

April  
2024

# Lascassas Baptist Preschool

TO KNOW. TO GROW. TO SERVE.



## Spring Flower Sale

The Spring Flower Sale ends on **Wednesday, April 3<sup>rd</sup>**. Please make sure all order forms are turned in on that date! Flowers will be delivered and available for pickup on **Monday, April 15<sup>th</sup>**.



## Week of the Young Child

We will be having NAEYC's Week of the Young Child events on **April 8<sup>th</sup> - 12<sup>th</sup>**. Daily themes are: Music Monday, Tasty Tuesday, Work Together Wednesday, Artsy Thursday and Family Friday. We have special activities planned for each day of the week.

|                         |  |
|-------------------------|--|
| Music Monday            | Mrs. Jenny's favorite - a dance party!!!                     |
| Tasty Tuesday           | Surprise snack for everyone in the morning!                  |
| Work Together Wednesday | A group project for each class!                              |
| Artsy Thursday          | School-wide mural!   |
| Family Friday           | All About Family posters and presentations in the sanctuary! |



## Spring Photos

Spring Picture Days will be on **Monday, April 8<sup>th</sup>** and **Tuesday, April 9<sup>th</sup>**. We will also take Pre-K graduate photos.



## Monthly Mission Project

This is the last month to contribute to our Monthly Mission Project for The Giving Box, so let's make a big difference! This month, we are accepting peanut butter and jelly and cans of Chef Boyardee!

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## May and Summer Sneak-Peek

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|--|---|
| • May 6 <sup>th</sup> - 10 <sup>th</sup>                               | Teacher Appreciation Week                 |
| • Sunday, May 12 <sup>th</sup>   | Mother's Day                              |
| • Wednesday, May 22 <sup>nd</sup>                                      | LBP Graduation at 10:00 am                |
| • Wednesday, May 22 <sup>nd</sup>                                      | Last day of spring semester               |
| • Thursday, May 23 <sup>rd</sup> and Friday, 24 <sup>th</sup>          | Closed for in-service                     |
| • Monday, May 27 <sup>th</sup>   | Closed for Memorial Day                   |
| • Tuesday, May 28 <sup>th</sup>  | First day of summer session (8:00 - 3:00) |
| • Monday, June 3 <sup>rd</sup> - Friday, June 7 <sup>th</sup>          | Closed for VBS                            |
| • Thursday, July 4 <sup>th</sup>                                       | Closed for 4 <sup>th</sup> of July        |
| • Wednesday, July 31 <sup>st</sup>                                     | Last day of summer session                |
| • Thursday, August 1 <sup>st</sup> - Wednesday, August 7 <sup>th</sup> | Closed for teacher in-service             |
| • Thursday, August 8 <sup>th</sup>                                     | First day of fall semester                |



# Put Spring in Your Spirit!

Sing a new song to the Lord;  
sing His praise from the ends of the earth,  
you who go down to the sea with all that fills it,  
you islands with your inhabitants.  
Isaiah 42:10

SPRING, SPRING, SPRING! Can you smell the fresh breeze through my open window? I love the freshness of spring each year. I walk taller, feel healthier, enjoy more color in my face and a boost in my energy. Everything about spring breathes of life and newness. I love seeing green fields with baby calves reaching up for a drink from Mama. At home, I can't get enough of my own children running coatless around our yard, exploring each square foot as if it were brand-new. I can't help but lift my face to thank Jesus for the smile He gave me through His wonderful creation of springtime.

I guess that's why I love Isaiah 42:10, which draws a picture of a world reveling in the joy of praising God. I can almost hear it. It's amazing how God—the Ancient of Days, the Omega, the One Who Was and Is and Is to Come—is Lord not only of our past, but also of our future. He is Lord of all that will be new as he makes it beautiful in his time. (See Ecclesiastes 3:11.)

Imagine the newness experienced by people whose lives spanned the time before Jesus' birth until after His death. The handful of His people who believed in Him back then felt not only the longing for the Messiah but also the new joy that He arrived at last!

If springlike praise has faded in your heart, ask Jesus to plant in you fresh seeds of joy.

*Adapted from: [www.guideposts.org/daily-devotions/seasonal-devotions/put-spring-in-your-spirit/](http://www.guideposts.org/daily-devotions/seasonal-devotions/put-spring-in-your-spirit/)*

## Healthy Recipe of the Month - Frozen Yogurt Bark

### Ingredients:

|  |                                   |
|--|-----------------------------------|
| 2 cups vanilla yogurt (or flavor of choice)    | 1-2 Tbsp honey, if desired        |
| 8 fresh strawberries, hulled and thinly sliced | 1/4 cup slivered almonds, toasted |
| 1/2 cup chocolate morsels                      |                                   |

**Directions:** Stir together yogurt and, if desired, honey. Spoon yogurt onto a rimmed baking sheet lined with parchment paper. Using the back of a spoon or a spatula, spread yogurt to 1/4 to 1/2-inch of thickness. Top yogurt with sliced strawberries and slivered almonds. Melt chocolate morsels in a microwave-safe bowl according to package directions, stirring every 30 seconds. Once chocolate has melted, drizzle the melted chocolate over the yogurt and strawberries using a fork, spatula or a zip top bag with the corner snipped off. Freeze yogurt for at least 3 hours or until firm. Break into pieces and enjoy immediately. Refreeze any remaining yogurt bark on the original baking sheet or in an air tight container.

*Adapted from: [www.holleygrainger.com/strawberry-and-vanilla-frozen-yogurt-bark/](http://www.holleygrainger.com/strawberry-and-vanilla-frozen-yogurt-bark/)*

## Healthy Tips - Competitive Sports: Helping Kids Play It Cool

Sports are a great way for kids to have fun while staying fit. Sports also teach important life lessons like: working as a team, learning how to be a good sport, overcoming challenges, controlling emotions, and taking pride in accomplishments. But it's not always easy to keep it together when it feels like winning is everything. Help your young athlete keep a healthy attitude about sports and develop the tools to deal with the stress that comes with competing.

Competing always leads to some stress. And that can be good — a little stress helps the body face a challenge. But too much stress can take the fun out of a sport and make it hard to perform. Besides competing, other things can make athletes feel stressed out, such as: too much pressure from parents or coaches to win, having too much on the schedule, or not wanting to play the sport.

To keep stress levels down when they're not competing, kids should: eat well and get enough sleep, especially before games. Do something fun and relaxing. They can take a break from competing and go for a walk, ride a bike, see a movie, or hang out with friends. Remember that no one is perfect. Everyone makes mistakes in sports — it's part of the game. Be quick to forgive mistakes and move on.

Sports are about staying active, feeling proud, developing as a player, and making friends. Above all, whether they play on the varsity team or at a weekend pick-up game, the point is to have fun. By keeping that as the priority, you can help your child learn to handle the stress that is a natural part of competition.

*Adapted from: [www.kidshealth.org/en/parents/sports-competition.html](http://www.kidshealth.org/en/parents/sports-competition.html)*