



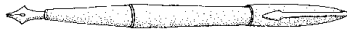
# Bear Facts

The Weekly Newsletter of  
Bethany Lutheran School  
Long Beach, CA

[www.bethanylutheran.org](http://www.bethanylutheran.org)  
Learn+Love+Lead+Serve



## FROM THE PRINCIPAL



I read an article recently from a counselor in our district regarding ANTS. The article was *not* about the pesky creatures who can ruin a picnic. It was about Automatic Negative Thoughts.

This term was coined by Aaron Beck, MD to describe the negative thoughts and beliefs about ourselves that seem to pop into our minds out of nowhere. Examples might be, “I never do anything right” or “if people really knew me, they wouldn’t like me.”

Everyone has these thoughts once in a while, including kids, and there are ways to deal with them. It helps to understand what kind of thinking our brains are doing at the time, then make a conscious decision to change the pattern. (Here’s a [great article](#) that outlines some common negative thinking patterns.)

It’s important, too, to remind ourselves and our children that we are *not* our thoughts: we are beloved children of God, forgiven and cherished by our Heavenly Father.

You are loved!  
*Dr. Fink*

## Vicki Marsha Winter Sale!!!

See the attached flyer for info.

Parents, you can help keep our Bears safe by:

- Monitoring your child for illness.
- Keeping your child home if he/she shows ANY signs of illness, then contacting the school office to obtain a rapid test to rule out COVID (even if your child is fully vaccinated.)
- Keeping your child home if he/she is exposed to COVID outside of school (family members, friends, etc.) unless he/she is fully vaccinated.
- Providing a medical-grade mask for your child (strongly recommended by the health department.)

The rules for quarantine due to exposure have changed per the Long Beach Health Department:

- **If students are exposed to COVID by a classmate at school**, they do not need to quarantine unless they develop symptoms. We will provide rapid tests to rule out COVID, as well.
- **If students are exposed to COVID outside of school and are not fully vaccinated**, they must quarantine for 5 days. If no symptoms develop and they test negative on Day 5, they may return to school.
- **If students test positive for COVID**, they must quarantine for 5 days. If there are no symptoms and they test negative on Day 5, they may return to school. Otherwise they must continue to quarantine.

## School Bulletin #20

February 1, 2022

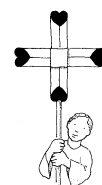
## DON'T FORGET

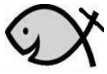
- ☉Jan. 31-Feb. 4 Sex Ed Week
- ☉Feb. 4-Report Cards go home
- ☉Feb. 7-18 MAP Testing, Grades 3-8
- ☉Feb. 9-2022 Kindergarten Info Night-6:30
- ☉Feb. 15-Middle School Info Night
- ☉Feb. 18-Re-Registration begins!
- ☉Feb. 18-Minimum Day-Noon Dismissal
- ☉Feb. 21-President’s Day-No School
- ☉Mar. 4-Open House and HAPPY 75<sup>th</sup> BIRTHDAY to Bethany! 6:30-8:00

## Who’s leading chapel this week?

- 2/2-Mrs. Blake
- 2/9-Mrs. Evans
- 2/16-Mrs. Lange

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





The FISHin' Hole  
*Opportunities to Serve*

We could use some construction help with a school-wide art project. Contact Dr. Fink!

*Calendar Change:*

**Friday, March 11**  
**will now be a**  
**minimum day**  
**with noon dismissal.**



The Bethany 5th grade Girl Scouts are organizing a **Blanket Drive** as part of their Bronze Award Project. They are working with SPCA-LA - Long Beach and collecting clean, used blankets and towels for the shelter.

Do you have clean extra blankets or towels you'd like to donate? Bring your donations to the school office during the month of February. Thank you for your support!!



### Music Academy Spring Semester

Students may receive 12 weekly private lessons beginning this month in piano (Grade 2 and up) or trumpet (Grade 4 and up.) Lessons are held here after school between 3:15 and 6:00. Tuition is \$300 plus \$25 registration fee for new students.

Enrollment forms are available [here](#) and are due TOMORROW.

Questions? Contact Mara Widmann:  
mwidmann@bethanylutheran.org.



Our February offerings will be going to [World Mission](#). We will be working with all the Lutheran schools in our district to support this organization that provides God's Word to people around the world in 6000 different languages/dialects!

**Cook's Night Out**  
Wednesday, February 9

**Lakewood Chick-Fil-A**

*Cook's Night Out is now supporting Bethany's youth for their summer trip to the [Youth Gathering](#).*



Super Bowl LVI is just around the corner (Sunday, Feb 13). Rams vs Bengals! Don't forget to use Scrip to purchase supplies and food for your Super Bowl fun! We have your groceries covered with Safeway (Vons, Pavilions, Albertsons), Sprouts, Stater Bros and Smart & Final. Ordering out? Lots of options there! Pizza, wings, and so much more! We have some cards in stock and ready for pick up. There are many more options available on ShopWithScrip or the RaiseRight app. Want your food delivered? There's DoorDash, GrubHub and Uber Eats for that!

Are you in need of additional school uniforms or PE clothes? Vicki Marsha is having a sale and we have Scrip for that! See attached flyer for details.

### Middle School Corner

To add to the celebrations during National Lutheran Schools Week last week, the middle school continued the long-running tradition of going ice skating together.

For many students this was a new experience. Research supports that new experiences are one of the best ways to learn so we commend those students who tried something new. Some of them did not enjoy the experience and some loved it, and both responses equally support the student in growing into the person God created them to be.

Joe Namath said it best- "There are some things you only learn through experience."

Like ice skating!



# VICKI MARSHA UNIFORMS WINTER SALE!

FEBRUARY 1<sup>ST</sup> - FEBRUARY 15<sup>TH</sup>  
ONLINE ONLY

10%  
OFF



Shop & Save \* [vickimarsha.com](http://vickimarsha.com)

Free Shipping Orders Over \$100 \* \$5 Shipping Orders Under \$100

*Vicki Marsha Uniforms*

5292 Production Drive, Huntington Beach, CA 92649 \* (714) 895-6371 \* [vickimarsha.com](http://vickimarsha.com)



Thank you for participating in our

## Bethany Lutheran Church Spirit Day!

People like you make our community a great place to live...and to learn!

Please stop by Chick-fil-A in Lakewood and present this card when you purchase your meal to support our program and provide a better future for our Students!

Based on the Days sales from our families, Chick-fil-A will make a donation to our programs!!

Again, THANK YOU!

**\*Valid @ LAKEWOOD Chick-fil-A Only\***

**Wednesday, Feb 9, 2022**

**6:30AM-9PM**

Chick-fil-A is closed on Sundays



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