

Remember LBP is closed on Monday, September 3<sup>rd</sup> for Labor Day!

September 2018

# Lascassas Baptist Preschool



## Grandparents Luncheon!

Calling grandparents! Pack a lunch and make plans to join us on **Monday, September 10<sup>th</sup>** beginning at **11:00**. You are also welcome to bring in a special lunch for your grandchildren. Coffee and desserts will be served!

## Mums for Sale!

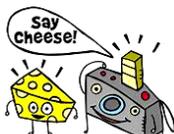


This is, by far, our best fundraiser for the school and they are just simply beautiful! They bloom just in time for all that fall decorating everyone loves! Orders and all payments are due on **Tuesday, September 11<sup>th</sup>** and will be delivered to the school on **Tuesday, September 18<sup>th</sup>**. Get out there and sell! Order forms are included with this newsletter.



## READ TO SUCCEED

"Reading in the Schools Day" will be **Friday, September 21<sup>st</sup>**. We ask for volunteers to read in each of our classes. A form to sign up for as a volunteer is included with this newsletter. We hope you can help



## Picture Day!

School-wide picture day will be held on **Tuesday, September 25<sup>th</sup>** and on **Wednesday, September 26<sup>th</sup>**. These photos are used in our yearbook and will be available for you to purchase.



On **Wednesday, September 26<sup>th</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.



## Involvement Committee

If you are interested in joining our Parent Involvement Committee, please fill out the form included with this newsletter. Our events are held during school hours, but even if you work full-time, there are still things that can be done in the comfort of your own home. Don't let that deter you. We want you!!



## Lunches

Always remember that lunches must include fluid milk, grain, protein, and two servings of fruits or vegetables.

If your child has a milk intolerance or allergy, we must have a doctor's note stating what your child can drink instead. If you see that the same old lunch items are coming home each day uneaten, it's time for a change. The website below has some great ideas for packing a lunch for the kiddos - including toddlers!

[www.parenting.com/recipes/lunch](http://www.parenting.com/recipes/lunch)



In addition, please remember to cut up grapes, hot dogs, and other high-risk foods. Lunches should be ready to eat as soon as your child opens their lunchbox up and we don't heat items up.

## Monthly Mission Projects

Our school participates in philanthropic activities each month to help our communities and to spread the love of Christ through our endeavors. One thing we do locally is support the Lascassas Fire Department each month by assigning a classroom bottled water duty. This month, we are asking the families in our **Infant One Classroom** to donate bottled water. Any brand, size, or count is welcome and you can leave it next to the bin outside of our office.



Our schoolwide mission project is the **Good Shepherd Children's Home!** This is a Christian-based home for boys and girls in Rutherford County facing difficult circumstances in their lives. Many of the children they serve struggle with the effects of poverty, abuse or neglect and in most cases, just need stability and a little extra love and support to reach their full potential. As many as 28 children can live at the home, so as you can imagine, they needs LOTS of food. We are accepting the following items for their organization. Please place them in the bin outside of our office.

Jars of peanut butter   Taco seasoning   Little Debbie Snacks

Microwave lunch items (individual - mac/cheese, Chef Boyardee, etc.)



## Lysol Spray

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



## Sneak-Peek

- Closed for Fall Break - Monday, October 1<sup>st</sup> through Friday, October 5<sup>th</sup>
- Harvest Party - Monday, October 29<sup>th</sup>

Save the date for our Fifth Annual Craft Fair - Saturday, November 17<sup>th</sup>

# Lascassas Baptist Preschool Monthly Devotion

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

Many, O Lord, my God, are the wonders you have done. Psalm 40:5

Abby surveyed her house and shuddered. Toys were strewn across the floor; dishes were stacked high in the sink and on the kitchen counter; piles of laundry were everywhere. She sighed and asked herself, "Why exactly did I decide to be a mother?"

Suddenly her three-year-old, Kyle, dashed in from the backyard and grabbed her hand. "Mama, come see! Come see!" Obediently, Abby stumbled after her excited son. They reached a brick walkway, where Kyle proudly pointed to a green and yellow caterpillar. Together, mother and son squatted down for a closer look. Abby marveled at the caterpillar's fine black stripes and wiggly antennae. She turned to let the sun's rays bathe her shoulders in warmth and spotted the delicate strands of an intricate spiderweb still under construction in her camellia bush. She pointed out the web to her son. "Wow," he whispered. Side by side they watched the spider complete the beautiful design. "Thank You, God", Abby breathed - "now I remember why."

