



### Drop-Off!

The drop-off procedures from last semester will begin again on **Tuesday, September 7<sup>th</sup>**. This information was texted and emailed, so please let us know if you have any questions .

### Involvement Committee!

We are unsure how we will be able to utilize our committee this year. However, if you are interested in joining our Parent Involvement Committee, (whatever that ends up looking like), please fill out the form that can be found in your child's folder later this week.



### Back by Popular Demand!

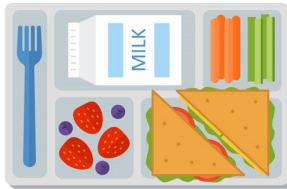
After a year hiatus, we are excited to announce that we will once again be selling our fabulous mums this year! Orders will be due on **Monday, September 20<sup>th</sup>** and will be delivered on **Monday, September 27<sup>th</sup>**. A special prize will be awarded to the child that sells the most! Sell, sell, sell!

### See You at the Pole!

On **Wednesday, September 22<sup>nd</sup>**, 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.



### Lunches!



Always remember that lunches must include fluid milk, grain, protein, and two servings of fruits or vegetables. If you see that the same old lunch items are coming home each day uneaten, it's time for a change. In addition, please remember to quarter grapes, hot dogs, and other high-risk foods. Lunches should be ready to eat as soon as your child opens their lunchbox.



### Monthly Mission Project - The Giving Box

Each month, we participate in philanthropic activities to help our communities and to spread the love of Christ through these endeavors. This month, we are pledging our support to the Lascassas Giving Box. Located at 6531 Lascassas Pike, just beside the playground at the Lascassas Lion's Club, 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, especially with children once again being forced to quarantine from schools. Please consider picking up a few of the following items the next time you go grocery shopping. You can drop them in the bin outside of our office.

- |          |              |                     |                                       |
|----------|--------------|---------------------|---------------------------------------|
| Cereals  | Granola bars | Peanut Butter/Jelly | Soups with meat (like chicken noodle) |
| Goldfish | Cheez Its    | Snack crackers      | Soap/Shampoo                          |



### Coffee Filters

We will need small prizes, toys, and candy for our Harvest Party in October, so be on the look out for some good deals!



### Sneak-Peek

- Closed for Fall Break - Monday, October 4<sup>th</sup> through Friday, October 8<sup>th</sup>
- Harvest Party - Friday, October 29<sup>th</sup>

# Lascassas Baptist Preschool Monthly Devotion

## Here's a word of encouragement for you!

***“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.” Ephesians 4:29***

I can honestly tell you I never intended to say the words aloud. It's like they popped out of my mouth on their own accord — the result of growing frustration and sheer exasperation with our tween-aged daughter. We had just finished a particularly trying conversation and, while walking away, I shrugged my shoulders and said to no one in particular, “Oh, I give up!” I. Give. Up. Three surprisingly significant words — especially when spoken within earshot of your own child. Something I'm keenly aware of now based on what she said to me later.

After several hours had passed, this same daughter — this strong, determined, often unrelenting girl — came to find me before bedtime. When she spotted me, she was so choked up she could barely get the words out. “Oh, Mom. How could you give up? I can handle anyone, anyone else, giving up on me. But not you.”

Clearly, I had wounded my daughter with my words. I was mortified. How could I have been so careless and hurtful? Immediately convicted, I asked her forgiveness and assured her repeatedly I would never give up on her. I also made a quiet vow to myself: I'd never again utter that phrase to, or about, my children. But even more importantly than what I would not say, I determined to be more intentional about the things that I would say.

The Bible addresses both sides of this conversation in Ephesians 4:29. First, “Let no corrupting talk come out of your mouths” and, secondly, “but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.” Simply put: Our words are powerful. **As parents, we have tremendous influence and opportunity to use our words to either build up or to tear down.** To encourage or discourage. The choice is ours. For instance, consider the impact on my daughter if I'd said something like this instead: You are a strong person, and I believe God is going to use that strength in big ways someday. Or, We might not always see things the same way, but I will always stay by your side. Or, I don't know everything, but here's what I do know: You have something beautiful to offer that this world needs. Just imagine if she had some of those words swirling around in her head as she was drifting off to sleep. Or if a few of these statements made their way into her prayers at night. Just imagine!

Maybe you have a child who could use some encouragement as well. What do you think he or she might be longing to hear from you? Because no matter what age they may be — toddler, tween, teen or adult — they desperately need words of love and strength spoken over them. We all do. So if you want to make a difference in your child's life, begin by building up their heart and mind — one strong, beautiful word at a time.

Adapted from: [www.proverbs31.org/read/devotions/full-post/2021/07/21/strengthen-your-childs-heart-with-words](http://www.proverbs31.org/read/devotions/full-post/2021/07/21/strengthen-your-childs-heart-with-words)

## Healthy Recipe of the Month

### Cheesy Low Carb Meatball Casserole

#### Ingredients:

2 lbs ground turkey	1 cup shredded mozzarella
1/2 cup grated parmesan	1 egg
2 teaspoons onion powder	2 teaspoons fresh minced garlic
1/2 teaspoon Italian seasoning	1/2 teaspoon fresh cracked black pepper
1/2 teaspoon Cayenne pepper (optional)	1/2 teaspoon crushed red chili pepper flakes (optional)
1 cup Marinara sauce	1 cup shredded cheese of your choice for topping

#### Directions:

Preheat your oven to 400°F. Lightly spray a casserole dish with cooking spray. Combine ground turkey, mozzarella, parmesan, egg, onion powder, garlic, Italian seasoning, Cayenne, crushed chili pepper flakes in a large salad bowl – except for the marinara sauce, 1 cup cheese, and fresh basil that are set aside for the casserole. Use a small cookie scoop to form the meatballs all the same size and arrange the meatballs in the casserole dish. Bake your meatballs for 15 to 20 minutes or until fully cooked. Remove the meatballs casserole from the oven and drain the grease. Top with the low carb Marinara sauce and shredded cheese and put the meatballs casserole back in the oven. Bake for an additional 5 to 10 minutes until the cheese has fully melted.

Adapted from: [www.eatwell101.com/turkey-meatballs-casserole-recipe](http://www.eatwell101.com/turkey-meatballs-casserole-recipe)