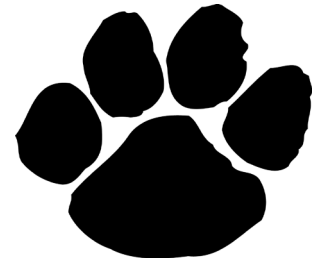




Bear Facts

The Weekly Newsletter of
Bethany Lutheran School
Long Beach, CA

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



FROM THE PRINCIPAL



Learning to read and reading to learn are two major goals of any school, but learning to be a lifelong reader, a person who *chooses* to read is certainly as important. How can parents help accomplish this goal with children? Here are some thoughts:

- Be a model: make sure kids see us reading for pleasure (even if it's a magazine or the newspaper!)
- Buy books (or put them on devices): kids know what we value by where we choose to spend our hard-earned money (and you can get some great deals with the book orders from school!)
- Get library cards and use them!
- Encourage reading *outside* of assignments: turn off the TV/gaming system/device and read. Put a reading lamp by the bed and let kids stay up an extra 10 minutes *if* they're reading.
- Read TO kids, long past when you think you should stop.

*We're thankful for your help
in raising readers!*

Dr. Fink

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 #21

February 8, 2022

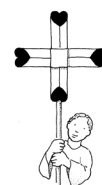
DON'T FORGET

©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 75th BIRTHDAY to Bethany! 6:30-8:00

Who's leading chapel this week?

2/9-Mrs. Evans
 2/16-Mrs. Lange
 2/23-Mrs. Hallett

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





The FISHin' Hole
Opportunities to
Serve

Donating/helping with the
Valentine's Day party? Don't
forget to log your hours!

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!!



The governing board of Bethany
Lutheran School is comprised of six
members of the church. They are
elected to serve a three-year term.
We are grateful for their sacrifice of
time and talent.

Meet a Board Member

Name: Debbie Castlen

Family information:

Husband: Michael

Two sons and two
grandchildren attended
BLS.

Past career:

Preschool Director at
Grace Lutheran-LB

Members of Bethany since 2018.

"Why do you choose to
serve on the Board of
Schools?": I want to stay
involved in Christian
education.

Favorite Bible Verse:

Jeremiah 29:11



**CHAPEL
OFFERING**

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](#).*



New branding.... Jamba Juice is now part of a Focus Brands card which also
includes Cinnabon and Auntie Anne's. Physical cards are available in a \$25
denomination. There is a \$10 minimum for an eCard. Do you enjoy Mimi's
Cafe? We have a few \$25 cards on hand - the last of our supply. Scrip stopped
carrying Mimi's, but the cards are still good! Get them while they last! Don't
forget to use Scrip to make your Super Bowl purchases! There are lots of
eCards available for pizza, wings and all types of food! If you want your food
delivered use GrubHub, DoorDash or Uber Eats. Enjoy the game and earn a
rebate at the same time! Win-win!

Ruth Lopez, Scrip Coordinator

rlopez@bethanylutheran.org 562-420-7783 ext. 58

Middle School Corner

Bethany Lutheran middle school students have the opportunity to experience
different elective classes throughout the school year. Electives are designed for
students to enjoy unique experiences that educate them as a whole-child of
God. It's always exciting to see which students discover a new skill or hobby
they want to continue to develop.

During the first session of electives this year, the 8th grade students focused on
public speaking, the 7th grade students tackled real life math, and the 6th grade
students learned first aid and CPR skills. The second session of electives was
used to prepare for the Christmas Nativity program.

Last week, the students started a new round of electives and are all
participating in one of the following options-

Bethany Media Team - Pastor Seth

World War 2 - Mr. Morner

Escape Rooms - Mrs. Evans

Board Games - Mr. Brege

Surprise "get moving" Activity - Miss Einspahr

Got skills? We're always looking for new electives courses to offer! Elective
courses happen once a week on Thursday afternoons from 2:25 - 3:05 pm.
Each session is approximately 6 weeks in length. Some elective courses offered
in the past include: card games, square dancing, official baseball scorekeeping,
ping pong, finger-knitting, and life-hacks. The sky's the limit!

We'd love to hear from you! For more information, please contact Mrs. Carrie
Evans at cevens@bethanylutheran.org



Bethany Lutheran School
Honor Roll and Principal's List 2nd Quarter, 2021-2022

Honor Roll

5th Grade

Sofia Brown

6th Grade

Lauren Walsh
Hunter Deeble
Jaiden Beatty
Jasmine Lim
Hailey Peralta

7th Grade

Kaylee Cuizon
Tyler DeJongh
Garret Morgensen
Kate Newton
Christian Haro
Nolan Cerulle
Madison Farley

8th Grade

Nicholas Roberts
Caitlin Nelson
Timothy O'Conner
Ava Stuart
Miles Jump
London Perez

