



Bear Facts

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



Communication+Responsibility+Organization+Service+Sharing

FROM THE PRINCIPAL



Flu Overload-

It seems like we are drowning in flu information here in the school office. (Do you feel the same way?) We're trying to sift through the information for you and give you the most important points:

- Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze.
- Wash your hands often with soap and water and/or use gel sanitizers.
- Avoid touching your eyes, nose, or mouth since germs spread that way.
- Avoid close contact with sick people and if you're sick, stay home for at least 24 hours after your fever ends.
- Consult your physician for advice about a flu shot.

We haven't been hit terribly hard here at Bethany, but we want to remain diligent!! Thank you for NOT sending your sick children to school.

*Serving Him with you,
Dr. Fink*

Standardized Testing

Our achievement tests, the Iowa Test of Basic Skills (ITBS) will be given in grades 2-8 during the weeks of Oct. 12-23.

It is very important that we have regular attendance during these testing weeks. Please avoid making any appointments for your children or scheduling any activities that will take them out of school during this time.



The Great California ShakeOut is coming on Oct. 15th!

Major earthquakes may happen anywhere you work, live, or travel in California. The ShakeOut is our chance to practice together how to protect ourselves, and for everyone to become prepared. The goal is to save lives and prevent disasters from becoming catastrophes.

So, at 10:15 on 10/15, Bethany will join millions of Californians who want to take quake-safe action when seconds count. In order to act quickly, you must practice what to do – ShakeOut is that opportunity. To learn more about what to do, go to www.shakeout.org. Invite friends and family to practice for their safety, too!

School Bulletin #7

October 13, 2009

DON'T FORGET

- ☺ Oct. 12-23 ITBS Testing for Grades 2-8
- ☺ Oct. 15-Great American Shakeout
- ☺ Oct. 15-Student Success Parent Night
- ☺ Oct. 18-K/1st sings at 8:00 service, Trinity sings at 10:55
- ☺ Oct. 22-4th Grade Sacramento meeting-7:00

Our worship leaders for upcoming chapel services:

- Oct. 14-Mr. Gagan's Class
- Oct. 21-Robin Garvin
- Oct. 28-Mr. Lang's Class
- Nov. 4-Mr. Fink



Keep sending in those receipts!!

Chapel Offerings

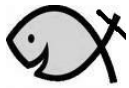
This month's chapel offerings will support VetDogs. Their mission statement reads: *Helping those who have served our country honorably to live with dignity and independence whether they are visually impaired or have other special needs, by using guide dogs, service dogs and other innovative technology.*



Did you know October is "Dyslexia Awareness Month?"

Definition: Dyslexia is a specific learning disability that is neurological in origin. It is characterized by difficulties with accurate and/or fluent word recognition and by poor spelling and decoding abilities. These difficulties typically result from a deficit in the phonological component of language that is often unexpected in relation to other cognitive abilities and the provision of effective classroom instruction. Secondary consequences may include problems in reading comprehension and reduced reading experience that can impede the growth of vocabulary and background knowledge.

Brought to you by the International Dyslexia Association and Bethany's Student Success Program



The FISHin' Hole
Opportunities to Serve

A NEW FEATURE! You can submit your FISH hours online! Go to the Forms page on the school website and follow the link.

You can earn FISH hours by helping with our Jog-a-thon on Oct. 23!!

Moms in Touch

"Arise, cry out in the night, as the watches of the night begin; pour out your heart like water in the presence of the Lord. Lift up your hands to him for the lives of your children, who faint from hunger at the head of every street."

Lamentations 2:19 Though our children are not fainting from physical hunger, they do face dangers, stress, and challenges in their young lives. Join other moms as we lift them up to the Lord every Wednesday morning 8:45 - 9:45 in the conference room. Free child care available for children not yet in school.

Cook's Night Out:

Our next DC Trippers event is tomorrow night at Souplantation. Make it a triple-header: buy Scrip, use the attached flyer to support our trip, and turn in your receipt for School Cents!

Upcoming:
Oct. 23-25 Baskin Robbins
Oct. 28-CPK



Backpacks

Backpacks are a popular and practical way to carry schoolbooks and supplies. They are designed to distribute the weight of the load among some of the body's strongest muscles. When used correctly, backpacks can be a good way to carry the necessities of the school day. However, backpacks that are too heavy or are worn incorrectly can cause problems for children and teenagers. Improperly used backpacks may injure muscles and joints which can lead to back, neck, or shoulder pain, tingling arms, and posture problems.

When choosing a backpack, look for: two wide padded shoulder straps, padded back, waist strap, or a rolling backpack. To prevent injury when using a backpack: always use both shoulder straps and keep them tightened, organize the pack frequently to remove unnecessary items, lift the backpack properly (don't sling it up onto one shoulder), use a waist strap if included, pack light, and build up muscle strength.

Parents should not ignore back pain in a child or teen, this may mean encouraging your child to tell you about any pain or discomfort from the backpack. The total weight should not exceed 15% of a child's body weight. For a child weighing 80 lbs, the pack should not weigh more than 12 lbs.

-Stacy Shourt
PTL Health and Safety



Do you have a SCRIP wallet to keep your gift cards in? We have two kinds of SCRIP wallets to help you keep your gift cards organized. If you don't have a SCRIP wallet, ask for one the next time you're in the school office.

Speaking of using SCRIP, I thought of a new way to use SCRIP. Walgreens is giving flu shots every day. You can call and make an appointment, or just walk in, and the cost is \$24.99. I bought two \$25 Walgreens gift cards, and my husband and I went to Walgreens and got our flu shots. They also give you a \$5 off your next purchase coupon, a 15% off another purchase coupon and a goody bag with some fun things in it! We would like to hear your "Interesting Ways I Use SCRIP" ideas, so we are having a contest and awarding gift cards to the winners! Tell us the unusual, creative or maybe even funny ways you have used SCRIP. You can write your idea on the entry form we have in the school office or email them to cgrudt@bethanylutheran.org. You have until November 6 to submit your entries.

Start telling your friends and relatives that Bethany is have a Fresh&Easy Shop for Schools Shopping Night on Thursday, October 22, from 4pm to 8pm at the Fresh&Easy located at 5615 Woodruff. We will receive 5% of all the sales during that time, as well as \$1 for every \$20 receipt we turn in. The class that has the greatest attendance at our Shopping Night will win an ice cream party.

The Jog-a-thon is Oct. 23!

The Jog-a-thon is the PTL's biggest fund raiser and the monies raised are used for activities for students such as the Pumpkin Patch Carnival and Fun Day. 5th, 7th and 8th graders can also use 75% of their Jog-a-thon funds toward their camps/trips. Would you like to help with this event and earn some FISH hours? Please contact your child's room parent and let them know you're available.

