

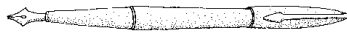


# Bear Facts

The Weekly Newsletter of  
Bethany Lutheran School  
Long Beach, CA  
[www.bethanylutheran.org](http://www.bethanylutheran.org)  
Learn+Love+Lead+Serve



## FROM THE PRINCIPAL



We're getting ready for yet-another change due to COVID next week: masks will become optional for students and staff members.

The faculty has been talking about the possible social-emotional effects of this change. We anticipate that it will be an easy transition for some, but will cause anxiety for others, and we want to be extending grace and understanding.

We also want to help our students understand the importance of personal choice. It's not ok to tease someone for wearing/not wearing a mask, for example.

And while masks will be optional here, they aren't optional everywhere. It can be confusing to navigate individual businesses right now! So helping kids understand that this is not a "throw your mask away" time is also part of the picture.

I thought this was a [well-thought-out-article](#) for parents as you help your children navigate this change. I hope you'll take a moment to read it.

God's blessings on *your* busy week!  
Dr. Fink

## School Bulletin #25

March 8, 2022

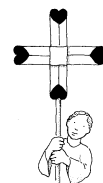
### DON'T FORGET

- ☉Mar.6-9 WASC/NLSA Accreditation Team visit on campus
- ☉Mar. 11-Minimum Day-noon dismissal
- ☉Mar. 25-End Quarter 3
- ☉Mar. 31/Apr. 1-Parent Teacher Conferences/Minimum days
- ☉Apr. 15-Good Friday-No School
- ☉Apr. 17-HE IS RISEN!
- ☉Apr. 18-22-Easter Break
- ☉May 1-6 8<sup>th</sup> Grade DC Trip
- ☉May 6-Progress Reports
- ☉May 6-Minimum Day-Noon Dismissal
- ☉May 9-10 4<sup>th</sup> Grade Sacramento Trip
- ☉May 13-K-2 Spring Musical

### Who's leading chapel this week?

- 3/9-Kayleigh
- 3/16-Miss Hinrichs
- 3/23-Miss Einspahr

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



## COVID Masking Update

**As of Monday, March 14**, masks will no longer be required for K-8 Bethany students. Students and staff members are welcome wear masks if they wish and as needed.

It is not lost on us here that this development is almost exactly two years since the pandemic began and one year since our 7<sup>th</sup>-8<sup>th</sup> graders returned to in-person instruction. We thank our Bethany families for their support and patience as we've navigated the past two years of the pandemic. May God continue to bless us with safety and with love and goodwill for our Bethany family members.



The FISHin' Hole  
Opportunities to Serve

Did you know you can report your FISH hours [online](#)?

It's time to re-register for 2022-2023!

It's really EASY....log into Gradelink and confirm the information, then hit "submit!"

Do you love plants? Join us for **"Growing In Faith"** - a workshop to create your own succulent garden and to support Bethany Lutheran Church Youth attending the LCMS Youth Gathering in Houston, TX this summer. The event will be in Hensley Square.

**Sunday, March 20<sup>th</sup>**  
**Succulent Creation**  
**11:00-12:30**

*An Event to Support our Youth Gathering Participants*



**11:00AM to 12:30PM**

To register for the Growing in Faith event, click [HERE](#) or use this QR code:



**CHAPEL OFFERING**

Our chapel offerings in March will go to [Heifer International](#) with goal of buying a COW for a family living in poverty.

Thank you to our generous givers!

**8<sup>th</sup> Grade Carwash/Bake Sale!**

Saturday, March 19th, 9-12  
Bethany Lutheran Parking Lot  
\$10/car



**Changes are coming!** The Scrip year is coming to a close at the end of March and rebates will be distributed in April. Beginning with the new Scrip year in April (April 2022 - March 2023) a change in the minimum rebate will be in effect. The minimum rebate eligible for distribution will go from \$2.50 to \$25.00. (Scrip buyers will need to make enough purchases to create \$25 in rebate dollars) This change is taking place in an effort to increase sales. In turn, this will *possibly* create a place for increasing the amount of the rebate that goes towards tuition rebates or your chosen ministry. (At this time 40% of the rebate you earn goes back to the running of the Scrip program and 60% goes to your tuition rebate.) It would be great to be able to change the rebate percentages from a 40/60% split to a 30/70% split.

Ruth Lopez, Scrip Coordinator  
[rlopez@bethanylutheran.org](mailto:rlopez@bethanylutheran.org) 562-420-7783 ext. 58

Bethany Lutheran is committed to a Pre-K through 8<sup>th</sup> grade model of preparing students for high school. The middle school years are a key time for students to deeply understand who God created them to be and to learn to make mindful, God-centered choices. It is also a wonderful time to grow in their leadership skills while serving those around them.

Bethany's buddy system provides middle school students with the opportunity to be responsible and uplifting, while giving the younger students a friendly face to see around campus and a helper at school events.

**Here's the buddy breakdown!**

8th Grade and 1st Grade  
7th Grade and Kindergarten  
6th Grade and Pre-K/TK



Starting in 6th grade the students are paired with buddies in Bethany's Pre-K and TK classes. Approximately 1-2 times a month these buddies will get together for a planned activities. It is the hope that these activities are building a foundation that will grow over the years to come! (Unfortunately, this took a COVID-break, but the plan is to bring it back ASAP.)

