



# BEAR FACTS

Issue 30: April 22, 2025

## From the Principal

Happy Easter! Christ is risen indeed! Alleluia! I pray your Easter celebrations were joy-filled, and that you enjoyed your Easter Monday mini-break. Now comes the sprint to the end of the school year...32 days to go!

This week it's Health and Wellness Week here at Bethany! We started this event a couple of years ago 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!

*Blessings on your week!*

*Dr. Fink*



## Coming Up

- **April 22**-PTL Meeting 6:30 PM
- **April 22-25**-Health and Wellness Week
- **April 27**-Confirmation Sunday
- **April 30**-Grades 5-8 Track Meet-St. Mark's
- **May 2**-Minimum Day/Noon Dismissal
- **May 2**-Grades 5-8 Track Meet-Los Altos High
- **May 2**-Middle School Dance
- **May 5-12** MAP Testing
- **May 11** K-2 sings 9:30
- **May 14**-5th Grade State Event
- **May 16-23** 8th Grade DC/NY trip
- **May 21-23** 4th Grade Sacramento trip
- **May 26**-Memorial Day-No School
- **May 30**-PTL Movie Night
- **June 1**-8th Grade Graduation-4:00
- **June 2**-Fun Day
- **June 3**-Field Day
- **June 4**-Park and Pool Day
- **June 5**-Last Day of School-K Graduation-Minimum Day

*Leading chapel this week:*

### Fifth Grade

Parents, you are welcome to join the journey at 9:00.

## Middle School Corner

During Health & Wellness Week, the middle school students will explore how sleep, faith, and calming habits—like prayer and music—can support health and wellness. They will create and follow a personalized sleep routine including prayer and calming classical music.

Parents, you're invited to join us!

Here's the link to the activity- Sleep & You: A lesson on building better sleep habits and faith practices. The students will start this tomorrow, Wednesday, 4/23 and turn in their sleep log on Wednesday, 4/30. After completing the sleep log, they will write a Sleep & You reflection during English class.

Continue the Conversation at Home: Dig deeper into the conversation with this Parent-Student Opportunity

We invite you to watch this short, engaging video together:

"How Much Sleep Do Teenagers Really Need ... and Why" by Dr. Jared Cooney Horvath.

After watching, use the reflection questions below to start a meaningful conversation with your student about sleep and well-being:

1. How much sleep do you usually get on school nights?
2. How do you feel in the morning—rested or still tired?
3. Why do you think sleep is important for teenagers?
4. How does it affect things like your mood, focus, or energy during the day?
5. What makes it hard to get enough sleep sometimes?
6. Are there habits or routines that keep you up later than you'd like?
7. What changes could help you get better sleep at night?
8. How can we, as a family, support each other in getting enough rest?
9. How does using phones, tablets, or watching TV before bed impact your sleep?
10. What are some ways we can all cut down on screen time before bed?
11. Do you notice a difference in your sleep schedule on weekends vs. weekdays?
12. How does that affect your sleep during the school week?
13. Have you ever noticed a connection between how much sleep you get and how well you do at school or in sports and other activities?
14. What can we do at home to create a more sleep-friendly environment for everyone in the family?

These questions are meant to spark a relaxed, open-ended discussion—no right or wrong answers, just a chance to reflect together.

## We're hiring...

### Kindergarten Teacher

Pastor and Mrs. Blake have accepted positions in Texas for next year. We will miss both of them TERRIBLY, but we know they will be blessings to Concordia High School in Tomball and Trinity Lutheran School in Klein.

God has continually blessed Bethany with amazing teachers, and we know He is already preparing the heart of our next Kindergarten teacher. We have started the search process and are collecting names and resumes:

#### *Position Description:*

Teach full-day Kindergarten, providing a classroom environment that is Christ-centered, engaging and developmentally appropriate. Develop strong relationships with TK teachers and students/families to build a smooth transition from preschool to K-8 school.

Candidates must possess excellent communication and collaboration skills, the desire to work cooperatively with team-mates (including a full-day aide) and a whole-parish understanding of ministry. Teaching credential a must. A LCMS-rostered teacher is preferred.

Contact: Principal Mary Fink [mfink@bethanylutheran.org](mailto:mfink@bethanylutheran.org)

### Director of Finance and Operations

Bethany Lutheran Church and School is seeking qualified candidates for the position of Director of Finance and Operations. This position will oversee the financial and human resources responsibilities of our organization for both the church and the school, along with overseeing some of our operational functions. This is a full-time benefitted position with an anticipated start date in late Spring 2025. A full job description is available here: <https://bit.ly/BethanyDPO>. If you are interested in this position please submit your name, email address, and a brief summary of your qualifications to [jobs@bethanylutheran.org](mailto:jobs@bethanylutheran.org).



