



# BEAR FACTS

Issue 2: September 3, 2024

## FROM THE PRINCIPAL

Is your family getting back into the school routine? (It's hard when we haven't had a full school week yet, we know!) Part of a healthy school routine is making sure kids are getting enough SLEEP! Adequate sleep is critical for academic success, brain health and ready-to-learn attitudes. That means getting to bed on time AND making sure electronics (i.e. cell phones, game systems, etc.) are out of the bedroom.

To help with those bedtime negotiations, here's a handy chart with bedtimes that correlate with wake-up times and the recommended amount of sleep by age.

*Blessings on your efforts!*  
Dr. Fink

AT WHAT TIME SHOULD YOUR CHILD GO TO BED							
Age	Wake-up time						
	6:00 AM	6:15AM	6:30AM	6:45AM	7:00AM	7:15AM	7:30AM
	Sleeping time						
5	6:45PM	7:00PM	7:15PM	7:30PM	7:30PM	8:00PM	8:15PM
6	7:00PM	7:15PM	7:30PM	7:30PM	8:00PM	8:15PM	8:30PM
7	7:15PM	7:15PM	7:30M	8:00PM	8:15PM	8:30PM	8:45PM
8	7:30pm	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM
9	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM
10	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM
11	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM
12	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM

## COMING UP

- **Sept. 3**-7th Grade Catalina meeting-6:00
- **Sept. 4**-New-to-Bethany Parent Zoom-6:30
- **Sept. 5**-5th Grade Astrocamp Meeting-6:00
- **Sept. 5**-8th Grade Launch Party
- **Sept. 10**-Moms in Prayer-Library-8:30-9:30
- **Sept. 11**-8th Grade DC/NY Meeting-6:30
- **Sept. 15**-Trinity and Troubadour choirs sing 9:30
- **Sept. 16-20**-7th Grade to Catalina
- **Sept. 17**-6th Grade Camp Meeting-6:00
- **Sept. 23-Oct. 4** MAP Testing Grades 2-8
- **Sept. 24**-School Photo Day!
- **Sept. 24**-PTL Meeting 6:30 (in person or Zoom)



# RaiseRight™

Formerly ShopWithScrip

Turn your everyday expenses into earnings! Simply buy gift cards and shop online through Bethany's RaiseRight program, and brands automatically give up to 20% back to help pay for tuition or support the ministry of your choice (SSP, tuition assistance, youth, music ministry, or general ministry (Bethany kitchen facelift).

Use gift cards to pay for everyday things like groceries, gas, clothing, coffee, or dining out, and you could earn more than \$1,000 per year!

Plus, with eGift cards, reloadable gift cards, and a mobile app available, you can buy gift cards and shop online through RaiseRight anytime, anywhere.

To learn more and request Bethany's enrollment code to join, contact Ruth Lopez at [rlopez@bethanylutheran.org](mailto:rlopez@bethanylutheran.org). 562-420-7783 ext. 58.

If you already have the enrollment code, visit [RaiseRight.com/Enroll](http://RaiseRight.com/Enroll) to sign up and get started.



## “Remem-bear”:

School begins at 8:30 on **Wednesdays** for all grades. Students who arrive at 8:00 should check in at the EDC gate and will be charged for childcare.

## Camp/Outdoor Ed Meetings

Parents, please plan to attend the mandatory information meetings:

7th Grade:	Sept. 3, 6:00	Room 205
5th Grade:	Sept. 5, 6:00	Room 204
8th Grade:	Sept. 11, 6:30	Room 203
6th Grade:	Sept. 17, 6:00	Room 222



## CHAPEL OFFERING

Typically we take a weekly offering during our chapel services that is used to support a charity. These offerings teach our students the importance of using our financial blessings to make a difference in the lives of others.

Our end of August and September offerings will go to SEEDS Therapy, the organization that we will be partnering with here at Bethany. Our offerings will help this organization offer scholarships to families who cannot afford needed therapy for their children.

Chapel offerings are entirely voluntary, but we encourage you to support this worthy aid organization!

