

# The Bear Cub Facts

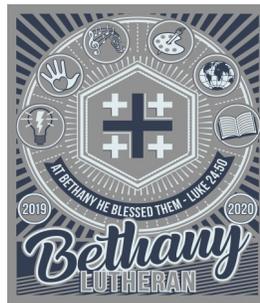


INSPIRING LIFE-LONG LEARNING  
**THE SCHOOLS OF BETHANY LUTHERAN**  
CULTIVATING CHRISTIAN CHARACTER

## At Bethany He blessed them—Luke 24:50

Our school and church theme this year is “At Bethany He Blessed Them.”

God has blessed us... We are all called to serve God's Kingdom—learn more about the ministries at Bethany and in our community, and discover where you can serve joyfully, at Bethany's Ministry Fair!



The Ministry Fair will be held on Sunday, September 29, from 9:00am to 12:30pm, in the Gym. We hope you can attend!

BUT WAIT... THERE'S MORE! Following the Fair, Bethany is hosting its **Community Open House**. Come visit your **child's classroom** and see the campus improvements. Lunch will be served for both events between 12:00pm and 1:30pm.

## Upcoming Events & Dates to remember

- ⇒September 29 Renaissance of the Heart kick-off and Community Open House
- ⇒October 3 PTL Jog-a-thon
- ⇒October 22-23 Pre-school Picture Day
- ⇒October 25 Harvest Hoedown
- ⇒November 3 Preschool singing in church @ 10:55 AM



## Jog-a-thon

This is our largest fundraiser of the year. More info and an envelope was sent home with your child on how you and your family & friends can support Bethany through sponsorships. Come join us on Thursday, October 3rd, as we cheer our kids on as they have a good time jogging, dancing and laughing!

## Lost & Found

Reminder: Make sure all items that your child brings to school are labeled clearly with their first and last names. Please check with the teachers if anything is missing or the lost and found crate on the sign-in rolling cart.

# 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.