

Bear Cub Facts



INSPIRING LIFE-LONG LEARNING

THE SCHOOLS OF
**BETHANY
LUTHERAN**

CULTIVATING CHRISTIAN CHARACTER

January 19, 2022

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.

Covid News

Upcoming Dates

Parents, you can help keep our Bears Cubs safe by:

- Monitoring your child for illness.
- Keeping your child home if he/she shows ANY signs of illness, then Covid testing before return (even if your child is fully vaccinated.)
- Keeping your child home if he/she is exposed to COVID (family members, friends, etc.) unless he/she is fully vaccinated.

If students are exposed to COVID and are not fully vaccinated, they must quarantine for 5 days. If no symptoms develop and they test negative on Day 5, they may return to school on Day 6.

If students test positive for COVID, they must quarantine for 10 days and may return to school once they are symptom free for 48 hours.

January 24– 28 National Lutheran Schools Week

February 13 Singing cancelled

February 17 1/2 day noon dismissal (NLSA training) VIP Day postponed until further notice

February 18 Virtual Parent/Teacher conferences

February 21 Preschool CLOSED for President's Day

Church Newsletter

The Bethany Bullet is a weekly capsule of worship highlights and big information that your brain may or may not have 'downloaded' from the prior Sunday. The purpose is to bolster you in faith, build you up in the key Biblical themes shared the previous Sunday in worship, to bring to mind the important issues on Bethany's plate and to broaden your awareness of opportunities of service to your Lord, your church, and your community. Tell a friend about *The Bethany Bullet!* (www.bethanylutheran.org)



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Meet a Board Member

The governing board of Bethany Lutheran School is comprised of six members of the church. They are elected to serve a three-year term. We are grateful for their sacrifice of time and talent. Meet a Board Member

Name: Kent Ryskamp

Family information: Wife, Kim; Carter (16) BLS Grad and junior at Millikan; Cooper (Grade 7) who has been at Bethany since he was 2!

Current and/or past career(s): We own and operate a family business, a B&B on private yachts in Long Beach.

Members of Bethany for 12 years.

"Why do you choose to serve on the Board of Schools?" I want to provide assistance and guidance to our incredible staff and help keep Bethany the awesome school it is!

Favorite Bible Verse: John 3:16 "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish, but have eternal life."



Lutheran Schools WEEK



January 24-28

**"In ALL Things"
Colossians 1:15-20**

**JAN. 24
MONDAY** ←

SUPERHERO DAY

Jesus is our hero. Wear your superhero gear to school. Please no costume masks or props.

**JAN. 25
TUESDAY** ←

ALOHA DAY

Bust out your Hawaiian shirts and leis for a day on the islands. Please no swimsuits or revealing clothing.

**JAN. 26
WEDNESDAY** ←

WACKY TACKY DAY

Forgo all fashion rules! Bring on the mismatched clothes.

**JAN. 27
THURSDAY** ←

CAREER DAY

Dress up in clothes for the job you want to have when you grow up.

**JAN. 28
FRIDAY** ←

PAJAMA/COZY CLOTHES DAY

Let's be cozy today! Wear your pajamas or loungewear to class.

Bethany Lutheran School

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.

When kids are fighting what should I do?

Physically separate the children and assertively say, "Stop." Breathe and focus on maintaining the inner state you want both children to return to. Encourage them to take a deep breath. Say, "Breathe with me," and help them calm themselves.

Next, get down to their eye-level and say, "Both of you seem so angry. Something must have happened." Let each child know you will listen to her story. Ask the first child, "Something must have happened?" in a questioning tone. Offer support to the second child by positioning yourself next to her and putting your hand on her shoulder as you listen. The second child will often interrupt, "But she..." Reassure her by keeping your hand on her shoulder and saying, "It's hard to wait your turn. You will get a turn when she's finished." When the first child has finished, restate what she said to get clarification, offer empathy and reframe the situation with positive intent. "You were angry because she took your hat. You wanted it back and forgot to ask." Then reposition yourself next to the first child and ask the second child to share. Restate, clarify, offer empathy and reframe with positive intent. "You were upset about what she said on the bus and didn't know other ways to let her know."

Step 1: Ask, "Did you like it when she_____?"

Step 2: She responds "NO!"

Step 3: Set the limit on the hurtful act and include choices for the next time: "You may not grab someone's hat. Grabbing is hurtful. The next time you want her to know you are upset with something she said, say, ' I didn't like it when you said_____' Next time please say or do _____. Or come ask me for help."

Step 4: Say it now for practice.