



# Bear Facts

The Weekly Newsletter of  
Bethany Lutheran School  
Long Beach, CA  
[www.bethanylutheran.org](http://www.bethanylutheran.org)  
Learn+Love+Lead+Serve



## FROM THE PRINCIPAL



We're in the home stretch of the school year now. These last days will be packed with end-of-year activities. Here are few to keep in mind:

- Friday (6/3) at 6:30 PM is our Talent Show. Come and see how much "We Love TALENT!"
- Sunday (6/5) at 4:00 PM is our 8th Grade Graduation service. Congrats to our grads!
- Monday (6/6) is the Fun Day Carnival, hosted by our PTL. Here's the schedule:
 

Preschool	10-11
K-2	11-12
6-8	12-1
3-5	1-2
- Tuesday (6/7) will be our annual Field Day. Make sure your child is wearing clothing/shoes appropriate for running, jumping, etc.
- Wednesday is our annual Park and Pool Day. Watch for details from your child's teacher.
- Thursday (6/8) is our last day of school, a minimum day. Chapel at 9:00 and Kindergarten Graduation at 10:30.

*God's blessings on your week!  
Dr. Fink*



**VBS June 27-July 1  
8:30-12:00**

Send your kids on a desert adventure!

Check out our [VBS page](#) for registration and volunteer info!

**VBS Planning is in full swing! We could use your HELP rounding up the supplies.** Look for the supply needs on colorful tags in the church or what is still needed. **We ask that donations or items borrowed be brought to the Youth Office by June 19<sup>th</sup>.** Questions about donations contact: [klopez@bethanylutheran.org](mailto:klopez@bethanylutheran.org).



Save the date to set sail and  
**Raise A Glass!**  
for Student Success  
Saturday, September 10, 5-9 PM  
Bethany Lutheran Campus

*Evening Includes:*  
Silent Auction & Opportunity Drawings  
Naples Rib Company & Drinks

Tickets are \$70 each and include dinner and two drink tickets  
\*no one under 21 will be served alcohol

Donations for the silent auction are also welcome! Contact [esswein.sheri@gmail.com](mailto:esswein.sheri@gmail.com) to arrange your donation and for any questions.

**School Bulletin #36**  
May 31, 2022

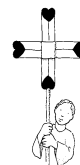
## DON'T FORGET

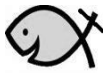
- ☉ June 3-Talent Show 6:30 PM
- ☉ June 5-8<sup>th</sup> Grade Graduation 4:00 PM
- ☉ June 6-FUN DAY CARNIVAL!
- ☉ June 7-Field Day
- ☉ June 8-Park and Pool Day
- ☉ June 9-Last Day of School  
K Graduation 10:30  
Noon Dismissal
- ☉ Aug. 24 and 28-Family Classroom Visits
- ☉ Aug. 30-First Day of School!
- ☉ Sept. 5-Labor Day-No School

## Who's leading chapel this week?

6/1-Ms. Stejskal  
6/9-Pastor Blake and Kayleigh

*Parents, you are always welcome to join us at 9:00 in the sanctuary!*





The FISHin' Hole  
*Opportunities to Serve*

We need help with Fun Day! Click here to sign up:

<https://signup.com/go/NyShkMG>



Our May/June chapel offerings will go to the Long Beach Animal Shelter.

Looking for some summer academic enrichment for your kids? Check out the Summer Bridge books [available on Amazon](#). We have samples you can peruse here in the school office.

**THANK YOU** to the PTL for the new cushions on the furniture in Hensley Square! They look wonderful and will be used gratefully by *lots* of Bethany family members, both adults AND kids!



**Used Jeans and Pants Needed!**

The Student Success Program is working on an up-cycle project and needs your used pants and jeans. Any size, any style, but especially women's and girl's jeans with fancy designs on the back pockets. Please bring them to the school office to Mrs. Cerulle by Thursday, May 26.



**RaiseRight**<sup>™</sup>

Formerly ShopWithScrip

What are your plans for the summer? Earn a rebate while having fun!

We have lots of different options for summer travel or even a Staycation!

Getting away? Choose from several options for hotels, airlines and cruise lines.

