



Bear Facts

The Weekly Newsletter of
Bethany Lutheran School
Long Beach, CA

www.bethanylutheran.org
Learn+Love+Lead+Serve



FROM THE PRINCIPAL



The first few weeks of school are all about routine: learning where to go, what to do and when to do it. Successful teachers know this: "This is what I want you to do when you come in the morning. Here's where we line up after recess. This is how we hand in our papers." Routines minimize disruptions and behavior problems in the classroom.

Parents, this is a good time for you to establish school-time routines for your kids at home, too. Which comes first, playtime or homework? (Might depend on the student!) How are we going to manage the flurry of paperwork from school? Where do we put our packed backpack before we go to bed so we're not running around looking for stuff in the morning? ☺ What time will kids go to bed (or more importantly, to SLEEP?)

A lack of routine can be hard on kids, making life seem chaotic and the research says that stressed-out kids don't learn as well. Do yourself (and your kids) a favor: work with your kids to establish some school-time routines and then stick to them!

Blessings on your week!
Dr. Fink

Did you enjoy the sorbets we served at Family Classroom Visits? We have some boxes left over and would be happy to sell you one! Contact the school office for info!

YUM!

Congratulations to our Youth Minister, Kayleigh, and her husband Ben!



Ezra Townsend Lopez
September 12
8 lbs. 7 oz.
20 inches long

Praise God from Whom all blessings flow!

Parents, we already have kids out sick with cold/flu-like symptoms. So far, no one has tested positive for COVID...good news! If your child is sick, PLEASE keep them home, let their teacher know AND contact the school office to let Kim Yoshiyama know. Then schedule a COVID test (or use an over-the-counter test) to confirm that your child does not have COVID before he/she returns to school.

Attention Room Parents!

Are you signing up to be a room parent (or room parent assistant) for your child's class? Watch for an Zoom invite from our head room parent, Sarah Chionis!

School Bulletin #3
September 14, 2021

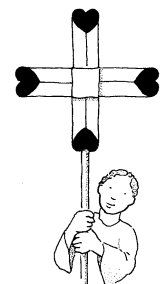
DON'T FORGET

- ☺Sept. 13-17 8th Graders to Catalina
- ☺Sept. 14-6th Grade Camp Meeting
- ☺Sept. 15-4th Grade Community Builder (CB)
- ☺Sept. 18-3rd Grade (CB)
- ☺Sept. 19-1st & 2nd Grade CB
- ☺Sept. 20-24-7th Grade to Catalina
- ☺Sept. 24-Progress Reports
- ☺Sept. 24-Minimum Day-Noon Dismissal
- ☺Sept. 27-Oct. 8: MAP Testing Grades 2-8
- ☺Sept. 28-PTL Meeting-Library-6:30 PM
- ☺Oct. 6-8 5th Grade to AstroCamp

Who's leading chapel this week?

- 9/15: Mr. Brege and the 7th Graders
- 9/22: Pastor Blake
- 9/29: Pastor Kritzer

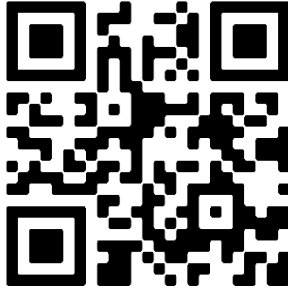
Parents, you are always welcome to join us at 9:00 in the sanctuary!





The FISHin' Hole
Opportunities to Serve

Have you signed up to volunteer with the PTL yet? Fill out [their survey](#) and join the fun!



CHAPEL
OFFERING

In August/September we will be donating to [Samaritan's Purse](#). This organization is serving refugees from Afghanistan as well as the earthquake and storm victims in Haiti and New Orleans.

Cook's Night Out

Support our 8th Graders and their DC Trip AND take the night off from cooking!

Panda Express
September 24

Watch for details next week!

Shop With Scrip!

ThankScriping Days are coming this Thursday and Friday, September 16 - 17! This is a two-day bonus event with many brands offering an increased rebate. Take advantage of these bonuses to make your Scrip purchases count even more! This is an online event - good for eGift cards and reloads only. If you have not already created an account - now is the time! I recommend the RaiseRight app for its on-the-go convenience. You will also get a preview day in the app on Wednesday, September 15. You can also make purchases on ShopWithScrip.com. Mark your calendar and get ready to boost your rebate!

Ruth Lopez, Scrip Coordinator
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Meet the Staff

My name is Carolina Infante, and I am delighted to be teaching Middle School Spanish at Bethany Lutheran School.

I was born in Bogotá, Colombia, and received my degree in Child Pedagogy in Education from the university Fundación Universitaria Los Libertadores. In Colombia, I taught grades 6-11 for eight years, and have been teaching Spanish since my husband was transferred to Los Angeles. He works for the Colombian Consulate and we have a 16-year-old daughter.

