



Preschool Press

Bethany Lutheran Preschool PARENT NEWSLETTER

SEPTEMBER 2011

God saw that it was good. Genesis 1:10

Very Important Preschool News!

- Tuesday, September 6—First Day of School
- Tuesday, September 13—New Parent Orientation—7:00 pm in Sanctuary
If your child is new to Bethany, it is VERY important that you attend this informative evening!
You are welcome to attend even if this isn't your child's first year at Bethany.
- Monday, September 19—Fall fundraiser begins (through September 30).
- Tuesday, September 27—Family Fun Night—6:00 pm—7:30—Potluck and Fellowship
- **Every Sunday**—Church at 8:00, 9:30, and 10:55 am,
Sunday School and Adult Bible Study 9:30 am
- **Every Monday** --Church at 7:00 pm
- **Every Tuesday**—Preschool Chapel at 9:15 am
- **Every Wednesday**—Moms In Touch prayer group. 8:45 - 9:45 am in Conference Room

LOOKING AHEAD

- Tuesday, October 11— Day with Daddy-9:00-11:00 am
- Wednesday, October 12—Open House 5:30-7:30 pm—for the community—please invite your neighbors
- Sunday, October 23—Preschool Sings in Church at 8:00 am
- Thursday and Friday, November 3 & 4 - Preschool Pictures
- Sunday, October 30 - Pumpkin Patch - 2:00 - 5:00 pm
- Friday, November 11—Veteran's Day—School will be closed
- Wednesday, November 16—LCMS—PSD School Service Day
- Monday through Wednesday, November 21-23—The teachers will be at an Educator's Conference.
School will be open for full-day students with qualified teachers filling in.
- Thursday and Friday, November 24 & 25—Thanksgiving Holidays—School will be closed
- Sunday, December 4 the Preschool children will present their gift to Jesus. More info to come...
- Sunday, December 11—Bethany's Annual Choir Concert—1:30, 4:00 & 7:00 pm
- Wednesday, December 21 through Monday, December 26—We will be closed for the Christmas Holiday.
- Tuesday, December 27 through Friday, December 30—Christmas Camp—full-day students only.
- Monday, January 2—New Year's holiday—School will be closed
- Tuesday, January 3—Opening day 2012
- Monday, January 16—ML King Day—School will be closed
- Wednesday, February 1—Registration for 2012-2013 begins for currently enrolled students
- Tuesday, February 14—Morning with Mommy-9:00-11:00 am
- Wednesday, February 15—Open House 5:30-6:30 pm
- Friday, February 17—Parent-Teacher Conferences—half day for all students

This and That

- ♥ Hello and welcome to a new school year at Bethany Lutheran Preschool. Several of our children had the summer off and we welcome you back. We have some new children and we have children who were with us all summer. It is nice to be one big group.
- ♥ Family Fun Night—Tuesday, September 27, from 6:00 until 7:30 pm. Join us for an evening of Family Fun, Food and Fellowship. We will gather at the lunch tables to enjoy an old-fashioned family Pot Luck. We will also spend a little time getting to know each other.
- ♥ FISH opportunities: We suggest opportunities that will help you fulfill your FISH commitments; while taking care of some of our needs. We will post these needs/opportunities in the monthly Preschool Press, and in posters that will be put up on the parent board by the sign in sheet.
Currently:
 - Our wonderful rubber nuggets roll down the incline in our play yard. We need someone to rake them back to the top of the slope.
 - We have new swings for the children. We would appreciate it if someone would hang them for us.
 - We need a PTL liaison
 - We need someone to spray weekly (on Friday evening) for black and brown widows. They like our play equipment, but they are not welcome here!
 - Fundraiser chairpersons—we will have a Fall Fundraiser (see details in this newsletter) and a Spring Fundraiser (details to come). We need a chairperson for each of these.
 - Take care of items on the “Preschool Wish List”

♥ **Does your child have allergies?** If you didn't complete an allergy form at Meet your Teacher Day, please do so immediately. Your child's safety is our number one concern!

♥ In addition to having “Jesus Time” or “Chapel” in our classrooms each day, each Tuesday morning at 9:15 am we meet in the big church for a weekly chapel worship time. The Tuesday morning chapel leaders include Pastors Kevin and Seth, Dr. and Mr. Fink, Mrs. Seaman, Mr. Frank and Mrs. Padias. We also collect an offering during chapel that goes to help others. This year our offerings will be divided between Mission India, Mission Alaska and Lutheran Malaria Initiative (helping to buy mosquito nets for children). You are cordially invited to join us for this short worship time. We are planning to have a baptism chapel service in May. If you are interested in being baptized or in having your child baptized, please talk to Mrs. Seaman who will put you in touch with one of our pastors.