Staying close to home this summer? Gas cards, restaurants, movie tickets, entertainment, streaming/gaming, sporting goods, book stores, and more!

Taking on a home improvement project? We've got Home Depot, Lowes and Ace Hardware.

Getting outdoorsy? Try Dick's Sporting Goods, Columbia, REI, Bass Pro Shops, Big 5 and more!

Lots of ways to earn all summer long and get that rebate growing!

Ruth Lopez, Scrip Coordinator

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

562-420-7783 ext. 58

**Middle School Corner**

Calling all **current** 5th, 6th and 7th grade students and parents!

**Please check out all the ways to view the REQUIRED middle school summer reading and extra enrichment information.**

- Use this QR Code
- Check out the For Students → Online Resources tab on the Bethany Lutheran School website
- Watch for an email this week
- The paper copy will be sent home with your student (soon!)

Also provided in the document:

several additional recommended activities and boredom busters.



# LuTEC<sup>+</sup>

HIGH SCHOOL  
NORWALK

## Rethinking Education

Imagine ... A revolutionary high school model created with students in mind.

- **Student Centered:** A school that focused on student-centered learning; a place where students choose the classes they want and take them in a schedule that works.
- **Technologically Rich:** Not just the use of technology, but the application, programming, and leveraging for a better world.



- **Educationally Relevant:** University of California and NCAA approved courses taught by high quality Christian educators.
- **Career Ready:** Real world training and partnerships with business and industry. A focus on high demand trade job training.
- **Practical Experience:** Clubs and activities that help you get the practice and experience you need.
- **Personalized:** Small school environment designed for you.
- **Spiritually Deep:** Practical theology, defending and sharing your faith, pastors, teachers, and Christian business leaders pouring into students' lives.



Flexible Class Schedule to meet your **LEARNING** needs.

Typical daily schedule:

7:30a	School Opens ( <u>optional attendance</u> )
10:00a	Required Attendance
	Devotions, Chapel, Theology, Course Work, Lunch and 1:1 Check In
2:00p	Required Attendance Ends
4:30p	School Closes



LuTEC.org - or call Todd anytime at (714) 726-4510

# LuTEC<sup>+</sup>

HIGH SCHOOL  
NORWALK

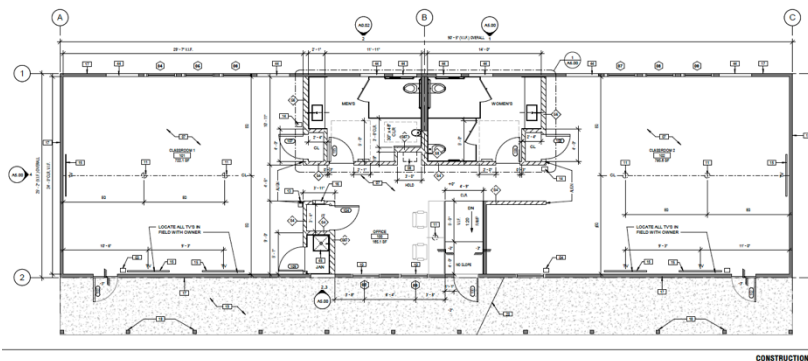
At LuTEC, we believe high school students in the greater Norwalk area need something different – very different than the typical options afforded to them.

Most schools are not designed with students in mind. They are compliance-based and teacher-centered. Schools focus on teaching, rather than student learning. Many don't adequately prepare students for life and career. There isn't much flexibility and learning is limited.

At LuTEC, we believe in a personalized, flexible, values-rich education. We believe in assisting our students to navigate and understand Biblical values and ethics in light of a secularized and changing world. Students taught to think and process on their own set themselves up to be successful adults.

**Check out our website at [LuTEC.org](http://LuTEC.org) or Call Todd at (714) 726-4510**

*Opening August 2022!*



A completely remodeled building dedicated to rethinking education. Flexible seating, multiple TV screens, high speed internet and more. Stay focused on your studies, hang out with friends or enjoy the outdoor space.

We will be located at **11943 Rosencrans** in Norwalk, just east of the Norwalk Town Square. The building is part of the former St. Paul's Lutheran Church Campus. A day care center is currently winding down operations and as of July 1, an extensive, \$350,000 remodel will be underway. The entire building will be remodeled to a creative, open learning space for students.



