



Bear Facts

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



FROM THE PRINCIPAL



Bethany Parents,

I hope you enjoyed the Glow Parade on Friday! We had lots of fun decorating, dressing up and seeing our students' smiling faces. Putting on an event like the parade is definitely a team effort, and we have such a great team here. I really do have to give a "shout-out" to our teachers and staff members for giving up their Friday nights after a long week. They really are the BEST.

We are still awaiting word on our waiver application for Grades K-2, but we are cautiously optimistic. I sent a survey to our K-2 parents yesterday...please take a moment to complete it. This will help us in our planning.

As you all know, we had our first case of COVID with a preschool staff member. Given the rate of transmission in our part of the country, we knew it was only a matter of time before someone connected to our schools would be affected. It was heartening to see, though, that our COVID response team knew exactly what to do, and I'm happy to report that the staff member had only mild symptoms and is already feeling back to normal (although she has to quarantine for 14 days nevertheless.)

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



Get the Scoop on Scrip!

Have you tried the RaiseRight app yet? It makes Scrip purchasing SO easy! Once you sign up for a ShopWithScrip account (using Bethany's account number, of course!) you can tie your RaiseRight app to your account and purchase Scrip at the touch of a button. A portion of every purchase is banked for your tuition rebate and the rest supports our school!

Need help signing up? Give me a call or send me an email:

Ruth Lopez, Scrip Coordinator
562-420-7783 x. 54
rlopez@bethanylutheran.org

School Bulletin #8 October 20, 2020

DON'T FORGET

- ©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.



Cook's Night Out

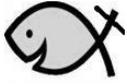
Wednesday, November 4
Buffalo Wild Wings, Lakewood
Thanks for supporting our 8th Graders! Watch for a flyer attached to an upcoming newsletter!

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

We're having a campus workday for cleanup/fixup this Saturday! Want to lend hand? Show up at 8:00!!

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?

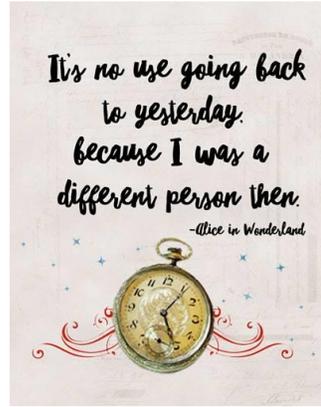
We'll see you online!

Facebook Group:

Bethany Lutheran in Long Beach CA

Instagram:

@BethanyStudentSuccess



We all have moments we'd like to re-live over and over again. Memories we'd re-do every day. Then, we also have times we'd like to forget. The hard, tough, cringe-worthy moments that are just fine left in the past. You know the ones we're not too proud of? Maybe it's the over-aggressively "schooling" of my child on how to do her homework and I lose my temper, maybe I turn a blind eye when I knew a fellow parent needed help because I'm feeling overwhelmed myself, or maybe I indulge in a gossipy conversation that no one benefits from. Moments I'd like to not go back to. Moments I'd like to be forgiven for. Moments that I should be learning from.

Thank goodness we have a Father that provides us grace. Forgiveness. Patience. Love. That even at our worst, he loves us with His best. He takes the person we were yesterday and erases the ugly and offers us a fresh start today. And He's willing to do it again tomorrow, and the next day. He knows our yesterdays don't define us. Wow, what a game changer that is.

You are SO LOVED, and forgiven. We are thankful for the people *you* are that make our amazing BearFam here at Bethany. Have a great week!

Jen Carlson, PTL Communications

Middle School Corner

Advisory teams have been busy getting to know each other, graphing grades and more!

Every week in advisory, the students graph their current grades which provides them with the opportunity to reflect on their grades and see their grade trends in a line graph.

Additional advisory activities have included a self-esteem journal, perseverance journal and choosing a team name. Spirit Week participation was an advisory team challenge and it was wonderful to see everyone participating!

And the advisory team names are...

Got Any Grapes? (Mrs. Moorman)

Can't Beat the Gnarly G's (Mr. Brege)

Super Predictable Ant Magic (Mr. Morner)

Left Twix (Ms. Einspahr)

Anas Platyrynchos (Mrs. Evans)

"I like graphing my grades because it helps me to make goals for myself for the next week." - Robby, 6th grade



Bethany Lutheran Schools

PTL TRUNK-OR-TREAT CAR PARADE

Join us and drive on through the
Bethany Parking Lot

Friday, October 30, 2020 4:30 pm - 6:00 pm!