## FISH Hours

FISH stands for "Families Involved in Service Hours." Each Bethany family is required to give 5 hours of service each year. (Many of our families serve many more than 5 hours!) You can serve at events, drive for a trip/sport, bring in classroom supplies, assist your child's teacher and so much more.

You can log your FISH hours from the [Bethany website](#) OR from Gradelink. We'll send you a "FISHing Report" each quarter to let you know how many hours you've served.



## School Photos

School pictures are scheduled for Tuesday, Sept. 24. Please avoid out-of-school appointments that day. We do have a make-up day for absent students, but they will not be in the class photo.

Your picture package is pre-paid with your registration fee. You may also order additional prints.

Students should be in uniform dress for photos.

## Dress Code Reminders

Students should be in uniform dress with red, white or navy polos on Mondays, Tuesdays and Thursdays.

On Wednesdays, everyone (staff, too!) should be wearing their Bethany chapel polo.

On Fridays, students may wear jeans (or jean shorts or skirts) and Bethany theme/spirit shirts.

Teachers may choose to offer "free dress" as a class incentive on occasion at their discretion.

The dress code is [outlined here](#) on the Bethany website.



## Welcome!

**New-to-Bethany Parent Orientation** is scheduled for **Wednesday, Sept. 4 at 6:30 PM** by Zoom. (We will email you the link later.)

This informational meeting IS REQUIRED and it is important that one or both parents attend. You will receive your electronic copy of our Parent Handbook, meet members of the staff and Bethany community and hear about many of the happenings here on the Bethany campus.

We're looking forward to seeing you!

## Middle School Corner

### Advisory Teams!

Every middle school student is a member of a multi-grade Advisory Team. Each week in Advisory, the students check their grades using Gradelink and graph their grade percentages on an online graph. Plus, they will check their school email account to practice building these skills for high school. The teams also focus on building skills in areas like social and emotional development, growth mindset, and test-taking skills.

Throughout the year, the teams will participate in a few team tournaments that provide them with the opportunity to be a part of team, grow their communication skills, and have a good time. Advisory Team leaders include (and each team has a color as well): Mr. Royuk (orange), Miss Einspahr (blue), Mr. Brege (red), Mrs. Evans (green), and Mrs. Brege (yellow).

Last week the 6th graders joined their Advisory Teams and everyone received a headband and wristbands in their team color to wear during Advisory events. Now the teams will get to work on choosing a team name - let the fun begin!

Parents, we're adding something new to the Middle School Corner! Every month, a new Food for Thought link will be shared right here at the bottom of the Middle School Corner. You are invited to check out this week's Food for Thought addition,

["15 Questions to ask your kids after school"](#).



We are happy to announce a new partnership with SEEDS! This amazing organization will provide our students on-campus access to individual therapy, social-emotional skill groups, parent and staff training and so much more. You can read more about this organization at the end of today's newsletter. We have already benefitted from our SEEDS partnership: our staff participate in Mental Health First Aid training just last week!

We have witnessed over and over again the shortage of available therapy for children, and the frustration parents experience trying to find help. We know this will be a valuable service for our families.

# Bethany Lutheran Family Ministry Events

## BETHANY LUTHERAN STEPPING STONES

### 3rd Grade First Bible



Sunday, September 8, 2024

We invite ALL third Grade students to come & receive their own, new bible at the beginning of our 9:30 A.M. Worship Service.

Tuesday, September 24, 2024

From 6:00- 8:00 P.M., your third grader & a parent (or grandparent or loving adult) are invited to the Youth Room to share in a pizza dinner, grow together in knowledge of scripture, and receive a few fun tools to use in their study of the word!

QUESTIONS? CONTACT ALISSA BREGE AT [ABREGE@BETHANYLUTHERAN.ORG](mailto:ABREGE@BETHANYLUTHERAN.ORG)

**Join us!**



BETHANY LUTHERAN FAMILY MINISTRIES

## BEACH PICNIC!

**Sunday, September 8, 2024**  
**12:00, noon - 2:00 P.M.**  
**Seal Beach, North Side of the Pier**

Bring a lunch, towel or beach chair & sand toys (as desired) for a time of fellowship in God's Creation! All are welcome. Questions? Contact Alissa- [abrege@bethanylutheran.org](mailto:abrege@bethanylutheran.org).