Our 7th and 8th grade students accompany their buddies to chapel weekly so they can participate and worship together. These buddies are also on the same Bear Teams so they see each other at Bear Team events, and at any other buddy activities planned throughout the year.

***"Therefore encourage one another and build each other up, just as in fact you are doing." I Thessalonians 5:11***

READERS CHOICE AWARDS

VOTE FOR US!



INSPIRING LIFE-LONG LEARNING

THE SCHOOLS OF  
**BETHANY  
LUTHERAN**

CULTIVATING CHRISTIAN CHARACTER



It's time again to  
choose the **BEST!**  
We've made it easy for you!

Go online and vote **February 11 through March 13**

[LBVotes.com](http://LBVotes.com)

**PRESS-TELEGRAM**  
Local. News. Matters.

**GRUNION GAZETTE**  
www.gazettes.com

# IT'S TIME FOR SPRING *See's!*

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**ORDERING BEGINS  
MARCH 1, 2022**

In-person orders are due  
Friday, 3/18/2022 by 3:30 pm.

Please no exceptions!

Shop online with the QR below  
from 3/1/2022-3/25/2022



**GREAT FOR EASTER!**

Perfect for gatherings and baskets!





# Parent Pages

RESOURCES FOR CHRISTIAN PARENTS IN THE 21ST CENTURY



## Understanding the Sensory Sensitive Child

**S**ome children are a bit more reactive to intense sensory information than others. Often, loud noises make these children jump or strong tastes cause them to reject food. These examples are within normal ranges and can often lessen over time as children adjust to their environment.

However, some children have persistently strong reactions to sensory information. For example, they may become overwhelmed by loud noises, bright lights or the constant feeling of the label of a shirt on the back of the neck. Or, they may crave strong tastes or need to touch everything they see. These children may have brains that process sensory information differently. When children react to sensory input in ways that are not characteristic of someone their age, we call this a sensory meltdown. The anxiety they feel puts their brains in panic mode. For example, children might have a meltdown that shows fight (a tantrum), flight (hiding) or freeze (refusing to proceed). Such children are not defiant; they have found ineffective ways to cope with what is bothering them. Often, they do not know how to tell an adult about the problem.

For most of us, our brains can filter out unnecessary sensory information to allow us to focus on learning or work. However, when this process does not work, the brain can go into meltdown mode. We call meltdowns maladaptive behavior because it serves a purpose (stops the problem) but does so in a way that

is not helpful to learning. The goal is to move the child toward adaptive behaviors which deal with anxiety appropriately. An adaptive behavior would include talking about what is causing the bother and finding a safe and effective way to deal with it.

It is important to remember that the reaction to sensory overload is due to anxiety. A meltdown is not about disobedience. This insight is essential to remember because punishment or reward is not likely to change or prevent this behavior. For the brain, the need to deal with anxiety is more robust than any punishment or reward. You will not be able to discipline your child out of this kind of reaction, but you can teach him ways to cope. In the face of a meltdown,





the first step is to deal with the anxiety. Here are some techniques that can help.

- 1.** Do what helps your child feel safe. Some options are to hold the child in your lap with your arms wrapped gently around her or soothingly rub his back,
- 2.** Reduce sensory input by turning off lights and turning down noise. Noise-canceling headphones help some children. A weighted blanket can give consistent tactile stimulation and bring on a calmer mood.
- 3.** In a quiet voice, talk your child through some deep breathing and encourage her to pay attention to how her body feels.

Once your child has returned to a state of calm, then discussion can identify what caused the meltdown. This information will help you to move your child toward a more adaptive response to being overwhelmed. The goal is for your child to identify when a meltdown is about to happen and determine what is needed to prevent it.

If your child experiences frequent meltdowns due to sensory overload, it is wise to seek professional help. Your child's primary care provider can direct you to an occupational therapist to help you and your child

better understand and deal with sensory challenges. Keep in mind your child is not defective — just different. When sensory-sensitive children learn to cope, they begin to identify the gifts God gave them.

There are healthy family activities that can encourage good sensory development in children. Even children who process sensory information in a typical way benefit from sensory practice. Take a look at how your children spend their days and identify some of the following activities that you can encourage:

- › **Art, music and movement:** Any activity involving the arts provides children with active sensory practice. Your child does not have to take formal lessons to enjoy this kind of sensory input. Likewise, any activity that gets your child moving and creating will provide sensory integration practice.
- › **Environment:** We seem to have become people of the indoors, but developing brains love being outside. The outdoors offers the brain a broad range of sensory information, allowing the brain to practice integrating sights, sounds and smells.
- › **People:** When we add people into the mix of activities, we challenge the brain to work a little bit harder on sensory integration because being around other people means taking in more information. Any art, music, movement or outdoor activity with friends or family will help children develop sensory and self-regulation skills.

“Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!” (PSALM 34:8)

God gave us our senses to allow us to enjoy His beautiful creation. Because of the saving work of our Savior, we find refuge from the trials of the world and enjoy its beauty.