Last names A-I 4:30 pm - 5:00 pm

Last names J-R 5:00 pm - 5:30 pm

Last names S-Z 5:30 pm - 6:00 pm

*Or come when it works best for your family...we're not
checking IDs!*

WEAR YOUR COSTUMES

**COME SEE THE FUN
STAFF CARS!**



**DON'T FORGET YOUR
TREAT BAG!**

BRING 1 SMALL BAG OF CANDY PER CAR





Family Matters

A CHRIST-CENTERED RESOURCE FOR FAMILIES AND TEACHERS



SENT TO SERVE Supporting Those Facing Fear



Nobody likes to live in fear.

In the normal course of life, there will be things to fear: everything from separation anxiety as infants to teenage social anxiety to the range of worries that fill adulthood and being a parent.

It's one thing to be afraid, to be fearful — but it's another thing to live in fear. Being afraid is often momentary, but living in fear is constant. We know that being on a fast-moving roller coaster is temporary and our fear will soon end. Being employed in a toxic workplace, or being in an abusive relationship filled with constant threats, is often more long term.

What happens when we are afraid? There are basically three responses:

- › **We freeze.** We come to a complete standstill. We might be physically or emotionally or socially immobile. Sometimes it might be a combination of all three. We cannot move forward in a healthy direction and are thus vulnerable as we are motionless.
- › **We flee.** In the face of fear, we run. We take off physically from a threatening situation, and we also

run away from emotional, social, financial and even spiritual fears. We seek a safer place to go to — a place to hide.

- › **We fight.** In the presence of danger or threat, we get combative. We strike out physically, we speak out vocally and we attempt to stand our ground against that which is threatening us.

As parents, who are God's "sent people," how do we support and serve our children and others who experience such fears in life? Here are a few ideas:

- › **Accept them.** We may think their fear is not based in reality — but it is real to them. We should not dismiss their fear as if such angst doesn't exist. It does for them. Accept them (and their fears) with words of care and support. Listen attentively and give them eye contact and a sense of hope for the future.
- › **Seek to understand.** This next step allows for non-threatening questions that seek to reveal the source of their fear. It could be something recent or something in the past that continues to absorb them. Attempt to create conversation through open-ended questions. Allow them to honestly reveal their fears and concerns.
- › **Share comforting words.** Find ways to communicate care, support and hope with them in a genuine way. Words, tone of voice, eye contact and attention can communicate support and offer a place of emotional safety which can position them to move forward to address their fear.
- › **Bring comfort from God's Word.** The words of Holy Scripture are filled with comfort. Scripture is applicable for issues of this time and place. There may be times in the course of a conversation when God's Word can apply to the discussion. It need not be in abundance, because one passage or even one verse is filled with hope.

Without a doubt, there is a lot to be afraid of in the world for children and adults, both on a day-to-day basis and over long-term situations. We need not live in fear or unrest, because our Lord Jesus is the Prince of Peace. He comes to set the captives free! We can cast our cares on Him, because He cares for us. We can find our refuge in Him!

There are times we might be afraid, but we need not live in fear.

FUN FAMILY ACTIVITY //

Gather the family together in a comfortable space, with no electronic distractions, and enjoy the family activity outlined below.

PROJECT TITLE: OVERCOMING OBSTACLES

PURPOSE

To engage family members in an activity that allows them to be challenged and find ways to overcome those challenges.

OPENER

Ask the following questions in your family setting to get the conversation going.

- › What are some things you are afraid of?
- › Why do you think you are afraid of these things?
- › Are there some fears you have overcome recently? How did this happen?
- › How do you usually face the things you are afraid of?

BIBLICAL INSPIRATION:

In your family, have an adult or older child read the following verse from the Book of Psalms, and discuss what it means, as each of you think about facing fears in the future. Try to memorize it as a family, by repeating it several times over and over.

“When I am afraid, I put my trust in you” (PSALM 56:3).

FUN FAMILY ACTIVITY: OBSTACLE COURSE

Sit down as a family and decide two things:

1. Find a suitable space where you live — indoors or outdoors — that will allow you to have room where family members can run.
2. Collect items from around your home, such as pieces of wood, bricks/blocks, various size chairs, etc., from which you can build a family obstacle course.
3. Construct the obstacle course with the age and physical abilities of family members in mind, so that all family members can have a sense of success when they participate in this fun family challenge.
4. Create a score card or chart that will allow the family members to record their times and to see if they improve after a second or third run.
5. Have family members take turns running the course, recording each person’s time. Have the rest of the family cheer them on and encourage them to do their best!
6. After a number of tries, when everyone has had several opportunities to run, gather together for a discussion of these final questions:
 - › How do you think you did running the obstacle course?
 - › How does Jesus help us overcome obstacles and fears in our lives?

