

Closed Monday, September 5th for Labor Day!

**September
2022**

Lascassas Baptist Preschool

TO KNOW. TO GROW. TO SERVE.



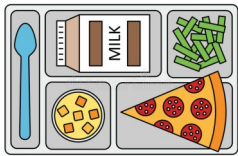
Drop-Off!

Indoor drop-off has ended! Every student will use the drive-thru portico and staff will walk your kids to class.

Involvement Committee!

If you are interested in joining our Parent Involvement Committee, please fill out the form that was sent home earlier in the week.

**GET!
INVOLVED!**



Lunches!

Always remember that lunches should 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, cherry tomatoes, and other high-risk foods. Lunches should be ready to eat as soon as your child opens their lunchbox.*

Mums For Sale!

We will be selling our fabulous red and yellow mums this year! Orders will be due on **Monday, September 19th** and will be delivered on **Monday, September 26th**. A special prize will be awarded to the child that sells the most! Sell, sell, sell!



See You at the Pole!

On **Wednesday, September 28th**, 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.

Amazon Wish List!

We want to shout a big **"THANK YOU"** to all of the many parents, grandparents, church members, and a few anonymous friends who have purchased things from our Wish List. We add to it as things run low and you are welcome to check it out anytime, using the QR code. It isn't too early to start thinking about our HARVEST PARTY, so we've ideas some ideas for that to our list as well.



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 3rd through Friday, October 7th
- Closed for in-service - Wednesday, October 19th
- Harvest Party - Monday, October 31st



Lascassas Baptist Preschool Monthly Devotion

“I go to prepare a place for you” (John 14:2)

Question: What is the secret to building a happy home?

Answer: From the writings of Billy Graham. No achievement in life is greater than building a happy home and raising children who love Jesus. Parents' main job is to be sure their children grow up in a home where God is honored and Jesus' love is shared. This is quickly being lost today and the results are devastating. But God bless those who desire to provide this most secure environment for God's first institution—the family.

It's a lot of work to take care of children and help them grow. Parents not only bear the responsibility of teaching children how to behave, how to work, how to obey, and how to get along with others; they are responsible to teach them about the Lord and how He wants us all to live in the midst of a dark and evil world. Children suffer greatly when parents shirk their God-given responsibility.

The Bible says that “children are a gift from the Lord” (Psalm 127:3). God is interested in marriages, families, and home life. God the Father is the example of preparing the right kind of home. Nothing made by the hand of man has ever been so beautiful as starlight on the water or moonlight on the snow. And the same hand that made trees and fields and flowers, the seas and the hills, the clouds and sky, has been making a home for us called Heaven. Those who know Jesus Christ as Lord and Savior will enjoy the grand home that Christ is preparing for those who love Him.

Heaven is the home that God created and He possesses. His throne room is His headquarters. Heaven is a wonderful place and the benefits for the believer are “out of this world!”

Adapted from: <https://billygraham.org/answer/what-is-the-secret-to-building-a-happy-home/>

Healthy Recipe of the Month - Green Bean Fries

Ingredients:

1/2 cup buttermilk	1/2 cup panko bread crumbs
1 egg	salt, to taste
1/2 lb fresh green beans	

Directions:

Preheat oven to 400 degrees. Mix the buttermilk with the egg, and soak the green beans in the mixture for about 10 minutes in the fridge. Arrange the green beans on a pan, lined with foil and sprayed with cooking spray. Sprinkle the beans with salt and panko crumbs. Place in oven and bake for about 10-15 minutes, or until panko starts to get golden brown.

Adapted from: www.superhealthykids.com/green-fries-toddler-finger-food/

Snacks and Your Preschooler

While meals make up the majority of a child's nutritional intake, most children eat at least one snack per day. While many of the most commonly offered kids' snacks tend to be of lower nutritional value than meals, snacks still can support—or even enhance—your child's overall healthy eating plan. Here's how:

Use snack times as a way to increase fruits and vegetable intake. Most kids do not eat the recommended amount of fruits and vegetables. Snack times offer a great opportunity to increase access and exposure to these nutrient-dense foods. Consider pairing them up with dairy products or dairy substitutes (such as grapes and cheese) lean proteins (such as celery and peanut butter), or whole-grain cereals and bread (such as banana sandwich on whole grain bread).

Keep a range of healthy foods handy at home. It is much easier to make easy, healthy snacks when you keep a few key items stocked at home. Ideas include different types of raw vegetables and fruit, yogurt dip, hummus, and cheese sticks.

Avoid processed foods and added sugars. Processed foods (made in a factory and sold in bags and boxes) do not have many nutrients and often have a lot of added sugar and salt. In addition, children may become hungry faster after eating processed foods.

Teach your children to eat a rainbow of colors. Arrange your children's foods to show the beauty of fresh, brightly colored foods.

Adapted from: www.healthychildren.org/English/healthy-living/nutrition/Pages/Choosing-Healthy-Snacks-for-Children.aspx