## Under Grace, Under 8...

Bethany Lutheran Sunday Morning Children's Ministry for potty trained 2 year olds through 2nd graders! We meet EVERY SUNDAY, except the last Sunday of the month & holiday breaks, during the 9:30 Worship Service. Kids will be dismissed after the Children's Message from church & pick up will happen across the courtyard (Friendship Square) at the doors of the Parish Lounge.



Fill out the yearlong permission form once to attend anytime through out this 2024-25 school year: <https://bit.ly/yearlong2425>

Questions? Reach out to Alissa Brege at [abrege@bethanylutheran.org](mailto:abrege@bethanylutheran.org).



## WHY SEEDS?

There is a current demanding need for emotional, spiritual and overall developmental support for children K-12.

-According to the National Alliance on Mental Illness (NAMI), 1 in 6 U.S. youths between the ages 6-17 will experience a mental health disorder each year.

-The CDC reports that from March 2020 - October 2020, emergency hospital visits that were directly related to mental health rose 24% for ages 5-11 and 31% for ages 12-17 compared to the same period in 2019.

-According to the CDC, in 2020, suicide was the second leading cause of death for children ages 10-14.

## WHO WE ARE & HOW WE HELP

SEEDS is a 501c(3) nonprofit organization which started in 2021, when a clear and urgent need was seen to combat the growing mental health pandemic magnified by Covid-19. Our mission is to bring faith-based, mental health services to private Christian schools (K-12) by providing caring and qualified mental health therapists who can assess, diagnose and treat mental health issues. We offer a variety of therapeutic mental health services with the goal that every child could have access to this crucial support.

## WHAT DO WE OFFER?

SEEDS offers individual therapy, social and emotional-development groups (taught during school hours), crisis intervention, resources/referrals and teacher/parent mental health education seminars in the evenings.

We believe that teachers should not be alone in trying to handle everything taking place in the classroom and want to provide them with support so that they are free to focus on their mission as an educator.

## HOW YOU CAN MAKE A DIFFERENCE

We are grateful that our policy makers are prioritizing mental health, however, it currently stands that only public schools can receive funding for these services. Our families in private schools are not given the same opportunity to access this important mental health support for their children. Many families prioritize their financial resources for attending these private schools, as they see the value in a faith-based education, but they cannot afford additional costs for mental health services on top of the tuition. As a recent start up with no public funds, we rely heavily on grants and donations in order to be able to offer the SEEDS program to schools that desperately need it.

Your donation makes it possible for our children to receive the support they need, and we sincerely thank you. We are excited about God's vision for the future expansion of SEEDS and we are dedicated to making this program available to as many as possible.



## BENEFITS OF OUR SERVICES

- Assess for high-risk behaviors such as suicide, drugs/alcohol, eating issues, etc...
- Support and trainings for families and school staff
- Healthier social functioning and decreased behavioral/disciplinary issues reducing classroom disruption
- Improve academic performance and engagement in school activities
- Diagnose and treat mental health disorders



For information on our program, how you can help or to make a donation please visit:  
[www.seedstherapy.org](http://www.seedstherapy.org) or call 949.243.7600



Moms in Prayer *invites you* to have a profound impact on your children and their schools, from preschool to young adult.

## BLS Moms in Prayer

Weekly meetings begin Tuesday, September 10th

8:30-9:30 am • BLS Library

• Starting in October we join MomCo in the Youth Room every 2nd Tuesday •

Join Bethany moms in praying for our children, staff and school.

Meetings are structured and confidential.

Can't commit weekly? That's ok - come when you can!

*\*earn FISH hours for attending Moms in Prayer in person\**

*"Be joyful in hope, patient in affliction,  
faithful in prayer."* Romans 12:12

Questions or prayer requests: contact Julie Long [julieflute@gmail.com](mailto:julieflute@gmail.com)



For information about Moms in Prayer International,  
visit **MomsInPrayer.org**

**Text: GROUPS to 51555**



SCHOOL LUNCH DONE RIGHT!™

# Enjoy freedom from the daily hassle of packing lunch and **take back your mornings!**

Order faster, enjoy more with the latest enhancements to the Choicelunch app, including:

- **One-Click Repeat Ordering:** Reorder your favorites in a tap.
- **Advanced Filters:** Find meals by temperature, allergens, and more.
- **Edit Lunch Orders:** Easily change or cancel orders.
- **Search Option:** Quickly find what you need.
- **Flexible Ordering:** Choose how you order – by student, by day, or by entrée.

