



BEAR FACTS

Issue 5: September 29, 2026

From the Principal

It's time for my annual "nag" about the importance of a good night's sleep, both for students AND parents! (Actually, I guess it's my *last* time to nag you!) 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.

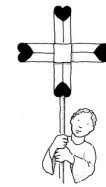
To help with those bedtime negotiations, here's a handy chart with bedtimes that correlate with wake-up times and the recommended amount of sleep by age.

Blessings on your efforts!
Dr. Fink

AT WHAT TIME SHOULD YOUR CHILD GO TO BED								
	Wake-up time							
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM	
Age	Sleeping time							
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	

Coming up

- **Sept. 29**-SEEDS Virtual Parent Education Night
- **Sept. 30-Oct. 2**-5th Grade to Astrocamp
- **Oct. 2**-Middle School Movie Night
- **Oct. 5-7**-6th Grade Camp
- **Oct. 11**-Troubadour sings 8, Trinity sings 9:30
- **Oct. 11**-Movie Screening-The Dylexia Advantage-6:30
- **Oct. 12-16**-Neurodiversity Week
- **Oct. 16**-No school-Teacher Inservice Day
- **Oct. 19**-Protect Young Eyes Parent Event-6:30 PM



Leading Chapel this week:
Pastor Kritzer

Chapel offerings this month:
Convoy of Hope

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

Monthly Award Winners

This year our monthly awards are inspired by children's literature and this month by the book, "What Do You Do with a Chance?" We watched for students who embrace new opportunities and show **COURAGE** when faced with challenges:



This month's award winners are:

Addison Clagett, Juniper Spitzer, Shiloh Rogan, Hunter Macias, Eli Me, Dean Rodriguez, Lana Quitariano, Elijah Rodriguez and Logan Noble.

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

Middle School Corner

Bethany's buddy system provides middle school students with the opportunity to be positive role models, uplift and encourage others, and act responsibly, while giving younger students a friendly face to see around campus and a helper at school events.

Here's the buddy breakdown!

8th Grade & 1st Grade

7th Grade & Kindergarten

Our 7th & 8th grade students accompany their buddies to chapel weekly, where they participate and worship together. These buddies are also on the same Bear Teams, so they see each other at Bear Team events. Additionally, buddies are invited to Sunday worship services when their buddy is singing, and they also participate in other special events planned throughout the year.

Bethany Bears LOVE their buddies!

*"Therefore, encourage one another and build each other up, just as in fact you are doing."
1 Thessalonians 5:11*

Veterans Day Letters

Bethany Lutheran School looks forward to thanking veterans for their service and appreciates your help in advance! We hope to thank as many veterans as possible for their service by sending a package of thank you cards to them by mail. The goal is for the package of student-created thank you cards to arrive just before the Veterans Day holiday.

Important Note In order to keep the list as accurate as possible, we are collecting names/addresses yearly. If you submitted a veteran in previous years, please submit them again. We will only be mailing to those on the 2026 list. Please complete this form for one veteran at a time. Please complete this form no later than Friday, October 23rd, 2026.



Please reach out to Mrs. Carrie Evans at cevans@bethanylutheran.org with any questions.

Last year, over 90 envelopes full of thank you notes were mailed around the USA. We hope to do that again! Thank you!



RaiseRight™

The RaiseRight Back-to-School Giveaway starts this week on Thursday, Oct. 1. If you are not already using RR, now is the time! So much to inspire your participation: not only is the Giveaway going on throughout the month with opportunities to earn tickets, but every weekend in October is a Bonus Weekend!

The first weekend's featured brand is DoorDash / Oct. 2 - 4

New bonuses every weekend - a great way to boost your rebate plus earn Giveaway tickets for placing orders. See attached flyer for Giveaway details.

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

A Bear-y Long Time Ago

When the land where Bethany sits was purchased for planting a church and school, the only building in the square area between Lakewood/Bellflower/Del Amo and South St. was a farmhouse. The city of Lakewood had not even been built yet!

The first principal wrote, "Even in 1948, there were mornings when I had to stop my car on Clark Street on the way to school to wait for sheep to get off the street!"



Operation Christmas Child

One of our beloved traditions is coming up in November: packing shoeboxes with toys and hygiene items for Operation Christmas Child.

