



# BEAR FACTS

Issue 17: January 14, 2025

## From the Principal

This weekend I had a "moment" while packing up my Christmas decorations: I started to think about all those who lost their homes to fire last week...they've lost all their Christmas decorations and SO MUCH more. :(

If you, like me, want to help in some way, here are some suggestions from the district office of our church body:

• **Pray** - Continue to lift up the victims, first responders, communities and all of us in prayer as we experience this significant disaster. This includes praying that we recognize the opportunities we have to share the light and love of Jesus to so many in need.

• **Donate** - Victims will have a significant immediate need for financial resources to purchase basic items, pay for hotel stays, pay for meals, etc. The district has a standing fund for this purpose and has already distributed about \$4000 in gift cards. You may contribute to this fund here:

**DONATE** ❤️

• **Love** - Be the hands and feet of Jesus as you care spiritually for those you may come in contact with that are affected by this disaster, and even those who may not be in the immediate area but are traumatized. This especially applies to active, caring listening as they share their trauma and needs.

Our students will be making thank you cards for firefighters, both on scene and in support roles. If you know a firefighter, please consider sharing his/her name and address so we can send them a card. We're collecting addresses this week:

<https://bit.ly/FirefighterThanks25>

Finally, we know there are years of recovery ahead. Stay tuned for more ways our Bethany family will Learn. Love. Lead. Serve. the fire victims.

*Praying with you,  
Dr. Fink*

## Coming Up

- **Jan. 14**-MomCo-Youth Room 8:30
- **Jan. 15**-Cook's Night Out-Handels Ice Cream!
- **Jan. 17**-End Quarter 2
- **Jan. 20**-No school-Martin Luther King Holiday
- **Jan. 24**-Report cards sent home
- **Jan. 26-31**-National Lutheran Schools Week
- **Jan. 26**-Troubadour sings 8:00, Trinity sings 9:30 AM
- **Jan. 28**-PTL Meeting 6:30 PM
- **Jan. 31**-Talent Show! 6:30 PM
- **Feb. 3-14**-MAP Testing
- **Feb. 14**-Minimum Day-noon dismissal
- **Feb. 17**-No school-Presidents' Day

*Leading chapel this week:*

**Mr. Brege**

Parents, you are welcome to join us at 9:00 in the church.

## *Chapel Offerings*

This month our chapel offerings will go to Dorcas Ministries. They are planting a church in Nigeria to bring the Good New of Jesus to the people there.



Please join me in celebrating our top RaiseRight earners for the month of December:

- Lopez Family \$120.97 (amounts reflect the 60% earned toward rebate)
- Cuizon Family \$108.80
- Sanchez Family \$67.35

Congratulations to these families for turning their everyday expenses into earnings for tuition, and thank you to everyone who is participating in our RaiseRight program. Let's keep the earnings going! Haven't joined our RaiseRight program yet? Join today and start earning by shopping online through RaiseRight and using gift cards to pay for your everyday expenses—brands automatically give up to 20% back! Plus, with a [mobile app](#) available, instant access to your eGift card and reload purchases, and a [browser extension](#), you can shop online and earn with gift cards anytime, anywhere.

To get started, click here [Add a little bit of body text](#) or contact Ruth Lopez at [rlopez@bethanylutheran.org](mailto:rlopez@bethanylutheran.org) or 562.420.7783 ext. 58 for more information.

## Middle School Corner

This year in Advisory, our teams have been discussing how to Squash the ANTs! Also known as: Automatic Negative Thoughts.

As humans, we cannot control having a negative thought, but we can control how we respond and what we do with a negative thought. Plus, we can train the brain to look for and see our experiences in a more positive light. Maybe you've heard this well-known phrase by neuropsychologist Donald Hebb, "neurons that fire together, wire together," so we're trying to identify negative thoughts and fire more positive thoughts.

You're invited to continue the discussion at home by checking out these Squash the ANTs posters. Each poster focuses on a specific type of negative thought that humans have and other ideas for training the brain towards positive thinking and positive self-talk.

## ADHD Support

Looking for additional support for your child with ADHD, or for yourself? Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) is a great organization and source for helpful info!

Check out this video with info about lifestyle support:

<https://chadd.org/adhd-news/adhd-news-adults/adhd-weekly-what-else-can-i-do-lifestyle-support-for-adhd/>





BETHANY LUTHERAN SCHOOL

# TALENT SHOW

JANUARY 31 6:30 PM

**WANT TO TRY OUT? SIGN UP IN THE SCHOOL OFFICE!**

We know we have lots of talented students! Come and show us what you've got! (Remember: try to keep your act to about 2 minutes....no lip-syncing...we want to hear YOU!)



