

August
2023

Lascassas Baptist Preschool

TO KNOW. TO GROW. TO SERVE.



Hello to all of our returning students and welcome to all of our new students. We have many great things planned and we know that everyone will have another fantastic year!

THANK YOU
SO MUCH
YOU ARE VERY MUCH APPRECIATED!

Thank you all so much for all of the items that have purchased from our Wish List! We are overwhelmed by your generosity. We will continue to update the list throughout the year and we'll let you know when we do.



If you aren't getting our emails, then you are out of the loop!

Add us to your address book!

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Find us on Facebook
and Instagram!



Join our text messaging service!

To receive messages, text @lbp1273 to 81010. More info

can be found in your Parent Handbook and also online at www.LascassasBaptistPreschool.com.

This month's unit theme is:



Important Reminders!

- The Daily Take Home Folder needs to come to school EVERY DAY! For preschoolers, the take home sheets are *weekly*. Don't throw them away!
- Keep your child's bag FREE from medicines; **only** non-prescription diaper rash cream and sunscreen are allowed.
- Provide diapers/pull-ups and wipes every day if your child isn't potty trained. Remember a full change of clothes in every child's bag every day.
- Lunches from home should be USDA ready. You have a reference in your folder of guidelines to follow. Lunches are not refrigerated. Use cool packs and Thermos' when necessary and use a child-sized school lunch box.
- Tuition is due on the 1st and late on the 5th, unless otherwise noted. Tuition for this month is due by **Tuesday, August 8th!**



Monthly Mission Project

Welcome to our new families! Let's talk about our Monthly Mission Project! Each month, we participate in philanthropic activities to help our community and to spread the love of Christ through these endeavors. We will partner with *The Lascassas Giving Box* each month of our school year. *The Giving Box* is the creation of one our very own sweet LBP families! Located behind the concession stand at the Lascassas ball fields, this community-driven box is for families to glean from whenever a need arises. They accept all manner of non-perishable foods, laundry/cleaning supplies, and personal care items. For the month of August, we are accepting the following items for this ministry:

Granola Bars

Nutri Grain Bars

Poptarts

You can put any donation in your child's bag and we will make sure it lands at The Giving Box. THANK YOU!



September Sneak-Peek

- Monday, September 4th - LBP Closed - Labor Day
- Thursday, September 7th - Grandparents' Day Luncheon



Lascassas Baptist Preschool Monthly Devotion

Calming My Back-to-School Mama's Heart

While the arrival of the school year brings a fresh start - and soon the change of seasons - it can also bring a lot of worry to a mama's heart. Our thoughts turn toward our children's interaction with others. We wonder how our timid child will fare in a brand-new classroom, when most of his friends are in another class. We fret about our prank-pulling middle schooler, earnestly hoping he doesn't make a habit of getting called to the principal's office. We fear for our high school student, worried she will start hanging around the wrong crowd. Or we stress over academic concerns. Will our struggling first grader ever make progress in her reading? Will math ever click with our fifth grader who gets hives when she sees a story problem? Will our high schooler get into his hoped-for university? Besides relational and academic matters, we also long for kids who are spiritually and physically healthy and strong. If left unchecked, our thoughts and concerns as mothers can wreak havoc on our hearts as we allow the tentacles of worry to choke out our joy.

We find an antidote to worry in the gospel of Luke and the story of Mary and Jesus. Luke 2 mentions four areas Jesus grew in as a young boy: *"And Jesus increased in wisdom and stature, and in favor with God and with people."* Our Lord grew wiser each year. He physically grew. His relationship with His heavenly Father continually strengthened. Jesus even gained favor with people here on earth who saw Him day to day. And how I love the simple sentence that precedes this: *"His mother kept all these things in her heart."* When Mary was mothering Jesus, she tucked thoughts of her son safely in her heart. Some Bible translations say she "treasured" them. Others use the word "cherished." The original Greek word meant, "to keep safe or hold fast." In none of these descriptions do we see Mary fretting and fussing, worried and anxious, disquieted and unsettled. She pondered about her son and his growth, but she didn't allow her mama heart to become rattled.

This fall, let's turn our anxious thoughts into treasured prayers, kept safe and held fast by our loving Father - the one who knows our hearts and loves our children even more than we do. When a concern pops up in our mind, let's drop to our knees and carry that concern to God. When we start to fear for our child's future, let's petition the only one who knows exactly what the future holds. When we turn our worries into our prayers, we create space in our hearts to treasure and cherish the sweet moments with our kids. These paper-and-pencil school days won't last forever.

Let's delight in all that God is teaching our kids, whether it's how to read, how to forge friendships or how to solidify their walk with Him. And realize they aren't the only ones being taught; we moms are learning a life-long lesson in trusting and treasuring, knowing God is always in control.

Adapted from: www.proverbs31.org/read/devotions/full-post/2016/08/24/calming-my-back-to-school-mamas-heart

Healthy Recipe of the Month - Grilled Cheese Roll-up

10 slices of cheese 10 slices wheat toast 2-3 tbsp butter

Directions: Remove the crust from the bread and use a rolling pin to roll it out to ¼-inch thick. Place a slice of cheddar cheese into the center of the bread and roll it up tightly. Melt butter in a large skillet over medium heat and place grilled cheese roll ups on top and cook until all sides are crispy and golden brown, about 3-4 minutes. You may have to cook in 2 batches. Transfer onto a plate lined with paper towel to absorb any excess butter. Perfect for lunch!!

Adapted from: www.aheadofthyme.com/grilled-cheese-roll-ups/

Healthy Tips - The Importance of a Flu Shot

Why get vaccinated?

Influenza vaccine can prevent influenza (flu). Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications. Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse. Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults. In an average year, thousands of people in the United States die from flu, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year. CDC recommends everyone 6 months and older get vaccinated every flu season. Children 6 months through 8 years of age may need 2 doses during a single flu season. Everyone else needs only 1 dose each flu season. It takes about 2 weeks for protection to develop after vaccination. There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection. **Influenza vaccine does not cause flu.** Influenza vaccine may be given at the same time as other vaccines.

Adapted from: <https://www.cdc.gov/vaccines/>