



# 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



Bethany Parents,

In our faculty meetings, I've been consistently asking our teachers two questions:

- How are you doing?
- What do you need?

Depending on what's happening in their classrooms and personal lives, I might get lots of feedback or no feedback. ☺

Those two questions are particularly poignant to me this week. One of our school parents, Jess Palacios, lost his battle with COVID over the weekend. He leaves behind his twin 8<sup>th</sup> grade children, Kelli and Michael, and his wife Marianne (who also lost her own father last week.)

This is an extraordinarily difficult and sad week for this family. It's nearly impossible for them to answer "how are you doing?" and "what do you need?" in their shock and grief. But as fellow members of the Body of Christ we can still help: we can mourn with them, cry with them and pray for them. We can remind them of the hope of the resurrection for Jess. And we can come together to support them as they navigate "the valley of the shadow of death."

Here is a link to a [Meal Train](#) for the Palacios family if you'd like to participate. And please keep this precious family in your thoughts and prayers.

**Be safe. Stay well.  
You are SO. LOVED.**  
*Dr. Fink*

A parent's job never ends, does it? (I have a 26- and a 24-year-old. The answer is "yes...the job just changes over time.") ☺

It's possible that there are some new devices in your kids' hands after Christmas: phones, game systems, smartwatches, etc. and that means helping kids balance the new freedoms that come with these devices with the responsibility to use them wisely.

Do you need to brush up on the social media sites that go along with said devices? How about some suggestions for ways to monitor screen time and coach your kids' onscreen behavior?

I encourage you to check out [Common Sense Media](#). They have straightforward guides to the latest media (including social media, movies and even books!) and great advice for families, including a Family Media Agreement.

*Dr. Fink*



## School Bulletin #16

Jan. 12, 2021

### DON'T FORGET

- ☺Jan. 18-Martin Luther King Day-No School
- ☺Jan. 22-End Quarter 2
- ☺Jan. 29-Report cards issued
- ☺Feb. 1-5 K-2 Parent Conferences (Details forthcoming)
- ☺Feb. 8-No School, Lincoln's birthday
- ☺Feb. 12-Minimum Day
- ☺Feb. 15-No School, Presidents' Day

### CHAPEL OFFERING

This month's chapel offerings will go to the [Garuna Foundation](#). This ministry provides after-school programs for students in Cambodia. They have six schools in the region and will soon open another school in Phnom Penh. Our very own Ms. Imes and Mrs. Tucker participated in a mission trip with Garuna a few years ago...an amazing experience!





Did you know that the iTunes card is now a general Apple card? It can be used for all things Apple - products, accessories, apps, games, music, movies, TV shows, iCloud and more! Physical and eCards are available for use online or in Apple Stores.

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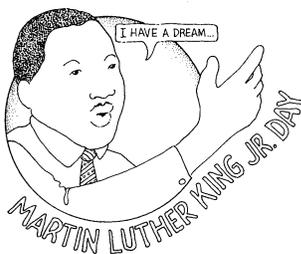
### Virtual Parenting Workshop: Keeping Kids Motivated

Saturday, January 30  
10:00-11:30 via Zoom

Have you been struggling to get your child to complete schoolwork or chores during this time of remote learning? Join us to hear why your child may be unmotivated and what you can do about it.

[Register Here](#)

Presented by Dawn Raya, Ed.S.  
Licensed Educational Psychologist #4073  
Facilitator of IDALA's  
Long Beach Parent Group



I read a philosophy of Charles Schulz, creator of the 'Peanuts' comic strip that put things in perspective for me:

1. List the five wealthiest people in the world.
2. Tell me the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant.
4. List ten people who have won the Nobel or Pulitzer Prize.
5. Name the last decade's worth of World Series winners.

How'd you do? Point is, we don't remember. These people weren't second-rate achievers – they were the best in their fields. But applause dies, awards tarnish and achievements are forgotten.

Another couple of questions:

1. Tell me a teacher who impacted your journey through school.
2. Name three friends that have been there for you through a rough time.
3. Who is the first person you call when you need some clarity and advice?
4. Think about a time when someone showed you grace when you needed it most.
5. Who are five people that you enjoy spending time with?

Was this easier? These people aren't nearly as famous as the first list, don't have the credentials or the most money and awards; they are simply the ones who care the most. These are your family. How richly we are blessed.

Have a great week, BearFam! You are loved.  
*Jen Carlson, PTL Communications*

### Middle School Corner

The middle school teachers recently applied for a few grants from the Lakewood Education Foundation/Lakewood Schools Committee and our applications were approved. **God is good!**

One large chunk of the grant will be used to purchase Growing Leader's Habitudes Curriculum for Social and Emotional Learning for middle and high school students.

The curriculum will be integrated in our Advisory Team activities and covers identifying emotions, accurate self-perception, recognizing strengths, self-efficacy, impulse control, stress management, self-discipline, perspective-taking, respect for others, social engagement, relationship building, evaluating decisions and ethical responsibility.

Parents, the CEO of Growing Leaders, Tim Elmore, has published a free online ebook titled, *The Case for Social and Emotional Learning: How new research can save your overwhelmed students* and we encourage you to check it out [here](#).

*"We have to prepare the child for the path, not the path for the child."*  
- Tim Elmore