



# BEAR FACTS

Issue 31: April 21, 2026

## FROM THE PRINCIPAL

It was great to see some of you at our SEEDS parent education event last night! I especially enjoyed hearing from *you* about how you are addressing technology challenges in your own homes. We are great resources for each other!

For those who did not attend, our speaker Julie Mengert shared helpful insights about raising children in today's digital world. Many children now have access to devices at a young age and spend several hours a day on screens. While technology can be useful, it also brings challenges that can affect children's mental health and well-being.

One key idea was that technology should be a tool, not something that controls us. Too much screen time can impact sleep, increase anxiety, and replace important face-to-face relationships. Because children's brains are still developing, they are more sensitive to the effects of constant stimulation and online pressures.

Parents were given practical steps to help. These included setting clear boundaries, keeping devices out of bedrooms, delaying access to cell phones and social media, and encouraging activities like outdoor play, hobbies, and time with family. Just as important is talking openly with children about what they see and experience online.

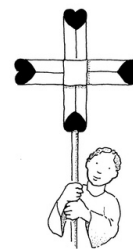
Throughout the evening, families were encouraged to help children find their identity in Christ, not in social media or peer approval. With thoughtful guidance and God's grace, parents can help their children grow in healthy and faithful ways in a digital world.

Watch your email today for some helpful resources for establishing digital guardrails for your family!

*Blessings on your week!*  
Dr. Fink

## COMING UP

- **Apr. 24**-Blue/Gold Dress Up Day **AND more (see article!)**
- **Apr. 24**-Middle School Dance
- **Apr. 27-May 1**-Scholastic Book Fair
- **Apr. 29**-Vision Screening
- **Apr. 30**-Bethany Lutheran School Spring Concert
- **May 1**- 4<sup>th</sup> Quarter Progress Reports
- **May 1**- Track Meet (all day)
- **May 1**-Minimum Day-school dismissed at noon
- **May 2-8**-DC trip for 8<sup>th</sup> Graders
- **May 4-15** MAP Testing
- **May 10** K-2 Sings 9:30 service
- **May 11-12** 4<sup>th</sup> Grade to Sacramento
- **May 15**- Trinity/Troubadour/TrebleMakers to Knotts



Leading chapel this week:

**4<sup>th</sup> Grade**

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

Our chapel offerings this month will go to [Voice of the Martyrs](#)

## A glimpse of the middle school curriculum and what we're studying right now:

### 8th Grade

- History: Manifest Destiny and the expansion of the United States
- English: Short story annotation and writing autobiographies
- Math: Volume of Cylinders, Cones and Spheres; Quadratic Expressions and Equations
- Science: Working through solutions and mixtures right now, and seeing how things dissolve into one another. Ask your teen about Mary Poppins and how she teaches about solvents and solutes. ALSO - be on the lookout for Mr. Brege's small batch vanilla extract coming your way soon.
- Literature: A Single Shard by Linda Sue Park
- Spanish: Acquisition of the Spanish language through comprehensible input. Spanish-speaking countries' culture and traditions.
- Spiritual Formation: Jesus' early ministry

### 7th Grade

- History: Medieval Korea and Japan
- English: Career presentations and Easter break narrative writing
- Math: Area and Volume of Figures, and working our way into probability.
- Science: We are connecting the dots between creation and evolution bias texts, and seeing how God works through BOTH ideas. Don't be afraid to ask your teen about the difference between MICROevolution and MACROevolution - they can tell you ALL about it.
- Literature: Holes by Louis Sachar
- Spanish: Acquisition of the Spanish language through comprehensible input. Spanish-speaking countries' culture and traditions.
- Spiritual Formation: Samuel

### 6th Grade

- History: Ancient India - the Gupta Empire
- English: 7 Wonders of the Natural World research writing
- Math: Statistics and Integers
- Science: We just finished up Earthquakes and Volcanoes and are now seeing how weathering and erosion shape and mold the spaces we live in. Ask your preteen about what river flows along the 605 and 710 freeways and why they are now paved...
- Literature: Wonder by R.J Palacio
- Spanish: Acquisition of the Spanish language through comprehensible input. Spanish-speaking countries' culture and traditions.
- Spiritual Formation: Solomon



## Two BIG bonus events, 125+ brands

Major earnings are just around the corner. Get ready to earn up to 25% from 125+ brands perfect for spring gifting, everyday expenses, travel plans, and more.

April 25-May 8: Mother's Day bonuses

- 75+ gift card brands, earnings up to 25%.
- Bonuses on all card types.

