



Bear Facts

The Weekly Newsletter of
Bethany Lutheran School
Long Beach, CA
www.bethanylutheran.org

Communication+Responsibility+Organization+Service+Sharing



FROM THE PRINCIPAL



It's our first full week of school and hopefully your family routines are taking shape. This week I want to make a plug for the importance of SLEEP for you and your kids. In fact, the American Academy of Pediatrics recommends that children aged 6-12 get 9-12 hours of sleep in a 24-hour period!

Some of you have to get up pretty early in the morning. Here's a chart to help you figure out bedtimes based on wake times...feel free to use it as a discussion tool with your kids when they try to negotiate their bedtimes. ☺

	Wake-up time						
	6:00AM	6:15AM	6:30AM	6:45AM	7:00AM	7:15AM	7:30AM
	Bed time						
AGE							
5	6:45PM	7:00PM	7:15PM	7:30PM	7:30PM	8:00PM	8:15PM
6	7:00PM	7:15PM	7:30PM	7:30PM	8:00PM	8:15PM	8:30PM
7	7:15PM	7:15PM	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM
8	7:30PM	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM
9	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM
10	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM
11	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM
12	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM

Sleep well!
Dr. Fink

School Bulletin #3 Sept. 10, 2019

DON'T FORGET

- ☺Sept. 11-Patriot Day-OK to wear a patriotic shirt to school
- ☺Sept. 13-School Picture Day
- ☺Sept. 18-6th Grade Camp meeting-6:30
- ☺Sept. 29-Open House
- ☺Oct. 3-Jog-a-thon
- ☺Oct. 4-Fall Holiday-No School
- ☺Oct. 7-SafeKids Parent Info Night
- ☺Oct. 8-Author Day with our very own Miss Arzaga!
- ☺Oct. 9-11 5th Grade to Astrocamp

Chapel Leaders

- Sept. 11-Dr. Fink
 - Sept. 18-Ms. Imes and Mrs. Tucker
 - Sept. 25-Mrs. Moorman
- Chapel is at 9:00 on Wednesdays in the church.
Parents, you are always welcome to join us!*

3:10 Pickup

Parents, we will open the rolling gate at 2:45ish each day. For the safety of our students, though, we won't move the yellow barriers until PE class is over.

We're noticing that traffic is stacking up on Clark Ave., causing a potential hazard for you, our dear parents!

May we suggest that you wait about 5-10 more minutes to arrive on campus? The parking lot is typically cleared out by 3:15. We promise to take care of your kids until then! ☺

YEARBOOK PHOTOS

School pictures will be taken this Friday, Sept. 13. Please avoid out-of-school appointments that day. (We do have a make-up day for students who are absent, but those children will not be in the class photo.) Your picture package has been pre-paid with your Registration Fee, and additional prints will also be available.

Students should be in uniform dress for their school pictures. They may wear their chapel polos again on Friday if they'd like. ☺

If you'd like to have sibling pictures taken, the photographer is happy to do so before school on Friday. (7:30 AM) These photos will cost extra. Stop by the office for an order form.



Bethany Bears-

This Wednesday is Patriot Day! Feel free to wear a patriotic shirt instead of your chapel shirt. ☺



The FISHin' Hole
Opportunities to Serve

HELP! HELP!

We could use some help washing out the rain barrel by EDC, repairing the screen and relocating it to the garden. Contact Dr. Fink if you can help!

"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him." Col 3:17

Parents, if your child forgets his/her lunch, we will NOT let them go hungry. ☺

We will call you to see if it's ok to give them an emergency lunch from ChoiceLunch. We would prefer that you avoid using lunch delivery services like UberEats, DoorDash, etc. Thank you!



CHAPEL OFFERING

For August and September we will be donating our chapel offerings to Garuna Lutheran Schools in Cambodia where Ms. Imes and Mrs. Tucker served this past summer!

"Garuna" means grace, mercy and compassion in the Thai and Khmer language. The Garuna Christian Schools are 'tutorial' schools. The children in Cambodia attend government schools for half days. When they are finished with their required school session they are then welcomed to come to the Garuna Christian Schools for extra help in the core subjects including Bible stories, music, and lessons.

You can learn more about the Garuna Foundation here:

<https://www.garuna.org/garuna-schools.html>



Purchasing Scrip is a great way to save money on your tuition. Watch this column each week for ways to increase your Scrip Rebate.

Earn bonus rebates up to 21% on ThankScriping Day! ThankScriping Day feels like a holiday because it is your 1-day chance to earn extra rebates on top brands. It only happens 3 times a year and it's coming soon: ThankScriping Day is September 12.

