

## Welcome to our 2022 Summer Session!

Thanks for choosing LBP for your child's summer fun destination! Below are the themes that we have selected for our summer session. We are expecting everyone to have a blast!

### Summer Themes and Dates

June 1 <sup>st</sup> - 3 <sup>rd</sup>	Jumping into June
June 6 <sup>th</sup> - 10 <sup>th</sup>	STEM
June 13 <sup>th</sup> - 17 <sup>th</sup>	Sports and Games
June 20 <sup>th</sup> - 24 <sup>th</sup>	Closed for VBS
June 27 <sup>th</sup> - July 1 <sup>st</sup>	Art and Music
July 4 <sup>th</sup>	Closed for Independence Day
July 5 <sup>th</sup> - 8 <sup>th</sup>	Camping
July 11 <sup>th</sup> - 15 <sup>th</sup>	Nature and Gardening
July 18 <sup>th</sup> - 22 <sup>nd</sup>	Beaches and Oceans
July 25 <sup>th</sup> - 29 <sup>th</sup>	Fun with Food

### General Info

- Only the children in our Infant classroom will be using the green folders. Everyone else will receive individual daily sheets to let you know of information about your child's day as well as our activities for the day.
- Drop-off and pick-up will continue to take place under our covered portico.
- Half of summer tuition is due this week with the remainder to be paid in full by no later than **Friday, June 17<sup>th</sup>**.
- Mrs. Jamie will have tumbling on June 29<sup>th</sup> and 30<sup>th</sup> and July 6<sup>th</sup>, 7<sup>th</sup>, 13<sup>th</sup>, and 14<sup>th</sup>. Information will be going home about these dates and costs soon.
- **Always, always, ALWAYS pack a set of extra clothes in your child's bag. We would also like for each child to bring their own labeled towel for water play days. The towels will stay here and we will launder them after use.**

### School Calendar through October

August 1 <sup>st</sup> - 5 <sup>th</sup>	Closed for in-service
August 8 <sup>th</sup>	First day of fall semester
September 5 <sup>th</sup>	Closed for Labor Day
October 3 <sup>rd</sup> - 7 <sup>th</sup>	Closed for Fall Break
October 19 <sup>th</sup>	Closed for in-service

# How to Survive the Stress of Summer

The threat of summer craziness was becoming a reality. I settled in a chair at my kitchen table, surrounded by the clutter of information sheets regarding work obligations, sports practices, mission trips and church activities. Pulling out my family calendar, I mapped out the summer months. After writing down all our commitments, I stared at the endless scribbles etched across practically every date. We had only one free week during the entire summer. With a heavy sigh and swirling thoughts, I felt a twinge of stress and anxiety slowly rising up in my chest.

I couldn't help but wonder, Isn't summer supposed to be footloose and fancy-free? What happened to sleeping in and time to rest and unwind? Are relaxing summer days merely a thing of the past? Instead, now it seems like summers are filled with days when the kids get bored and whiny, camps get cancelled, work gets in the way of vacation plans, the AC goes out, and traffic is horrendous.

We have more and more days when we lose our patience or harbor a bad attitude, or have had quite enough of "family time." Days when we feel powerless against the exhaustion of our busy schedules and stress rules the roost. It may seem that easy summers are long gone. However, we can make it through the hectic days and stay at peace despite the chaos. In today's key verse, God promises He will help us with whatever we face: "The LORD gives his people strength. The LORD blesses them with peace" (Psalm 29:11).

There are several keys to God's peace overriding the mayhem. When we remember to focus on God's sweet goodness, instead of all the scribbles on our calendar, we can proactively manage our summertime. We can receive God's calm, even in a busy and sometimes stressful time of the year. Here are some practical tips to keep summer stress at bay:

- Focus on all the good things God has done for us so far this year, instead of the challenges of the summer months.
- Remain calm and pray for God's peace when the demands of family and life seem overwhelming.
- Ask God to give us rest and strength when we begin to feel stretched thin and worn out.
- Take daily mini-vacations. Try to set aside at least five minutes per hour to stretch and take a break, and stay committed to your time in God's Word each day!
- When you take days off from your work or daily routine, unplug completely - meaning no phone or emails.
- Keep a checklist or a detailed calendar of all scheduled activities so you can stay organized and less stressed.
- Do something for yourself once a week: take a bubble bath, read a good book, spend time outdoors or take a nap.

Busyness and stress can heat up quicker than the summer sun. But it is possible to stay cool on the inside. Whether we are low in spirit or low in energy, depending on God and seeking a daily infusion of His strength and peace can ensure a less stressful summer.

*[www.proverbs31.org/read/devotions/full-post/2015/06/05/how-to-survive-the-stress-of-summer-2](http://www.proverbs31.org/read/devotions/full-post/2015/06/05/how-to-survive-the-stress-of-summer-2)*

## Healthy Recipe of the Month - Creamy Mango Ice Cream

### Ingredients:

- |                                   |  |
|-----------------------------------|--|
| 3 cups frozen mango chunks        | 1/2 cup canned coconut milk (full-fat recommended)           |
| 1/2 teaspoon pure vanilla extract | 2-4 tablespoons agave nectar (or liquid sweetener of choice) |
| pinch of salt (optional)          |  |

**Directions:** Place all ingredients in your high-powered blender or food processor. Process until you get a smooth and creamy mixture and there are no more mango chunks. Do not over process or it will begin to melt. Serve immediately. Enjoy!

*[www.yummly.com/recipe/5-Minute-Creamy-Mango-Ice-Cream-2573432#directions](http://www.yummly.com/recipe/5-Minute-Creamy-Mango-Ice-Cream-2573432#directions)*

## Healthy Tips - Water Safety

- When children are expected to be in and around water, close, attentive supervision is most effective at preventing drowning.
- When children are **NOT** expected to be in or around water, 4-sided fencing is the most effective strategy to prevent drowning.
- Child-proof doors to the home so that determined little hands can't open them.
- If a child can't be found, **check pools and hot tubs first**.
- Install a permanent, 4 foot-high, 4-sided fence that completely surrounds the pool and isolates it from the house. The fence should:
  - ◇ Be climb-proof with no footholds
  - ◇ Have vertical slats with no more than 4-inch gaps (so toddlers can't scoot through)
  - ◇ Have a latch at least 54 inches off the ground
  - ◇ Have a self-closing, self-latching gate
  - ◇ Be locked when the pool is not in use. Be sure to put pool toys away so there's no temptation in view.

*Adapted from: [www.zerotothree.org/resources/2748-water-safety-for-children](http://www.zerotothree.org/resources/2748-water-safety-for-children)*