



BEAR FACTS

Issue 5: Sept. 23, 2025

FROM THE PRINCIPAL

It's time for my annual "nag" about the importance of a good night's sleep, both for students AND parents! Part of a healthy school routine is making sure kids are getting enough SLEEP! Adequate sleep is critical for academic success, brain health and ready-to-learn attitudes. That means getting to bed on time AND making sure electronics (i.e. cell phones, game systems, etc.) are out of the bedroom.

To help with those bedtime negotiations, here's a handy chart with bedtimes that correlate with wake-up times and the recommended amount of sleep by age.

Blessings on your efforts!

Dr. Fink

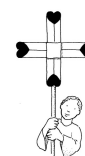
AT WHAT TIME SHOULD YOUR CHILD GO TO BED

Age	Wake-up time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
5	6:45PM	7:00PM	7:15PM	7:30PM	7:30PM	8:00PM	8:15PM
6	7:00PM	7:15PM	7:30PM	7:30PM	8:00PM	8:15PM	8:30PM
7	7:15PM	7:15PM	7:30M	8:00PM	8:15PM	8:30PM	8:45PM
8	7:30pm	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM
9	7:30PM	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM
10	8:00PM	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM
11	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM
12	8:15PM	8:30PM	8:45PM	9:00PM	9:15PM	9:30PM	9:45PM

Our first PTL meeting of the year is tonight! Join us a 6:30 PM in the school library (105) or on Zoom (watch your email for a Zoom link...we'd love to see you there!

COMING UP

- **Sept. 23**-School Photo Day!
Volleyball home v. St. Mark's
PTL Meeting-6:30 PM
- **Sept. 25** Volleyball-Varsity-home
v. Loving Savior
- **Sept. 24-26**
5th grade to Astrocamp
- **Sept. 29**-MAP testing begins
- **Sept. 30**-Staff vs. Students
Volleyball game!
- **Oct. 1**-Football away at St. Mark's
- **Oct. 2**-Volleyball away vs.
Loving Savior
- **Oct. 2**-Private High School Fair
6:30 PM
- **Oct. 5**-Trinity sings 8:00
Troubadour sings 9:30
- **Oct. 6**-SEEDS Virtual Parent Night



Leading chapel this week:

Kayleigh

You are welcome to join us in the gym for our FIRST student worship team chapel at 9:00 AM



RaiseRight™

Formerly ShopWithScrip

New Brands:

Crumbl: Honor your sweet tooth and earn 7% with new brand Crumbl. Shop eGift cards in \$5-\$500 amounts and physical gift cards in \$10 and \$25 amounts, then dive into fresh-from-the-oven cookies.

GNC: Earn 5.5% on performance, wellness, and diet solutions for every goal. Shop new GNC eGift cards, available in \$5-\$500 amounts, then shop vitamins, supplements, sports nutrition and energy products, and more.

Atlantis: Experience a lush, oceanside resort at Paradise Island in The Bahamas, plus earn 6% from Atlantis. Shop new eGift cards in \$5-\$2,000 amounts, then book the discovery of a lifetime.

Brand updates:

Roblox gift cards are now available as \$10 and \$25 physical gift cards with 6% earnings, in addition to their current offering of \$10-\$200 eGift cards. Effective immediately, Bath & Body Works gift cards are no longer reloadable. Physical gift cards and eGift cards are still available for purchase and any funds added to your current gift cards will continue to work until the funds are gone.



Sports Schedule

Tuesday, 9/23-

Volleyball home vs. St. Mark's

Thursday, 9/25-

Volleyball home vs. Loving Savior

GO BEARS!



JOG-A-THON



It's time to start getting sponsors for our biggest fundraiser of the year! The Jog-a-thon supports student camp fees, transportation, PTL events, campus improvements, teacher discretionary funds, and SO MUCH MORE! Our goal this year is \$100 per student!

We use Pledgestar as our online donation page...that makes it easy for far-flung friends and relatives to send their support! You can set up your child's Pledgestar page by visiting: <https://pledgestar.com/bethany>

Spikeball

We're looking for....

some spikeball sets to use with our middle school PE classes. Do you have a set you don't want/need anymore? We'll take it! Just send it to the school office!

Middle School Corner

Getting to know Señora Wickwire!

Birthplace: Oviedo (Asturias), Spain.

Middle School Memory: The school's Festival every May. I have so many great memories about those 3 days of the year.