Principal's List

5th Grade

Irene Long**4.0 GPA
Aiden Wallace-Caine**4.0GPA
Jacob Murdock**4.0GPA
Jack Peck**4.0GPA
Olivia Alvarado**4.0GPA
Dillon Terrell**4.0GPA
Hailey Avila, Daniella Martins, Laura Aguilera

6th Grade

Anika Morgensen**4.0GPA
Joseph Bowers, Trevor Torres, Lucy Luu,
Ben Evans, Adam Vega

7th Grade

Ava Hidalgo**4.0 GPA
Eli Anema**4.0 GPA
Norah Vu**4.0 GPA
Jake Antonio**4.0 GPA
Robby Hernandez, Grant Parker,
Jagger Simon

8th Grade

Payton Wallace-Caine**4.0 GPA
Brayden Huynh**4.0 GPA
Jamie Long, Diana Huynh,
Charlie Peck, Lucas Raya



Parent Pages

RESOURCES FOR CHRISTIAN PARENTS IN THE 21ST CENTURY



Loving Your Teen through Brain Reconstruction

To reconstruct something is to rebuild it and restore it to working order. God's design of our brains includes several times of reconstruction. The first occurs at the beginning of toddlerhood, when the brain needs to create order out of neurological chaos. Do you remember the challenges of the toddler years? Your teenager is undergoing another significant brain change. The brain changes happening between the tween and teenage years reconstruct the neural pathways to enable the brain to do wondrous things. Prior to this change, children are learning to use logic and reasoning, but they will be using these skills more effectively after this change. The challenge is getting through the time of reconstruction when the brain seemingly loses some skills while rebuilding. It is a stage which should have the title "What were you thinking?"

The length of this article does not allow us to dive into all of the brain changes happening, but one we can readily see is the change in proprioception. Proprioception is the map our brain has of every part of our body. It allows the brain to keep track of movement and touch. When a teenager experiences a

growth spurt, the brain change can't keep up with the new longer torso and limbs. This lagging is seen when clumsiness occurs and a child who just last week could fly up the stairs now finds himself tripping. Soon, the brain updates those body maps, and agility returns. This is a good metaphor for what is happening in terms of reasoning skills and behavior choices. The brain has some new, unfamiliar tools that need to be installed. In the meantime, old tools are temporarily off-line.



The brain changes happening between the tween and teenage years reconstruct the neural pathways to enable the brain to do wondrous things.

"For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you. Give ear, O Lord, to my prayer; listen to my plea for grace. In the day of my trouble I call upon you, for you answer me" (PSALM 86:5-7).

This prayer of David gives us insight into how to navigate these years with our children. As God meets us with steadfast love, grace and a willingness to address the trouble we find, we can see this as a model for parenting during brain reconstruction.

Accept that problems will occur and be prepared to react in a firm, calm manner. We are all sinners living in a sinful world, so we cannot prevent the consequences of poor choices and

bad behavior. Although it feels like your teen is giving you a hard time, it's because she is dealing with new challenges. Now is the time to set aside anger in favor of patience and forgiveness.

Facilitate learning from failure and mistakes. This learning will help to avoid all-or-nothing thinking so common with young people. A mistake made today is not a life sentence; it is a lesson learned tomorrow. We live as simultaneous saints and sinners. Our lives are a struggle against sin, but our Savior has accomplished the victory.

Talk often and about everything. Teenagers pull away from interaction with parents, so parents need to be proactive in initiating conversation. It's OK if the conversation is short. Each interaction serves as a reminder that you are available to talk during times of difficulty as well as times of rejoicing. Don't shy away from the uncomfortable subjects. The world is talking about sex and drug use, so you will want your children to hear about God's plan for their growth and health. Here again, short, frequent conversations will accomplish the goal. You don't have to tackle the entire subject in one sitting. You will want faith learning to be included in the brain remodeling.

Teach your teen tools to handle peer pressure. Those short conversations along with stories from your youth will help your teen to see that anytime friends are together, someone is influencing, and that influence can be healthy or damaging. Brainstorm ideas of what he can say to steer a group toward healthy choices. Be



committed to picking her up under any circumstances if she finds herself in a situation with the potential to cause problems. Rescue first — talk about it later.

Lead your child in the practice of spiritual disciplines such as weekly worship, Bible study and daily devotions. You don't have to be perfect in this modeling, but it is essential for your teen to see that these practices are integral to your family's life. Now is the time to build such practices into brain reconstruction.

Remember that raising your teen is not about you; it's about what God accomplishes through you. Keep yourself in the Word. Give your concerns to God in prayer. Form an informal support group with parents from your church so you can encourage one another and pray for each other.

When in doubt — lead with grace. Be steadfast in your love for your child, knowing that God is working in his life and in yours.

VICKI MARSHA UNIFORMS WINTER SALE!

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ONLINE ONLY

10%
OFF



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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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