LuTEC.org - or call Todd anytime at (714) 726-4510



# Parent Pages

RESOURCES FOR CHRISTIAN PARENTS IN THE 21ST CENTURY



## Growing Happy Children



**I**t's not just our imagination. Research shows that today's children and adolescents are less happy and have a lower well-being rating than previous generations.<sup>1</sup> This trend goes back to 2011, so we can't blame COVID. Studies that look for a relationship between activities and well-being see two significant changes related to the decline, especially for teens. The first is less human interaction, and the second is a decline in religious services attendance. Let's address each of these.

Our world has made significant changes over the last ten years. When we want to communicate, we text instead of engaging in a conversation. When we want to know something, we no longer go to a public library and ask for help; instead, we ask Google. Teens monitor

several social media sites instead of meeting up at the local hang-out. Little by little, we have reduced our human interaction, which seems to be taking a toll. It is not that screen time is terrible for our teens. Instead, the damage is likely happening because of what they are missing: face-to-face interaction.

Attending religious services is the second reason listed. It may seem strange that secular research would look into religious practices, but a large body of research tells us faith practices promote well-being. For example, when children and teens attend church, participate in Sunday School or enjoy youth group activities, they spend time with others. In addition to human interaction, faith practices also offer a shared sense of purpose that increases fellowship and support for all involved. Furthermore, when we meet for worship and learn more about our Savior, we are encouraged to grow in our relationship with God and relationships with our fellow members. That is a potent recipe for well-being even in the face of struggle.

The research in this area shows the relationship of interaction and church attendance with happiness, but it doesn't indicate whether one causes the other. Because of this, we cannot definitively say that spending too much time on screens is harmful. However, we do know from related research that our brains seek out interaction. Even for those who see themselves as introverts, interacting helps with learning and emotional health. We can increase our children's time interacting with others, especially in a church setting, and know we are doing them good.

<sup>1</sup> This and all other information in this article about current research on happiness in adolescents and teens was drawn from Jean M. Twenge, "What Makes Teens Happier," *Psychology Today*, Aug. 31, 2018, [psychologytoday.com/us/blog/our-changing-culture/201808/what-makes-teens-happier](https://www.psychologytoday.com/us/blog/our-changing-culture/201808/what-makes-teens-happier).

Scripture tells us that God nurtures our faith and our relationship with Him through the Word and Sacraments.



Increasing interaction does not have to bring about major life changes. Music is a good example. Research shows that listening to music in a concert likely promotes happiness, while listening alone detracts from happiness. This doesn't mean you should prevent your child or teen from listening to music alone in his room. Certainly, this activity is an excellent way to relax. It does indicate, however a need to encourage your child toward music activities that also include human interaction for balance. A teen who enjoys listening to music will benefit even more from playing music with others or attending a concert with friends or family. The goal is not to avoid what might be harmful. Instead, the goal is to supplement what your children love with human interaction. This allows you to build happiness along with personal interests.

"I was glad when they said to me, "Let us go to the house of the LORD!" (PSALM 122:1).

We don't need research of any kind to demonstrate that spending time in God's Word and in worship is good for us. Scripture tells us that God nurtures our faith and our relationship with Him through the Word and Sacraments. As parents, we should be encouraged that God has blessed us with a powerful way to nurture happiness in our children. Anytime is the right time to

make a new commitment toward church attendance. We are always welcome in God's house! In addition, it is comforting to know that taking advantage of Sunday School, youth group and other family activities will not only promote happiness for children but will also develop lifelong skills.

Remember that the specific event doesn't have to be happy. Sometimes human interaction causes us grief. However, even this grief brings about good when the child learns to navigate challenging situations. When interacting with others causes struggles, and a teen finds ways to overcome them, happiness is nurtured and connected in the brain to problem-solving techniques. It really is all good.

As your family heads into summer, plan a family meeting to talk about balancing screen use with human interaction. Take advantage of what your church offers and set goals not only for church attendance but also for ways to spend time with people. Look for opportunities for your family to volunteer. Remember that spending time with others, worshiping together and learning to care for each other all work to help us feel grateful for God's blessings. Blessings are better than research because they are evidence of God's love for us.