

October  
2023

# Lascassas Baptist Preschool

TO KNOW. TO GROW. TO SERVE.



## Remember!

We will be closed **October 2<sup>nd</sup> - 6<sup>th</sup>** for Fall Break. We hope everyone is able to have a fun week! See you on the 9<sup>th</sup>!



## IMPORTANT!

All donated auction items and chili supper sales are due on **Monday, October 23<sup>rd</sup>**! If you haven't signed up to donate items yet, it isn't too late! Check your email for more information. We need LOTS of things to auction. Thanks to everyone who has already donated items, cash, or baskets. #BestParentsInTown

## Meeting Time!



We will have a Parent Involvement Committee meeting on **Tuesday, October 10<sup>th</sup>** at 8:30 a.m. We will be discussing the Harvest Party, auction, and more! If you can't join us, that's no problem. We can email you the details.



## Harvest Festival at LBC!

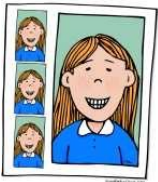
Lascassas Baptist Church would like to invite you to their annual Harvest Festival beginning at 3:00 p.m. on **Sunday, October 29<sup>th</sup>** at the pavilion across the street. Hope you are able to stop by and check it out.

## Harvest Party at LBPI



Our Harvest Party will be held on **Tuesday, October 31<sup>st</sup>**. We will have games for all ages outdoors (weather permitting). LBP will be providing lunch for everyone! Children who do not come on Mondays are invited to attend, but a parent must be present. **Children can dress up, but please nothing scary!** Also - please be mindful of sending kids in the costume they are trick-or-treating in because we can't guarantee that we won't get messy!

## Picture Day!



Say cheese! Fall picture days will be **Monday, October 23<sup>rd</sup>** and **Tuesday, October 24<sup>th</sup>**. These photos are used in our yearbook and will also be available for you to purchase.

## Presenting the Mum Queen!



Got to give a big shout-out to Aubrey S. in Jr. Pre-K. She sold the most mums during our fundraiser! She sold \$825 in flowers which is 55 plants. We raised close to \$3500 for our school!!! Thanks to everyone who bought, sold, and delivered. (Special note: after winning this contest three times, we've upgraded her status to queen instead of princess!)

## 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 given to the staff at drop-off and we will pass it on! This month we are collecting:

**Boxed juices**

**Long-life milk boxes**

**Drink packets for water bottles**

## wishlist

We will **NOT** need candy or toys for the Harvest Party!

**Our biggest needs at the moment are Tide Pods and rolls of paper towels!**

## November Sneak-Peek

- Chili Supper and Silent Auction - Monday, November 6<sup>th</sup>
- Thanksgiving Meal - Thursday, November 16<sup>th</sup>
- Closed for Thanksgiving Break  
November 20<sup>th</sup> - November 24<sup>th</sup>



# Lascassas Baptist Preschool Monthly Devotion

## *Letting Your Leaves Fall*

Little yellow leaves from the front yard tree dance across the porch and driveway. As their bright green color fades, it seems they fall almost as quickly as they change. I love summer affectionately and part of me longs to whisper to the tree “Hold on a little longer. Come on; you got this. Think green!” But graciously the tree listens to its Maker rather than my foolish whispers. In order to flourish in the new season, the tree must let go of its decayed leaves. They have performed well for the term, but their time has drawn to a close. Autumn is a wonderful time to observe nature. As I watch the swirling leaves stirred by the wind, I am reminded that they display an important lesson for all of us to follow suit in a way. Just as the trees don’t stubbornly hold on to their dead leaves, so we shouldn’t hold on to any unnecessary weight in our lives. When we long to enter a new season, the old can easily inhibit the new if we allow it. God’s Word reminds us to: ***Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32.*** To get rid of negativity in our lives, we must first identify it. How can we do this?

- By reading God’s Word.
- By allowing His Spirit to show us the necessary heart changes we need.
- By being willing to shun practices such as bitterness and anger.
- By asking God to help us let go of the guilt from the past.

Oh how the Lord longs to empower and strengthen us for the new season ahead! If we’re not sure of the issues detaining a kind and compassionate spirit, He will show us when we ask. And if guilt from the past is preventing this beautiful new season, we have His promises like this one to remember: ***Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. Isaiah 43:18-19.***

What are you holding on to that is preventing a freshness to the season ahead? Could it be that the decayed leaves are piling up and your heart needs to discard them for good? If so, why not reach out to the Lord in prayer? He longs to hear from you. Ask Him to shine light on any thoughts, circumstances, habits or other “decayed leaves” you might be clinging to. As you watch the leaves fall this season, our prayer is that you are reminded to let go of anything that would hinder a fresh relationship with God.

*Adapted from: [www.dayspring.com/articles/letting-your-leaves-fall](http://www.dayspring.com/articles/letting-your-leaves-fall)*

## Healthy Recipe of the Month - Homemade Applesauce

Ingredients:

- |   |   |
|---|---|
| 1 1/2 lb. Golden Delicious apples, (peeled, cored, and cut into wedges) | 1 1/2 lb. Honeycrisp apples, (peeled, cored, and cut into wedges) |
| 2 lemon peel strips plus 1 tbsp. fresh juice (from 1 lemon)             | 1/2 cup tap water   |
| 1/4 cup light brown sugar   | 1/2 tsp. ground cinnamon  |
| 1/8 tsp. kosher salt  |   |

Place apples, lemon peel, lemon juice, water, brown sugar, cinnamon, and salt in a large Dutch oven; stir to combine. Bring mixture in Dutch oven to a boil over high. Reduce heat to medium-low; cover and simmer until apples are tender, about 20 minutes. Remove and discard lemon peel. Transfer mixture to a blender and process until a thick puree forms, about 1 minute. Cool 30 minutes before serving.

*Adapted from: [www.southernliving.com/homemade-applesauce-7566020](http://www.southernliving.com/homemade-applesauce-7566020)*

## Get Physical to Avoid Childhood Obesity!

Did you know about 1 in 3 U.S. kids and teens are considered overweight or obese? Genetics, lifestyle habits, or a combination of both may be involved. Children who are obese are at risk for developing:

- type 2 diabetes - high blood pressure - bone and joint problems - breathing problems - sleep problems - depression -

Modern life is sedentary and many kids just don’t get enough physical activity. Kids ages 2 to 5 years should be active at least 3 hours throughout each day. Kids often spend more time playing with electronic devices than actively playing outside. Kids who spend a lot of time in front of screens are more likely to be overweight. Screen time also interferes with sleep AND kids who don’t get enough sleep are more likely to be overweight.

Besides enjoying the health benefits of regular exercise, fit kids sleep better. Exercise improves school performance and makes kids less likely to develop depression. Kids who exercise regularly are also better able to handle physical and emotional challenges. Be a role model for healthy behaviors, especially related to nutrition and exercise. Make healthy eating and physical activity a family affair. Encourage your children to be active at home and at school!

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