

February
2024

Lascassas Baptist Preschool

TO KNOW. TO GROW. TO SERVE.



Make the Pledge

UNPLUG & Read encourages adults, families, and children to unplug from TV, computers, and video games and enjoy the pleasures of reading. So, come on guys, put down those devices and take time out to READ to your kids! They'll love it! Check out the website below for some great ways to UNPLUG!
www.readtosucceed.org/unplug-read/



Curtis Wright Photography

Curtis Wright will be here on **Tuesday, February 6th** and **Wednesday, February 7th**. He takes lovely black & white photographs of the students in their classroom setting. They will be available for purchase.



Summer & Fall Registration

Please turn in your registration forms for your child's summer and fall spots. Registration ends for all current students on **Thursday, February 8th**. All fees are due by **Thursday, March 7th**. Fees not paid by this date could result in losing your child's spot.



100 Days Smarter

Our rescheduled 100th day of school celebration is scheduled for **Friday, February 9th**. We will have yummy treats, a dress-up day, and activities planned.



Party Time

Our Valentine's Day parties will be held on **Wednesday, February 14th**. Be on the lookout for info from your child's teacher about what will be going on that day!



School Closure

LBP will be closed on **Monday, February 19th**, so we can observe Presidents' Day. Enjoy your day off!



Parent Survey

We are taking our annual parent survey online and you will receive an email with the link to complete the survey by the end of next week. You have the option of remaining anonymous. Complete the survey by **Friday, March 1st**.



Monthly Mission Project

The Giving Box at Lascassas is the creation of one our very own sweet LBP families - a community-driven box is for families to glean from whenever a need arises. For February, we are accepting the following items for this ministry: **cereal and granola bars**.



March Sneak Peek

Monday, March 4th - March 8th - Dr. Seuss Week
Tuesday, March 5th - Closed for Election Day
Thursday, March 14th - National Potato Chip Day
Wed./Thurs., March 20th and 21st - Schoolwide Egg Hunts
Monday, March 25th - Friday, March 29th - Closed for Spring Break



The Love of God in Light of Valentine's Day

"Whoever does not love does not know God, because God is love." 1 John 4:8

We often think of Valentine's Day as the day for couples to show their love to one another, but rarely do we use the day to remind us of God's unmatched love for us, His children. For many single people, Valentine's Day can be a bitter reminder of their singleness and desire for a relationship. Luckily, God doesn't leave anyone, single or in a relationship, out of His unending love and grace.

In 1 John 4:8, the author says, *"Whoever does not love does not know God, because God is love."* God is love itself. We wouldn't have any conception of "love" at all if it weren't for God, the definition of love.

God further defines love in the classic 1 Corinthians 13:4-8 passage that reads, *"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."*

God describes love in this way, and then tells us that He is love. This further emphasizes that God himself is all of these things. God is patient and kind. He keeps no record of wrongs. He always protects, always trusts, always hopes and always perseveres. God's love is a perfect love that no one on earth could ever emulate.

We often read this 1 Corinthians passage near Valentine's Day or at weddings to remind us what love should look like, but God is the perfect demonstration of it. John 3:16 says, *"for God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."*

He gave up His only son for us. He gave us eternal life because of His great and unmatched love for each of us.

The theologian C.S. Lewis once said, "He died not for men, but for each man. If each man had been the only man made, He would have done no less." God loves you so much. If you were the only one on earth He still would have sent His son for you. So this Valentine's Day, remember to set your sights not on earthy relationships, but on the God above who loves far more fully and abundantly than we could ever imagine.

Adapted from: www.gcu.edu/blog/spiritual-life/weekly-devotional-love-god-light-valentines-day

Healthy Recipe of the Month - Yogurt Fruit Dip

Ingredients:

1 cup Greek yogurt 1 tablespoon honey
1 tablespoon almond butter 1 teaspoon cocoa powder

Directions:

Combine the yogurt, honey, almond butter, and cocoa powder in a bowl and stir till fully combined. Serve with cut apple slices, cookies, or other cut fruit.

Adapted from: www.thishealthytable.com/blog/greek-yogurt-dessert-dip/

Healthy Tips - Are Sugar Substitutes Safe for Kids?

What are sugar substitutes?

Sugar substitutes are artificial fake sweeteners. Some food makers use sugar substitutes in place of sugar to make foods and drinks taste sweet. These sweeteners don't have nutrients to help kids grow. Products like diet soda, sports drinks, or yogurts that are made with them may say "sugar-free" or "zero calorie" on the label. Our bodies handle sugar and sugar substitutes in different ways. When we eat sugar, our bodies turn it into energy. But they can't do this with sugar substitutes. Instead, these pass right through the body. Babies and children younger than 2 years old should never have sugar substitutes. Most kids older than 2 can have sugar substitutes as long as they get enough nutrients from their diet to grow normally.

What's the best drink for my child?

- Babies up to 1 year old should drink breast milk or formula. These have all the nutrients babies need to grow.
- Toddlers 1–2 years old should drink water and whole milk. Whole milk has the right amount of fat to help toddlers' young brains grow.
- Kids over 2 years old should drink water, and low-fat or nonfat milk. These are always the best choices.

Adapted from: www.kidshealth.org/en/parents/sugar-substitutes.html