

Bear Cub Facts

October 26, 2021



INSPIRING LIFE-LONG LEARNING

THE SCHOOLS OF
**BETHANY
LUTHERAN**

CULTIVATING CHRISTIAN CHARACTER

Late Arrivals

Just a reminder that all students are asked to arrive before 8:45 am.

Once the gates close all of the children are beginning their day with their class, which means your child is missing out on snack time, and/or morning circle time, which is a lead-in for the learning skill that will be focused on for the day. Circle time includes the daily chore assignment, which is the highlight of most of the children's day.

Please understand that all of the staff have designated duties including play yard supervision, which means there may not be staff available to check your child in upon your arrival. Be patient and understand you may have to wait until staff is free to leave their duties to check your child in.

Clothing

The weather is getting cooler so please be sure to send your child with a jacket labeled with their name. If we cannot find the owner to an item we will place it on the sign-in cart so it can be claimed.

Upcoming Dates

- ◆ **Thurs. Nov 11**– Veteran's Day – **Preschool CLOSED**
- ◆ **Fri. Nov 12**– Operation Christmas Child packing Party
- ◆ **Tuesday, Nov 16**– PTL mtg @ 6:30 school library
- ◆ **Mon.-Wed. Nov 22-24**– LEC conference **Preschool CLOSED** **Thurs-Fri. Nov 25-26**– Thanksgiving **Preschool CLOSED**

Operation Christmas Child

Shoebox 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.

Thank a
VETERAN!



Thank a Veteran

Bethany Lutheran Preschool looks forward to thanking veterans for their service this the sanctuary! November and appreciates your help in advance! We hope to thank as many veterans as possible for their service by sending a package of student-created thank you cards to them by mail. The goal is for the package of thank you cards to arrive just before the Veterans Day holiday. Please use this link to help us gather as many addresses as possible. Please submit a separate form for every veteran. Feel free to share the link with anyone interested. Please complete the form(s) no later than Friday, October 29th, 2021. Thank you!

Address link: <https://forms.gle/cYwD8e5fCzi1FiJr7>



ShopWithScrip®

Shopping with gift cards is the best way to fundraise because it fits right into your daily life. You don't have to knock on doors or sell candy bars. And you don't have to plan events. Here are some ways you can earn with gift cards every day without a lot of extra planning. All you have to do is use gift cards to buy common items like these and brands automatically give back to Bethany and then get applied to your tuition rebate or the ministry of your choice! Gas & groceries: The household essentials that every family needs. Pay for your weekly gas and grocery bills with gift cards and watch your earnings add up. (Safeway, Stater Bros., Sprouts, Smart & Final) (76 Gas, ARCO, Chevron, Exxon/Mobil, Shell) Home improvement: Fall is a great time to get things done around the house. From small touch-ups to large remodeling projects, don't miss out on the opportunity to make your hard work pay off even more. (Home Depot, Lowes)

Look for more tips in the coming weeks! Ruth Lopez, Scrip Coordinator
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Cook's Night Out

Luna Grill
mediterranean kitchen

INSPIRING **GOOD FOOD**
CHOICES

Join Us For a Fundraiser Benefiting
Bethany Lutheran School

11.04.2021 | 11AM - 9PM

Luna Grill Millenia

4419 Candlewood St, Lakewood, CA 90712



Present this flyer and 20% of all sales
from your order will be donated!*

f t i www.lunagrill.com

*Limitations may apply. The flyer can be shown via any mobile device, as a print out or even a simple word of mouth. Does not include alcohol. Not a discount. Valid on dine-in and take-out orders only. Only valid at specified locations on 11/04/2021.

PTL Update

It was GREAT to see over 30 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 November 16 @ 6:30 PM

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

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.

My preschooler has started to lie. I know she's drawing on the walls and furniture but she's refusing to admit it. What can I do?

We have a choice, we can focus on getting our children to admit their errors and feel bad for their actions, or we can focus on helping our children learn to be responsible by experiencing the consequences of their actions.

In this case, you could go for admission of guilt and say, "Did you draw on these walls?" Asking a question you already know the answer to is a trap. More than likely, preschoolers will deny they did anything. Denial is a defense mechanism used when faced with fear of threat. Once the child denies the situation, then we really become upset, usually saying something like, "Don't you lie to me. Lying just makes things worse." From here the interaction can only deteriorate and the opportunity to teach a new skill is lost.

Alternately, we could set a limit and hold the child accountable for her actions by saying, "You wanted to draw some pictures. You may not draw on the walls. Drawing is something you do on paper. You can clean the walls with rag or sponge. What is your choice?" It is important to follow up with your child later when she is drawing on paper by saying, "You did it! You remembered to draw on the paper. Good for you, honey." Then hug and kiss her all over.