



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 that time of year when we take time to give thanks for all our blessings. I'm thankful for each of you, and the chance to share my thoughts with you each week.

The Bible tells us to "Give thanks in all circumstances" which means developing a thankful perspective, even in challenging circumstances. Every once in awhile, something happens that helps us along that path. We hear about a child with a terminal illness (thank you, Lord, for my healthy kids, even when they're driving me crazy!) or someone who has lost their home (thank you, Lord, for the roof over my head, no matter how small).

Helping our kids develop thankful perspectives becomes one of our challenges as parents. We do it when we use that famous line for picky eaters: "There are starving kids in _____!!!" We also do it when we give our kids the chance to reach out to the less fortunate through chapel offerings, food and clothing drives and other ministry opportunities (thank you, God, for a school that lets me work out my faith!)

Ultimately, it comes down to asking the Lord to fill us with His Spirit and an "attitude of gratitude" for *all* that He gives us.

Blessings on your Thanksgiving!

Thankful for you,
Dr. Fink

It's here! Grandparents and Special Friends Day

This Friday, November 22
8:30-12:00

Late start for student/minimum day



Thanksgiving Worship Services at Bethany

Thanksgiving Eve Service:
Wednesday, November 27 at 7:00
PM

Thanksgiving Day Service:
Thursday, November 28 at 10:00
AM

*Please join us for one of our
beautiful services of praise and
Thanksgiving.*



School Bulletin #13 Nov. 19, 2019

Don't Forget

- ☺ Nov. 22-Grandparents and Special Friends Day-Minimum Day
- ☺ Nov. 25-29 Thanksgiving Break
- ☺ Dec. 8-Bethany's 50th Annual Christmas Concert!!!!
- ☺ Dec. 9-13 Christmas Store
- ☺ Dec. 9-13 Scholastic Book Fair
- ☺ Dec. 18-K-2 Christmas Program
- ☺ Dec. 20-Minimum Day-Noon Dismissal
- ☺ Jan. 6-School Resumes
- ☺ Jan. 17-End Quarter 2
- ☺ Jan. 26-31 National Lutheran Schools Week
- ☺ Jan. 31-TALENT SHOW!

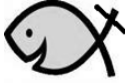
Chapel Leaders

Nov. 22-Grandparents' Day-Pastor Kritzer
Dec. 4-Concordia's ACTS
Dec. 11-Dean-o!

*Parents, you are always
welcome to join us!*

Would you like a Bethany 75th Anniversary Christmas ornament? We have them for sale here in the school office!





The FISHin' Hole
Opportunities to Serve

Calling all Christmas elves! We'll need volunteers for the Christmas store in December. Here's the link to sign up:

<https://signup.com/go/nyGhPBH>

"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



The school office will be closed Wednesday to Friday of Thanksgiving week.



Our chapel offerings for November will go to Operation Christmas Child. Here's some info about this project:

<https://www.samaritanspurse.org/what-we-do/operation-christmas-child/>

New Parent Prayer Group!

Would you like to help lift our students, families and staff in prayer with other praying parents? We will meet on the 2nd and 4th Tuesday of the month in the EDC room at 8:35 AM.



Your Thanksgiving dinner can increase your Scrip Tuition Rebate! Before you buy groceries for Thanksgiving Day, purchase Scrip/gift cards to pay for your turkey and everything else on your shopping list! We have cards for Albertson, Smart & Final, Sprouts, Stater Bros, Vons/Pavilions, and Visa cards if you shop at Costco. If you buy your groceries from Amazon you can buy Amazon cards from Bethany Scrip to pay online.

Plan your Christmas shopping with Scrip to add even more to your Tuition Rebate account. Whether you need to put up Christmas lights, buy your family Christmas card picture outfits, or want to get a head start on your gift list, "Shop with Scrip" to earn money for your May tuition payment.

Be ready for Black Friday and Cyber Monday shopping, purchase Amazon.com Scrip/gift cards, apply it to your Amazon account, and take advantage of all the deals.

Are you ready for ThankScrip Day? If you haven't signed up for **ShopWithScrip.com**, sign up today so you are ready for the biggest bonus rebates of the year. The Bethany Lutheran Enrollment Code is **1BL8EE69719L**. Sign up for **PrestoPay** so you can pay online and receive your e-certificates immediately.

**Shop smart...
shop with Scrip!**

Where would we be without grandparents? Those unsung heroes that make it possible for moms and dads everywhere to make it through the day? If our kids' grandparents are nearby, they're our kid picker-uppers, afternoon sweet treaters, jog-a-thon supporters, homework helpers, sports practice drivers, field trip chaperones, confirmation class leaders, crying child huggers, game cheerer-on-ers, honor roll celebrators, chapel visitors and so much more – and such an integral part of our children's lives that we sometimes don't notice all they do. For us parents, they are wise sages with experienced advice, listening ears to all our venting and ranting, helpful respite from the daily responsibilities of parenthood, often financial help when we need it or may not even ask for it, and many times, our silent support in the background. For those with parents who have gone to heaven before us, their wisdom stays in our hearts as we strive to grow our kiddos into strong, loving young people. This week, as we celebrate our grandparents at school, the PTL sends a special thank you to all the Grandparents and Grand Friends that make Bethany the family that we are. We, the parents, know we couldn't do this without you, and love watching our children beam with pride this week as you join them in the classrooms. THANK YOU for being part of the Bethany Bear village!

