

The Bear Cub Facts



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

At Bethany He blessed them—

National Lutheran Schools 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. And to proclaim these great blessings within the communities we serve. We are most grateful for the opportunity to share Jesus' amazing love with children and their families.

National Lutheran Schools Week starts Monday, January 27th and the preschool will be celebrating and showing their pride as Lutheran students with some fun activities.

Mon. Jan 27 In-n-Out Truck & Disney Day - dress up as your favorite Disney/star wars character

Tues. Jan 27 Wheels Day- bring your child's bike or scooter. Each child MUST have a helmet in order to ride.

Wed. Jan 28 Western Day- dress up in your western gear

Thurs. Jan 29 Sports Jersey Day

Fri. Jan 30 Cozy Clothes Day- wear your pajamas or sweats & paint a prayer rock

Upcoming Events & Dates to remember

- ⇒ January 26-31 National Lutheran Schools Week (NLSW)
- ⇒ January 28 & 30 Speech testing
- ⇒ February 17 Preschool CLOSED for President's Day
- ⇒ February 27 Grandparents Day **note date change, more info to come
- ⇒ 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

Little League Information

Little League Baseball

A Coach Pitch/T-Ball team with a number of players from the Bethany family is being formed and we'd like to invite your child to join! Some kids have already signed up with more kids considering joining too. And Pastor Kevin will be our pitcher this year!

The Village Baseball Little League Coach Pitch Program (T-Ball) focuses on providing an experience that is grounded in fun and fitness. Our goal is to help grow a child's love for the game by providing a positive introduction to the fundamentals of baseball. We focus on the importance of team-building and gaining confidence. Coach Pitch is a fun activity that nurtures and grows well-rounded ballplayers.

Players who are league age 4-6 (by August 31, 2020) are eligible for a Coach Pitch team. Please see attached flyer for some more details, and **sign up by Monday, February 10th** at www.villagebaseball.org to ensure your child's info is received in time before the Hat Ceremony.

Mark your calendars! The Hat Ceremony is a Village Baseball Little League time-honored tradition. Players will learn their team name, receive their team hat, and meet their new coach and teammates. Players will have their first "Team Meeting" and get fitted for their uniforms!

When: Thursday, February 13th at 6:00 PM

Where: Bethany Lutheran School's Gym

Who: Players (and families) who are between the ages of 4 - 6 and are registered for the Coach Pitch Division

Please contact Ben Koehlinger (Oliver's dad) with any questions at 213.675.0085 or benjamin.koehlinger@alumni.usc.edu and also to let him know once you've signed up so your child can be added to this team. Should be a fun season!

See attached flier for more details.

Operation Christmas Child Update

283 shoeboxes were packed by our students and friends at the school packing party and annual Thanksgiving dinner last November. We thank God for the Gospel opportunity each of these shoebox gifts represent and appreciate your continued support of this ministry.

We are especially grateful for the colorful handprints of our preschoolers that graced the inside cover of each shoebox with the following message:

"Place your hands on our handprints and think about us.

We prayed for you. Jesus loves you and so do we."

As we look forward to our 2020 collection efforts, an Operation Christmas Child Committee is being formed under the leadership of one of our church Boards. Please consider joining the team as we work towards increasing our collection totals so that many more children throughout the world will come to know the love and hope found in Christ Jesus. Contact Pastor Seth or Kahana Smith (562-377-3673) for more information.

One of the goals of the Committee is to collect shoebox items each month (to coincide with retail sales), in preparation for our 2020 packing party in November. During the months of January and February, would you help us with donations of washcloths, soap, and toothbrushes? Members of the church will also be assisting us in collecting supplies each month. Look for the Operation Christmas Child container in the school office.

Again, thank you for your support!

Dyslexia Support Group

Come join us for us for the next dyslexia parent support group meeting on 2/3 from 6:30-8. It will be a hands-on workshop that lets participants experience some of the challenges and frustrations that people with dyslexia face each day. After moving through learning stations that simulate language-related challenges, participants will identify and practice techniques to better understand the lives of individuals with dyslexia. Experience Dyslexia® was put together by the International Dyslexia Association of Northern California. Please RSVP at <https://dyslexiala.org/parent-support->

Save the Date: Conferences

Parent/Teacher conferences will be held on Friday, February 28th

6:30-11:00 AM 12:30-3:30 PM

Sign-up forms will be posted on your child's sign-in book in a couple of weeks.

Parent Academy



Conscious Discipline®

What do I do when I think upset or a tantrum is likely to erupt?

Let's face it; some situations are more likely to evoke upset than others. The keys to navigating these rough waters are composure, assertiveness, encouragement and choices. First and foremost, you must remain calm and in control of your own internal state. Breathe deeply and use affirmations to assist yourself in this process. Next, focus on assertive language with your child. Give an assertive command that paints a picture of what you want the child to do. For example, "It's time to get out of the tub. Reach your hands up to the towel."

If the child complies, say, "You're doing it! Your arms are up just like this (model for the child)."

If the child refuses, say, "I'm going to help you start getting out."

If the child complies this time, say, "That's it. You're doing it. It's hard to stop when you are having fun."

If the child refuses and turns or jerks away, notice the child's body by saying, "Your arms went like this (demonstrate) and your head went like this (demonstrate)."

When your child looks to see what you are doing, take a breath and say, "There you are!" Then offer two positive choices such as, "You can get out of the water and into the towel or you can pull the plug and then get into the towel. Which do you choose?"

Church Newsletters

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