



BEAR FACTS

Issue 12: November 12, 2024

From the Principal

Our SEEDS Parent Education event was really informative! Here are some key takeaways you might find helpful, even if you couldn't attend:

- Speaker April Twenhafel emphasized the importance of leading children (and adults!) to understand the emotional state of our kids when we are parenting. Are they hyper-aroused (can't calm down), hypo-aroused (shut down) or in a "window of tolerance" (calm, able to reason, emotions in control.)
- She spoke about the parts of our brain and what those parts control. When we are in our "upstairs brain," we are able to reason and think, but in times of hyper/hypo arousal, we are in our "downstairs brain," where logical discussion is not going to be successful.
- She also emphasized the importance of understanding our own emotional state in the moment so that we can *respond* rather than *react*. Sometimes that means having a conversation later.
- Her go-to parenting book recommendation is "The Whole Brain Child" by Daniel Siegel and Tina Payne Bryson (who also authored "No Drama Discipline" and "Raising Good Humans.")
- Identifying emotions beyond the basics of "happy" or "sad" are critically important to emotional development. Using a feeling wheel can help children with the vocabulary of emotions.

We're looking forward to another parent education event in the spring! We'll keep you posted.

Have a blessed week!

Dr. Fink

Coming Up

- **Nov. 19**-PTL Meeting 6:30 PM
- **Nov. 22**-Grandparents Day/Minimum Day
- **Nov. 25-29** Thanksgiving Break
- **Dec. 2-6**-PTL Christmas Store
- **Dec. 6**-Family Ministry Christmas Cookie Decorating Event
- **Dec. 8-13** Scholastic Book Fair
- **Dec. 15**-Annual Bethany Christmas Concerts
- **Dec. 18**-Middle School Advent Service
- **Dec. 20**-Minimum Day/Noon dismissal
- **Dec. 23-Jan. 3**-Christmas Break
- **Jan. 6**-School resumes
- **Jan. 7**-Vision Screening
- **Jan. 17**-End Quarter 2
- **Jan. 20**-No School-Martin Luther King Holiday
- **Jan. 26-31**-National Lutheran Schools Week

Leading chapel on Friday for Grandparents' Day:

Dr. Fink



Earn on all your holiday shopping and gifting when you buy gift cards and shop online through Bethany's RaiseRight program!

The money you're already planning to spend on things like gifts, wrapping paper, stocking stuffers, groceries, travel, and more, can help you earn toward tuition costs or for other Bethany ministries. It adds up fast! Here's how to earn:

1. Buy gift cards from RaiseRight and use them to pay for all your holiday expenses. Every gift card purchase from RaiseRight earns up to 20% back!
2. Shop online through RaiseRight—log in to your RaiseRight account, click through to shop directly on a brand's website, and earn upon completing a purchase.

Plus, you can earn extra by combining earnings! Shop online through RaiseRight, then buy a gift card to use as payment for your online purchase. You'll earn both ways at once!

(Pro tip! [Install RaiseRight's browser extension](#) to your browser so you can get earning reminders while shopping online!)

Haven't joined our RaiseRight program yet? Click here to sign up:

<https://www.raiseright.com/enroll/1BL8EE69719L>

Happy Earning!

Ruth Lopez, Scrip Coordinator

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Middle School Corner

Middle School Families-

Please SAVE THE DATE for Wednesday, December 18th, 2024!

We are excited to share that on 12/18/24, the middle school students will be leading the Advent Christmas chapel service at 9:00 AM and the Advent evening service at 6:30 PM. Every middle school student is an important part of this experience. Please mark this on your calendar now and plan to join us (and invite friends and family).

Volunteer Opportunities!

We have lots of opportunities for parents to volunteer and earn some FISH hours these next few weeks!

Friday, November 22: Grandparents and Special Friends Day

Sign up here: <https://signup.com/go/UgcVgYy>

December 9-12: PTL Christmas Store

Sign up here: <https://signup.com/go/KfEXSUo>

THANK YOU to our wonderful volunteers for Operation Christmas Child!
We packed 191 boxes with your help!

Bethany Lutheran Music Ministry *presents*

the angels PROCLAIM

Noah Freeman, director

Kevin Bowers, accompanist | Robert Bottoms, organist

53rd Annual Christmas Concerts

*featuring the choirs & ensembles of
Bethany Lutheran Church & School*

December 15, 2024 | 3:00pm & 7:00pm
4644 Clark Avenue, Long Beach, CA

You are invited to the 53rd annual Christmas Concerts, "The Angels Proclaim," featuring the choirs & ensembles of Bethany Lutheran Church & School.

This concert is a **FREE TICKETED EVENT** but the **3:00 concert is already full! Grab your free ticket for the 7:00 concert before they're gone!**

CHRISTMAS CONCERT TICKETS

A freewill offering will be received to benefit Bethany Lutheran Music Ministry and the Music Scholarship Fund.

Questions? Contact Noah Freeman, Director of Music Ministries & Worship Arts at nfreeman@bethanylutheran.org.

Bethany Lutheran
HYGIENE KITS



PARTNERING WITH LUTHERAN SOCIAL
SERVICES TO BLESS THE HOMELESS
IN OUR COMMUNITY THIS SEASON



PLEASE BRING THE ITEMS ASSIGNED TO YOUR CLASS:

- KINDERGARTEN- WASHCLOTHS
- 1ST- HAND SANITIZER
- 2ND- BAR OF SOAP
- 3RD- TRAVEL SIZE SHAMPOO
- 4TH- TRAVEL SIZE CONDITIONER
- 5TH- GALLON SIZED ZIPLOCK BAGS
- 6TH- TOOTHPASTE
- 7TH- TOOTHBRUSHES
- 8TH- HANDSANITIZER

BRING TO THE YOUTH CENTER ENTRYWAY
BETWEEN DECEMBER 2-16, 2024

QUESTIONS? PLEASE REACH OUT TO
YOUR BLS STUDENT COUNCIL REPRESENTATIVES OR ALISSA BREGE

BETHANY LUTHERAN FAMILY MINISTRIES

A NOT SO SILENT NIGHT

06
DECEMBER

JOIN US FOR AN EVENING OF CHRISTMAS
COOKIE DECORATING, SIPPING COCOA, A
DEVOTION, AND PHOTOS WITH SANTA
IN THE BETHANY LUTHERAN
GYM AT 6:00 P.M.
REGISTRATION IS REQUIRED AND
CLOSES ON MONDAY,
DECEMBER 2ND AT MIDNIGHT.
[HTTP://BITLY/BLCOOKIES2024](http://bitly/blcookies2024)
QUESTIONS? CONTACT ALISSA BREGE-
ABREGE@BETHANYLUTHERAN.ORG





8TH ANNUAL



GIVING THANKS HOOPS CAMP



NOVEMBER 25-27TH

9AM-NOON

\$140

BETHANY LUTHERAN GYM, LONG BEACH

- BOYS & GIRLS
AGES 6-14
- CAMP SHIRT INCLUDED
- GET OUT OF THE HOUSE OVER BREAK
- FUN & ACTIVE
- DAILY DRILLS, FUNDAMENTALS & GAMES

REGISTER AT: OC.1ON1BASKETBALL.COM

More Information: Phone 562.822.7525 Email Ryan@1on1basketball.com



Come out and support the Bethany Lutheran Church at Andy's Xpress Wash!

6741 E Carson St. Lakewood, CA 90713



**Monday, November 18, 2024 -
Monday, November 25, 2024**



**8th Grade
D.C. Trip**

*50% of the proceeds raised go to
support the Bethany Lutheran Church!*

**Must bring physical flyer*