Please join us for our November PTL meeting TONIGHT in the library at 6:30 p.m. FREE childcare provided! See you there!

-Jen Carlson, PTL President

Middle School Corner

Bethany's 8th graders are thankful for...

"I'm thankful for all of the fun experiences we get to do, and all the amazing people I get to hang out with daily." – Marcus, 8th

"I am thankful that everyone is accepting." – Mahak, 8th

"I am thankful for great memories like the In N Out Truck, ice skating, and graduation sweatshirts." –Isaiah, 8th

"I'm thankful for my education." – Jacob, 8th

"I'm thankful for all of my friends." –Caleb, 8th



Monthly Awards

This year we are honoring character traits associated with healthy "Habits of Mind. ☺ For the month of November, we are honoring students who "Think Flexibly."

K- Zion Ruiz

1st-Nathan Haro

2nd-Alexandru Cuizon

3rd-Jack Peck

4th-Kingston Bernard

5th-Christian Haro

6th-Timothy O'Conner

7th-Stevie Sheridan

8th-Alexis Munoz



The Christmas Store is coming! We need parent volunteers to make this a FUN and SMOOTH shopping experience for our kids. Please sign up for one time spot (or more) using the link below.

<https://signup.com/go/nyGhPBH>

We appreciate your help and support! Let the shopping and fun begin!

Blessings,
Janice Goebel
Christmas Store Coordinator

COOK'S NIGHT OUT!!

Please join your Bethany family and friends, support our 8th Grade trip to DC and take the night off from cooking at...

CPK
Wednesday, Nov.20

Don't forget your flyer!



Club 35 (Grades 3-5)

All 3rd, 4th, and 5th grade youth are invited to the next Club 35 meeting on...

Wednesday, Nov. 13th from 6:00-7:00PM

Club 35 will continue to meet on the 2nd and 4th Wednesdays of the month from 6-7pm in the Multipurpose Room #215.

***2020 Dates are posted on the Club 35 page Bethany's Website. –**

Katelyn True, ktrue@bethanylutheran.org

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 20th, 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 or download our new app today!



california
PIZZA KITCHEN

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.

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Parent Pages

RESOURCES FOR CHRISTIAN PARENTS IN THE 21ST CENTURY



Cultivating an attitude of gratitude

As parents, when we think about instilling a spirit of gratitude in our children, we tend to focus on the actions of gratitude. We encourage our young children to be brave enough to say thank you for a gift, and we cringe when our older children forget. I worked on this with my children in a formal way by requiring them to write thank-you notes after birthdays and Christmases. When they were younger, we created crayon or watercolor pictures and practiced writing “thank you” in our best pre-school script. When they were older, they fell into the routine of writing notes themselves quite easily. I was interested in how this process helped them to develop empathy as they thought about what their gift-giver would like to hear. As an adult, my daughter even thanked me for teaching her to write thank-you notes when she was young. I think she recognized that the discipline found in writing thank-you notes is a reminder of God’s blessings.

Learning to say “thank you” is an essential skill for parents to teach children. However, gratitude is about more than saying these words. It is an attitude, or perhaps a mindset. A family that values gratitude is one that teaches children to recognize the good things in life — even in the face of challenges.

Gratitude does not necessarily prevent children from feeling angry, sad or frustrated, but it can help them to regulate those emotions with the reminder that each situation has its good side too. In this sense, gratitude is more of a discipline than a group of actions. It is about continually looking for the joys of life without denying what makes us sad, angry or frustrated.

Children who recognize that there are sources of help in their lives will navigate problems with more success. The feelings of gratitude cultivated through the recognition of life’s blessings support the confidence that future help is available. When we nurture gratitude, we reduce anxiety and increase confidence. For example,

imagine a young child falls and incurs a minor injury. He might find this frightening because he may not remember enough falls to realize that the pain will go away. Once he is comforted by a friend or the scrape is cleaned and a bandage applied, he begins feeling better.

At this point, a child can be reminded that loved ones care and God heals. Feeling grateful for these blessings becomes a part of the memory of that experience. The next time a fall causes a scrape, the reaction



will likely be a bit more tempered because the brain knows that help is available.

Research tells us that gratitude impacts physical health and emotional health. People who practice gratitude have stronger immune systems, tend to sleep better and have a reduced risk of depression and anxiety. This benefit is especially true for adolescents undergoing much change and turmoil. Perhaps focusing on the blessings in your life is like taking a daily vitamin — it seems like a small thing to do, but it has big potential benefits.

