

Bear Cub Facts

November 10, 2021



INSPIRING LIFE-LONG LEARNING

THE SCHOOLS OF
**BETHANY
LUTHERAN**

CULTIVATING CHRISTIAN CHARACTER

To provide quality Christian early childhood education in a safe, loving and caring atmosphere; daily teaching God's forgiveness and love through our Savior, Jesus Christ.

Operation Christmas Child Packing Party

In support of Operation Christmas Child, the students at Bethany will be packing shoebox gifts in the gym on Friday, November 12. Our preschool children will participate by placing handprints on the inside cover of the boxes with the following message - *"Place your hands on our handprints and think about us. We prayed for you. Jesus loves You and so do we."* Through the ministry of Samaritan's Purse, shoebox gifts are delivered to children in need around the globe in over 100 countries. Every shoebox gift gives hope to a child in need and provides an opportunity for them to hear the GOOD NEWS of Jesus Christ. Click on the following link with a personalized message to Bethany students from a shoebox recipient who shares the impact of a shoebox gift on her life: <https://spbox.com/v/WC-BethanyLutheran-Aroma>

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**
- ◆ **Dec. 17th**—1/2 day with noon dismissal
Christmas service @ 10:45

Preschool Christmas Service

Join us Friday, December 17th at 10:45 AM in the church for our preschool Christmas service. A small reception will follow. Masks must be worn.

Please have your child wear a plain red or white shirt for the service.



*Sounds
of the
Season*



ShopWithScrip[®]

Here are some more tips for earning 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!

Date night: Whether it's quality time with your significant other or a few hours dedicated to the kids. Use gift cards to get dinner delivered and watch a movie at home, or plan a special night out. There are many entertainment and dining brands to choose from.

Holiday gifting: Delivering presents without contact just became way easier with the new ship to home feature, available only in our mobile app, [RaiseRight](#). Shop physical gift cards from 250+ top-selling brands and have them shipped directly to friends and family.

Employee appreciation: Do you own your own business or manage a team? Show your appreciation for their hard work with a gift card to their favorite lunch spot.

Streaming services: As temperatures start dropping, get cozy on the couch with your favorite flicks. Watch some new releases or enjoy your go-to TV shows.

Ruth Lopez, Scrip Coordinator

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Cook's Night Out



SUPER MEX



Proudly Supports:

Bethany Lutheran School

When: November 11th, 2021

Where: 5254 Faculty Avenue
Lakewood, CA 90712

Super Mex is teaming up to support "Dining For Dollars" event to raise funds to help support students and staff with their endeavors.

Together, with your support, Super Mex will donate 20% of sales.

1. All you have to do is dine-in or take-out on the date listed on this flyer.
2. **A physical or digital copy of this Flyer must be presented to the server/cashier in order for funds to be allocated to the above organization.**

No other discounts will apply.

Invite your friends, family, and neighbors to participate in this event. The more dining, the bigger the donation!

Note: Please do not distribute flyers inside or in front of the restaurant.

5254 Faculty Ave. Lakewood, CA 90712 (562) 408-1048

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.

How can 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.

How can I help my child handle disappointment? CONTINUED

"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.

[Easy to Love, Difficult to Discipline](#) parent books also provide extensive information about ways to offer and benefits of empathy.