Customize, delight, and repeat – it’s that simple to have enjoyable lunches all school year with Choicelunch!



[order.choicelunch.com](http://order.choicelunch.com)

Get the App

## Our recipe is simple.

We use whole, fresh ingredients sourced responsibly from trusted partners. We avoid anything artificial or processed, especially:

- ⊘ High Fructose Corn Syrup (HFCS)
- ⊘ Added Nitrates/Nitrites
- ⊘ Artificial Sweeteners or Colors & Flavors
- ⊘ Partially Hydrogenated Oils
- ⊘ Peanut and Tree Nut-Free  
*(some entrées may contain coconut oil)*

We source fresh, antibiotic-free chicken and beef. With our fresh fruits and veggies, if it’s on the EWG’s Dirty Dozen list, we make every effort to source organic.

Choicelunch founders’ kids are customers.



**GOT QUESTIONS?** Our super-friendly California-based support team is here to help. Reach out via online chat or email us at [support@choicelunch.com](mailto:support@choicelunch.com). We’re ready and waiting to assist you!

continue →



# Lunchtime On Your Terms

## BUILD YOUR OWN MEAL PLAN

**Looking for lunchtime flexibility?** Our Meal Plans subscription service lets you save money and customize meals to fit your family's needs.

### Build Your Plan:

- Mix and match days and sides to suit your schedule and taste.
  - » Want lunch 3 days a week with 2 sides? Done!
  - » Prefer lunch 4 days a week with 1 side? No problem!
- Create a meal plan as unique as your child's cravings.

### No Strings Attached:

- Change, cancel, or upgrade anytime during the school year.
- Experiment with different plans and adapt as needed.

### Start Saving Today:

- Treat your kids to delicious meals while staying within budget.
- Enjoy savings without sacrificing convenience and choice.



## Why Families ❤️ Choicelunch

- 1. Convenience.** Take back your mornings and never make lunch again, or at least take a break.
- 2. Choicelunch App.** Customize, Delight, Repeat! Order delicious lunch in a flash - anytime, anywhere!
- 3. Full Control.** Order everything online, from entrées to snacks, fruits/veggies, and drinks.
- 4. More Choices.** Up to 20 options daily, including hot & cold entrées, plus over 40 sides for diverse taste buds & preferences. **Allergen Filter.**
- 5.** Customize your menu to only show items that meet your student's dietary needs & preferences.
- 6. Whole Ingredients.** We use whole, fresh ingredients sourced responsibly from trusted partners.
- 7. Registered Dietitian.** Our recipes and ingredients are carefully reviewed and approved by a registered dietitian. **Earth-Friendly.** We care about our planet! Our
- 8.** packaging is either compostable or made from 100% post-consumer recycled materials. **Flexible**
- 9. Deadlines.** Choose from advance ordering to day-of service until 9 am, with on-campus emergency lunches available too.
- 10. Superhero Support.** Contact us online or email support@choicelunch.com. We're ready to save the day!

## Ready, Set, Scan!

Scan the QR code below to sign up.

You can also join via our mobile app or at [order.choicelunch.com](https://order.choicelunch.com).



- 1. Simple Sign Up:** Enter your info, share your child's dietary preferences and food allergies, and we'll handle the rest!
- 2. Build a Meal Plan:** Customize each child's meal plan. Change, cancel, or upgrade anytime to match their tastes and needs.
- 3. Delight in Variety:** Choose from up to 20 delicious hot and cold entrées daily. Add sides, snacks, drinks, fruits, and veggies for the ideal meal.
- 4. Last-Minute Friendly:** Enjoy flexible ordering with various deadlines, from advanced, same-day, and emergency lunches. Perfect for planners, spontaneous decisions, and last-minute needs.