bribe the child. Speak to the moment. Bend down at her eye level and say, "You've had a great day with all your friends. It's hard to leave when you are having so much fun. You seem angry. When you feel angry, you can be a drain or a balloon. Which do you choose?" Perform the active calming technique and breathe together. Then assertively provide two positive choices, "You can take my hand or skip to the car" or two other acceptable choices for getting into the car.