

Bear Cub Facts



INSPIRING LIFE-LONG LEARNING

THE SCHOOLS OF
**BETHANY
LUTHERAN**

CULTIVATING CHRISTIAN CHARACTER

March 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.

NLSA

Accreditation

Upcoming Dates

Dear Preschool Parents,

We want to thank you again for your support as we navigated our NLSA accreditation visit last week. This was a 2 year process of analyzing our program in 8 different areas: mission and program philosophy, congregation, family and school relationships, governance, personnel, health and safety, wellness, and curriculum.

The validator's scored us with a 96% and now the preliminary report will go to the district and synod for final review before we are officially accredited.

Your support in acknowledging the staff as educators in the preschool field is valued and was seen/celebrated by the accreditation team.

Psalm 126:3 The Lord has done great things for us, and we are filled with joy.

In Christ,
Tammy Simpson
Preschool Director

In all things. Colossians 1:16-17

March 18 See's Candy sales END

March 22 PTL Meeting @ 6:30 PM
in-person in the school library or
zoom link to come)

March 23 Summer preschool registration materials go home

March 28 See's candy delivered

April 15 Good Friday **Preschool**
CLOSED

April 18 Easter Monday **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)



ShopWithScrip®

Changes are coming! The Scrip year is coming to a close at the end of March and rebates will be distributed in April. Beginning with the new Scrip year in April (April 2022 - March 2023) a change in the minimum rebate will be in effect. The minimum rebate eligible for distribution will go from \$2.50 to \$25.00. (Scrip buyers will need to make enough purchases to create \$25 in rebate dollars) This change is taking place in an effort to increase sales. In turn, this will possibly create a place for increasing the amount of the rebate that goes towards tuition rebates or your chosen ministry. (At this time 40% of the rebate you earn goes back to the running of the Scrip program and 60% goes to your tuition rebate.) It would be great to be able to change the rebate percentages from a 40/60% split to a 30/70% split.

Ruth Lopez, Scrip Coordinator
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Update on Masking

Just a reminder that as of Monday, March 14, masks will no longer be required for preschool students - indoor or outdoor. Masks are recommended, but it will be up to individual families to make the determination for their child. If you want your child to continue wearing his/her mask, please communicate this to his/her teacher.

We will continue to follow our Covid/illness policy and the quarantine policy we have had in place.

We thank our Bethany families for their support and patience as we continue to navigate guidelines. May God continue to bless us with safety and with love and goodwill for our Bethany family members.



IT'S TIME FOR SPRING *See's!*

**ORDERING BEGINS
MARCH 1, 2022**

In-person orders are due
Friday, 3/18/2022 by 3:30 pm.

Please no exceptions!

Shop online with the QR below
from 3/1/2022-3/25/2022



GREAT FOR EASTER!

Perfect for gatherings and baskets!



SCAN ME

2022 LCMS Youth Gathering Auction



Texas Style BBQ Dinner
Cornhole Tournament
Live & Silent Auction
and More!

Help support our Bethany
High School Youth Group
as they prepare to attend
the 2022 LCMS Youth
Gathering in Houston,
Texas

April 2, 2022
5:00-8:00p.m.

The Auction will be
held at the Long Beach
POA park behind the
Towncenter



Use this QR Code
to buy tickets!

IN ALL THINGS
COLOSSIANS 1:15-20

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 you

Parent Academy

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! You can do it!