

The Bear Cub Facts



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

At Bethany He blessed them—

Free Vision Screening

The California-Hawaii Elks Major Project is a non-profit organization that offers free vision screening to children throughout California. The purpose of this screening is to identify children who may be at risk for undetected vision abnormalities. The screening is not a substitute for a doctor's eye examination.

The Vision Screening Program is performed by a Certified Pediatric Vision Screener and consists of the following for each child:

- ⇒ assessment of visual acuity and external eye health
- ⇒ evaluation of the ability of the two eyes to work together
- ⇒ observation of the muscular ability of the eyes to follow, fixate and maintain

The Vision Screener will need to obtain your child's legal name, date of birth, your name, address and phone number for the sole purpose of providing vision screening results and obtaining follow-up information. The results will be provided to the Legal Guardian.

There is no cost to the school or child for participation in this vision screening.

****If you DO NOT want your child to participate in the screening please notify your child's teacher or the preschool office.**

Upcoming Events & Dates to remember

- ⇒ January 13 & 14 Vision Screening
- ⇒ January 20 Preschool CLOSED for MLK Day
- ⇒ January 26-31 National Lutheran Schools Week (NLSW)
- ⇒ February 17 Preschool CLOSED for President's Day
- ⇒ February 27 Grandparents Day **note date change
- ⇒ February 28 Preschool CLOSED for parent/teacher conferences

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.

DATE CHANGE!! Grandparent's Day is Thursday, February 27 More information to follow



Thank you for participating in our
**Bethany Lutheran School
Spirit Day**

People like you make our community a great place to live...and to learn!

Please stop by Chick-fil-A LAKEWOOD and present this card when you purchase your meal to support us and provide a better future for our families!

Based on the days sales from our families,
Chick-fil-A will make a donation to our ongoing programs!!

Again, THANK YOU!

****VALID @ CHICK-FIL-A LAKEWOOD ONLY****

Wed., Jan 15, 2020

6:30AM – 9:00PM

Chick-fil-A is closed on Sundays

National Lutheran School Week

January is a very special month as our preschool and school celebrates National Schools Week (NLSW). National Lutheran Schools Week provides nearly 2,000 preschools, elementary schools and high schools with the public opportunity to proclaim and celebrate God's work among us in schools of The Lutheran Church—Missouri Synod. We are most grateful for the opportunity to share Jesus' amazing love with children and their families. National Lutheran Schools Week gives us an opportunity to proclaim these great blessings within the communities we serve.

National Lutheran Schools Week starts January 26th and the preschool will be celebrating and showing their pride as Lutheran students with some fun activities. Our first activity is the In-N-Out Truck. Please see the flier for more information. Forms and monies are due by Friday, Jan. 17th.

Parent Academy



Conscious Discipline®

When two kids are fighting, what should I do?

First, breathe deeply and affirm, "I'm safe. Keep breathing. I can handle this," so you can approach the children calmly. I heard a coach once start a story about breaking up a schoolyard fight by saying, "I knew I really had the composure thing down pat when I noticed myself automatically breathing and saying, "I'm safe, keep breathing, I've got this," in my head as I sprinted across the court to get to Marcus and Jacob."

Physically separate the children and assertively say, "Stop." Breathe and focus on maintaining the inner state you want both children to return to. Encourage them to take a deep breath. Say, "Breathe with me," and help them calm themselves.

Next, get down to their eye-level and say, "Both of you seem so angry. Something must have happened." Let each child know you will listen to her story. Ask the first child, "Something must have happened?" in a questioning tone. Offer support to the second child by positioning yourself next to her and putting your hand on her shoulder as you listen. The second child will often interrupt, "But she..." Reassure her by keeping your hand on her shoulder and saying, "It's hard to wait your turn. You will get a turn when she's finished." When the first child has finished, restate what she said to get clarification, offer empathy and reframe the situation with positive intent. "You were angry because she took your hat. You wanted it back and forgot to ask." Then reposition yourself next to the first child and ask the second child to share. Restate, clarify, offer empathy and reframe with positive intent. "You were upset about what she said on the bus and didn't know other ways to let her know."

Step 1: Ask, "Did you like it when she_____?"

Step 2: She responds "NO!"

Step 3: Set the limit on the hurtful act and include choices for the next time: "You may not grab someone's hat. Grabbing is hurtful. The next time you want her to know you are upset with something she said, say, ' I didn't like it when you said_____' Next time please say or do _____. Or come ask me for help."

Step 4: Say it now for practice.

Church Newsletters

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