CLOSING PRAYER

At the close of the family session, have an adult or older sibling say the following prayer, phrase by phrase, with the rest of the family repeating the words.

Dear Heavenly Father, we thank and praise You, for sending Jesus to be the Prince of Peace. May Jesus calm our hearts, when we are afraid. May Jesus fill us with strength, when we feel weak. May Jesus help us overcome obstacles in our lives. May Jesus give us peace in all we do, and help us bring comfort to others. In the name of Jesus we pray. Amen.





It's Shoebox time!

Gift-filled shoeboxes were handed out to children in early 2020 as part of Franklin Graham's bold vision to reach every child on 1000 Pacific Islands with the Gospel over the next few years. Pastor Andy Loos, who coordinated Guam's first shoebox distribution event, shares this story:

"A little girl had asked her dad for some art supplies, but they couldn't afford any. She opened her box, and it was filled with art supplies. She was so excited and so were her parents. They were wiping tears away as they saw the joy on their little girl's face. And only Jesus knew how to get that box to that little girl." (January 2020)

Help share the love of Jesus with a child in need by joining us at one or more of these Operation Christmas Child activities:

1. **Fill a box at home and return it.** Boxes and brochures will be distributed after Sunday services starting on Oct 18 through Nov.15. **NEW THIS YEAR:** Use the postage paid envelope to mail in the suggested \$9 donation for shipping costs rather than placing any money in the box. If you prefer, you can also pay online and follow the destination of your box. (<https://www.samaritanspurse.org/operation-christmas-child/follow-your-box/>) Return filled boxes on any Sunday through November 22.
2. **Build-a-box at Bethany** is an **IN PERSON** event happening on **Saturdays, November 7 & 14** from **9:00 am to 4:00 pm.** To protect the health of those participating and to follow COVID-19 guidelines, reservations are required. Time slots will be available every 15 minutes on both dates. To register, go to Bethany's website at www.bethanylutheran.org and click on the "Build-a-box" link. Individuals and family groups of up to 6, will be guided through a series of tables with shoebox supplies to choose from until their boxes are filled. It will be "touchless" in that volunteers at each table will use grabber sticks or gloves to transfer supplies to your box. All shoe box items and supplies will be provided. We will have a free-will donation basket if you would like to help with the cost of shipping our shoe boxes.
3. **Build-a-box-online:** with just a few clicks, you can pack a shoebox online to help share the Good News of Jesus Christ with a boy or girl in need around the world. With a tax-deductible donation of \$25, you can select school supplies, toys, and other fun items and personalize your gift with your own letter. Samaritan's Purse will pack the gift for you and send it on its way. Go to the following link for Bethany's build-a-box- page: <https://build-a-shoebox.samaritanspurse.org/view/368e1699-c9ab-453e-82e7-839b0090540b> Visa scrip cards are available for purchase in the school office.
4. **Volunteer at the Fullerton Processing Center:** If you are interested in inspecting boxes at the Processing before they are transported to receiving countries, we have a reservation for 25 volunteers from 10:00 am to 2:00 pm on Thursday, November 27. Sign-up sheets for this event will be available on Sundays, beginning Oct 18 through Nov 15, or until filled.

5. **Drop off items for a Spring packing party:** A packing party for our students at Bethany is tentatively scheduled for the Spring of 2021. If you would like to contribute items for this event, which will also be opened to members at large, you may drop off supplies in our collection box in the school office, M-F, 8 - 4. For the months of October and November our featured collection items are **flashlights** (batteries are ok to pack; if batteries are loose, seal ends with tape) and **small toys** like legos, yoyo's, hot wheels, miniature dolls, balls of all sizes (bouncy balls should be a medium size to avoid a choking hazard), playing cards, plastic animal figures, etc. New, unused items only, please.

6. **Volunteer at Bethany during National Collection Week:** Between Nov 16 and Nov 23, Bethany will serve as a shoebox collection site for members from the community. Come out and meet some of our neighbors and help us collect, organize, pray, and transport donated boxes. We could use your help anytime between 9:00 am and 1:00 p.m., Monday, November 16 through Friday, Nov 20, and again on Mon., Nov 23.

National Collection Week: November 16 - 23, 2020

