

January

2022

Happy New Year!

2022

2022 - we are glad to see you! Praise the Lord!!! We hope everyone enjoyed their Christmas Break and was able to reflect on its' true meaning! Be sure to check out our monthly devotion about what the Lord thinks about New Year's resolutions!

Tax man!

Tuition statements for tax purposes will be sent *home* beginning on **Monday, January 10th**. If you would rather have a digital copy, please let Jenny know.



School Closure

LBP will be closed on **Monday, January 17th** to observe MLK Day. Enjoy your day off!



Curtis Wright Photography

Smile!

Everyone's favorite black and white photographer will be here on **Tuesday, January 25th** and **Wednesday, January 26th**. These are candid classroom photos and there's no need to dress up. You'll really love them!

100 Days smarter!

Since Curtis Wright will be photographing students on Tuesday and Wednesday of this week, our 100th day of school celebrations will be on **Thursday, January 27th**. We will have yummy treats, a dress-up day, and activities planned, so stay tuned for more information!!

HAPPY 100TH DAY OF SCHOOL



Safety First!

Our personal safety class for children three and up will begin on **Monday, January 31st**. This is a state requirement for our license. We will have a parent meeting for anyone interested in looking through the curriculum that will be taught by your child's teacher. This meeting will be held on **Tuesday, January 25th** at 10:00. If you are interested in attending, please let us know!



Reminder of the Health Policy that can be found in our Parent Handbook.

Please do not send your child to preschool if he/she exhibits any of the following symptoms 24 hours prior to attending preschool:

Unexplained rash, vomiting, diarrhea, eye infection, heavy and discolored nasal discharge, fever of 100.4, or frequent deep cough

Your child must be free of fever or symptoms and/or taking antibiotics for at least 24 HOURS before returning to preschool. If a child becomes ill during the day, parents will be notified and will be asked to pick up the child as soon as possible. Medication is not administered by the staff, except in a life-threatening emergency.

Lascassas Baptist Preschool

Extra Clothes AND Coats

Winter is here! Please make sure that the extra clothes you send to school in your child's backpack are appropriate for the season. It is also incredibly important that you leave a warm coat for your child for when we go outside. Even if they aren't wearing one while they are in the car, please make sure you are sending one in for their hook. Hats wouldn't hurt either! Children go outside if temperature is 32 degrees or higher, taking the wind chill into consideration. **REMEMBER TO LABEL EVERYTHING!**

Monthly Mission Project

The Giving Box at Lascassas is the creation of one our very own sweet LBP families! Located beside the playground at the Lascassas Lions' Club, 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 January, we are accepting the following items for this ministry:

breakfast and protein bars

canned meats (tuna, chicken, etc.)

snack packs



Registration Begins on Monday, January 10th

It is time for current students and church members to register for the summer and fall semesters at LBP! These forms will be sent home on **Monday, January 10th**. If you intend for your children to remain at LBP, it is *imperative* that you return these forms ASAP. All registration forms for current students are due by **Wednesday, February 9th**. We will offer any available spots for the summer and fall to those on our waiting list and to the public. Please do not delay.

wishlist

- Kleenex
- Lysol spray
- Paper towels



February Sneak-Peek

Monday, February 14th

Valentine's Parties

Monday, February 21st

Closed for President's Day

Wednesday, February 23rd

Hatch-the-Chick Begins!

Does the Bible say anything about New Year's resolutions?

The Bible certainly encourages us to examine our lives and resolve to change them if necessary (although not just at the beginning of a new year). The Psalmist, for example, made a resolution to keep his speech pure: "I have planned no evil; my mouth has not transgressed" (Psalm 17:3).

Why, however, do so many of our resolutions fail? Sometimes it's simply because they aren't realistic. Instead, they're only wishful thinking, with no way to make them actually happen. For example, you might resolve to make a million dollars this year, but if you don't have any way to earn it, it probably isn't going to happen. Other resolutions fail because we aren't willing to make the sacrifices necessary to reach them.

But the real problem is within ourselves—within our own hearts and minds. We'd all like to be better people, but no matter how hard we try, we find ourselves tripped up by our own moral failures and weaknesses. Even the Apostle Paul experienced this: "I have the desire to do what is good, but I cannot carry it out" (Romans 7:18).

What is the solution? The solution is to turn to God, confessing our sins to Him and seeking His help to live the way we should. Begin the New Year by turning to Jesus Christ and inviting Him into your life. Then ask Him to help you become the person He wants you to be. This is what Paul did, and that's why he could say, "I can do all this through him who gives me strength" (Philippians 4:13).

www.billygraham.org/answer/christ-not-new-years-resolutions-can-make-you-a-better-person/

Healthy Recipe of the Month - Ultimate Winter Salad

FOR THE SALAD:

6 oz. shredded kale	1/2 small lemon, juiced	1 tbsp. extra virgin olive oil
2 medium apples, cored and diced	1 1/2 c. candied pecans	4 oz. crumbled goat cheese
1 1/2 c. roasted butternut squash	1/2 c. pomegranate arils	
6 oz. shredded vegetables, (Brussels sprouts, cabbage, carrots)		

FOR THE DRESSING:

1/2 c. red wine vinegar	4 tsp. Dijon mustard	4 tsp. maple syrup
1/4 tsp. sea salt	1/4 tsp. black pepper	
1/2 c. olive oil	1 cup frozen peas	

Directions:

Put the shredded kale in a very large salad bowl. Add lemon juice and extra-virgin olive oil. Use your hands to massage the lemon juice and olive oil into the greens, about a minute or so. The greens should wilt slightly and take on a deep green color. Add the other shredded vegetables/greens to the bowl as well as the chopped apple and pecans.

Make the dressing by combining all of the dressing ingredients in a lidded glass jar or canning jar. Shake vigorously for 30 seconds and then pour it over the salad. Mix well.

Add the crumbled goat cheese, butternut squash, and pomegranate arils on top. Serve.

www.thepioneerwoman.com/food-cooking/recipes/a104726/ultimate-winter-salad/

Healthy Tips - Developing Screen Time Rules

The American Academy of Pediatrics discourages media use, except for video chatting, by children younger than 18 to 24 months. If you introduce digital media to children ages 18 to 24 months, make sure it's high quality and avoid solo media use. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming.

As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.

Consider applying the same rules to your child's real and virtual environments. In both, play with your child, teach kindness, be involved, and know your child's friends and what your child does with them. Also, keep in mind that the quality of the media your child is exposed to is more important than the type of technology or amount of time spent.

www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952