



# 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



Our accreditation visit went *very* well last week. The visiting team not only verified that we are indeed doing what we say we are doing, but gave lots of commendations about our students, our families, our teachers and especially our healthy school culture.

The visit was the culmination of a self-study that took us a couple of years to complete, thanks to COVID. The study ended with our action plan for the next six-year accreditation cycle.

You are welcome to [read the study](#) and action plan. We'll also share the visiting team's final report as soon as we have a copy.

Thank you, parents, for keeping this process in prayer and for being such great partners. We appreciate you!

*Blessed to be at Bethany,  
Dr. Fink*



Bethany Lutheran School announces the impending retirement of two of our valued teachers, **Cheryl Stejskal** (technology) and **Kim Imes** (Grade 4) at the end of this school year.

These amazing teacher leaders have served with distinction here and will be *sorely* missed! May God bless them as they close out the school year and begin life's next chapter!

## COVID Masking Update

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

Families should continue to keep students home if they show signs of illness, then notify the school office. We will continue to provide at-home rapid tests to rule out COVID as needed.

## St. Patrick's Day

Bethany students may wear **GREEN** shirts/tops/sweaters on Thursday!



## School Bulletin #26

March 15, 2022

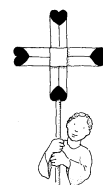
## DON'T FORGET

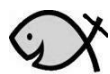
- ☉Mar. 22-PTL Meeting-6:30 PM-Library
- Mar. 25-End Quarter 3
- ☉Mar. 31/Apr. 1-Parent Teacher Conferences/Minimum days
- ☉Apr. 5-DC Meeting
- ☉Apr. 15-Good Friday-No School
- ☉Apr. 17-HE IS RISEN!
- ☉Apr. 18-22-Easter Break
- ☉May 1-6 8<sup>th</sup> Grade DC Trip
- ☉May 6-Progress Reports
- ☉May 6-Minimum 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?

- 3/16-Miss Hinrichs
- 3/23-Miss Einspahr
- 3/30-Mrs. Lange

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





The FISHin' Hole  
Opportunities to Serve

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

It's time to update your Gradelink  
information for 2022-2023!

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

### LCMS Youth Gathering Auction

Every three years our youth attend  
the Youth Gathering along with  
about 20,000 other youth and  
adults from across the world. It's a  
time to celebrate and grow in faith.

You are invited join us on  
**Saturday April 2, 2022** for our  
LCMS Youth Gathering Auction.  
**This year's auction will take  
place at the POA Park**, which is  
located behind the Long Beach  
Town Center. **The auction will  
start at 5:00pm and run until  
8:00pm.** This year's theme will be  
Texas BBQ, in conjunction with  
our youth heading south to  
Houston, Texas in July.

**Tickets will be \$20 for adults  
and \$10 for children 10 and  
under.**

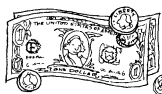
**Ticket sales are OPEN,  
now through March 27.**



Or use this link:

<https://bit.ly/2022YGAuction>

**We look forward to seeing  
you at the Auction!**



## 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



### Author Day

Bethany Lutheran's K-8 students will have the opportunity to hear  
from author Bethanie Hestermann during an assembly on Monday,  
March 28th at 2:30 pm.

Check out the attached flyer for more details including how you can  
add her wonderful books to your home library (they'd also make great  
gifts!)



**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

### Middle School Bracketology

The middle school is excited to bring back our March Madness  
tradition!

This week the middle school students and teachers had the opportunity  
to complete an NCAA March Madness basketball tournament bracket.  
This exercise allowed for students to gain an understanding of how  
elimination brackets work while participating in a wonderful multi-grade  
activity.

And the middle school **loves** to celebrate, so there are prizes for those  
whose brackets do well.

Let the games begin!

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**

PRESS-TELEGRAM  
Local. News. Matters.

GRUNION GAZETTE  
[www.gazettes.com](http://www.gazettes.com)



# 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.



# AUTHOR DAY ASSEMBLY with

## ***Bethanie Hestermann***

Bethany Lutheran's K-8 students will have the opportunity to hear from author Bethanie Hestermann during an assembly on Monday, March 28th at 2:30 pm.



Bethanie Hestermann and her husband Josh (a zoologist) have co-authored six animal-science books for kids and are currently writing a seventh, which will be published next year. They've sold more than 85,000 copies of their books so far. Bethanie has a B.A. in English and an M.A. in Writing and Publishing. She spent the first part of her career working in magazine publishing before switching gears to become a freelance writer, writing not only magazine and web articles but also podcast scripts, website copy, blogs, and, of course, books. She has two kids, including a preschooler at Bethany Lutheran!

Pre-order books available now  
through Wednesday, 3/30.

[zoologyforkids.com/bethanylutheran/](https://zoologyforkids.com/bethanylutheran/)

Due to the estimated shipping timeline, the books will be delivered to your student 1-3 weeks following the author day event.





# 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!

