

# The Bear Cub Facts



INSPIRING LIFE-LONG LEARNING  
**THE SCHOOLS OF  
BETHANY  
LUTHERAN**  
CULTIVATING CHRISTIAN CHARACTER

“You are so loved.” John 3:16

Sept. 22, 2020

Every year our Lutheran Missouri District asks us to complete a school statistic form and it's always interesting to see the make-up of our school populations. One of our school community strengths is our multi-cultural representation. The children come from a variety of cultural and linguistic backgrounds this year comprising of 7 cultures and languages! Some of the youngsters speak only their native language when they arrive. Language acquisition is a priority for all our children - starting with vocabulary to reading / writing and comprehension. To see the blending of cultures, languages, traditions, boys and girls, makes one feel like the whole world is represented in one school! We want to raise children who become independent and strong characters and each child is raised by a whole village. Our village is our Christian community of parents and families, staff and children. Thank you to all for your continued support of it.

## Upcoming Events & Dates to remember

- ⇒September 22 -PTL meeting @ 6:30 PM
- ⇒October 12 -Preschool CLOSED for Columbus Day and NLSA training
- ⇒October 16 -Open House CANCELLED
- ⇒Jog-a-thon postponed
- ⇒Octoberfest CANCELLED

## Parent Teacher League

Welcome to Bethany's Parent Teacher League (PTL)! Every Bethany parent and teacher is automatically a member of Bethany's PTL. The purposes of the PTL are to support the mission, programs and activities of the day school and preschool, and to make efforts to involve parents and help them develop a closer relationship with their children's school. The PTL also raises money to support school programs and activities such as the school library, buses for camps, the Pumpkin Patch carnival, Fun Day, and much more. You can read the PTL charter on the school website. PTL Board meetings are held the fourth Tuesday of the month at 6:30 PM All Bethany parents are welcome to attend these meetings. Join Zoom Meeting

<https://us04web.zoom.us/j/77079821585?pwd=R0VGeHNINzlkSjlQSIkRRMVPVjMxdz09>

Meeting ID: 770 7982 1585 Passcode: PTL

## Chapel

Today, Mr. Fink and his puppet friends, Rocky and Frankie, share the Bible story of Noah's Ark.

To view chapel please click on the following link

Link: <https://vimeo.com/460287589>

# Parent Academy



## Conscious Discipline<sup>®</sup>

### When is my child old enough for a time out?

Conscious Discipline teaches lifelong social and emotional skills. In general, time out does not teach a life skill, nor does it permanently change behavior.

Traditionally, we send a child to time out to think about what they've done wrong or as a punishment. With Conscious Discipline, power struggles, tantrums and other conflicts are handled in a way that models and teaches new skills so children have specific tools for success. Consequences are utilized, but in a manner that directly relates to the infraction, which a generic time out does not. I

Composure is a skill of Conscious Discipline. By maintaining composure, parents can view misbehavior as a call for help and teach children the behavior they want to see instead of punishing the misbehavior. As parents model and maintain their composure, children also learn to take a deep breath when they are frustrated. This skill alone will greatly diminish the power struggles and outbursts that lead to the time out threat.

Along with composure, parents may offer a Safe Place for the child. The Safe Place is a physical location in a room that provides the opportunity for children to remove themselves from the group/family in order to become regain composure and maintain control when they feel upset, angry or frustrated. The Safe Place is not a place of punishment, but rather a tool for becoming calm. When a conflict is occurring, the focus must be on maintaining/regaining composure. Only when both the parent and child are composed can true teaching and learning take place. Once everyone is calm, the parent has the opportunity to teach a helpful way the child could have responded. If the child pinched you, you would set the limit and teach him the exact words you would like him to use: "You may not pinch. Pinching hurts. When you want my attention, say, "Mom, over here!"

When a child continues to misbehave, a parent may impose a consequence that is related, reasonable and respectful, and that teaches the child that his/her choices have certain prescribed outcomes. Generally, tying the consequence to the loss of an opportunity related to the infraction will have greatest teaching value. (For a child who repeatedly throws blocks, the prescribed consequence would be to put the blocks away until tomorrow.) At all times, the parent must retain composure so that the child is focused on his choices and subsequent feelings, and not on the parent's anger or upset.