



Bethany Lutheran School
Long Beach, CA

BEAR FACTS

Issue 3: September 13, 2022

FROM THE PRINCIPAL

Great teachers (like all our teachers here at Bethany!) begin the school year by establishing classroom routines. Knowing how and when to do what helps make the rest of the year run smoothly AND provides students both comfort and security.

Believe it or not, kids really do want to know where the boundaries are and what is expected of them. (Of course, they also like to test those boundaries, but that is a subject for another day.)

The start of a new school year also means setting new routines in your homes. Here are some questions to consider as you establish your home routines:

·“Belongings”: Where do my kids keep their backpacks and lunch bags? Are they packed and ready to go the night before?

·Paperwork: Where do we keep important school papers?

·Homework: Where and when will homework be completed?

·Bedtimes: Kids need adequate sleep to function well in school, so do we need different bedtimes than during the summer?

Of course, there are many more routines that can help make your family's school life run smoothly. The key is to communicate them clearly and do your best to stick to them.

Blessings on your efforts!
Dr. Fink

Camp/Outdoor Ed Meeting

6th Grade Parents, please plan to attend the mandatory information meeting for camp: Sept. 15, 6:30.

COMING UP

- **Sept. 15**-6th Grade Camp Meeting-6:30
- **Sept. 16**-School Photo Day!
- **Sept. 16**-Child ID/Fingerprinting
- **Sept. 19-23**-7th Grade Camp
- **Sept. 23**-Minimum Day-Noon Dismissal
- **Sept. 23**-Progress Reports
- **Sept. 26-Oct. 7**- MAP Tests
- **Sept. 27**-PTL Meeting
- **Sept. 30**-Fall Fling Open House!
- **Oct. 2**-Trinity Choir sings 8:00
- **Oct. 2**-Troubadour Choir 9:30
- **Oct. 5-7**-5th Grade to Astrocamp
- **Oct. 13**-Makeup photos
- **Oct. 14**-Jog-a-thon
- **Oct. 14**-Minimum Day-Noon Dismissal
- **Oct. 19-21**-6th Grade Camp



For August/September we will be donating our chapel offerings to Lutheran Immigration and Refugee Service. Their "Neighbors in Need: Ukraine" program will help provide essential support for newly arrived families, including emergency medical care, temporary housing, financial support for basic necessities, and more.

Chapel offerings are entirely voluntary, but we encourage you to support this worthy aid organization!

COVID Safety

If your student develops symptoms, please keep him/her at home. Obtain a COVID test kit (available in the school office) and test for COVID.

A student may return to school when:

- Symptoms have resolved and the student has been fever-free for 24 hours.
- The student has a negative COVID test after Day 5 OR it has been 10 days since symptom-onset.

If your student has been exposed to COVID, test on Day 1 and again on Day 5. If no symptoms develop and the student tests negative, he/she may continue to attend school.

If you have further questions, please contact the school office.

Praying for a healthy school year!



Drop Off/Pick Up

We've been so pleased with how smoothly drop off/pick up has been going. Great job, parents!

Just a couple of reminders:

- The rolling gate opens at **7:45** every day except Wednesday when it opens at **8:15**. If you arrive before then, please walk your child to the EDC gate for check in.
- If you are driving through to drop off your child, please drive to the EDC tables before letting your child out of the car.
- In the afternoon, the rolling gate will stay closed until all students are safely out of the way. Sometimes that means it won't open until 3:10 (if we have PE happening outside.)
- THANK YOU for keeping **both** driveways clear for the Child Study Center next door as you're lined up on Clark Ave.
- The parking lot speed limit is 5 MPH for the safety of your children.

Raise a Glass

Thank you!

The Student Success Program extends a great big 'Thank you!' to all donors and attendees of the Raise A Glass! event on Saturday, September 10.

We are busy wrapping up the event and look forward to sharing the results of the fundraiser soon!

In the meantime, if you won an auction item and don't need/want the basket, we can re-use them next year. Please return to Bethany in the school office.



School Photos

School pictures are scheduled for this Friday, Sept. 16.

Please avoid out-of-school appointments that day. (We do have a make-up day for absent students, but they will not be in the class photo.)

Your picture package is pre-paid with your registration fee. You may also order additional prints.