It's easy to let the burden of parenthood steal our appreciation for God's amazing creation. Yet Scripture says that "He has caused his wonders to be remembered" (Psalm 111:4). We will remember—and discover a more spiritual perspective on the mundane side of life—if we only take the time to look. Sometimes our kids will be the ones to lead us there.

How often do you and your family stop to admire God's creation? How does it change your perspective—and that of your kids—when you do? "Awesome God, we can barely comprehend the splendors You have created for our enjoyment. Thank You for incredible blessings and for the ability to appreciate them. Let our family always remember Your amazing wonders. Amen."

Adapted from: [www.oneplace.com/ministries/family-talk/read/devotionals/daily-devotions-for-parents-by-dr-james-dobson/](http://www.oneplace.com/ministries/family-talk/read/devotionals/daily-devotions-for-parents-by-dr-james-dobson/)

## Child Development Central

It's no surprise that parents might need some help understanding what it means to eat healthy. The good news is that you don't need a degree in nutrition to raise healthy kids. Following some basic guidelines can help you encourage your kids to eat right and maintain a healthy weight.

- Parents control the supply lines. You decide which foods to buy and when to serve them. Though kids will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house.
- From the foods you offer, kids get to choose what they will eat or whether to eat at all. Kids need to have some say in the matter. Schedule regular meal and snack times. From the selections you offer, let them choose what to eat and how much of it they want. You are not a restaurant.
- Quit the "clean-plate club." Let kids stop eating when they feel they've had enough. When kids notice and respond to feelings of fullness, they're less likely to overeat.
- Start them young. Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.
- Rewrite the kids' menu. Who says kids only want to eat hot dogs, pizza, burgers, and macaroni and cheese?
- Drink calories count. Soda and other sweetened drinks add extra calories and get in the way of good nutrition. Water and milk are the best drinks for kids.
- Put sweets in their place. Occasional sweets are fine, but don't turn dessert into the main reason for eating.
- Food is not love. When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.
- Kids do as you do. Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.
- Limit TV and computer time. When you do, you'll avoid mindless snacking and encourage activity. Research has shown that kids who cut down on TV-watching also reduced their percentage of body fat. When TV and computer time are limited, they'll find more active things to do. And limiting "screen time" means you'll have more time to be active together.

Adapted from: [www.kidshealth.org/en/parents/eating-tips.html](http://www.kidshealth.org/en/parents/eating-tips.html)



Reading in the Schools Day is Friday, September 21<sup>st</sup>. We are asking for volunteers to come and read stories to our classes. Bring your favorite book or pick one from the classroom. Times are available from 8:00 – 10:00. If you would like to participate, fill out the following information and return to the office.

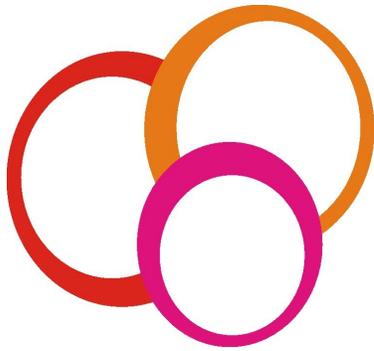
Name: \_\_\_\_\_

Time: \_\_\_\_\_

Which class would you like to read to? (Circle the classrooms you would like to visit.)

Infant One    Infant Two    Toddler One    Toddler Two    Jr. Pre-K

Pre-K Heather    Pre-K Kesha



# Parent Involvement Committee

If you are interested in joining our Parent Involvement Committee, please fill out the information below and return to our office. We'd love to have you!

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Child's Name \_\_\_\_\_ Teacher \_\_\_\_\_

**Lascassas Baptist Preschool - Mums Sale Order Form**

\$8.00 for 16-inch mums    \$12.00 for 20-inch mums    \$20 for 24-inch mums

**Red   Yellow   Bronze   Purple**

	16-inch - \$8.00			20-inch - \$12.00			24-inch - \$20.00			TOTAL ORDER AMOUNT	
	Red	Yellow	Bronze	Red	Yellow	Bronze	Red	Yellow	Bronze		Purple
Example: John Doe 555-5555	2	1			2				1		\$68
<b>PAGE TOTALS:</b>											

Orders are due September 11<sup>th</sup> and mums will be delivered to LBP on September 18<sup>th</sup>. Please put each order on a separate line and make checks payable to LBP! All proceeds benefit Lascassas Baptist Preschool!