

# The Bear Cub Facts



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

At Bethany He blessed them—

## Grand Parents'/VIP Day

The preschool invites all grandparents or if your child does not have a grandparent available to join us, please have an aunt, uncle or very important person (VIP) to join us for a exclusive Grandparents'/VIP Day. Our grandparents/VIP's will get a brief peek into our preschool day, attend chapel, and join us for a special lunch. Each lunch is \$7.00 and forms are due on Tuesday, February 18th. Please see the Chick-fil-A order form attached to the newsletter for more details.

10:00-10:15	Grandparent/VIP Meet & Greet
10:15-10:20	Walk to Chapel
10:20-10:50	Chapel
10:50-10:55	Back to the classrooms
10:55-11:30	Story time and activities in classroom/outside
11:30-12:15	Lunch with grandparents/VIP
12:15	Say our "goodbyes" to our grandparents/VIP

Our goal is to have every child celebrate the day's activities with a special guest. If the child's grandparent or VIP cannot attend all of the days' activities we hope that they can at least attend the lunch portion of our day.

## Upcoming Events & Dates to remember

- ⇒ February 17 Preschool CLOSED for President's Day
- ⇒ February 27 Grandparents'/VIP Day \*\*please see attached lunch order form
- ⇒ February 28 Preschool CLOSED for parent/teacher conferences \*\*please sign-up in child's classroom
- ⇒ March 12 Pre-k/TK ONLY field trip with kindergarten

## Lost & Found

Items in the pre-school's lost and found will be donated at the end of February so please check the lost and found crate on the sign-in rolling cart for any missing items.

## Parent/Teacher 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

## 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 10<sup>th</sup>** at [www.villagebaseball.org](http://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 13<sup>th</sup> 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](mailto: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.

## Preschool Re-registration is OPEN

We have VERY exciting news for you: we are moving to a “continuous enrollment” process, which means we will assume your children are returning to Bethany for 2020-2021. There are no forms to fill out electronically...all you need to do is log into Gradelink and verify that all information is correct! Please confirm your information by March 1 because registration opens to the community on March 2 and we expect to fill up fast.



## How do I handle my child's temper tantrum ?

The core skill that will help you through a temper tantrum is keeping your cool. Your upset will only fuel your child's fire. Instead, use active calming techniques such as deep breathing to help manage these difficult, but developmentally normal fits.

As in any conflict situation, focus on what you want your child to do, model this behavior or state yourself, and notice any hint of success. In terms of tantrums, the behavior or state of being that you want from your child is “calm.” Your job is to focus on “calm” and model calmness yourself. This may sound particularly difficult in the face of a screaming 3-year-old, but can we really expect a 3-year-old to keep his cool if we can't stay cool ourselves? Here's an example:

Your toddler wants a bag of candy he's spied in the grocery aisle. You say, “No.” He crashes to the floor, screaming. You're feeling angry, embarrassed, exhausted and at your wits end. You feel like everyone's looking at you.

First, take three deep breaths to help calm the stress response in your body. Then, discipline yourself with the affirmation “I'm safe. Keep breathing. I can handle this.” Way to go! You've just set the internal foundation needed to teach your child how to handle frustration and become calm! Now you can address your upset child.

Be encouraging. Get down at eye level with him and say, “You can handle this. Breathe with me. You're safe.” Scoop him up, hold him in your arms and breathe deeply with him. When his body relaxes a little, say, “There you go, you're calming down.” Then tell him he has a choice, “You can sit in the cart and hold the list, or you can sit in the cart and hold your truck.” Once he makes his choice, celebrate your success together, “You did it! You calmed yourself down and that's hard to do.”

# Grandparent/VIP Lunch

## Thursday, February 27th @ 11:15 AM

Please join us for Grandparent/VIP Lunch! Your lunch includes: Chick-fil-A regular sandwich or 8 piece nuggets, potato chips, water and a snack.

**\$7.00 per lunch**

Please return this whole completed form and payment to the preschool office by **Tuesday, February 18<sup>th</sup>**. (All family members may purchase lunch and you may be eating picnic style so bring a blanket to sit on)

**Student name** \_\_\_\_\_ **Teacher's name** \_\_\_\_\_

\_\_\_ Sandwich \_\_\_ nuggets (check one meal choice)

**Student name** \_\_\_\_\_ **Teacher's name** \_\_\_\_\_

\_\_\_ Sandwich \_\_\_ nuggets (check one meal choice)

**Guest name** \_\_\_\_\_ **Teacher's name** \_\_\_\_\_

\_\_\_ Sandwich \_\_\_ nuggets (check one meal choice)

**Guest name** \_\_\_\_\_ **Teacher's name** \_\_\_\_\_

\_\_\_ Sandwich \_\_\_ nuggets (check one meal choice)

**Guest name** \_\_\_\_\_ **Teacher's name** \_\_\_\_\_

\_\_\_ Sandwich \_\_\_ nuggets (check one meal choice)

**Guest name** \_\_\_\_\_ **Teacher's name** \_\_\_\_\_

\_\_\_ Sandwich \_\_\_ nuggets (check one meal choice)

**Total lunches ordered** \_\_\_\_\_ **x \$7.00 per lunch = \$** \_\_\_\_\_

(Make checks payable to Bethany Lutheran School, No FACTs payments) **NO LATE ORDERS WILL BE ACCEPTED**