♥ Our first fundraiser of the year will be a catalogue sale. The catalogues will go home on Monday, September 19, and all orders should be turned in before Friday, September 30.

♥ Moms In Touch desires to be a supportive partner, building up the Body of Christ through prayer. It teaches women how to pray corporately by using four biblical prayer principles - praise, confession, thanksgiving and intercession.

MITI reaches out to moms of all ages, ethnicity and backgrounds. It gives hope and provides peace as moms cast their cares upon the Lord.

Join Bethany's group Wednesday mornings at 8:45 in the conference room. For more information, contact Connie Kritzer at busybeachmom@msn.com or 562-400-1349.

♥ Please read your Parent Handbooks as well as your classroom handbook. If you have questions regarding anything in either of these booklets, please be sure to ask for clarification.

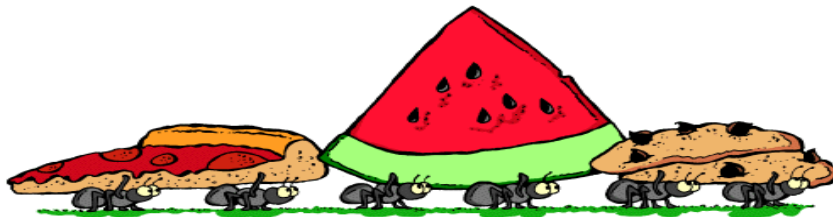
♥ A huge THANK YOU from Mrs. Seaman to those of you who have signed up with FACTS! It makes my life so much more pleasant!!!

♥ We hope your child will come home telling you how much fun he is having at preschool. The first week or two can be intimidating to a young child. Tears are not unusual. Sometimes the child will be fine the first week and will cry the second or third week! This is upsetting to you, as a parent, but be assured we are used to it and we will never let the child cry any length of time. We can hold your child, play games with him, read to him, walk with her...we have many ways to distract your child and soon he will be entering into all the activities in the classroom. You are welcome to call us at any time so see how your child is doing.

♥ Be sure to send your child in play clothes and sturdy shoes (tennis shoes are best). Your child will experience hands-on activities such as painting, and water and wet sand play. They shouldn't have to worry about staying clean.



♥ Whenever the weather is this warm, we are invaded by ants, so please make sure that all food items in your child's lunch are sealed—either in their original packaging, or in resealable baggies. It is really disgusting when you pick your child up and find that the ants have attacked his or her lunch.



♥ **The Preschool Press**, our monthly newsletter, will normally come home via your child's cubby the first or second school day of each month. A monthly calendar will be included with the newsletter. Birthdays and special happenings will be noted on the calendar. Please read it carefully and keep it on hand for a reference.

♥ Your Preschool staff this year is as follows:

Nola Seaman – Director

Karen Sutherlin – Assistant Director and Pre-K Teacher

Bobbette Lofton– Pre-K Teacher

Belinda Padias – Teacher of older 3's

Dawn Raya – Teacher of young 3's and older 2's

Alicia Lagana – Teacher of young 2's

Cookie Krueger –Teacher's Assistant

Donna Forney – Teacher's Assistant

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If your child will be absent please call the preschool office or email your child's teacher directly.



♥ A reminder of our hours—**6:30 a.m. to 6:00 p.m.** If you know you are running late and a phone is handy, please call us at 429-7335, so we can reassure your child that you are on the way. If you use the day school number after 4:00, call ext. 27. It is very upsetting to some children to be the last one here, especially when the time changes and it is dark outside. There is a late charge of \$10.00 for each 10 minutes (or portion thereof) you are late. This is to be paid in cash to the teacher who stays late with your child. **Please check with the office or your child's teacher to make sure that we have current phone numbers for you.**

♥ Check out our reviews on www.greatschools.net . When you get to the home page of the web-site, type in Bethany Lutheran Pre-School, Long Beach, CA. Also, click on the Preschool tab at the top of the page and read some of the articles printed there.

♥ **SCRIP OPPORTUNITIES:** Bethany Lutheran School gives you an opportunity to purchase SCRIP gift certificates to help with the cost of tuition. The SCRIP coordinator keeps a large inventory of SCRIP on hand; or she can special-order certain types of SCRIP for you.