We're collecting items for the boxes now. You're invited to contribute...we are in need of: hair brushes, color markers, small calculators, fun adhesive bandages, and quality toys like hot-wheels, small magnatiles, dolls, and harmonicas. Drop items off in the school office!

Sports Schedule

Thursday, 10/1-

Volleyball home vs. Loving Savior

GO BEARS!





VIRTUAL PARENT EDUCATION NIGHT

FALL PARENT EDUCATION NIGHT

RAISING KIDS WHO KNOW HOW TO LOVE

HOW OUR RELATIONSHIPS TEACH OUR KIDS
ABOUT LOVE, CONFLICT & CONNECTION

**THE CHILDREN IN OUR LIVES ARE LEARNING ABOUT RELATIONSHIPS
FROM THE PEOPLE THEY TRUST MOST**

The relationships children experience and observe shape what they learn about love, communication, conflict, forgiveness, and connection. But in the busy seasons of raising children, it can be easy for our own relationships to get pushed to the side.

Join us for an encouraging and practical evening with Casey and Meygan Caston, founders of Marriage365, as they share practical tips and simple tools for strengthening connection, navigating conflict, and intentionally investing in your relationships. Whether you are married, parenting on your own, or raising grandchildren, this conversation will explore how the relationships we model can help the children in our lives learn what healthy love and connection look like.

Join us on
**TUESDAY,
SEPTEMBER 29TH
AT 7PM**
VIRTUAL SEMINAR

SCAN TO REGISTER OR
VISIT [BIT.LY/SEEDSPARENTS](https://bit.ly/seedsparents)



OUR SPEAKERS

CASEY & MEYGAN CASTON, FOUNDERS OF MARRIAGE365

Casey & Meygan Caston are the founders of Marriage365 and have spent more than 15 years helping individuals and couples build healthier, more connected relationships. After rebuilding their own marriage from the brink of divorce, they turned their experience into a mission to provide practical, accessible tools for couples at every stage. They are Level 2 Gottman Coaches, authors, marriage coaches, and dynamic speakers known for their honest, engaging, and actionable approach to relationships.

PRESENTED IN
PARTNERSHIP WITH



RAISE RIGHT BACK-TO-SCHOOL GIVEAWAY



1 Ticket

- Show that you have downloaded the RaiseRight App (app must show your name and Bethany Lutheran)
- Make a purchase online or in person during the month of October. (1 ticket per total transaction, not per gift card)



RaiseRight™

2 Tickets

- View the online presentation available on the BLS website and submit the code word to rlopez@bethanylutheran.org



5 Tickets

- Attend a presentation on:
 - Tuesday, October 13 at 8:45am in the Parish Lounge
 - Wednesday, October 14 at 2:30p in Multi Purpose Room
- This option is highly recommended, especially if you are new to RaiseRight.

Winners will be determined based on a random drawing.
Prizes will be awarded from 3rd place to 1st place.



**\$100
Gift
Card**
of your choice



**\$50
Gift
Card**
of your choice



**\$25
Gift
Card**
of your choice

Bethany Lutheran School

PRIVATE HIGH SCHOOL ADMISSIONS FAIR

Thursday, October 8 - 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



VALLEY
CHRISTIAN
HIGH SCHOOL

Bethany Lutheran Family Ministries

**"Fall"owing Jesus
Pumpkin Carving & Decorating,
Devotion Time & Light Refreshments,
Connect with Friends.**

**Sunday, October 11, 2026 - 11:00 A.M.
Bethany Lutheran Gym, Long Beach Campus**



**This is a free event, but an RSVP is required
by midnight on Monday, October 5th
so that we have a pumpkin for your child!**

**Questions? Ask Alissa Brege at
abrege@bethanylutheran.org**



MOVIE SCREENING

"The Dyslexic Advantage"

A documentary film that explores the experiences, challenges, and remarkable strengths of individuals with dyslexia

Sunday
October 11

Bethany Lutheran School
5100 Arbor Road
Long Beach, CA 90808

6:30pm

BLS
Gymnasium

PRESENTED BY THE
STUDENT SUCCESS PROGRAM



Register for this
FREE event here!



See a preview of the movie here: [The Dyslexic Advantage](#).