A gratitude attitude also promotes healthy humility. Humility is not about putting yourself down or neglecting to speak up for yourself. Humility is being able to focus on other people because you understand your own needs are met. A humble child does not have to brag or indulge in self-ridicule. A humble child is content, and this enables her to look to others who may need encouragement. This same kind of healthy humility prevents a child from growing into a sense of entitlement. If a child grows up grateful for what God provides through family, school, church and friends, he will be less likely to demand to be given whatever he

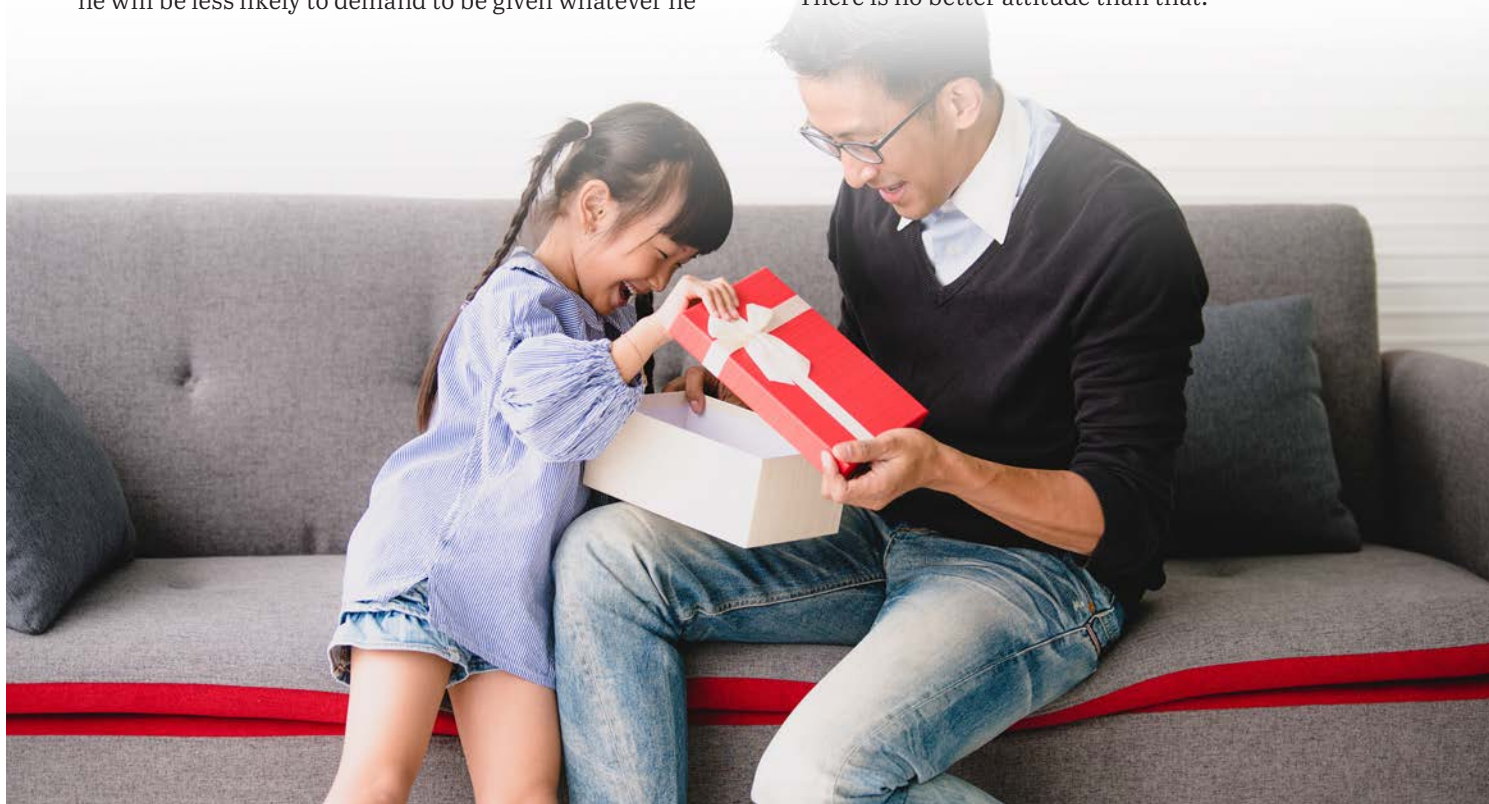
wants regardless of need. Gratitude helps us to see our place in God's plan.

The healthy humility that often results from practicing gratitude is an essential factor in the development of prosocial skills. Prosocial skills are those that help children develop relationships, and they are a factor in both emotional and academic health. Children who get along well with others get along better in life.

Most importantly, gratitude focuses on God — not only on what He has done for us but also on how powerful and loving He is. Consider this verse of thanks:

“Oh give thanks to the LORD, for he is good, for his steadfast love endures forever!” (Ps. 107:1).

This verse talks about thanking God, but the emphasis is on God's goodness and steadfast love rather than on the gifts received. This is how gratitude is a source of comfort. Gratitude reminds us that because of His steadfast love, God has helped us in the past, God is helping us now and God will certainly help us with future needs. Gratitude turns our hearts toward God. There is no better attitude than that.



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