# Let's kick off Lutheran Schools Week with a BBQ!



Bethany's senior staff and Men's Bible Study Group will light up their grills to prepare a special lunch on **Tuesday, January 28.**

The lunch will consist of a burger, chips, and applesauce.

To offset costs, lunches will be \$5. Remember to cancel your Choice Lunch order that day.



..... Please return the bottom portion of this page to your teacher by Friday, January 17. ....

Name of student: \_\_\_\_\_ Grade: \_\_\_\_\_

\_\_\_\_ Yes, my child would like to eat a BBQ lunch. \$5 will be deducted from my FACTS account.

Select one: \_\_\_\_\_ Cheeseburger \_\_\_\_\_ Hamburger

\_\_\_\_ No, my child will bring his/her own lunch or eat his/her Choice Lunch that day.

Parent Signature: \_\_\_\_\_

READERS CHOICE AWARDS

**VOTE FOR US!**



INSPIRING LIFE-LONG LEARNING

**THE SCHOOLS OF  
BETHANY  
LUTHERAN**

CULTIVATING CHRISTIAN CHARACTER



It's time again to  
choose the **BEST!**  
We've made it easy for you!

Go online and vote December 27 through January 26

[press-telegram.bestinvoting.com](https://press-telegram.bestinvoting.com)

PRESS-TELEGRAM  
Local. News. Matters.

GRUNION GAZETTE  
www.gazettes.com



*Bethany Lutheran*

# **JUMP WITH JESUS (& FRIENDS)**

*Sky Zone Trampoline Park, Cerritos*

Sunday, January 26, 2025 at 1:00 - 2:30 P.M.  
We will be doing a Freestyle Jump together  
(and with others in our community).  
Cost: \$35, per child jumping, at the door.  
If you have a pass, you can use it!  
If the cost is a deterrent, please reach out by 1/22.  
Meet in the lobby for a little devotion time at 2:00.  
Parents, please plan to accompany or child or  
have another adult with your child for this event.

Questions or concerns... contact to Alissa Brege at [abrege@bethanylutheran.org](mailto:abrege@bethanylutheran.org)

**BETHANY LUTHERAN CHURCH & SCHOOL SPIRIT NIGHT**



4201 McGowen St, Suite 200  
Long Beach, CA 90808

**JAN 15**  
**12PM - 10PM**

 @HANDELSLONGBEACH  
WWW.HANDELSICECREAM.COM



**UP TO 20% OF TOTAL PURCHASE WILL BE DONATED TO  
BETHANY LUTHERAN CHURCH & SCHOOL  
8TH GRADE CLASS FIELD TRIP TO WASHINGTON DC**

Excludes sales tax, online orders and gift cards. No solicitation on site.

# NATIONAL LUTHERAN SCHOOLS WEEK 2025

# DRESS UP DAYS

GRADES K-8

JANUARY

**27**

MONDAY

## NEON DAY

COME TO SCHOOL IN YOUR BRIGHTEST OUTFIT. SHIRTS, PANTS, SOCKS - THE BRIGHTER THE BETTER!

JANUARY

**28**

TUESDAY

## WESTERN DAY

EMBRACE THE RUGGED, OUTDOORSY STYLE OF THE WILD WEST. BREAK OUT YOUR JEANS, COWBOY HATS, AND BOOTS.

JANUARY

**29**

WEDNESDAY

## DRESS TO IMPRESS

WOW YOUR CLASSMATES AND TEACHERS BY WEARING YOUR SUNDAY BEST.

JANUARY

**30**

THURSDAY

## WACKY TACKY DAY

FORGO ALL FASHION RULES! BRING ON THE MISMATCHED CLOTHES.

JANUARY

**31**

FRIDAY

## SPORTS DAY

WHICH TEAM DO YOU ROOT FOR? WEAR A SPORTS JERSEY OR SPORTS APPAREL.

DRESS UP DAYS ARE OPTIONAL. IF YOU CHOOSE TO NOT PARTICIPATE IN A THEME DRESS UP DAY, YOU MUST WEAR THE SCHOOL UNIFORM. ALL CLOTHING MUST FOLLOW DRESS CODE.