## RaiseRight™

Bonuses coming this week! Get ready to earn up to 23% from 125+ brands perfect for spring gifting, everyday expenses, travel plans and more.

- April 26 - May 9: Mother's Day bonuses
  - 60+ brands, earnings up to 23%
  - Bonuses on all card types
- May 2 - 5: Raise Days
  - 60+ MORE brands, earnings up to 18%
  - Bonuses on eGift cards and reloaded gift cards only
  - Four days to shop instead of the usual two

Haven't started earning yet? It's time to get started! Go to [raiseright.com/m/startearning](https://raiseright.com/m/startearning) today!

## VBS is coming!

During this year's Vacation Bible School, we're taking kids on the ultimate Alaskan adventure where northern lights glow over majestic mountains, racing rivers, and glistening glaciers.

In a world where it's easy to lose sight of what's true, True North VBS will guide your kids to the one thing that never changes — Jesus, a faithful friend we can always trust.

Get ready for a week of faith, fun, and unforgettable experiences!

If you have any questions, please contact VBS Administrator, Kayleigh Lopez at [klopez@bethanylutheran.org](mailto:klopez@bethanylutheran.org).

### Registration is open NOW!

#### **Book Fair**

The Scholastic Book Fair is coming! We will need some before and after school volunteers to work the cash register and help students choose books. This is a GREAT way to take care of some FISH hours!

You can sign up here: <https://signup.com/go/NXxLsMh>



MOMS IN PRAYER moves to Thursdays for the last four meetings of the school year!

WHERE? Upstairs Youth Room

WHEN? May 1, 8, 15, and 22 at 8:30 - 9:30 am

Join other moms (aunties, grandmas...) in prayer! Moms in Prayer is an international ministry and our prayer time is loosely structured praise, silent confession, thanksgiving, and intercession for our children, students, teachers/staff, and school concerns. Contact Julie at [julieflute@gmail.com](mailto:julieflute@gmail.com) with questions or prayer requests.

*"Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them."*

*Matthew 18:19-20*



BETHANY LUTHERAN'S

# Health & Wellness Week

April 22-25, 2025

## HEALTHY BODY & HABITS CURRICULUM

- **KINDERGARTEN: TEETH**
- **1ST: HEARTS**
- **2ND: FOOD/EATING**
- **3RD: HEALTHY HABITS**
- **4TH: SKIN**
- **5TH: BODIES/CONCUSSION SAFETY**
- **6TH - 8TH: SLEEP**

## FAITH-BASED CLASS ACTIVITIES

- **KINDER - 2ND: THE COLOR MONSTER & PRAYING IN COLOR**
- **3RD - 5TH: MARK 12:30-31 CHALLENGE**
- **6TH - 8TH: SLEEP LOG & LUTHER'S MORNING & EVENING PRAYERS**

**BETHANY LUTHERAN SCHOOL**

**9 weeks**

**June 9 -  
August 8**



# **EDC SUMMER CAMP**

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



## **COMPREHENSIVE PROGRAM:**

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

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

[www.bethanylutheran.org](http://www.bethanylutheran.org)

# JOIN US FOR AN AMAZING WEEK!

The Easy VBS®



BETHANY LUTHERAN CHURCH  
4644 CLARK AVENUE, LONG BEACH, CA 90808

JUNE 23-27, 2025, 8:30 A.M.-NOON

THIS **FREE** VBS IS FOR AGES  
3 YEARS OLD AND POTTY-TRAINED THROUGH ENTERING 6TH  
GRADE.

REGISTRATION IS OPEN  
**APRIL 13TH THRU JUNE 20TH**

[Register today!](#)

# Summer Reading Skills PROGRAMS



**Loyola Marymount  
University  
Extension**

Taught by instructors from the  
Institute of Reading Development  
Offered in cooperation with Loyola  
Marymount University Extension



**Phonics  
Fluency  
Comprehension  
Love of Reading  
Study Skills  
Reading Speed**

## **CLASSES OFFERED IN CARSON, CYPRESS, HUNTINGTON BEACH, and LAKEWOOD VILLAGE**

### **Program for 4-Year-Olds and Entering Kindergartners**

Your child will learn to read in this exciting program! Children learn letter recognition, beginning phonics, and easy sight words while developing a real love of books. By the end of the program your child will read simple words and sentences and be confident about reading.

### **Program for Entering 1st Graders**

Your child will learn to read independently in this fun program. Children learn the most important first grade reading skills—phonics, sight words and comprehension—and develop a love of reading. Your child will start the school year confident, enthusiastic, and ready to succeed!

### **Program for Entering 2nd Graders**

In this fun program your child will become a confident, enthusiastic reader! Children build strong phonics skills and improve reading fluency and comprehension. Your child will develop a love of reading and get off to a great start in second grade.

