



FROM THE PRINCIPAL

We hope your child enjoyed last week's Local History focus. We saw some great student activities and field trips happening!

This week it's Health and Wellness Week! We started this event last year to bring our health lessons into focus by setting aside a special week.

We want to help our students see that as Christians, we believe our bodies minds and spirits are gifts from God, so we want to cherish and care for them. This belief is rooted in the idea of stewardship, which is the responsible management and protection of something that has been entrusted to us.

You can see the topics we'll be studying on another page of the Bear Facts. Ask your child what they learned this week!

*Blessed to be at Bethany,
Dr. Fink*

COMING UP

- **Apr. 15-19** Health and Wellness Week!
- **Apr. 18-19**-Spring Musical- Bethany on Broadway
- **April 19**-Disney Dress-Up Day
- **Apr. 21**-Trinity and Troubadour sing
- **Apr. 23**-PTL Meeting 6:30 PM
- **Apr. 28**-8th Grade DC/NY trip begins
- **May 3**-Minimum Day
- **May 5**-K-2 sings 9:30
- **May 5**-Kindergarten Signing Day!
- **May 6-10** Teacher Appreciation Week
- **May 6-10** Scholastic Book Fair
- **May 7**-K-2 Sparklers
- **May 8-9**-Fourth Grade Sacramento Trip

Leading chapel this week:

Kindergarten

Parents, you are always welcome to join us at 9:00 AM.





This month's offering is going to the Garuna ministry. Garuna's mission is to spread the word of God to Asia. The word "Garuna" means grace, mercy and compassion. The Garuna Ministry helps churches grow by teaching pastors and teachers AND providing Christian schools in Thailand, Cambodia and surrounding countries.



Sign up today!

Bethany Lutheran Summer Camp registration is now open for students entering Grades K-5. We have a limited number of spots and registration closes on April 24. Sign up today!

<https://bit.ly/BLSSummer2024>





RaiseRight™

Formerly ShopWithScrip

Refer A Friend Giveaway! It is the beginning of a new earning period so **now is a great time to invite your friends and family to join our Scrip family on your behalf.** Five winners will be selected at random to receive a \$100 gift card from the brand of their choice. Even if you don't win - your new friends and family will potentially add to your rebate! That's the real win! (*Please note: only share your invite link with people you know and trust-sharing or posting publicly can expose our program to fraudulent activity.*)

How to participate:

1. Send your invite link to friends and family (=one entry to win)
2. In the RaiseRight app, visit Account > Settings > Invite Friends & Family to email/text your personal invite link directly to your closest contacts. Send one or more invites between April 15-26 for one entry to win.
3. Referred friends and family who join = unlimited additional entries
4. Each person who joins our RaiseRight program through your invite link counts as one additional entry to win. Referrals must enroll by April 26 to be counted as an eligible entry.
5. Once they join, your friends and family can help earn for your cause!

Ruth Lopez, Scrip Coordinator
rlopez@bethanylutheran.org
562-420-7783 ext. 58

Middle School Corner

Parents, you're invited to continue the discussion at home!

Recently, the middle school students watched the following four videos as part of our Health & Wellness Week curriculum.

- [The Science of Joy](#)
- [The Dark Side of Highs](#)
- [Choosing Wisely](#)
- [Smartphones: It's Time to Confront Our Global Addiction](#)

The students also spent some time thinking about their inputs (what they are putting in/feeding their hearts and minds) and outputs (where they are spending their time and energy) and what activities bring them joy.

Also happening this week...a digital detox challenge...one 24 hour period not on phones/devices that are not school/assignment related.

"May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer." Psalm 19:14



BETHANY ON BROADWAY

**Join us for our Spring Musical, "Bethany on Broadway!"
presented by Grades 3-5!**

**Thursday, April 18. 9:00 AM
Friday, April 19. 6:30 PM**



Bethany Lutheran's HEALTH & WELLNESS WEEK

April 15-19

Healthy Body & Habits Curriculum

Kindergarten: Teeth

1st: Hearts

2nd: Food/Eating

3rd: Healthy Habits

4th: Skin

5th: Bodies

6th - 8th

Science of Addiction

Christ-centered Kindness Activity

The students will participate in a Christ-centered kindness activity with their class and our school counselor, Miss Brianna Ojeda.

Faith-based Class Activity

Grades K-2: Relaxation Rainbow Activity

Grades 3-5: Mark 12:30-31 Challenge

Grades 6-8: Screen time and Digital Detox

Bear Team Activity

The teams will participate in activities good for physical, emotional, mental, & spiritual health.





TEACHER APPRECIATION WEEK

May 6 to 10, 2024

MONDAY
VIVA LOS MAESTROS Y LAS MAESTRAS

Pick the most awesome flower that truly captures what an amazing teacher is to you.
Teachers delight in a Mexican classic.

TUESDAY
GRAZIE MAESTRO!

Put on your teacher's favorite color to make them smile!
Did someone say Italian?

WEDNESDAY
HARACHEEJ KE LIE DHANYAADA

Write sweet thank-you notes for your amazing teachers, showing how much you appreciate all they do!
Teachers enjoy some tasty items from India.

THURSDAY
WÖMEN GÄNXIÈ NĪ

Bring a treat to show your amazing teachers how much you appreciate them.
An Asian flair for our teachers.

FRIDAY
PROUD TO BE AMERICAN!

Let's have a blast and do something that makes a difference in the world with your Teachers!
Soulful bites, rooted in American/African American tradition.



BETHANY LUTHERAN

Want to lend a hand for this special week? Sign up here:
<https://signup.com/go/BYykCoK>

BETHANY LUTHERAN SCHOOL

8 weeks
June 10 -
August 2

EDC SUMMER CAMP

K - 5TH GRADES
REGISTRATION FEE \$125
\$275/WEEK



REVAMPED PROGRAM:

- Daily Devotions
- Weekly Chapel
- Academic Enrichment
- Camp T-Shirt
- STEM Activities
- Art, Music & Cooking
- Walking Field Trips
- Water Days

Summer Camp Administrator: Marvella Soltero
562.496.0611 msoltero@bethanylutheran.org

www.bethanylutheran.org

Join the Running Club!

Available for Bethany Lutheran Students Grades K-5



This running club will be fun for all ages and capabilities! No experience is required! Your student will be given the tools to become a better runner among various other skills. Students will learn running strategies and play games together to work on endurance, speed and strength.

Practices are Wednesdays after school from **3:15-4:00 on The Bethany Lutheran Field**. Pick up is at the field or EDC gate

Class Dates: April 17th, May 1st, May 15th, Maynd, May 29th (No class 22 May 8th Or April 24th)

Cost: \$5/ student

Zelle: 713-725-5286 // Venmo: @Chris-Osborn (Chris-Hope Osborn)

Open to the First 20 students to sign up

To sign up, please email or text **Hope Osborn: 713-725-5286** or [**Sarahhopeosborn@gmail.com**](mailto:Sarahhopeosborn@gmail.com)

If you would like to be a parent volunteer please let me know

I hope to see you there!