

# Bear Cub Facts



INSPIRING LIFE-LONG LEARNING

THE SCHOOLS OF  
**BETHANY  
LUTHERAN**

CULTIVATING CHRISTIAN CHARACTER

February 16, 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.

## Re-registration for 2022-2023 school year

## Upcoming Dates

Dear Parents,

Believe it or not, it is time to start thinking about the next school year and enrollment at Bethany Lutheran Pre-school. Please take a moment to read this letter.

We are continuing our "continuous enrollment" process, which means we will assume your children are returning to Bethany for 2022-2023 and will hold their spot unless we hear differently from you (and we sincerely hope we do not!) There are no forms to fill out electronically...all you need to do is log into Gradelink and verify that all information is correct! (You can do this at any time, but we'd love it if you'd complete it by March 1. Be aware that registration opens to the community on March 2. If your child is in TK or Pre-K and are attending Bethany Lutheran School, please note that you can register on Friday, February 18th. Here's how:

### Go to [secure.gradelink.com](https://secure.gradelink.com)

- Log into Gradelink using the same Gradelink parent login information you used to enroll this year.
- Click on "EnrollMe" and complete the prompts.
- If you need assistance logging in, please contact the school office.

Please note that families who are returning to Bethany have first priority in enrollment. Again, as part of "continuous enrollment," we will assume your children are returning and will charge your FACTS account for:

- Registration fees (\$200 per child. We will charge the fee on March 2.)
- As a reminder, 2021-2022 Scrip rebates may be applied to your last tuition payment.

**February 17** 1/2 day noon dismissal (NLSA training) **VIP/**

**Grandparent's Day postponed until further notice**

**February 18** Virtual Parent/Teacher conferences—**Center CLOSED to students**

**February 21** Preschool **CLOSED** for President's Day

**March 4** Spring Open House 6:30 -8 PM

**March 6-9** NLSA visit

**March 11** Preschool **CLOSED**

## 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](http://www.bethanylutheran.org))



ThankScrip Days are coming February 24 - 25. Earn up to 20% with 70+ bonuses on some of your favorite brands. Take advantage of bonus earnings and make an even bigger impact on your tuition rebate or ministry contribution - without leaving home! Shop for spring break travels, home furnishings, clothing, and more.

You need an online account to participate in this special event. If you haven't already, create an account today on the mobile app, RaiseRight, or on ShopWithScrip.com. Check the RaiseRight app on Wednesday, February 23 for a sneak peek at bonuses.

Enrollment code: IBL8EE69719L.

Ruth Lopez, Scrip Coordinator

[rlopez@bethanylutheran.org](mailto:rlopez@bethanylutheran.org)

562-420-7783 ext. 58

## Parent/Teacher Conferences

Parent/Teacher conferences will be held virtually on Friday, February 18th. This is a great opportunity for you to connect with your child's teacher and going over your child's assessment. It is very important for us to work together to provide goals for your child's continued growth. Assessments will be going home at the beginning of the week for your review. And so you can gather any questions you may have. Conferences are approximately 15 minutes and your teacher will be sending out your zoom link so be sure to be looking for it that week.



## Parent-Teacher Conferences

Reminder: The preschool is CLOSED to students for the day, February 18th..

*Bethany Lutheran Church Youth*



**LONG BEACH**

**MAR 2ND**

**11AM - 10PM**

*Handel's Long Beach*

4201 McGowen St Suite 200, Long Beach, CA 90808

[WWW.HANDELSICECREAM.COM](http://WWW.HANDELSICECREAM.COM)

Must present flyer or  
photo of flyer on your phone.

**20% OF TOTAL PURCHASE WILL BE DONATED TO  
BETHANY LUTHERAN CHURCH YOUTH**

Not valid with any other offer. Good at Long Beach Handel's only. Good this day and time only. Flyer distribution on Handel's property is prohibited and will result in forfeiture of your organization's entire donation.

# Sunday, March 20<sup>th</sup> – Succulent Creation

An Event to Support our Youth Gathering Participants



**11:00AM to 12:30PM at Bethany Lutheran Church**

"Growing In Faith" - a workshop to create your own succulent garden and **to support Bethany Lutheran Church Youth attending the LCMS Youth Gathering** in Houston, TX this summer. The event will be in Hensley Square.

**There are three price points:**

Small Pot (up to 2 plants) - \$15

Medium Pot (up to 4 plants) - \$30

Large Pot (up to 6 plants) - \$45

\*The price paid will include all needed to create your succulent garden (your choice of pot, succulents, soil and decorative add-ons like stones, sand, marbles or moss).

\*Light refreshments are included.

**Please NOTE:**

***NO Walk Up Registration for this event as supplies will be limited. Thank you for your understanding.***

***Registration for this event closes on Monday, March 14 at Midnight!***

***To REGISTER for the Succulent Creation Event, click on this link <https://bit.ly/2022succulents> or use this QR code:***



**We look forward to seeing you at this fun creative event. - The Board of Youth**

Questions about this event may be directed to the Board of Youth Chairperson, Kim Ryskamp. Contact Kim Ryskamp at [kimryskamp@gmail.com](mailto:kimryskamp@gmail.com).