Students should be in uniform dress for photos.

If you would like a sibling photo at an extra cost, please come to campus at 7:30 AM.

Photos will be taken in the Parish Lounge.

Cooler Weather?

Hopefully, we have some cooler weather on the way!

As you're planning your child's outerwear for cooler mornings, please remember that students may wear Bethany camp sweatshirts OR solid-color jackets/sweatshirts/sweaters in navy blue, red, white or black.

PLEASE mark your child's names or initials on the inside so we can return items easily. (That helps to prevent the mound of navy blue lost-and-found!) Here are a couple of resources for tags/stamps:

- <https://thenamestamp.com/>
- <https://a.co/d/1ToXML8>



RaiseRight™

Formerly ShopWithScrip

Ready? Set? Go!

This is the week of the Back-to-School Gift card giveaway! If you haven't created a RaiseRight account, now is the time! You will get one entry if you show me (or someone in the office) the RaiseRight app on your phone. You can get one entry for each order you place during the week as well - online or in person.

If you want your orders to do double duty - Raise Days is also this week on Thursday and Friday - great bonuses on lots of brands! You will need an online account to participate (eCards and reloads only). Perhaps think ahead to Christmas gifts!? It's a great week to make an impact on your rebate!

Call or email me with any questions you may have or to get the enrollment code.

Happy to help!

Ruth Lopez, Scrip Coordinator
rlopez@bethanylutheran.org
562-420-7783 ext. 58

Back to School Gift Card Give-away!



Two ways to enter:

1. Buy Scrip September 12 - 16 (one entry per total purchase)
2. Show us your RaiseRight app in the school office. (App must indicate enrollment in Bethany's program / One entry per family for app)

Grand Prize: Your choice of \$50 in gift cards

Two other lucky winners will be awarded \$25 gift cards.

Drawing will be held on Wednesday, September 21 at flag assembly.

FISH Hours

FISH stands for "Families Involved in Service Hours." Each Bethany family is required to give 5 hours of service each year. (Many of our families serve many more than 5 hours!) You can serve at events, drive for a trip/sport, bring in classroom supplies, assist your child's teacher and so much more.

You can log your FISH hours from the [Bethany website](#) OR from Gradelink. We'll send you a "FISHing Report" each quarter to let you know how many hours you've served.

Middle School Corner

You're invited to try ... Breath Prayers!

God invites us to "cast all your anxieties on Him, because He cares for you." 1 Peter 5:7

Breath prayers focus on both our breathing and our thinking at the same time. Deep breathing exercises help engage the parasympathetic nervous system, slowing our heart rates and breathing, and helping us to calm down. And as we intentionally turn toward Truth, we can begin to calm our minds, shift our focus and "let God transform you into a new person by changing the way you think." (Romans 12:2)

Check out the last page of the Bear Facts for more information about how to start using breath prayers and some great examples.



Girls and boys around the world have experienced the transforming power of the Gospel because a child, family, church, or group lovingly packed a shoebox gift. Bethany students will participate in a giant packing party on November 16, transforming empty shoeboxes into fun gifts.

Last year, our students packed 220 boxes and each box bore the handprints of one of our preschoolers with the message - "Place your hand on our handprints and think about us. We prayed for you. Jesus loves you and so do we."

During September, you can help with donations of school supplies - pens, pencils, block erasers, sharpeners, notebooks, markers, colored pencils, or small calculators (dollar store calculators are fine). Kindly drop off items in the Operation Christmas Child container in the school office.



PTL

Parents, you are all members of the Parent Teacher League, our amazing group of parent leaders/volunteers and an important part of making Bethany such a special place.

Our first PTL meeting of the school year will be on Sept. 27. Watch for more details in the weeks to come!



CALLING ALL DADS AND THEIR DUDES & DUETTES!

Sunday, October 9, 2022 from NOON to 1:30PM, is a Day with Dad...or Grandpa, Uncle, Godfather, any other special man in your child's life. ALL ages are welcome!

We will be meeting on the field, BBQ'ing, enjoying good food, digging into a devotion, games, and doing a fun DIY project that will go home as a keepsake.

Food Menu: Burgers, Hotdogs, Lemonade, Water, Chips and Fruit.

