



# BEAR FACTS

Issue 6: October 6, 2026

## From the Principal

Our kids have learned important safety procedures like "look both ways before crossing the street," "stop, drop and roll," and "duck and cover." They've learned how to exit the building quickly, quietly and safely in a fire drill. But as we are all painfully aware, we now live in a day and age where it is necessary to equip students with new safety skills: what to do in the face of a violent threat.

Here at Bethany, we partner with Safe Kids Inc., a team of law enforcement and education experts, who have developed a curriculum that teaches these responses in a non-threatening manner: The H.E.R.O. Program. H.E.R.O. is an acronym for: Hide! Escape! Run! Overcome!

We teach these lessons every year in the month of October. Your child will learn safe-thinking skills and empowerment strategies through age-appropriate activities, stories, classroom discussions, journaling, and student-parent discussion. We know these lessons are effective because we observed our students leap into action when we had an unscheduled drill last year! We've also heard from some of our graduates who have used their skills in their high school settings.

We encourage you to visit [Safe Kids Inc.'s website](#) to learn more. You can also download the free H.E.R.O. Companion Guide for Parents by clicking on the "Resources" tab.

*Praying for our Bears and the safety of ALL students,  
Dr. Fink*

## Coming up

- **Oct. 5-7-6<sup>th</sup>** 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
- **Oct. 22**-Staff vs. Varsity Volleyball Game. 3:30
- **Oct. 23**-Picture Retake Day
- **Oct. 25**-Trunk or Treat/Okto-bear-fest
- **Oct. 30**-End Quarter 1, Jog-a-thon and Minimum Day



Leading Chapel this week:

**Mrs. Ruiz**

Chapel offerings this month:

**Lutheran Bible Translators**

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

## Middle School Corner

This week, the 6th grade class will enjoy a three-day outdoor educational experience at Palomar Christian Conference Center. This faith-based program will provide a counselor who will lead the group in team building, survival, entomology, ornithology, exploring God's creation, and more!

Bethany's educational overnight trips provide opportunities for students to learn outside of the classroom setting, gain confidence through new experiences, and build life-long memories with their classmates. We thank the Lord for these opportunities and ask for His blessings and protection over this week's trip.

*"For in Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through Him and for Him. He is before all things, and in Him all things hold together." Colossians 1:16-17*



## 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](mailto: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™

Bonus Fest and the RaiseRight Back-to-School Giveaway continue this week. Earn tickets for the giveaway: One for every order you place, one for showing me you have the RaiseRight app, two for watching the online video, and five for attending one of the presentations next week. This is recommended if you are new to RR or want to learn how to maximize your rebate!

Bonus Fest is every weekend in October (Fri - Sun) - a great combination with the giveaway - boost your rebate and earn tickets too! This weekend's featured brand is Cabela's.

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

## A Bear-y Long Time Ago

Did you know that in 1944 Bethany purchased its one-and-three-quarters acres of land from the Montana Land Company for \$1000 per acre?

There really wasn't much here at that time! Bethany's first three-room school house was built shortly after the first chapel on the property.

It's difficult to imagine what this area looked like then, but there are some fascinating pictures from the City of Lakewood that give us a glimpse. Click through them when you have a moment and see if you can figure out where Bethany now sits!



## 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!

## Protect Young Eyes

We sure hope you're planning to join us for our VERY IMPORTANT parent education night on October 19: "Creating a Tech-Ready Home in the AI Age."

[Register here!](#)

We are offering CHILDCARE and INCENTIVES!

- Homework Passes
- Free Dress Passes
- A raffle for gift cards and copies of PYE founder Chris McKenna's new book: "5 Habits of the Tech-Ready Family"

# 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](mailto: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 3<sup>rd</sup> place to 1<sup>st</sup> 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](mailto: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](mailto: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**

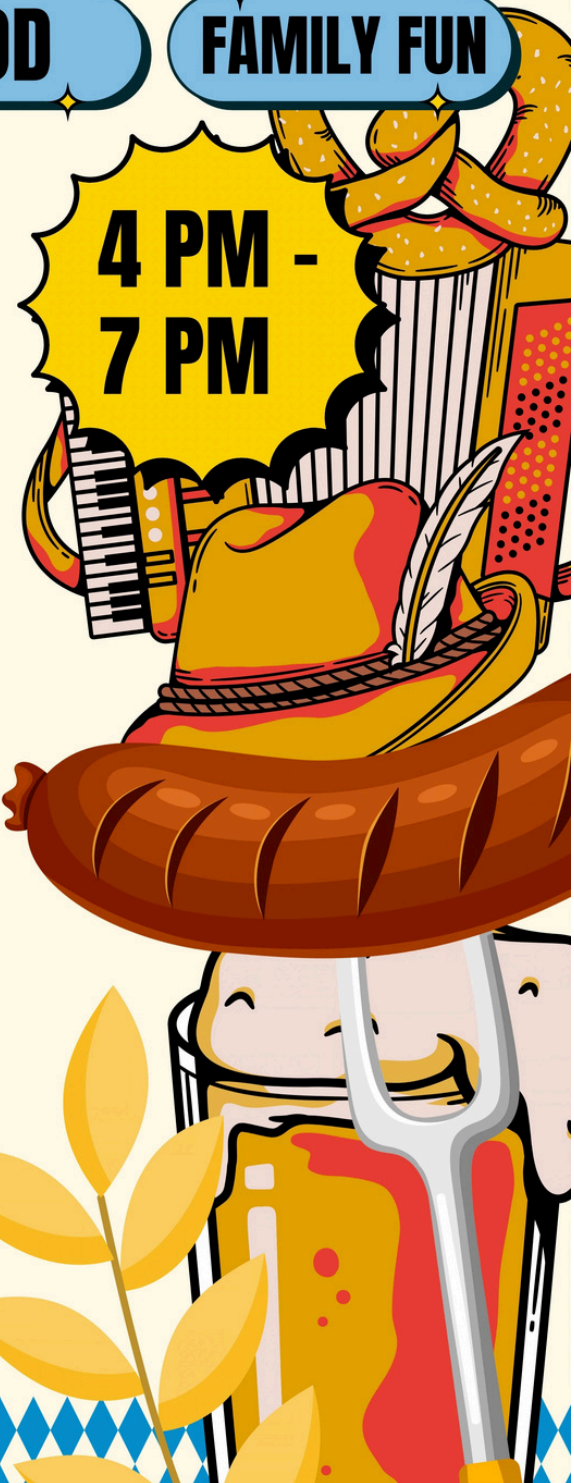
MEET US ON THE FIELD FOR A TRADITIONAL GERMAN FEAST WITH ALL THE TRIMMINGS. USE THE QR CODE TO ORDER FOOD & DRINKS!

**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**



**BETHANY**  
LUTHERAN SCHOOLS

# TRUNK -OR- TREAT



Sunday, October 25, 2026



4:00pm–5:00pm



Bethany Lutheran Schools  
Parking Lot



Admission is  
1 Bag of Candy +  
1 Canned Food Item



Want to Host  
a Trunk?

Scan This  
Space!



[bit.ly/BLSTrunkorTreat26](https://bit.ly/BLSTrunkorTreat26)

# JOG-A-THON 2026

## RUN FOR FUN!

Friday,  
October 30<sup>th</sup>,  
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](https://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!

