



# Bear Facts

The Weekly Newsletter of  
Bethany Lutheran School  
Long Beach, CA  
[www.bethanylutheran.org](http://www.bethanylutheran.org)



Communication+Responsibility+Organization+Service+Sharing

## FROM THE PRINCIPAL



Have you seen the sign hanging on the north wall in the school office? It was a gift to me from a very dear friend, and it reads:

*"Be it known to all who enter here that +Christ+ is the reason for this school. He is the unseen but ever present teacher in its classes. He is the model of its faculty and the inspiration of its students."*

Our prayer is that this is more than just a nice sentiment: We pray you and your children will both sense and experience Christ's love here every day.

Have a great week!  
*Mrs. Fink*

**Parenting class offered:** Starting this Sunday, September 14th, 9:30-10:30AM in our Parish Lounge, Nola Seaman, our Preschool director will begin a DVD/discussion based class entitled Value-Packed Parenting. This class will run each Sunday until the start of November. Infant/toddler care is available in our church nursery and also have our Sunday School program available for children age 2 (potty-trained) through grade 6 running at the same time in various classroom around our campus. We would love to parents join us for this informational and worthwhile class as your children are in Sunday School!

*Karl Fink*

## Junior Jazzercise-Join the Music, Fun and Friends

We move to the music of hit songs for an aerobic workout.

\$10/class (**part of your fee is donated back to Bethany**)

Come to the Parish Lounge, wear supportive shoes

First 4 week session: Sept. 9-30

Join anytime, ages 8 and up

**Tuesdays 3:30-4:30**

Hosted by Christine Iradj,  
[bodymoves@earthlink.net](mailto:bodymoves@earthlink.net)  
(562) 756-7066

Parents,

We had a GREAT start to the year with our parking lot! Thanks for following all our directions. ☺ A few things to keep in mind: Please decrease your speed as you come through the gate, and make sure you're not on your cell phone while you're driving. Thanks!



If you are interested in learning more about Bethany Lutheran Church, plan to join us Sunday, Sept. 28, 4:00-5:15 for "Bethany 101." This is the first step toward becoming a Bethany church member. Child care is provided.

Please RSVP to the church office: 421-4711.

Drawing Classes are starting! Look for the flyer that came home today. This first session: drawing children's book characters.



## School Bulletin #3

September 9, 2008

## DON'T FORGET

- ☺Sept. 9-5<sup>th</sup> and 7<sup>th</sup> grade camp meetings, New Parent Orientation-7:00 PM
- ☺Sept. 16-School Picture Day
- ☺Sept. 21-Vicar Seth's ordination-4:00 PM
- ☺Sept. 23-Room Parent Meeting, 6:00, PTL General Meeting, 7:00
- ☺Sept. 28-Bethany 101 begins
- ☺Sept. 29-Oct. 3-7<sup>th</sup> Graders to Catalina

## YEARBOOK PHOTOS

School pictures will be taken on Sept. 16. Please avoid out-of-school appointments that day. We do have a make-up day for students who are absent, but those children will not be in the class photo.

## School Cents

We were one of the big winners in last year's School Cents contest and we want to repeat! Save your receipts from Lakewood, Cerritos or Stonewood Centers dated September 15 and following. Turn them in to the school office and we'll log them for you. Want your receipts back? Put them in an envelope with your name on the front. We have special envelopes here in the office if you want one.



The FISHin' Hole  
*Opportunities to Serve*

We could use some help with a data entry project here in the school office. Give Mrs. Fink a call!

*"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*

**DON'T MISS THE  
HOMEWORK DOC  
PTL GENERAL MEETING  
TUESDAY, SEPT. 23  
7 P.M.**

We're back at school, which means our kids are back to doing homework. Fortunately for us, the Homework Doc, Victoria Olivadoti, will once again provide her invaluable expertise at our PTL General Meeting, Tuesday, September 23 at 7 p.m. in the church. Even if you've attended her previous seminars at Bethany, plan to attend again because this year Victoria will address parents **and** students in grades 5-8.

The Homework Doc's seminars are fun and entertaining, and teach parents how to remove themselves from the stress of daily homework while building their children's confidence and sense of independence. Students will learn how to work independently, feel confident, eliminate frustration, and face the challenges of homework.

So, don't miss this very important event! Childcare will be provided, but please consider bringing your kids in grades 5 through 8. For more information on the Homework Doc, visit [www.homeworkdoc.com](http://www.homeworkdoc.com). See you there!!

Sleep. It's a little word with large implications. Now that school has resumed, sleep habits have to normalize, easier said than done. Sleep experts recommend the following hours of sleep by age: 3-11 months: 14-15 hours, 1-3 years: 12-14 hours, 3-5 years: 11-13 hours, 1<sup>st</sup>-5<sup>th</sup> grade: 10-11 hours, and teens 9 ¼ hours of sleep per 24 hour period.

Children who get less sleep at night tend to have more difficulty falling asleep, thus perpetuating a vicious circle. They also seem sleepy or overtired during the day.

Caffeine can have a negative impact on children's sleep, as can having a television set in their bedroom. (Polls show that 43% of school-aged children in America have a TV in their own room.) Snoring affects children's sleep patterns, and can result in sleep apnea. Studies show that 37% of children in K – 4<sup>th</sup> grade suffer from at least one sleep-related problem, including nightmares, sleep terrors or sleep walking, sleep apnea, or narcolepsy.

The National Sleep Foundation makes the following recommendations: Make sufficient sleep a family priority, embrace good sleep habits (bedtime routines), recognize sleep problems, and talk to your pediatrician about sleep. For more info visit [sleepfoundation.org](http://sleepfoundation.org).

*From Stacey Shourt,  
PTL Health and Safety Committee*

**Moms In Touch International**  
Women making a difference in the lives of their children and schools through prayer. We use a simple 4-step prayer format to guide our prayer time. The leader provides everything you need, making it easy to follow. Bethany's group prays on Wednesdays 8:45 – 9:45 in the conference room, childcare provided in the nursery.



Bethany Lutheran SCRIP is giving away Gift Cards to welcome everyone back to school. Everyone who purchases \$100 in giftcards will be entered in a drawing for a \$25 BJ'S gift card. You will be entered in the drawing for every \$100 you purchase, however gas cards will not be included in the total because they are purchased at a lower discount. The first drawing will be held September 18 at 8:30 a.m. in the School Office. Purchases made between September 9, and 8:30 a.m. September 18, will be included in the first drawing.

If you have never purchased SCRIP before, or don't understand how it works please stop by the School Office anytime and we'll fill you in!



**Come join Cub Scouts!**

Boys in first through fifth grades are invited to Cub Scout Pack 75's first pack meeting of the school year on Friday, September 12th. Hot dog dinner at 6:30 PM; meeting at 7:00 PM in the Gym.



We know we're meeting a need when our STUDY HALL is completely full! Unfortunately, we can't take any late orders because there are no more seats. Remember, though, that if your child is in EDC, he/she can do homework in the library.

The Red Cross is holding a one day "Safe Kids" training class that will teach your child: disaster preparedness, basic first aid, bicycle safety, stranger awareness and more....all for \$10! The date is Saturday, Sept. 20th for kids ages 7-12. For more info, come to the office for a flyer or call (562) 490-4014 or visit their website: [thebigbeach.net](http://thebigbeach.net)