Register now, so we have a head count and have enough supplies and food on hand. Registration closes on Sunday, October 2nd.

<https://bit.ly/daywithdad2223> or use this QR Code:



Cost for this event is free, but we are accepting FREEWILL donations. All donations received will help offset costs AND any proceeds will go to support Bethany's High School Youth Group as they prepare to attend the LCMS Youth Gathering in New Orleans, Louisiana.

Questions regarding this event? Please contact:
Alissa Brege at abrege@bethanylutheran.org or call (562) 421-4711, ext. 13.

Beach Streets University
Saturday, Sept. 17
Event Time: 10:00 AM – 4:00 PM

*Take note,
Bethany Bears!*

Beach Streets is an Open Streets event designed to showcase businesses & neighborhoods. For a single day, we close a major traffic corridor to cars & open the street to people walking & bicycling. The event attracts local residents & visitors from across the region to explore & discover the area at a slower "foot-traffic" pace. Previous Beach Streets events have attracted more than 40,000 people!

- Participants of all ages will enjoy family-friendly entertainment at festival hubs along the route, including Wardlow Rd, Atlantic Ave & Houghton Park.
- Opportunity for participants to discover local businesses & services. Try a new restaurant. Explore a new retail store. Find a business service that suits your needs.
- Suggested modes of transportation along the route include: Walking, bicycles, wheelchairs, skates, rollerblades, skateboards, etc... Basically anything without a motor (officially marked means of transportation for those with disabilities excepted).
- The event route is free of vehicle traffic & parked cars, no cars on the street!

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Breath prayers focus on both our breathing and our thinking at the same time. Deep breathing exercises help engage the parasympathetic nervous system, slowing our heart rates and breathing, and helping us to calm down. And as we intentionally turn toward Truth, we can begin to calm our minds, shift our focus and "let God transform you into a new person by changing the way you think." (Romans 12:2)



Here is how to do "breath prayers":

- Inhale & exhale very slowly as you recite the words of each prayer to yourself.
- Breathe in deeply & slowly through your nose & feel your lungs fill completely.
- Try to focus on filling your lower lungs (your diaphragm) so that your stomach expands while your upper chest remains still.
- Then slowly breathe out. The exhale should be the longest.
- Empty your lungs slowly & fully.
- Meditate on the words of the prayer as you breathe.
- Once you have the words memorized, you can close your eyes as you breathe.

Repeat at least 10 times. (Optional: hold your breath for a count of 3 between the inhale and exhale. Or try this breathing pattern: Inhale for a count of 4, Hold for 4, Exhale for 8.)

You can practice breath prayers at any time. Try practicing them throughout the day when you are not in a state of stress or panic, so your body can get used to the breathing pattern. This will help the deep breathing to be more automatic when anxiety rises and you use the breath prayers to help you calm down and mitigate feelings of stress or worry.

Here are a few examples:

1. God is my refuge (breathe in) - God is my strength (breathe out) - Psalm 46:1
2. This is the day that the Lord has made (breathe in) - let us rejoice and be glad in it (breathe out) - Psalm 118:24
3. When I am weak (breathe in) - then He is strong (breathe out) - 2 Cor. 12:10
4. If God is for us (breathe in) - who can be against us (breathe out) - Romans 8:31
5. Be strong (breathe in) - and courageous (breathe out) - Joshua 1:9



Permanent Impressions

A CHILD SAFETY COMPANY

SEPTEMBER 16th

Please call for additional payment options

Dear Parents & Guardians:

The safety of our children is a constant concern for parents, especially when they are unable to be with their child. In an effort to maintain your child's safety as a high priority, we are offering a Multi-Modal Biometrics Safety Program to all children and their siblings. In the event of an emergency, time is the single, and most crucial element. Gathering essential information for law enforcement personnel is time consuming and can be difficult to accomplish during a stressful situation.

Permanent Impressions offers the most comprehensive Child Safety Packet available. All of the information necessary for the expeditious and accurate identification of your child is at your fingertips; organized, compiled, and formatted specifically for the Department of Justice database and law enforcement agencies in and outside of the US.