When you purchase \$100 in SCRIP, your child's SCRIP rebate account is credited with \$2.50. This amount accumulates through April. By the middle of May you will be given a statement telling how much credit you have earned. This is then applied to your child's preschool tuition with your next payment.

Please look through the enclosed order forms listing available SCRIP—the half sheet below lists “on hand” SCRIP and the full size sheet lists “special order” SCRIP. If you want to buy SCRIP, simply fill out the order form, attach your check, and give it all to Mrs. Seaman in an envelope marked, “SCRIP.” She will take your order to the SCRIP coordinator. An “on hand” order will be filled and returned to your child's lunch box the same day. “Special orders” can take up to a week to fill. If you have questions, please ask Mrs. Seaman or call Carol Grudt, the SCRIP Coordinator at 420-7783.



Check out our website www.bethanylutheran.org and let us know what you think.

Ten "To Do's" for Positive Discipline

1. Tell children what to do

Principle: What you focus on, you get more of.

Application: Instead of saying, "No pushing, you know better than to push your brother, pushing is not nice," say, "When you want your brother to move say, 'Move please.' Tell him now." Focus on what you want your children to do!

2. Give children useable information, especially when you are upset.

Principle: When you are upset you are always focused on what you don't want.

Application: Instead of saying, "Why isn't this homework done? Do you want to fail? How many times do we have to go over this?" you could say, "You can start with your math homework or reading. Which is best for you?"

3. Help children to be successful instead of attempting to make or get them to behave.

Principle: The only person you can make change is yourself.

Application: How often have we attempted to make a smoker quit smoking or growing child eat her peas? There is a better way. Instead of asking yourself, "How am I going to get my child to stay in bed," ask yourself, "How am I going to help my child be more likely to choose to stay in her bed?" The first question will give you manipulative, coercive answers. The second question will give you creative, cooperative solutions.

4. Use your children as resources to solve their own problems.

Principle: Two heads are better than one.

Application: Instead of you trying to figure out what needs to be done, ask your children for input. You could say, "What would help you finish your homework by 8:00 p.m.?" Help children solve their problems themselves.

5. Put your children on your "to do list" and spend time enjoying them.

Principle: The motivation to behave comes from being in relationship with one another.

Application: When a child says, "I don't care," she is really saying, "I don't feel cared for." Cooperation comes from connection. If your child chronically refuses to listen or tells you they don't care, then you must start by rebuilding your relationship and rekindling family rituals.

6. Encourage your children during wonderful times and tough times. Do not attempt to get children to feel bad in order to behave better.

Principle: Encouragement empowers.

Application: Be your children's cheerleader. Constantly tell them, "You did it," "Way to go,"

"Look at you," or "Good for you." When your children are struggling you might say, "I believe in you, you can do this."

7. Take back your power. You are in charge.

Principle: Whoever you believe to be in charge of your feelings, you have placed in charge of you.

Application: Instead of saying, "Don't make me have to pull this car over," say, "I'm going to pull this car over until the seatbelts are fastened and everyone is safe." Instead of saying, "You drive me nuts," say, "I'm going to take a few deep breaths and calm myself down. Then I will talk to you." When children refuse to do what you ask state, "I'm going to show you what I want you to do." Then help them be successful.

8. Become the person you want your children to be.

Principle: We must discipline ourselves first and our children second.

Application: Instead of screaming, "You better get control of yourself right now," take a deep breath and calm yourself down. Be a S.T.A.R. (Smile, Take a deep breath, And Relax). Become what you want your child to be. If you want calmness, demonstrate how to be calm.

9. Do not save your children from the consequences of their actions.

Principle: Psychological pain is a signal to make changes in your life.

Application: Help your child handle disappointing choices. Offer empathy instead of lectures after poor choices. Instead of saying, "I told you not to take that picture to school. It's your own fault it got torn in half. That is what you get for not listening to me," say, "How disappointing for you. I know how important that picture was to you." Empathy allows children to take responsibility for their actions, while lecturing allows them to blame you for their distress.

10. Teach children how to handle their conflicts instead of punishing them for not knowing how.

Principle: Conflict is an opportunity to teach.

Application: When one child comes to you tattling on the other, use these moments to teach life skills. When one sibling says, "He pushed me," you say, "Did you like it?" The child will likely say, "No!" At this point you can say, "Go tell your brother, 'I don't like it when you push me.'" Use these intrusive episodes as a way to teach assertiveness skills to your children.

Become conscious of the intent behind each of your interactions. Your intent is more powerful than any words. Most importantly, have fun! There is no right or wrong way - it is a journey.

-Becky Bailey