

JANUARY  
2020

## HAPPY NEW YEAR!



We hope everyone enjoyed Christmas Break and was able to reflect on the season's true meaning! Be sure to check out the back of the newsletter for great New Year's Resolutions!

### TAXMAN!

Tuition statements for tax purposes will be **EMAILED** on **Monday, January 13<sup>th</sup>**! If you would rather have a paper copy, please see Jenny.



### HE HAD A DREAM...

LBP will be closed on **Monday, January 20<sup>th</sup>** to observe MLK Day. Enjoy your day off!

### EXTRA CLOTHES AND COATS

Winter is here! Please make sure that the extra clothes you send to school in your child's backpack are appropriate for the season. It is also incredibly important that you leave a warm coat for your child for when we go outside. Even if they aren't wearing one while they are in the car, please make sure you are sending one in for their hook. Hats wouldn't hurt either! **REMEMBER TO LABEL EVERYTHING!**

## 100 DAYS SMARTER!



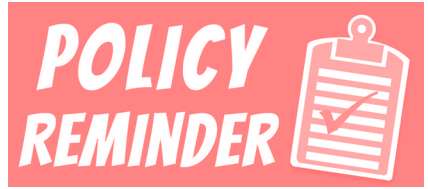
Our 100<sup>th</sup> day of school is **Thursday, January 23<sup>rd</sup>**. We will have yummy treats, dress-up days, and activities planned for this week, so stay tuned for more information!!



Curtis Wright  
Photography

### SMILE!

Everyone's favorite black and white photographer will be here on **Tuesday, January 28<sup>th</sup>** and **Wednesday, January 29<sup>th</sup>**. These are candid classroom photos and there's no need to dress up. He catches them with the cutest little smiles. You'll love them!



Remember the Health Policy found in our Parent Handbook. Please do not send your child to preschool if he/she exhibits any of the following symptoms 24 hours prior to attending preschool:

**Unexplained rash, vomiting, diarrhea, eye infection, heavy and discolored nasal discharge, fever or frequent deep cough**

Your child must be free of fever or symptoms and/or taking antibiotics for at least 24 HOURS before returning to preschool. If a child becomes ill during the day, parents will be notified and will be asked to pick up the child as soon as possible. Medication is not administered by the staff, except in life-threatening emergency. Non-prescription diaper ointment and sunscreen can be brought from home and must be labeled with your child's name. If you do not provide diaper ointments or sunscreens, we reserve the right to use what we have on hand.

## MONTHLY MISSION PROJECTS



Each month, our classes participate in philanthropic activities to help our communities and to spread the love of Christ through these endeavors. This month, we are asking families in our **Jr. Pre-K Classroom** to donate bottled water for the Lascassas Volunteer Fire Department. Any brand, size, or count is welcome and you can leave it next to the table outside of our office.

The Giving Box at Lascassas is the creation of one of our very own sweet LBP families! Located beside the playground at the Lascassas Lions' Club, this community-driven box is for families to glean from whenever a need arises. They accept all manner of non-perishable foods, laundry/cleaning supplies, and personal care items. For January, we are accepting the following items for this ministry:



*breakfast and protein bars      canned meats (tuna, chicken, etc.)*

Place all your donations in the bin outside of our office.

## REGISTRATION BEGINS ON WEDNESDAY, JANUARY 15<sup>TH</sup>

It is time for current students and church members to register for the summer and fall semesters at LBP! These forms will be available **Wednesday, January 15<sup>th</sup>** on the table outside of our office. It will be your responsibility to gather these forms yourself. If you intend for your children to remain at LBP, it is **imperative** that you return these forms ASAP. All registration forms for current students are due by **Wednesday, February 12<sup>th</sup>**. We will offer any available spots for the summer and fall to those on our waiting list and to the public. Please do not delay.

### wishlist

- Kleenex
- Lysol spray
- Mr. Bubbles Foam Soap
- Fun stickers



### February Sneak Peek

- Monday, February 3<sup>rd</sup>      Keeping Kids Safe Begins
- Friday, February 14<sup>th</sup>      Valentine's Day!
- Monday, February 17<sup>th</sup>      Closed for President's Day

LASCASSAS BAPTIST PRESCHOOL

# Lascassas Baptist Preschool

## Five New Year's Resolutions for a Christ-Centered Family

*If you've been a parent at LBP in January before, you've seen this article more than once. It's just so GREAT! Read carefully and see how you can make a difference in your family's life.*

New Year's resolutions are worth pursuing, especially when it involves something as significant as your faith or your family. While resolutions themselves aren't mentioned in Scripture, the Bible does have a lot to say about second chances and new beginnings (Psalm 51:10-11). Here are five resolutions to put more focus on your family in a Christ-centered way:

1. Read the Bible with your child, each day. It's never too early to begin this, and there are plenty of board storybook Bibles for toddlers.
2. Get home from work earlier, each day. This one is for me. I'm as guilty as anyone of trying to do one more thing, send one more email, finish one more task. Those five-minute chores add up, and pretty soon, I'm leaving work 30 minutes late. For an entire week, that's two and a half hours of missed family time.
3. Say more positive words around your child, each day. Do you spend hours throughout the day telling your child what not to do—correcting them, reminding them, disciplining them? There are certainly moments when that's needed, but this year, try doing less of that. "Encourage one another and build one another up" (1 Thessalonians 5:11). Use positive words more each day. "Great job." "I'm proud of you." "Smile more. Laugh more. It's a guaranteed relationship-booster and it lessens stress.
4. Spend less time on your smartphone each day. A 2014 study by Ericsson predicted that by 2020, 90 percent of the world's population age 6 and older will have a cell phone. That's nothing to celebrate. Face it: Smartphones are addictive, delivering right into the palms of our hands nearly every temptation you and I deal with. Remember those hobbies you once enjoyed? They've been replaced by Facebook. This year, set boundaries. No smartphones at the kitchen table. No smartphones after a certain time. And no smartphones in bed. Your family will thank you.
5. Love your spouse more in front of your children, each day. Sadly, too many children in today's culture rarely see their own parents displaying godly love. And they definitely don't see godly love portrayed on television. The Bible says a marriage is to be the ultimate form of earthly love (Ephesians 5), but do my children see that love modeled in my home? This year, hug and kiss your spouse more and more in front of your kids. It can just be a "peck," and they'll think it's disgusting, but they'll walk away knowing that mommy and daddy love one another. And if you aren't married to your child's other parent, be very aware of what you say about that parent in front of them and how you treat that person when you have interaction with them. Take the high road every time - the view is better.

<https://michaelfoust.com/2015/01/09/5-new-years-resolutions-for-a-more-christ-centered-family/>

## Healthy Recipe of the Month - Apple Cider Chicken

### Ingredients:

- |  |  |
|--|--|
| 4 teaspoons extra-virgin olive oil, divided          | 1 1/2 pounds boneless skinless chicken thighs (about 8, depending on size) |
| 1 teaspoon kosher salt, divided                      | 1/2 teaspoon freshly ground black pepper, divided                          |
| 1/2 cup fresh apple cider                            | 2 teaspoons Dijon mustard  |
| 3 medium firm sweet apples, cut into 1/2-inch slices | 2 teaspoons chopped fresh rosemary, plus additional for serving            |

### Directions:

Heat 2 teaspoons of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.

In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top. Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.