Education: I hold a Bachelor's & Master's degree in English Language and Literature (minoring in Spanish) from the University of Oviedo in Spain. I then got my Single Subject Teaching Credential in Spanish from National University in Costa Mesa. For K-12, I attended St. Ignatius' Jesuit School in my hometown.

Favorite Bible Verse: "Do everything in love" - I Corinthians 16-14

Lives: Huntington Beach with my hubby, 3 girls and 2 cute doggies 😊.

Favorite Hobby: I love gardening; it relaxes me and it makes me happy. I also love traveling with my family, interior design, and reading a good book.

Monthly Award Winners

This month we are recognizing students who demonstrate growth in
Perseverance

This month's award winners are:
Aria Lopez, Clark Finch, Kumari Fulliove, Joshua Soto, Luke Nguyen,
James Silva, Eli Baldwin, Daniel Evans, and Tommy Briles

We will hand out monthly award certificates at the end of chapel tomorrow.

LONG BEACH STATE VS. UC SANTA BARBARA

VOLLEYBALL FUNDRAISER

OCTOBER 3, 2025 @ 7PM



**JOIN US FOR A NIGHT OF COLLEGE VOLLEYBALL
AND CHEER ON YOUR BETHANY VOLLEYBALL PLAYERS
AS THEY TAKE CENTER COURT FOR THE
NATIONAL ANTHEM!**

GET YOUR TICKETS TODAY!

\$3 of every ticket sold goes to Bethany's volleyball program.



JOIN US
OCTOBER 26TH
AT BETHANY LUTHERAN

MUSIC PERFORMANCE BY: LADYHOSEN

DRINKS

MUSIC

FOOD

FAMILY FUN

ORDER OF **EVENTS**

**TRUNK
OR
TREAT**

4 - 5 PM

JOIN US IN THE PARKING LOT FOR OUR ANNUAL TRUNK OR TREAT! ADMISSION IS 1 BAG OF CANDY + 1 CANNED FOOD ITEM.

**FOOD IS
SERVED**

4:30 - 6:30 PM

MEET US ON THE FIELD FOR A TRADITIONAL GERMAN FEAST WITH ALL THE TRIMMINGS. USE THE QR CODE TO ORDER FOOD & DRINKS!

**OKTO-
FEST**

4 - 7 PM

THE FUN CONTINUES UNDER THE TENT WITH OKTO-BEAR-FEST: LIVE MUSIC, GOOD FOOD, AND PLENTY OF FUN & FELLOWSHIP FOR THE ENTIRE FAMILY!

**SCAN TO REGISTER
AND ORDER FOOD +
DRINKS BY **OCT. 21****



PRIVATE HIGH SCHOOL ADMISSIONS FAIR

Thursday, October 2 - 6:30PM - Bethany Lutheran School
5100 Arbor Rd., Long Beach, CA 90808 562.420.7783

A community event to connect middle school
families with Admissions representatives from
LA and OC private high schools



ORANGE
LUTHERAN
HIGH SCHOOL



ROSARY
ACADEMY



Parent Education Night

GUIDING KIDS TOWARD A HEALTHY IDENTITY



Join us for a powerful Virtual Parent Night with **Dr. Nancy Nguyen** from Concordia University Irvine's Townsend Institute. In a world pulling kids in every direction, Dr. Nguyen will guide parents through the crucial journey of identity formation—equipping you to nurture your child's self-worth, values, and faith from a biblically grounded perspective. Don't miss this opportunity to anchor your parenting in truth and grace.

**JOIN US AT 7PM ON
TUESDAY, OCTOBER 7**

Guest Speaker

Nancy Hiếu Nguyễn, PhD., LMFT is an assistant professor in the Clinical Mental Health Counseling department at Concordia University Irvine. She researches and teaches about counseling youth and their families. She is a Licensed Marriage and Family Therapist and has a virtual private practice in Orange County California, that focuses on providing culturally responsive treatment to youth, couples and families.



VIRTUAL EVENT



SCAN TO REGISTER



seedstherapy.org

Bethany Lutheran Family Ministries:
“FALL-OWING JESUS”
Pumpkin Decorating Gathering

05
OCT

11:00 AM

BETHANY LUTHERAN
GYM

Pumpkin Decorating - Snacks - Devotion - Fellowship

Sign up to come!

<https://bit.ly/PumpkinDecorating25>

**Registration closes on
Wednesday, October 1st.**

Questions?

Ask Alissa at abrege@bethanylutheran.org

