



Bear Facts

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



Communication+Responsibility+Organization+Service+Sharing

FROM THE PRINCIPAL



Wow, there is SO much going on at Bethany right now that my column inches have shrunk! (That's a good thing, not a bad thing.) ☺

I want to give a shout-out to our 7th graders for the reports I received about their behavior at marine biology camp. Thank you, 7th graders, for setting an example for the other schools that were present, and for representing your school so well. I was so proud to hear about your positive attitudes, your attentiveness and your willingness to actually go to sleep when you were told to do so. ☺ Way to go!!!

Dr. Fink

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!

Are you interested in becoming a member of Bethany Lutheran Church?

The next Bethany 101 sessions will begin at 4:00PM on **Sunday October 11**. Childcare is provided for each session with RSVP. You may RSVP with our church office. Call 421-4711 or you may email our Office Administrator Cindy Morrison: cmorrison@bethanylutheran.org.



Are you thinking about Christmas yet? Thursday, Oct. 8, from 2:30-6:00 and Saturday, Oct. 10 from 9:00-1:00, our Mission India team will be hosting a Cookie Lee jewelry party in the Parish Lounge. Mission India will receive half the proceeds from the sales that day. What a great way to start your Christmas shopping and help spread the Gospel at the same time!

Standardized Testing

Our achievement tests, the Iowa Test of Basic Skills (ITBS) will be given in grades 2-8 during the weeks of Oct. 13-24.

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.



School Bulletin #6

October 6, 2009

DON'T FORGET

- ☺ Oct. 7-9- 5th Grade Astrocamp
- ☺ Oct. 9-Minimum Day-EDC Available IF pre-registered., Jr. High Dance
- ☺ Oct. 11-Bethany 101 begins.
- ☺ Oct. 12-23 ITBS Testing for Grades 2-8
- ☺ Oct. 15-Great American Shakeout
- ☺ Oct. 15-Student Success Parent Night

Our worship leaders for upcoming chapel services:

- Oct. 7-Pastor Kritzer
- Oct. 14-Mr. Gagan's Class
- Oct. 21-Robin Garvin
- Oct. 28-Mr. Lang's Class

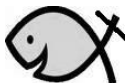


Keep sending in those receipts!!

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.*





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.

Wanted: Used Personal CD players!

The Student Success Program needs portable (walkman-type) CD players. Please drop yours off at the school office; we'll sign a FISH hour slip for you!

Dust off your dancin' shoes! It's time for the first Jr. High Dance, this Friday from 7:00-10:00. This dance will have an 80's theme (think "Cindy Lauper" and "Miami Vice.") Cost is \$10. Permission slips available in the school office or online.



Arise! Cry Out!

A time of praise, prayer, and inspiration for moms, October 9 - 10 in San Diego.

Worship with Crimson Bridge, hear Pastor Miles McPherson, and Fern Nichols, founder and president of Moms In Touch International.

Cost is only \$50. To register and for more information www.MomsInTouch.org



Bites and Stings-

The weather is still warm and sports have resumed. Summer and fall are common times for bites and stings to occur, so when is a reaction an emergency? Insect bites represent 2.3 % of all emergency room encounters. A local reaction at the site can vary from intensely itchy and red to a moist raised welt. A full body, or systemic, reaction can include fatal anaphylaxis in the case of bees, wasps, and hornets, but only an estimated 0.5 to 0.8 % of people have this reaction.

Common symptoms of a bite or sting include pain, hives, swelling, redness, itching, warmth, and small amounts of bleeding or drainage. More serious signs and symptoms indicative of a serious allergic reaction can include shortness of breath, chest tightness, hypotension, sweating, dizziness, weakness, itching, hives, and wheezing. These symptoms usually develop fairly quickly, within 30 minutes of being stung or bitten, and warrant emergency care. If a life-threatening allergy exists, remember to carry an epi-pen and check the expiration date monthly.

To help reduce the itching a paste of baking soda and water can be applied for 15-20 minutes. An antihistamine or corticosteroid cream, or calamine lotion can be applied to the area as well. Tylenol and ibuprofen can be given for pain, following the instructions on the bottles, and Benadryl is a very effective antihistamine.

*-Stacy Shourt
PTL Health and Safety*



This week we are asking you to register or renew your Vons or Pavilions Club Cards with eScrip. Attached to this Bear Facts are the instructions for signing up and renewing your Club Cards. Please share the sign-up information with your family and friends, the more people we have signed up, the more we earn. This is a good time to point out that purchasing Vons/Pavilions gift cards from Bethany SCRIP, to use for your shopping, will earn you a larger rebate because we earn more money from the gift cards than from eScrip. However, it is good to have your card registered for those times (hopefully, not very often!) that you shop and don't have SCRIP/gift cards. Bethany receives the largest benefit from eScrip when we have our school families' relative's and friend's sign up to support Bethany.

Please continue to collect and send to school the 10% Goes Back to Schools Vons/Pavilions register receipts, we need them all turned in by October 11 so we can redeem them before the program ends.

Thank you to everyone that has sent Fresh and Easy receipts to school. Fresh and Easy is generously giving us \$1 for every receipt over \$20 (or \$2 for a \$40 receipt, etc.) because they want to help schools raise money for those things they couldn't otherwise include in their budget. The program ends December 31, so once again, ask all your family and friends to save their receipts for us.

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.