### **Program for Entering 3rd Graders**

In this fun program, your child will become a strong, enthusiastic reader who loves books. Children improve decoding skills, fluency, comprehension, and vocabulary, so they start third grade confident about reading and excited to learn!

### **Program for Entering 4th and 5th Graders**

In this fun and effective program, your child will become a more skilled, confident reader! Students improve comprehension and fluency in fiction and nonfiction and expand their vocabulary. As a result, your child will complete homework more easily, get better grades, and enjoy reading more.

### **Program for Entering 6th, 7th, and 8th Graders**

In this program, your child will become a stronger reader and a more confident, motivated student. Students double reading speed and improve comprehension and focus in fiction and nonfiction, both in print and online. Your child will expand vocabulary and learn note-taking, test-taking, and study strategies that result in higher grades and test scores!

### **Program for Entering 9th, 10th, and 11th Graders**

This program will set your son or daughter up for academic success in high school! Students learn to read twice as fast and increase comprehension and focus in fiction and nonfiction, both in print and online. They expand vocabulary and develop effective study and test-taking strategies, leading to better exam scores and higher grades.

**FOR MORE INFORMATION OR TO REGISTER  
Call 1-800-903-0162**

Mon.-Fri. 5am-7pm, Sat. 5am-4pm, and Sun. 7am-3pm

**PLEASE SEE REVERSE SIDE FOR CLASS SCHEDULE**





## Class Schedule

All programs meet once each week. Tuition varies by grade level. Please ask about our family discount.

Programs meet in **Carson (CN)** at First Lutheran Church of Carson, 19707 South Central Avenue,  
in **Cypress (C)** at Neighborhood Church, 6143 Ball Road,  
in **Huntington Beach (H)** on campus at Golden West College,  
and in **Lakewood Village (LV)** at Bethany Lutheran School, 5100 East Arbor Road.

**Additional programs available at other locations and online.**

### **4-Year-Olds & Entering Kindergartners:**

Fri. June 6-July 11, 9:00am-10:15am (C)  
Mon. June 16-July 14, 9:00am-10:15am (CN)  
Mon. July 14-August 11, 9:00am-10:15am (H)  
Mon. July 14-August 11, 9:00am-10:15am (LV)  
Mon. July 14-August 11, 2:15pm-3:30pm (LV)

### **Entering 1st Graders:**

Fri. June 6-July 11, 10:30am-11:45am (C)  
Mon. June 16-July 14, 10:30am-11:45am (CN)  
Mon. July 14-August 11, 10:30am-11:45am (H)  
Mon. July 14-August 11, 10:30am-11:45am (LV)

### **Entering 2nd Graders:**

Fri. June 6-July 11, 12:45pm-2:00pm (C)  
Mon. June 16-July 14, 12:45pm-2:00pm (CN)  
Mon. July 14-August 11, 12:45pm-2:00pm (H)  
Mon. July 14-August 11, 12:45pm-2:00pm (LV)

### **Entering 3rd Graders:**

Fri. June 6-July 11, 2:15pm-3:30pm (C)  
Mon. June 16-July 14, 2:15pm-3:30pm (CN)  
Mon. July 14-August 11, 2:15pm-3:30pm (H)  
Fri. July 18-August 15, 9:00am-10:15am (LV)

### **Entering 4th and 5th Graders:**

Thu. June 12-July 10, 9:00am-10:15am (C)  
Wed. June 18-July 16, 9:00am-10:15am (CN)  
Fri. July 18-August 15, 9:00am-10:15am (H)  
Fri. July 18-August 15, 10:30am-11:45am (LV)

### **Entering 6th, 7th, and 8th Graders:**

Thu. June 12-July 10, 10:30am-11:45am (C)  
Wed. June 18-July 16, 10:30am-11:45am (CN)  
Fri. July 18-August 15, 10:30am-11:45am (H)  
Fri. July 18-August 15, 12:45pm-2:00pm (LV)

### **Entering 9th, 10th, and 11th Graders:**

Thu. June 12-July 10, 12:45pm-2:00pm (C)  
Wed. June 18-July 16, 12:45pm-2:00pm (CN)  
Fri. July 18-August 15, 12:45pm-2:00pm (H)  
Fri. July 18-August 15, 2:15pm-3:30pm (LV)

Programs are taught by instructors from the Institute of Reading Development. The Institute has been teaching these programs in cooperation with **Loyola Marymount University Extension** for the past 28 years.



**FOR MORE INFORMATION OR TO REGISTER**

**Call 1-800-903-0162**

**Mon.-Fri. 5am-7pm, Sat. 5am-4pm, and Sun. 7am-3pm**

**INQUIRE EARLY! CLASS SIZE IS LIMITED.**