

May
2024

Lascassas Baptist Preschool

TO KNOW. TO GROW. TO SERVE.



Teacher Appreciation Week

May 6th - 10th is Teacher Appreciation Week. Take this opportunity to let them know you appreciate all they do! Special thanks to those of you who donated funds to help us spoil them. Y'all are the best! We are excited for a good week!



Last Day of Spring Semester

Our last day of school for the spring semester is **Wednesday, May 22nd**. We will be closed **Thursday, May 23rd** and **Friday, May 24th** for summer preparations.



School Closure

LBP will be closed on **Monday, May 27th** for Memorial Day.

Summer Fun



The summer session begins on **Tuesday, May 28th** and runs through **Wednesday, July 31st** for those students signed up! ***As a reminder, the entire amount of summer tuition is due by no later than Tuesday, May 28th.*** Thanks to those of you that have been paying a little at a time or those that are paid in full! Great work!



Yearbook Orders

Yearbooks will be available to order in late June or early July. Everything will be done online and an email link to the storefront will be sent to all parents when they are ready.



Pre-K Graduation

The time has come once again to say farewell to another wonderful Pre-Kindergarten class. To mark their success, we will have Pre-K Graduation on **Wednesday, May 22nd at 10:00 am** in the sanctuary of our church here at LBC. There will be no schoolwide performances. Only the Pre-K class will share a short program. Our pastor, Dr. Kenneth Summey, will speak and then we will honor our graduates with a diploma ceremony. This is a very special occasion for our children

and we are so proud of them. Mrs. Brenda and Mrs. Heather will be in contact with you about what children should wear, if anything special is required.

There will be no limit on the amount of guests that our graduates can invite to our graduation. Everything will take place in our sanctuary and foyer. Since school will be in session, we ask our families not to enter the Pre-K classrooms or any other classrooms of the school. The only doors for entry into the building will be the foyer doors, found at the front of our church that faces Jefferson Pike, and under the pick-up portico.

If your Pre-K graduate does not attend school on Wednesdays, please have them at LBP on the 22nd no later than 9:30 am.

Please also note that on this day, any students scheduled to come to school MUST BE DROPPED OFF BY 9:30 am. We will be incredibly busy with graduation prep and will not have anyone available to help you after 9:30 am.

A Graduation Prayer

Most wonderful Creator, we give you thanks for these graduates today. Days with laughter and play; day with tears and challenges, in all of it we give you thanks.

We thank you for loving parents and family members who support these graduates each and every day. We realize that this is not the end, but a new beginning for our children; and with each new beginning comes new opportunities for growth and learning.

Thank you, God, for the teachers and staff members that have been part of this journey to this day. We thank you especially for these classroom teachers, those just joining us this year, and those who have watched these children from their first days, who put in countless hours of energy and love to provide for a safe, nurturing environment here at Lascassas Baptist Preschool. Be with them as they continue to support these young people with the adventures ahead.

Lord we ask that wherever we go, whatever we do, that you are there with us. May these children continue to learn, and grow, and thrive in your presence and care. May they learn to love you more and more each day, as you have loved us from day one. May we all learn to walk with you more closely as we celebrate this graduation, and we celebrate our continued spiritual journeys with you ahead.

In your holy name we pray, Amen.

Adapted from: www.revbinde.wordpress.com/2019/06/07/preschool-graduation-prayer

Healthy Snack of the Month - Homemade Granola Bars

Ingredients:

- 1 cup creamy natural peanut butter 2/3 cup honey
- 1 teaspoon vanilla extract Heaping 1/2 teaspoon sea salt
- 2½ cups whole rolled oats 1/3 cup mini chocolate chips
- 3 tablespoons pepitas or crushed peanuts or cashews

Directions: Line an 8x8 baking pan with parchment paper. In a large bowl, stir together the peanut butter, honey, vanilla, and salt, until smooth. Add the oats, chocolate chips and the pepitas (or nuts). The mixture might seem dry at first, but keep stirring and it'll come together. Stir to combine and press firmly into the pan. Use a second piece of parchment paper and the back of a measuring cup to help flatten the mixture. Chill for at least 1 hour, then slice into bars. Store bars in the fridge.

www.loveandlemons.com/granola-bars-recipe/#wprm-recipe-container-47757

Healthy Tips - Portion Sizes

What do parents need to know about serving size and portion size?

The serving size on a nutrition facts label is a specific measured amount. Calories and nutrient information is based on the serving size and a 2,000 calorie diet.

A portion is the amount of food you choose to serve your children at each snack or meal. Parents need to be aware that a serving size on a nutrition facts label may not be the right portion for their child. For example, 15 crackers may be the serving size listed on a label; however, the number of crackers you serve your child will vary based on different calorie needs.

The following are suggested portion sizes by age. However, your child's stage of growth and development, age, appetite, and activity will all play a part in deciding on what portion sizes are right for your child. In general, portions should be "child-sized" until adolescence.

Food Group	Servings per Day	Portion Size for Ages 1 to 3	Portion Size for Ages 4 to 6	Portion Size for Ages 7 to 10
Fruits	2-3 servings	¼ cup cooked, frozen, or canned ½ piece fresh ¼ cup 100% juice	¼ cup cooked, frozen, or canned ½ piece fresh ¼ cup 100% juice	½ cup cooked, frozen, or canned 1 piece fresh ½ cup 100% juice
Vegetables	2-3 servings	¼ cup cooked	¼ cup cooked ½ cup salad	½ cup cooked 1 cup salad
Grains	6-11 servings	½ slice bread ¼ cup cooked cereal, rice, or pasta ½ cup dry cereal 2-3 crackers	½ slice bread ⅓ cup cooked cereal, rice, or pasta ½ cup dry cereal 3-4 crackers	1 slice bread ½ cup cooked cereal, rice, or pasta ¾-1 cup dry cereal 4-5 crackers
Meats and other proteins	2 servings	1 ounce meat, fish, chicken, or tofu ¼ cup cooked beans ½ egg	1 ounce meat, fish, chicken, or tofu ⅓ cup cooked beans 1 egg	2-3 ounces meat, fish, chicken, or tofu ½ cup cooked beans 1 or 2 eggs
Dairy	2-3 servings	½ cup milk ½ ounce cheese ½ cup yogurt	½ cup milk 1 ounce cheese ½ cup yogurt	1 cup milk 1 ounce cheese ¾-1 cup yogurt

Adapted from: <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Portions-and-Serving-Sizes.aspx>