The Permanent Impressions Child Safety Packet is superior to other programs offering only a thumbprint on a license-type ID card. In the event of an emergency situation, a thumbprint alone is not sufficient. Additionally, an improperly administered fingerprint is not searchable through the Department of Justice database. In order to capture all ridge characteristics and detail within each fingerprint, it is imperative to have your child's fingerprints recorded properly by trained law enforcement officers or individuals with an expertise in fingerprint analysis and identification.

A private organization comprised of off-duty police officers, court certified fingerprint/forensic experts, and former law enforcement, Permanent Impressions will administer and process your child's safety packet properly and thoroughly. We capture all fingerprint impressions, palm prints, writer's palm, foot impressions, iris scan and facial recognition on site. **We do not request any personal information and all details remain confidential.**

Please review the enclosed information regarding the Permanent Impressions Child Safety Program specifics. If you wish to participate in the program, complete the form and return it to your child's teacher or school office, along with a check for the selected amount. On the appointed day, Permanent Impressions will come to your child's campus to complete their customized safety packet. The packet will be returned to your child's teacher and sent home to you on the same day.

Thank you and we look forward to keeping your family safe!

MULTIMODIAL BIOMETRICS CHILD SAFETY PROGRAM

Yearly updates are recommended as children grow and software changes

Options marked with " ↓ " are highly recommended by law enforcement

Child's Name:	Cell Phone #
Teacher's Name :	Parent E-Mail:

Biometric Packet Choices:		
↓ Police Recommended Vaulting-Please mark if you are interested in having your safety packet vaulted and monitored by Permanent Impressions. Fingerprints, iris/retinal scan and facial recognition can be instantly retrieved and disseminated by law enforcement in the event of an emergency. Information will be disseminated quickly to all agencies in the US and outside the US including the FBI & Department of Justice when time is crucial. All safety packets below can be vaulted. Please contact us regarding cost and vaulting options.	Please call for costs and details on each security tier.	Yes <input type="checkbox"/> No <input type="checkbox"/>
↓ Digital Live Scan USB Credit Card containing child photo, all 10-print information, rolled impressions, flat sequence and optional personal identifiers. Wallet-sized and easy to carry in your purse or wallet and formatted for law enforcement agencies in and outside of the US.	\$86.00	Yes <input type="checkbox"/> No <input type="checkbox"/>
USB Key containing all 10-print information, rolled impressions, flat sequence and optional personal identifiers. Includes photo and personal information card with identifiers for parent/guardian to fill-out.	\$68.00	Yes <input type="checkbox"/> No <input type="checkbox"/>
↓ Iris Scan and Facial Recognition. Iris scanning captures both visible & near-infrared light to take a clear, high contrast picture of the iris. Iris scanning is more common in high-security applications because the eye is so unique with over 200 points of reference for comparison, as opposed to 60 or 70 points in fingerprints. The Iris also does not change over time making it ideal for biometric identification. Facial recognition captures facial features/measurements and creates an algorithm by extracting facial landmarks on a face. These unique characters are measured and matched for use in identification. Images will be captured as raw data to be entered and used in an emergency situation where an algorithm will be created from the template. Images will be transferred to a USB drive or added with any of the digital fingerprint packets listed.	\$182.00	Yes <input type="checkbox"/> No <input type="checkbox"/>
↓ Digital Safety ID Bracelet containing child photo, all fingerprint impressions stored electronically within bracelet & accessible within seconds by law enforcement. Ideal for travel in & outside the US and great for theme parks and everyday use for child/parent/guardian. It is recommended to also have a back-up packet administered in the event the bracelet is lost.	\$86.00	Yes <input type="checkbox"/> No <input type="checkbox"/>
Travel ID Cards (set of two ink thumbprint impression cards w/out photo) Includes personal information card with identifiers for parent/guardian to fill-out. ID cards are only recommended in addition to a packet choice with a full set of fingerprints	\$48.00	Yes <input type="checkbox"/> No <input type="checkbox"/>
Foot Impressions right and left foot impression (administered w/ink) Includes personal information card with identifiers for parent/guardian to fill-out.	\$39.00	Yes <input type="checkbox"/> No <input type="checkbox"/>
CHECK PAYABLE TO: PERMANENT IMPRESSIONS	TOTAL	\$

Website and flyer information is limited. Please call for more details and/or specific questions
All information is confidential with no duplicate copies unless requested by parent/guardian