

# The Bear Cub Facts



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

At Bethany He blessed them—  
Luke 24:50

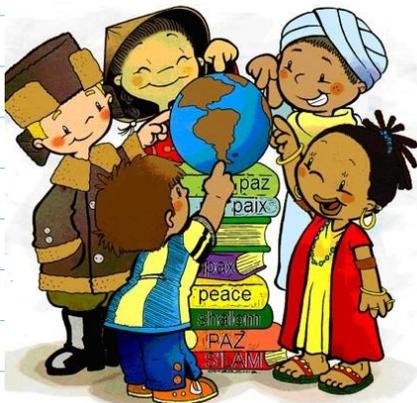
## Upcoming Events & Dates to remember

Dear Parents,

The preschool will be celebrating “Cultural Week” the week of November 18<sup>th</sup> - 22<sup>nd</sup> and the staff and I need your help in making it a success. On Monday, Tuesday, and Wednesday we are asking that students, parents, or family members bring in photos, clothes, books, music etc. about their family heritage. On Thursday, November 21st @ 11:15 am for our “feast” we are asking families to bring in a food dish representing their culture that can be shared with all of the students. You need only to provide 75 bite sized portions. Due to food allergies, we are asking that you send an ingredient list 24 hours ahead of time and also include if the dish is fried and in what type of oil.

\*\* Please provide your child with a lunch so that they do not go hungry if they choose not to participate.

Thank you for your participation in making this “Cultural Week” an exciting event.



- ⇒ Nov 21 Cultural Feast @ 11:15 am
- ⇒ Nov 25-27 LEC conference & preschool program closed to 1/2 day students
- ⇒ Nov 28-29 Preschool CLOSED for Thanksgiving
- ⇒ Dec 15 Preschool Christmas Concert @ 4:00 PM
- ⇒ Dec 15 Pre concert family photos @ 3:00 PM
- ⇒ Dec 23-Jan 3 Preschool CLOSED for Winter Break
- ⇒ January 20 Preschool CLOSED for MLK Day

## 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.

## LEC Conference/Thanksgiving Week

Due to the attendance of staff at the annual Lutheran Educator Conference (LEC) from November 25-27 the preschool will be open to full day students only.

## See's Candy

### See's CANDIES



Need Christmas gifts for family or co-workers? Not sure what to get them? Bethany Lutheran PTL wants to help you with the Christmas gift giving of See's Candy. See's Candy order forms will be going home today, November 4th and will be due no later than noon on Friday, November 22nd. The candy will be delivered to the school and sent home with your child the week of December 9th. No online orders or FACTS payments.

## Christmas Concert

The children have been practicing for our Christmas concert and we hope you can join us on Sunday, December 15th at 4:00 PM for this choral event. A family Christmas photo opportunity will be provided before and after the event. Following the event there will be a hot chocolate and popcorn bar. Please dress your child in red or white with a dark bottom and drop them off their individual classroom by 3:30 pm. After the concert you may pick up your child from their classroom.

Please don't put any pressure on your child to perform. It is not unusual for preschool children to become anxious about performing in front of people, and that is okay. If your child expresses any anxiety about performing, please reassure him/her that s/he doesn't have to perform. You may find that without any added pressure that your child may change his/her mind. If not, that is okay. It is fine for your child to sit with you and enjoy the Christmas Concert.



*Sounds  
of The  
Season*

Shop for fall or holiday with Scrip/gift cards! Whether you need sweaters for cooler weather, fall décor for your home or are starting your Christmas shopping, shop with Scrip and earn tuition rebates with all of your purchases. You can purchase Scrip in the school office or by contacting Carol Grudt (Scrip coordinator)

**Reminder:** Have you checked the expiration date on your Amazon Prime membership? Be prepared with an *Amazon Prime Renewal Certificate* from Bethany Scrip when it is time to review.

### Cook's Night Out

## Pizza with a purpose

Bring in this flyer, present it to your server and we'll donate 20% of your check to the organization listed below. Purchases include dine-in, takeout, catering and all beverages.

**Fundraiser in support of:**

**Bethany Lutheran School**  
 Wednesday, November 20<sup>th</sup>, 2019  
 All Day  
 Dine in and Take out  
 Present this flyer or a screen shot of this flyer to your server

**Valid at the following location:**

**California Pizza Kitchen**  
 Lakewood California Pizza Kitchen  
 500 Lakewood Center Mall  
 Lakewood, CA 90712  
 562-633-0854

Join the CPK Rewards™ program and receive a free Small Plate on your next visit after registering. Register today at [cpk.com](http://cpk.com) or download our new app today!



Fundraiser offer valid only on the date(s) and at the CPK location identified on the flyer. Only 501c organizations and non-profit schools are eligible to participate in CPK's fundraiser program. CPK will donate 20% (twenty percent) of all food and beverage sales to the organization. Tax, gratuity, gift card and retail sales are excluded from the donation. Offer valid for dine-in, takeout, online, catering, curbside or delivery orders placed directly with CPK. Not valid for third-party delivery. Offer void if flyer is distributed in or near restaurant. For more information about the 501c organization participating in the fundraiser, please contact the organization directly.



### Church Newsletters

For the church newsletter and updates please visit the link below  
<http://www.bethanylutheran.org/contact-us/chimes-newsletters/>

# Parent Academy



## Conscious Discipline®

### How do I help my child handle disappointment?

Disappointment is a difficult emotion to handle. All parents ultimately want children to be good sportsmen, take responsibility for their actions rather than blaming others, and be able to stand tall after their falls in life (both literal and metaphoric). Here are some essential guidelines to help children with this type of pain:

First, your goal must be to help them deal with the emotion, not “happy them up.” “Happying them up” comes in many forms. It could be a distraction, a promise to buy a toy or taking them out for ice cream. This attempt to take away the pain can lead (in many years) to adults who unconsciously graze through the refrigerator or use shopping sprees to deal with disappointment.

Instead, we can provide empathy to help ease their pain and teach them that they can handle all that life brings to them.

“You seem \_\_\_\_\_.” (Put your best guess of the feeling in the blank... disappointed, frustrated, sad, etc.) If you guess their emotion correctly, their body will relax. If you guess incorrectly, they will tense up, pull away or correct you. If this happens, simply try to describe the feeling again.

“You were hoping \_\_\_\_\_” or “You wanted \_\_\_\_\_.” Describe the disappointment or hurt.

“It’s hard when \_\_\_\_\_.” Validate their feelings.

“You can handle it.” Offer assurance.

“Breathe with me.” Take a deep breath together, and then physically connect in some way.

Example: A child does not make a football team.

“You seem disappointed. You were hoping to make the team with your friends. You wanted this more than anything. It’s hard when things turn out differently than you wanted. You can handle this. Let’s take some deep breaths together.” Then hug or hold your child.