BETHANY LUTHERAN FAMILY MINISTRIES

Fall Fun:

*God's children of all ages
are welcome to join us
for fun on the patio!*



WEDNESDAY, OCTOBER 14, 2026
CYPRESS CAMPUS

5:30 P.M. - CARAMEL APPLE BAR,
CONNECT WITH FRIENDS & PLAY ON THE PATIO

6:30 P.M. - COMMON TABLE WORSHIP



TO ENSURE THAT WE HAVE
ENOUGH CARAMEL APPLE BAR
SUPPLIES, KINDLY RSVP
BY MONDAY, OCTOBER 12TH
BEFORE MIDNIGHT.

THIS IS A FREE EVENT.

QUESTIONS?
ASK ALISSA BREGE AT
ABREGE@BETHANYLUTHERAN.ORG



CREATING A TECH-READY HOME *in the AI Age*

Free Workshop for Parents



This workshop will equip you to:

- **Build a five-habit framework** that will move you from scared and overwhelmed to prepared and confident.
- **Talk to your kids about difficult topics** like pornography, sextortion, and AI companions in an age-appropriate way with practical, step-by-step guidance.
- **Implement a five-step plan** to prevent harm and create a safer digital environment in your home.
- **Flex your digital superpowers.** You have them!



*Register here for the
event and childcare!*



Monday, October 19

6:30 – 8:00 p.m.

Free childcare for school-age children!



Bethany Lutheran School



OCTOBER 25TH

AT BETHANY LUTHERAN'S LONG BEACH CAMPUS
WITH A MUSIC PERFORMANCE BY: LADYHOSEN

BEER

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

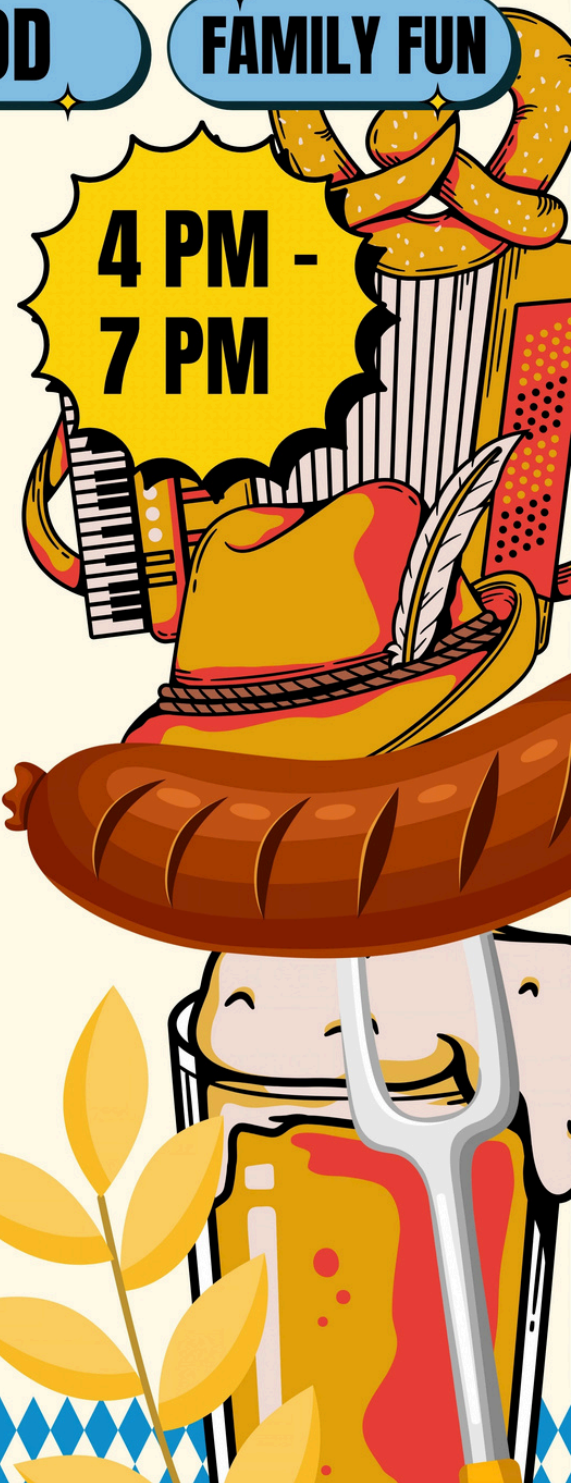
MEET US ON THE FIELD FOR A TRADITIONAL GERMAN FEAST WITH ALL THE TRIMMINGS. USE THE QR CODE TO ORDER FOOD & DRINKS!

