

September
2023

Lascassas Baptist Preschool

TO KNOW. TO GROW. TO SERVE.



School Closure

LBP is closed on **Monday, September 4th** for Labor Day. Have a great day!

Involvement Committee

If you are interested in joining our Parent Involvement Committee, please follow the link to the Sign Up Genius that was emailed. We'd love to have you!



Grandparents' Day Lunch

Calling all Grandmas, Grandpas, Papas, and Memaws! Bring your lunch and join your grandchild for lunch at LBP on **Thursday, September 7th** at 11:00. Desserts provided!

Mums for Sale!

All mum orders are due on **Monday, September 18th** and will be delivered to LBP on **Monday, September 25th**. A special prize will be awarded to the kiddo that sells the most!



Reading in the Schools Day

Reading in the Schools Day is an annual event where schools in Rutherford County host volunteer readers to read in their classrooms throughout the day. This event magnifies the importance of reading – in school, at home, and even for fun – to students, parents, and community leaders! This year's event is on **Friday, September 22nd**. If you are interested in reading to our students that day, please follow the link to the Sign Up Genius that was emailed. We are asking for volunteers for our Jr. Pre-K, Pre-K One, and Pre-K Two classrooms only. If you don't get to sign up, don't worry! You can stop by anytime to read to a class, just ask. =)

See You at the Pole

On **Wednesday, September 27th**, students all over the country will participate in "See You at the Pole" prayer activities. LBP conducts school-wide prayer each morning at 7:45 and special consideration will be made on this day as well.



Chili Supper and Auction

It's September, but we are already making plans for our Second Annual Chili Supper and Auction!!! It will be on **Monday, November 6th**. Links to basket donations will be emailed in the coming days. WE NEED DONATIONS! If you have a business or know someone with one, please consider donating to our cause.

Monthly Mission Project - The Giving Box

We are continuing our support of the Lascassas Giving Box. Located at 6531 Lascassas Pike, the Giving Box is completely community driven and stocked for whomever may need the supplies and food inside. This is a great way to help our local community! Anything you would like to donate can be put in your child's backpack and we will pass it on! This month we are collecting:



Peanut Butter/Jelly

Soups with meat (like chicken noodle)

Goldfish



October Sneak-Peek

- Closed for Fall Break - Monday, October 2nd through Friday, October 6th
- School Picture Days - Monday, October 23rd and Tuesday, October 24th
- Harvest Party - Tuesday, October 31st



Picture Day

Community Helpers Needed! Email Michelle@LascassasBaptistPreschool.com for more info!

Lascassas Baptist Preschool Monthly Devotion

Meditate on God's Word While You Work

Have you ever had one of those extra-busy days when you don't stop working from the moment you wake up until you go to bed? I had a day like that recently. And as I turned out the light that night, it dawned on me that I had barely thought about Jesus since my quiet time early that morning. Immersed in my to-do list, I'd gone a full day without praying or thinking about what He might want.

It's easy to walk away from your designated time of prayer and Bible reading without a backward glance. But I've learned there is a way to get through my to-do list and keep my heart and mind close to Jesus. Meditating on Scripture is a spiritual discipline we can practice throughout the day, even when our hands are busy with urgent tasks. Thinking about God's Word bridges the gap between our time studying His words and living them out.

The Apostle Paul tells us, "If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God" (Colossians 3:1). If you have believed in Jesus for salvation from your sins, you belong to Him. You are secure in His love, and your life is to be lived through Him and for Him. Every small, seemingly insignificant moment of your day belongs to Jesus. Staying connected to Him throughout the day will help you live your ordinary days with an eternal perspective. But how can we stay connected to Christ in the middle of laundry, phone calls and deadlines? Paul tells us: "Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God" (Colossians 3:2-3, ESV). When we fill our hearts with God's words, we can live focused on Christ in the here and now. Our to-do lists may be long and necessary, but Jesus is our very life (Colossians 3:4).

To set our minds on what is above, we must fill them to the brim with the good, true words of the Lord, returning to Scripture again and again. Tethering our minds to God's Word roots us in eternity, anchors our hearts to our forever home with the Lord, and points others to hope in Christ. One of the most practical ways we can do this is to memorize Scripture. It might seem intimidating, but it is doable and rewarding! Choose a passage of Scripture that turns your heart to God's character and purposes. Write it out on a notecard, put it where you'll see it throughout the day, and begin hiding the verses in your heart phrase by phrase. Utilize the moments in your day when your hands are busy but your mind isn't.

You may have to tackle that to-do list, but you can set your mind on what is above by attaching your work to Scripture memorization — whispering God's Word aloud to yourself over and over as you're washing dishes, commuting to work, or folding a pile of laundry. Your ordinary moments are opportunities for delighting in God's Word and staying connected to Him all day long. Memorizing God's Word is crucial for shaping how we live our lives here on earth because it changes how we think and respond. As you hide Scripture in your heart, you will become more and more like Jesus, the One who is your very life..

Adapted from: www.proverbs31.org/read/devotions/full-post/2023/08/14/meditate-on-gods-word-while-you-work

Healthy Recipe of the Month - Banana Pancakes

Ingredients:

2 large eggs

1 large banana

1/4 teaspoon pumpkin pie spice, optional

Directions:

Blend the eggs, banana and pumpkin pie spice if using in a blender until smooth. Heat a large nonstick skillet or griddle over medium-low heat. Working in batches, drop silver-dollar portions of the batter (about 1 tablespoon) onto the skillet and cook until golden brown, 1 to 2 minutes per side.

Adapted from: www.foodnetwork.com/recipes/food-network-kitchen/two-ingredient-easy-banana-pancakes-3363581

Healthy Tips - Why Should I Get a Flu Vaccine?

If you've ever had the flu, you know how bad it can make you feel. To help skip all that misery — as well as possible health problems from the flu — doctors recommend that all teens get a flu vaccine every year. It's extra important for people with some medical conditions (like kidney disease, diabetes, HIV, heart problems, or asthma) to get a flu vaccine. They are more likely to have serious health problems (like pneumonia) when they get the flu.

Getting also vaccinated protects the people around you. Because you're less likely to get the flu and pass it on, you help protect people who might get very ill from the flu — like babies, people with serious medical conditions, and the elderly.

Flu viruses usually cause the most illness during the colder months of the year. In the United States, flu season is from October to May. The best time to get a flu vaccine is before flu season starts. Getting it as soon as it's available, usually around September, gives the body time to build immunity. Your mom or dad can find out about vaccine availability from your doctor's office, or you can ask your school nurse. Even if you can't get vaccinated right away, getting it later is better than not getting it at all. It's still flu season in January or February — even then it's not too late for you to get the flu vaccine. And getting a flu vaccine late in the season is especially important for people who travel. That's because the flu can be active around the globe from April to September.

Adapted from: www.kidshealth.org/en/teens/flu-shot.html