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 do I respond when other children are being mean to mine?

*"Sometimes when we are around family members or friends who do not have consistent behavior expectations for their children, their child has a tendency to be mean to my child. My first reaction is for "Mama Bear" to come out and jump all over that child. Usually though, I do nothing. What would be an appropriate and helpful way to respond to this type of behavior with other people's children?"*

**BREATHE.** As always, the first step to handling difficult behaviors is to pause and breathe. The skill of composure helps us to turn off the negative responses to our situations and refocus our energy in a positive direction. Take a moment to breathe deeply and calm yourself before responding to the situation.

**ATTRIBUTE POSITIVE INTENT.** When someone else's child acts in a hurtful way towards your child, stay in your place of calm and attribute positive intent to the misbehavior. You do this by saying to yourself something like, "Oops, they must not know how to use kind words," rather than "I can't believe they are acting like this...they should know better!" Positive intent helps you stay in a problem-solving state and helps you to offer those problem-solving skills to children. You can even demonstrate this skill to your child and the other child when you approach them about their behavior. While you might be tempted to ignore the behavior altogether, or choose a frustrated or angry response, instead begin with something like, "Oops! It looks like you may not know how to use helpful behavior. I will help you, so we can all stay safe." Remember to use a sincere tone, not a sarcastic one. This isn't a time for sarcasm or shaming, it's a time for teaching.

**USE ASSERTIVE LANGUAGE.** In Conscious Discipline, we learn that assertive language is the voice of no doubt...it is what it is. To practice an assertive voice, you can recite something like, "The sky is blue, the grass is green, you may not hit...hitting hurts." Using a formula like this helps to keep your tone from sounding passive or aggressive. Passive language would sound like, "Let's not hit, please." Please and thank you are polite words we use when someone does a favor for us. For example, "Could you please grab a bottle of water for me too?" Using the word "please" implies a question. The person you are speaking to can choose to respond with yes or no. When

# Parent Academy

you are giving directions or relaying a behavior expectation to a child, you are simply stating what *is*.

You are not asking a question and their behavior is not a favor to you, it is an expectation. So, instead of, "Let's not push, please," use an assertive phrase like this, "You may not push. Pushing is not safe. You may use a helpful touch like this or you may keep your hands to yourself like this" and then demonstrate what "helpful touch" and "hands to yourself" look like. Also, avoid aggressive language and tone. An aggressive tone sounds loud and forceful, with the intent of talking "over" someone so that they have no choice but to listen. You can even deliver an assertive phrase in an aggressive tone. To avoid this, remember the formula from above. "The sky is blue, the grass is green, you may not hit...hitting hurts." Aggressive language comes as an angry response, with the intent to punish. Aggressive words may sound like, "Hey, you better stop it right now! Don't you dare push my child!" or "Quit being a brat! No one will play with you if you act like that!" Unlike passive or aggressive language, assertive language stays calm and helps facilitate problem solving.

**YOU MAY, YOU MAY, YOU MAY NOT.** A helpful phrase for using assertive language and setting limits is the "You may \_\_\_\_, you may \_\_\_\_, you may not \_\_\_\_" formula. For example, if another child is pushing your child, you can use an assertive tone and set limits by saying, "You may use gentle touch like this (demonstrate), you may keep your hands to yourself like this (demonstrate), you may not push." Using this phrasing helps to paint a picture with your words and lets the child know exactly what the limits and expectations are.

**GIVE YOUR CHILD A VOICE.** Help your own child discover and use their own "big voice" by demonstrating the skill in the moment. Ask your child, "Did you like it when \_\_\_\_ hit you?" When they respond with a "no," Then help them with the language to communicate limits. Practice with your child and have them repeat after you, "\_\_\_\_, I don't like it when you hit me. Hitting hurts. Keep your hands to yourself." When your child is able to say this with a confident, assertive tone, they are ready to try it with the other child. Have your child and the other child stand in front of you and guide your child in using their assertive language. Guide the other child in a response, "Can you do that?" If they say no or refuse to participate, you can have your child not play with them and say something like, "If you can't play safe, then \_\_\_\_ will not be able to play with you because it is my job to keep him/her safe." A wonderful tool to help teach your child the skill of assertive language is the book, Shubert's Big Voice by Dr. Becky Bailey. This book is available on the Conscious Discipline website.

**YOU'VE GOT THIS!** Parenting is tough enough with your own children, but when other children are acting in a hurtful way toward your child, it's even more easy to lose your cool or become frustrated. It's also difficult when you have other parents or family members watching you. In these moments, remember your own commitments. You have every right as a parent to set healthy boundaries for how others treat your children and to teach your children how to do the same for themselves. Take a deep breath and know that you've got this!