



Bear Facts

The Weekly Newsletter of
Bethany Lutheran School
Long Beach, CA
www.bethanylutheran.org
Learn+Love+Lead+Serve



FROM THE PRINCIPAL



Bethany Parents,

We filed our K-2 waiver on Thursday last week! The LB health department tells us it will take a couple of weeks for approval, so meanwhile we're pressing on and praying, praying, praying!

We're having fun with our Virtual Spirit Week this week, and we're looking forward to seeing our students at our **car parade** on Friday! This will be an evening GLOW PARADE...watch your email for details tomorrow.

Have you gotten/scheduled your flu shot yet? As we ease into a return to in-person instruction, it's going to be critical to keep all our Bears as healthy as possible (especially since flu symptoms are so similar to COVID symptoms!) Flu shots are available in many, many places...please add that task to your to-do list and help us keep our Bears healthy.

Finally, a virtual high-five to all of our Bethany parents. You are working SO hard to help your kids be academically successful in this extraordinary time. We are proud of you!

We miss you.
Be safe.
You are SO. LOVED.
Dr. Fink



Get the Scoop on Scrip!

Amazon Prime days are here!

Just in - if you buy Amazon Scrip online, you can take advantage of an increased rebate bonus! Three days only: October 11 - 13 (regularly 2.25%; now 3.35%).

Are you taking advantage of the Bonus Fest weekends!? There are three weekends left to cash in on 2-day bonuses. Be sure to check out the different bonuses available each weekend and stock up for your shopping needs!



P.S. Be sure to shop from AmazonSmile and choose Bethany Lutheran Church-Long Beach as your charity...your AmazonSmile dollars will come directly to the school.



School Bulletin #7 October 13, 2020

DON'T FORGET

- ☉ Oct. 12-16 Virtual Spirit Week!
- ☉ Oct. 16 GLOW PARADE!
- ☉ Oct. 30-Minimum Day/End of Quarter 1
- ☉ Oct. 30-PTL Trunk-or-Treat Event!!



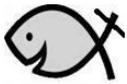
For October we will be donating to the MHE Foundation in honor of Greta Falkner, whose son (and former Bethany Bear) suffers from this bone disease.

Boxtops

We're still collecting Boxtops! You can drop them off at the school office anytime before October 26. You can also use the Boxtops Mobile app to scan your grocery receipt! (See the attached flyer.) Every little bit helps our school...thanks!

Kyle and Mimo Anema





The FISHin' Hole
Opportunities to Serve

Have you helped your child's teacher? Be sure to log your hours from the Bethany app or website!

Shop for Success Goes Virtual!

We hope you've been enjoying all the posts Student Success has been sharing over social media for National Dyslexia Awareness Month.

We're about to kick off a virtual version of "Shop for Success" - a very fast and fun way to support! On Facebook and Instagram watch for album and story sales of gently used accessories, jewelry, scarves, purses, handmade Christmas trees and more! This event was always a hit when we hosted it in homes with a boutique shopping experience feel. And with jewelry starting at \$2 a piece, who could say no to an extra pair of earrings or a beautiful "new to you" necklace all in support of the Student Success Program?

We'll see you online!

Facebook Group:

Bethany Lutheran in Long Beach CA

Instagram:

@BethanyStudentSuccess

~~Why is this happening to me?~~

What is this teaching me?

I don't like things that I can't fix, control or manage. I'm a fixer. I'm also a project manager by trade and manage my personal life in the same way. I like to be in charge of my own day, my own destiny, my own life. I make lists, check them off and get things done – and it makes me feel like SuperWoman. (I may be a teensy-weensy bit Type A??) But, because life – sometimes something tosses my well-laid plans out the window and I'm left to figure it out. Usually, I can pivot and find a way to make it work. We're parents, it's what we do, right? But lately, in today's wacky world, we're being thrown more curve balls than normal and there are so many things we can't fix or change. We *have to* go with the flow, however frustrating it may be. And usually, my complaining about it doesn't get me very far. Instead, I've realized that there is a lesson in all the madness and I need to find it. It changes my attitude, turns me into a listener and learner again, and keeps me humble for sure.

What is this season in life teaching *me* right now?

- That time with our kiddos is irreplaceable and we've been given a gift of a pause to spend even more time with them.
- That all the activities that used to fill my calendar aren't always necessary and the slow down in the last 6 months has made me breathe easier. It was a break I didn't know I needed.
- That I miss the hug of a good friend, and my kids really, really miss their friends too.
- That fall reminds me with falling leaves that it's okay to let some things go. It's growth in its most natural form.

What is life teaching you lately, friends?

Have a great week, BearFam! You are SO LOVED!

Jen Carlson, PTL Communications

P.S. Keep Friday, October 30, 5:30-7:00 open on your calendar for a special PTL Trunk-or-Treat event! Watch for details next week!

Middle School Corner

A glimpse into our middle school classrooms...

8th Grade

History: American Revolution

Math: Linear Equations and Real Numbers

Lit: The Hobbit by J.R. Tolkien

Spiritual Formation: The Book of Exodus

English: Research Writing

Science: Physics of forces –pushes/pulls

Spanish: Draw and write their own story (in Spanish!)

7th Grade

History: European Middle Ages

Math: Ratios and Proportional Reasoning

Lit: The Lion, the Witch and the Wardrobe by C.S. Lewis

Spiritual Formation: The Book of Luke

English: Compare and Contrast Writing

Science: Cell biology/cellular reproduction

Spanish: Draw and write their own story (in Spanish!)

6th Grade

History: Ancient Egypt

Math: Fractions, Decimals, and Percents

Lit: Wonder by R.J. Palacio

Spiritual Formation: The Life of Christ

English: Compare and Contrast Writing

Science: Geology and features of the Earth

Spanish: Draw and write their own story (in Spanish!)

A Strong Defense Against Flu: Get Vaccinated!

FIGHT FLU



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example flu vaccination has been associated with lower rates of some cardiac events among in people with heart disease.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A [2017](#) study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.



Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

What kinds of flu vaccines are recommended?

There are several licensed and recommended flu vaccine options this season:

- [Standard dose flu shots made from virus grown in eggs.](#)
- [Shots made with adjuvant and high dose](#) for older adults.
- [Shots made with virus grown in cell culture instead of eggs.](#)
- Shots made using a [recombinant vaccine production technology](#) that does not require the use of a flu virus.
- [Live attenuated influenza vaccine \(LAIV, the nasal spray vaccine\)](#), which is made with live, weakened influenza viruses. It is an option for people 2 through 49 years of age who are not pregnant.



Is the flu vaccine safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm.

What are the side effects of flu vaccines?

Flu shots: Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.

Nasal spray flu vaccines: The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive flu vaccine have no serious problems from it.

When and Where to get vaccinated?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace. Visit: www.vaccinefinder.org at to find a flu vaccination clinic near you.

For more information, visit: www.cdc.gov/flu or call **1-800-CDC-INFO**