My goal is to teach your child Spanish in a fun and practical way. I want your child to feel confident about their new language and thereby focus on building their self esteem and their willingness to use new vocabulary.



Middle School Corner

Keep the conversations going at home with these conversation starters for older kids. Many of these are geared towards growing a growth mindset attitude.

- What was your favorite or best part of the day?
- What was the hardest part of the day?
- How were you kind to someone today?
- Was someone kind to you today?
- What are you proud of?
- What are you thankful for?
- What's one thing you're good at?
- What's one thing you'd like to practice to get better at?
- Let's say you could be any age, what age would you choose?
- What makes you feel happy?
- How do you cheer yourself up when you're feeling down?
- What's your favorite thing to do as a family?
- What do you enjoy most during school?
- What's your favorite holiday?
- Did you try anything new today?
- What is a talent or skill you'd like to learn?
- If you could learn more about something, anything, what would you choose?
- What is a goal you'd like to accomplish?

“Look for the good in every situation, seek the valuable lesson in every setback, look for the solution to every problem. Think and talk continually about your goals” - Brian Tracy



Parent Pages

RESOURCES FOR CHRISTIAN PARENTS IN THE 21ST CENTURY



Hang Up Your Superhero Cape

In March of 2020, parents everywhere stood up, dusted themselves off, put on their superhero capes and faced the daunting reality of responsibilities brought on by COVID-19. Suddenly parents were working from home while caring for and teaching their children. All of the changes likely brought on anxiety, and that emotion became something new for parents to contend with. It seemed like everything was different and more complicated. The situation called for a hero, and parents everywhere stepped up to volunteer.

When we face challenges, we dig down deep into our reserves and push forward. This practice is a great way to deal with temporary anxiety because you are using your stress to make you sharp and to help you deal with what lies ahead. The downside is we cannot sustain this behavior for the long haul. The longer a situation progresses, the more challenging it is to find the resolve to endure.

When a crisis situation continues, the next stage means the situation is the new normal. At this point, our bodies and brains have found ways to cope, and we endure. The downside to this behavior is two-fold. First, as we adjust to the new workload, we lose opportunities to rest and renew. Second, we begin to fool ourselves into thinking we've got it all under control. We start to forget that God is the One making our endurance possible.



Psalm 23 is a good way for us to walk away from the super-parent cape and walk through God's Word. This Psalm is rich in comfort and encouragement to trust in Christ, our Shepherd. We begin with the first three verses:

“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake” (PSALM 23:1-3).

When we are in superhero mode, the ability to rest and restore is the first thing to go. We become hyper-vigilant regarding problems that we think we need to solve, and there always seems to be something that needs our attention. This Psalm reminds us that Jesus, our Shepherd, is not a leader who demands. He is a leader who protects and provides. He is a leader who sacrificed His life for us. We recognize we can rest in the green pastures and drink from the still water as we dwell in that truth that while life demands, Jesus sustains.

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me (PSALM 23:4).

Throughout this past year and a half, it has often felt that we were in the shadow of death. Regardless of

“ Jesus accomplished our most essential need on the cross. He is truly our Shepherd in all things. Because of this, we can rest and find renewal in His mercy and grace. ”



whether COVID had a personal impact, the awareness of potential danger lurked around the corner. Each struggle we endure builds resilience for the next time of challenge. In both His guidance and discipline, our Shepherd urges us to abide by following Him.

“You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever (PSALM 23:5-6).

All this time, when we thought we were in charge, our Shepherd was preparing a table of strength, support and growth. We are sustained by His loving care and by His presence in the Sacrament. Our Shepherd’s care for us is not limited to daily, earthly needs; He loves us in all things.

We can hang up our super-parent capes and follow Jesus into whatever the next valley has in store. The best way to survive a crisis is to follow Christ rather than take over the leadership role. We do the work

He sets before us and trust that the Shepherd has the problem in hand.

Now is the time to take a good look at your worship and Bible study practices. God teaches us through His Word and Sacrament. If the stress and busyness of the past months have interrupted the time you spend in the Word and fellowship, make a point to change that. You need the Shepherd. Your family needs the Shepherd. The next big thing needs the Shepherd.

“For by Him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities — all things were created through Him and for Him. And He is before all things, and in Him all things hold together (COLOSSIANS 1:16-17).

Our Shepherd, Jesus Christ, is not a mere superhero. He knows and provides what we need in every situation. Jesus accomplished our most essential need on the cross. He is truly our Shepherd in all things. Because of this, we can rest and find renewal in His mercy and grace.