



# BEAR FACTS

Issue 20: February 4, 2025

## From the Principal

Our second SEEDS Parent Education Night is coming up next week: February 11, 6:30-8:00.

In our session last November, we learned about the importance of helping children identify their emotions. In this new session, our speaker will give equip us with valuable tools to help children navigate big emotions.

Children have big emotions at ALL stages of development...think about your average toddler, 10-year-old, middle schooler, etc. As children grow, they face challenges that can feel overwhelming, and our support is crucial in guiding them through.

This engaging session will provide practical strategies to foster emotional resilience, improve communication, and strengthen your bond with your child.

Join us for an insightful evening where we'll learn together and build a stronger school community. We are offering childcare...you can sign up here.

*We look forward to seeing you there!*  
*Dr Fink*

P.S. Our SEEDS counselors will also be leading some student presentations over the next few weeks for Grades K-5: Managing Anger, one "big emotion" kids face.



## Coming Up

- **Feb. 3-14**-MAP Testing
- **Feb. 7**- Chinese New Year Lion Dancers Assembly 9:00 AM
- **Feb. 9**- K-2 sings 9:30
- **Feb. 11**-SEEDS Parent Education Night
- **Feb. 12**-Kindergarten Info Night 6:30 PM
- **Feb. 14**-Minimum Day-noon dismissal
- **Feb. 17**-No school-Presidents' Day
- **Feb. 21**-Third Quarter Progress Reports
- **Feb. 25** -PTL Meeting 6:30 PM
- **Mar. 5**- Ash. Wednesday
- **Mar. 7**-Fine Arts Festival/Open House
- **Mar. 9**-Daylight Savings Begins

*Leading chapel this week:*

### 7th Grade

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



Whether you are making dinner reservations or crafting with the kids, you can double the impact of your Valentine's Day plans by shopping with gift cards. Plus, earnings are even sweeter with limited-time bonuses on many gifting brands, February 1-14.

For added convenience, you can shop the new [Valentine's Day category](#) for a collection of great gifting and dining brands.

Happy Valentine's Day!

Ruth Lopez  
Scrip Coordinator  
Bethany Lutheran Church and School  
562-420-7783 ext. 58



### **Basketball games this week:**

**Tuesday**-Varsity away at Mt. Calvary-Diamond Bar

**Wednesday**-JV away at Shield of Faith

**Thursday**-Varsity at home vs. Emmaus

## **Middle School Corner**

Parents, You are invited to check out this week's Food for Thought article, ["One Secret Parents Can Use to Send the Best Versions of Their Kids to School."](#)

*"Therefore encourage one another and build one another up, just as you are doing." | Thessalonians 5:11*



**Spend time in PRAYER with other Bethany moms!** Come weekly or occasionally to **MOMS IN PRAYER**. We meet Tuesdays in the Youth Room from 8:30-9:30am and spend time in prayer for our school, students, teachers/staff, and our own children. Anyone is welcome to leave prayer requests in the boxes at EDC, the preschool and in the school office. Fish hours can be earned. Moms in Prayer International ([momsinprayer.org](http://momsinprayer.org)) was established in 1984 and has praying moms at schools in more than 150 countries.

*"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:16-18*



The poster features a light green background with illustrations of winter clothing like jackets and sweaters. A large red stamp in the top left corner says 'EXTENDED' three times. The main title 'WINTER WARMTH DRIVE' is in large, bold letters. Below it, the text reads 'Benefitting COA Homeless Assistance Christian Outreach in Action, Long Beach'. A central message says 'Help those in need with new or used blankets and jackets.' Below that, a stack of blankets is shown next to the text 'New Donation Deadline: Friday, February 7, 2025'. At the bottom, another stack of blankets is shown next to the text 'Drop-Off Locations: School Office Preschool Hallway'.

**EXTENDED**  
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## WINTER WARMTH DRIVE

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Christian Outreach in Action, Long Beach

Help those in need with new or  
used blankets and jackets.

**New Donation Deadline:**  
Friday, February 7, 2025

**Drop-Off Locations:**  
School Office  
Preschool Hallway

## Chapel Offerings

This month we will combine our offerings with all the Lutheran schools in our district to support our annual Hearts for Jesus project. This year's project will purchase "audio treasures" for people in Kenya, Myanmar, Indonesia and India. "Audio Treasures" are solar-powered devices with recordings of the Bible in the native tongues of the people in these parts of the world. We hope to support 1000 "treasures" in our joint project!

You can learn more about Unkown Nations and this project [here.](#)

BETHANY LUTHERAN SCHOOL

# 3 STEP

*Re-Registration*  
2025-2026

1

FEBRUARY

Confirm and update  
all family information  
in Gradelink

2

MARCH

Registration Fee  
charged - no tuition  
this month!

3

ANYTIME!

Refer a new family and  
get your Registration  
Fee credited back on  
December's tuition bill\*

\*one-time amount of \$315 only, max once per year



W I N T E R S A L E

# 10% OFF SCHOOL UNIFORMS

FEBRUARY 1<sup>ST</sup> TO 15<sup>TH</sup>



[vickimarsha.com](http://vickimarsha.com) VMU Store

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Saturday: 10 am to 3 pm

**CLOSED SUNDAY & MONDAY**

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Orders Over \$100

\$5 Shipping

Orders Under \$100



Vicki Marsha Uniforms

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Huntington Beach, CA 92649

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# Parent Education Night

## Helping Your Child Work Through Big Feelings

Join us as LCSW, Keira Merkovsky discusses the purpose and function of emotions and feelings. Some topics we will review are, what is happening in the child's body when big feelings are present, common mistakes parents make when addressing those feelings, what the child needs from the parent in those moments and tools parents can use to help their child.

*Child care will be available.*



*Childcare Signup*

### Guest Speaker:

***Keira Merkovsky, LCSW***

Licensed Clinical Social Worker, and a Parent Educator. Passionate about helping parents and individuals in developing coping skills and self-awareness. Keira has a private practice in Southern California, where she provides individual therapy, and conscious parenting support.

Hosted by  
**Bethany  
Lutheran School**

**Tuesday  
February 11, 2025**

**6:30pm**

### About Us

SEEDS Christian Counseling offers a variety of mental health services to students in K-12 Christian schools.



Bethany Lutheran Church Presents

THE  
*Brianna Esswein*

MEMORIAL  
GOLF TOURNAMENT

FRIDAY, MARCH 28, 2025 || 8:00AM START  
THE NAVY GOLF COURSE

Register by Feb. 24!



<https://bit.ly/BLCGolf25>