**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**



JOG-A-THON 2026

RUN FOR FUN!

Friday,
October 30th,
2026



Run,
Bears,
Run!

A FUN & FABULOUS FUNDRAISER!

Mark your calendar for our annual Jog-a-thon! This PTL fundraiser is our **BIGGEST** fundraiser here at Bethany, and helps us support school activities such as school assemblies, Grandparents' Day, Trunk-or-Treat, Fun Day, and Teacher Appreciation Week as well as provide classroom supply funds for teachers and special projects requested by the school.

CAMP & TRIP EARNINGS!

Plus, it's the only fundraiser for students in 4th, 5th, 7th and 8th grade who will be able to apply 75% of their earnings toward their camp fees for Sacramento, ASTRO Camp, Catalina Camp, and the Washington DC trip.



MAKING A DIFFERENCE!

Last year's funds helped refurbish the Garden of Eatin' and will help fund our Protect Young Eyes event in October.



This year's Jog-a-thon earnings will go towards additional STEM equipment, additional outdoor art display cases and an electronic info sign for the campus.

BRIGHT
MINDS
BRIGHTER
FUTURES



GET PLEDGES!

All your student needs to do is get pledges, LOTS of pledges! Flat rate donations, or per lap donations are just fine. You can use the attached donation envelope for cash or checks or use our on-line donation page called PledgeStar to make it even easier.

HOW TO USE PLEDGESTAR:

- 1 Go to: pledgestar.com/bethany
- 2 Enter your name and email address, then click Register
- 3 Follow the instructions on-screen

When you finish, the system can email pledge requests to your family and friends and will allow for secure credit card donations on-line OR to mail a check to the school. You are notified each time a pledge is made, and you can track your pledge

IT'S
EASY!



SCAN HERE
to visit our
PledgeStar page!

JOG-A-THON SCHEDULE



The classes will walk, jog, run or dance around the field for 30 minutes according to the following schedule:

6th, 7th & 8th Grades	8:20 – 8:50am
K, 1st & 2nd Grades	9:00 – 9:30am
3rd, 4th & 5th Grades	9:40 – 10:10am



COME CHEER! GET INVOLVED!

- ♥ Come on out and cheer on your student!
- ♥ Help to log laps (a great way to earn FISH hours!)
- ♥ And just have some fun!



OUR GOAL:

\$100

per student!

All cash/check donations need to be turned in to the school **NO LATER THAN FRIDAY, NOVEMBER 6**, for your student to qualify for prizes. Any donations acquired on PledgeStar will be tracked and credited to your child's total. (You don't need to report on any of these on-line donations.)



Thank you for your support and participation!

Bethany Lutheran School PTL





JOG-A-THON 2026

PRIZES & INCENTIVES

Run,
Bears,
Run!



CLASS PRIZES

Free Dress Day with Popcorn Party

for the classes (K-2, 3-5, and 6-8) that average
the most money collected per student for the Jog-A-Thon.



SCHOOL PRIZES

JUMP FOR JOY DAY!

If the whole school, PS-8, raises at least **\$25,000**,
we will rent jumpers for a day for everyone to enjoy!



INDIVIDUAL PRIZES

Students who raise at least **\$100** will receive a Handel's
ice cream gift card for one scoop! (yum!)

Students who raise at least **\$100** will be entered into the raffle
for the grand prize....**one raffle ticket for every \$100 raised!**

(Based upon monies turned in/logged online by **November 6th.)**



♥ **TREAT
YOURSELF!**

GRAND PRIZE RAFFLE DRAWING

The 2026 Jog-a-thon Grand Prize is a
SenderCity weekday party at Sender One
in Lakewood with his/her friends!
(\$450 value!)



CLIMB • PLAY • CELEBRATE • TOGETHER!

TOP EARNER

Gets to be

PRINCIPAL
for the morning!



Run for Fun. Support Our School. Make a Difference!