You must have an online account to take advantage of ThankScriping Day earnings on eGift cards and reloads to your physical cards. If you haven't already, create an account today at **ShopWithScrip.com** on desktop, or **MyScripWallet.com** on your phone. Bethany Lutheran's enrollment code is:

1BL8EE69719L. Order, checkout and receive eGift cards and reloads faster by securely paying online with a linked bank account or credit card.

Win \$5,000 in Disney Gift Cards! Buy \$50 of ShopWithScrip eGift cards for a chance to win \$5,000 in Disney gift cards. Spend \$50 on any combination of eGift cards, or reloads, before September 14 to be entered to win. The winner will be contacted via email after the sweepstakes ends.

RALPHS shoppers can earn money for Bethany Lutheran and receive tuition credit, by registering their *RALPHS Rewards Card*. *Ralphs* sends us a quarterly contribution check for the amount earned by Bethany families. If you signed up last year please renew, *RALPHS* requires re-registration of *Rewards Cards* every year after August 31. Attached to this Bear Facts are the instructions to sign-up or renew your *RALPHS* Card.

Family Park and Pool Day

Save the date! Bethany Lutheran Church's annual Family Park and Pool day will take place on Sunday September 15th from 6:00-8:30 PM at Mayfair Park. We will start with a picnic in the park and end the evening in the pool with fun and games. Cost is \$5 per person (\$20 max per family).

RSVP today with Pastor Seth (smoorman@bethanylutheran.org).

Club 35 (grades 3-5):

All 3rd, 4th, and 5th grade youth and their families are invited to the Club 35 Kickoff Event on...

Wednesday, September 11 from 6:00-7:00PM

Join us for a time of fellowship as we get to know each other and what is in store for Club 35 this year. Club 35 will continue to meet on the 2nd and 4th Wednesdays of the month from 6-7pm in the Multipurpose Room #215.

Our Upcoming 2019 Dates: September 11 & 25, October 9 & 23, November 13. Our December 11 date we will meet a little bit earlier (5:45-6:45PM) because of our Advent service that evening.

*2020 Dates are posted on the Club 35 page Bethany's Website. – Katelyn True, ktrue@bethanylutheran.org

SAVE THE DATE!

Bethany Lutheran Church and Schools
Community Open House

(takes the place of our annual Fall Fling Open House)

Sunday, September 29

12:00-3:00



Interested in joining Bethany Lutheran Church? Bethany 101 & 201 “New Member Courses”

Bethany 101 and Bethany 201 are courses that explore the key truths of the Christian faith from a Lutheran perspective and the process and purpose of membership at Bethany.

Attendance at 101 is required for those joining Bethany Lutheran Church, even those who are transferring membership from another Lutheran church. Bethany 201 is for folks who are not coming from another Lutheran church.

Bethany 101 is a one-session face-to-face experience where we talk about the history of Bethany, our vision, structure, the Bethany Blueprint and what membership at Bethany entails.

Bethany 201 is a three session online course that covers the core basics of the Christian faith from a Lutheran perspective. Participants will meet individually (or as a family) with either of our Pastors after each session to discuss the material.

The next Bethany 101 sessions will be held on BOTH October 6th and October 13th in the Music Room and begin at 11 am. Child Care will be available right next door in the preschool. Class will run approximately an hour. You need attend ONLY ONE of the two opportunities.

Bethany 201 begins after attendance at a 101. Our hope is that all those going through the 201 process will be finished by the end of November so that we can receive new members in early December.

Please RSVP your attendance for Bethany 101 with Pastor Kevin or Pastor Seth kkritzer@bethanylutheran.org
smoorman@bethanylutheran.org

Operation Christmas Child

After sharing the story of the Good Samaritan, Jesus said "Go and do likewise." That is the mission of Samaritan's Purse - to follow the example of Christ by helping those in need and proclaiming the hope of the gospel. Each year, we participate in Operation Christmas Child, packing shoeboxes to send across the world to children in need.

This year, we'll participate in one GIGANTIC packing party in November, but we're starting to collect items NOW. In September, we're collecting hygiene products and accessories including bar soap (no liquids), wash cloths, toothbrushes (no toothpaste), combs, hair brushes, bandages, nail clippers/files, compact mirrors, sunglasses, hats, socks, bandanas, beanies and hair accessories like barrettes, headbands and bows.

Thanks for your support!



