



Bear Facts

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

Communication+Responsibility+Organization+Service+Sharing



FROM THE PRINCIPAL



Yesterday marked the beginning of the church year and the season of Advent. During Advent we look forward to Christ's coming as a baby in Bethlehem, as well as His second coming as triumphant king. Advent is a wonderful way to help us keep our focus on "the Reason for the season!"

There are many traditions associated with Advent, and traditions are so important to kids. If you haven't celebrated Advent in your home before, why not start this year?

You might consider starting with an Advent wreath. This is a simple arrangement of five candles. The first week of Advent, one purple candle is lit to symbolize Hope. The next week, another purple candle is added for Peace, followed by the pink candle for Joy and the last purple candle for Love. (It always bothers my kids that the pink one isn't last...but I just tell them I didn't make the rule!) On Christmas Eve, the white candle, symbolizing Christ, is also lit. You can find Advent candles and wreaths at the Lighthouse Bookstore, but you can also just use regular candles and holders.

You are also welcome to join us for Advent worship here at Bethany on Wednesday evenings at 7:00.

Blessings on your Advent!
Mrs. Fink

Christmas Concerts

We hope you will join us for Bethany Lutheran Church and School's 39th Annual Christmas Concert, "Holy is His Name" on Sunday, Dec. 14. The concerts are at 1:30, 4:00 and 7:00. Our Trinity, Troubadour and Honor Choirs will be participating. Experience the awesome story of Christ's birth as it is shared in choral anthems and Christmas carols. A festival orchestra will accompany the choirs and handbell choirs will ring at all three concerts. Seating is available on a first-come, first-served basis. This is a wonderful event...invite a friend!



Congratulations to Amber Goebel, who recently received the Young Players Director's Award from Biola Youth Theater. Amber was recognized for most consistently demonstrating the love of Jesus Christ with a servant's heart. Way to go, Amber!

Old CD Players wanted!

Do you have a personal (walkman-style) CD player collecting dust? The Student Success Program needs it! Please drop it off in the school office.



School Bulletin #14

December 2, 2008



- ☺Dec. 8-12: Book Fair
- ☺Dec. 14: Christmas Concerts 1:30, 4:00, 7:00 PM
- ☺Dec. 17: 4th and 5th Grade Christmas Service.
- ☺Dec. 19: Minimum Day-Noon Dismissal

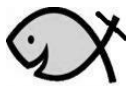


The Big Red Bucket Food Drive is almost here. The food drive provides holiday dinners for needy families in the Lakewood area and is run by Project Shepherd. Last year Bethany donated 54 complete dinners (our highest number ever!).

The class lists with the requested donation came home before Thanksgiving. Please turn in your food and money before next Wednesday.

Volunteers will be needed to assist with assembling the dinners on Wed., 12/10. Please contact Laura Crahan for questions or to volunteer in any way (562-427-6449).

If you have mall receipts from Christmas shopping, we would LOVE to log them for points! Just bring them to the office!



The FISHin' Hole
Opportunities to Serve

A HUGE thank you to Mr. Ford, dad to Mikayla and Bryttanni, for spending an entire day washing down our parking lot and play equipment after the fires. It was a huge job, and we're so grateful!

Advent/Christmas Worship Opportunities

You are welcome to join us for any or all of these special worship services:

Dec. 3: Advent Worship, 7:00 PM
Dec. 10: Advent Worship with our Preschoolers, 7:00 PM
Dec. 17: Advent Worship with Grades 3-5, 7:00 PM
Christmas Eve: 5:00, 7:00 and 11:00 PM
Christmas Day: 10:00 AM
New Year's Eve: 7:00 PM



Here at Bethany Lutheran School, we don't do gift exchanges at our Christmas parties. Instead we prepare individual Personal Hygiene Kits for distribution by Lutheran Social Services of Long Beach. Each kit is a gallon zip lock bag containing: a bar of soap, a washcloth, a tube of toothpaste, a toothbrush, a small size shampoo & a comb.

At school the children will create a Christian Christmas message, to which they add their first name only, and these will be included in the kits.

Please put these items on your grocery list and try to involve your children in the preparation task. Send the kits with your children any time in the next two weeks.

Vaccinate or not?

According to the CDC, the single best way to prevent seasonal flu is to get vaccinated. The current recommendation is for all persons who want to reduce the risk of becoming ill with influenza to receive the flu vaccine. Further recommendations are available at www.cdc.gov/flu.

There are two types of vaccines. The 'flu shot' is an inactivated vaccine given as a shot with a needle, usually in the arm. It is approved for children over 6 mos. The nasal-spray vaccine is made with live, weakened flu viruses. It is approved for healthy people 2-49 yrs who are not pregnant.

Who should NOT be vaccinated? People with a severe allergy to chicken eggs, anyone who has had a severe reaction to a flu vaccine in the past, a child younger than 6 months, or anyone who currently has an illness with a fever. Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny nose, muscle aches. Children can also develop GI symptoms like nausea, vomiting, diarrhea, this is uncommon in adults.

Flu is spread in droplets from coughs and sneezes and some viruses & bacteria are able to live for 20 min. to 2 hours on desks, doorknobs, and tables. Protect yourself and others by washing hands often; cover mouth and nose with a tissue when coughing or sneezing; avoid touching your eyes, nose and mouth, stay home when you're sick; stay away from sick people; get enough sleep; drink lots of fluids; and manage your stress.

Here's to a healthy Christmas season!

*Stacy Shourt
PTL Health and Safety*



We feel the need to address an e-mail that is circulating about gift cards and retailers going out of business. Most of the information in the e-mail is exaggerated, or completely untrue. In the current economic climate even the most successful retailer will close underperforming stores or file a Chapter 11 reorganization. This does not mean the entire chain is closing. We keep very close tabs on any retailer, that we sell gift cards for, that we think may be in financial trouble. If we feel there is a risk of them going out of business, we will stop selling their cards. All of our retail partners are doing their best to deal with a softening economy. The best thing we can do right now is to continue to support the retailers that have supported our SCRIP program in the past. We are hoping to sell a record number of gift cards this month, we are close to selling one million dollars of gift cards in 2008!

Please start placing large orders now, because the closer we get to Christmas the slower the delivery time is. Out of fairness to others, so the on-hand inventory is not depleted, please call Carol Grudt (420-7783x58) to pre-order large amounts. Using SCRIP for your Christmas shopping will give your May tuition rebate a big boost. Ask your family and friends to use SCRIP for their Christmas shopping and receive an even larger rebate.