May 1-4: Raise Days

- 60+ MORE brands.
- eGift cards, reloaded gift cards, and online shopping brands only.
- Sneak peek of all brands on bonus on Thursday, April 30—available exclusively on the RaiseRight mobile app.

**Mark Your Calendars!**  
**BOOK FAIR**

Every purchase helps support the  
Bethany School Library

**When:** Monday-Friday, Apr. 27-May 1  
**Where:** School Library

**We need parent volunteers!**  
<https://signup.com/go/RowHWqW>

**Let's make this Book Fair a success, one page at a time!**

***Bethany Bears-show your  
school spirit!***

**Blue and Gold Dress-Up Day  
this Friday!**

**K-5: Bring a teddy BEAR to  
school, too!**

**6-8: Time for “anything but a  
backpack” silliness!**



# Earn With Your Spring Gifting

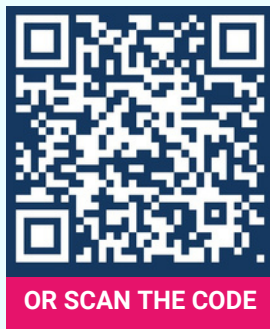
Celebrate Mother's Day, Father's Day, graduation, weddings and more while you earn for your organization. Get inspired with new ways to fundraise all season long.

## The 2026 Spring Gift Guide is Here

Find great gifting brands, shop by category, use the shopping list for inspiration, and much more.

### Get the guide at

[raiserright.com/resources/SpringGuide](https://raiserright.com/resources/SpringGuide)



## Shop Limited-Time \$5 & \$10 Cards

The perfect small gift for grads, teachers, and more. Shop the \$10 & Under Gift Cards category.

## eGift Cards Make Great Gifts Too

Short on time or no physical gift card option available? Print an eGift card or send via email with a personalized message for convenient delivery.

## Get started with a RaiseRight account



Follow the easy steps to get started at [RaiseRight.com/m/StartEarning](https://raiserright.com/m/StartEarning). Check with your program coordinator to get your organization's unique enrollment code.

Shop 750+ brands on the RaiseRight mobile app or at [RaiseRight.com](https://raiserright.com).



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**ST. MARY'S LOW VISION CENTER  
1055 LINDEN AVE, LONG BEACH, CA. 90813  
562-491-9275**

Vision Evaluation Authorization Form

Location: **BETHANY LUTHERAN SCHOOL**

**Date: APRIL 29, 2026 Time: 9:45 AM**

***Do you know how your child sees?***

Everything looks right to a child, and children often cannot tell if anything is wrong with their vision. The incidence of eye problems increases at each grade level in school. 1 in 4 children has a vision problem.

**SCREENINGS TO BE PERFORMED:**

We use the latest technology, the Titmus II Vision Screening equipment, to evaluate:

1. Color Perception
2. Distance Visual Acuity
3. Near Visual Acuity

The test takes just a few minutes and is non-invasive. Test results will be sent home with each student on the same day.

**WHO WILL CONDUCT THE SCREENING?**

The screening will be performed by the staff of the St. Mary Low Vision Center.

**PLEASE NOTE:**

**We need the signed consent form to be returned to the student's teacher PRIOR to the screening date.**

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**PLEASE ENSURE THAT CHILDREN WITH GLASSES OR CONTACT LENSES WEAR THEM TO THE SCREENING.**

**SCHOOL NAME: BETHANY LUTHERAN SCHOOL DATE: WEDNESDAY 4/29 TIME:9:45 AM**

**STUDENT NAME (Please Print)**\_\_\_\_\_ **Screen?** \_\_\_ YES

**Does your child wear glasses or contacts?** \_\_\_ YES \_\_\_ NO

**PARENT / GUARDIAN NAME (Please Print)**\_\_\_\_\_

**PARENT / GUARDIAN HOME PHONE # / CELL #**\_\_\_\_\_

**PLEASE CIRCLE GRADE** **K / 1 / 2 / 3 / 4 / 5 / 6 / 7 / 8**

**THE EVALUATION IS PROVIDED AT NO COST TO YOU OR THE SCHOOL!**



# GROWING HOPE TOGETHER

On Tuesday, April 21, SEEDS Christian Counseling will be hosting their annual Online Giving Day, *Growing Hope Together!* SEEDS provides faith-based counseling and mental health support to students and families in our community, including here at our school. This Giving Day is an opportunity to help expand access to care for families who may not otherwise be able to receive support.

If you feel led to give or to learn more, you can visit:  
<https://bit.ly/SEEDSEarlyGivingDay2026>



**APRIL 21st**

A Giving Day for Mental Wellness