Middle School Corner

Last week the middle school students were introduced to two long-term projects that will provide them with guidelines while giving them the opportunity to explore their interests.

The Science Fair is coming! The Science Fair is coming! While the Science Fair isn't until March, the Science Fair project was rolled-out to the students so they can get started. First up, choosing a topic that piques their interest! Please plan to join us in March to see the finished products!

Additionally, the students learned about the history of the Newbery Medal in literature and discussed many of the medal winners. Now it's their chance to choose a Newbery Medal or Honor book to read between now and January. We invite you to swing by during the Science Fair to see their book recommendations!

I hope you all had a fantastic summer. I really loved seeing the adventures of Bubba Bear as he traveled around the country and globe with you all! What adventures you all had! Whether it was a local staycation, a big trip overseas or just a visit to family in another state, I could tell your summers were full of fun and relaxation and some much needed rest. We were free from the routine, the homework, the schedule, school lunches, the washing of those dang uniforms, and the early morning rush to make it to school on time. Kids were busy with activities, camps, trips, TV time, late nights, ice cream dinners, swimming, sun and growing! I couldn't believe how BIG all the kids look this fall! Seeing them settle in their new grades, teachers and expectations is one of the best changes to see in our kiddos. One of the things I missed most, though, was seeing our Bethany family. Our TRIBE. Seeing fellow parents and teachers on a regular basis, commiserating about parent life, getting that smile, hug or simple hello is one of the things that makes my day and makes me know I'm not alone in this journey. We have each other to lean on, cry with, laugh with and hold each other up. Thanks for being part of our tribe here at Bethany – I'm so glad to see all of you again!

-Jen Carlson, PTL President

Parent Support Group

YOU'RE INVITED

To a support group meeting for parents and caregivers of children with dyslexia and other language-based learning differences

PLEASE JOIN US TO DISCUSS

Back to School Tips

WITH

Michele Wallace (Ph.D., BCBA-D)

LEARN STRATEGIES TO SUPPORT YOUR CHILD'S LEARNING, INCLUDING HOW TO MAKE HOMEWORK FUN AND BEST PRACTICES FOR READING TOGETHER.

TUESDAY SEPTEMBER 24 FROM 6-8 PM

BETHANY LUTHERAN SCHOOL

PARISH LOUNGE

<https://dyslexiala.org/parent-support-groups>

THERE IS NO CHARGE TO ATTEND; HOWEVER, YOUR RSVP IS REQUESTED. THE SUPPORT GROUP IS FOR ADULTS ONLY.

**SUPPORTED BY INTERNATIONAL DYSLEXIA ASSOCIATION- LOS ANGELES. QUESTIONS?
EMAIL: DRAYA@VERIZON.NET**

COMMUNITY PROGRAMS



WEBSITE REGISTRATION INSTRUCTIONS

BETHANY LUTHERAN CHURCH & SCHOOL NPO number: (PM735)

IF YOU HAVE NOT REGISTERED YOUR REWARDS CARD ONLINE

NOTE: We have a secured website, these procedures apply to everyone who has not entered their email address and assigned a password.

1. Log in to www.ralphs.com
2. Click on 'Create Account'
3. Follow the easy steps to create an online account
4. Go to your email inbox to View your Account
5. After you confirm your online account by clicking on the link in your email, it will return to www.ralphs.com and you are in your Account.
6. Scroll to the bottom of your Account
7. Link your card to your organization by clicking on:
 - a. Community Rewards – Enroll
 - b. View all your information and edit as necessary then "Save"
 - c. Type your NPO number or Name of your Organization then press "Search"
 - d. Remember to click on the circle to the left of your organizations' name
 - e. Click on Enroll to finish your enrollment process

IF YOU HAVE ALREADY REGISTERED YOUR REWARDS CARD ON-LINE

(This means that you have already entered your email address and assigned yourself a password)

1. Log in to www.ralphs.com
2. Click Sign In
3. Enter your email address and password
4. Click on "Welcome Valued Customer" (In the top right hand corner)
5. Click on "My Account"
6. View all your information and edit as necessary
7. Scroll to bottom of your Account
8. Link your card to your organization by clicking on:
 - a. Community Rewards – edit
 - b. Type your NPO number or Name of your Organization then press "Search"
 - c. Remember to click on the circle to the left of your organizations' name
 - d. Click on Enroll to finish your enrollment process

BETHANY LUTHERAN CHURCH & SCHOOL NPO number: (PM 735)

After you enroll Ralphs will donate money to Bethany Lutheran every time you shop!