

February
2019

Lascassas Baptist Preschool



Heart Health Month

February is Heart Health Month! To kick it off, everyone wear RED for Women Friday, February 1st.

Safety Classes



Our child safety curriculum, Keeping Kids Safe, begins on Monday, February 4th for children 3 and up. Please turn in your acknowledgment slips ASAP!

Happy VALENTINE'S DAY Party Time!

Our Valentine's Day parties will be held on Thursday, February 14th. Speak with your child's teacher about what the class will be doing and be sure to check out the snack sign-up sheets outside of the classroom doors.



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!



We are completing our survey online this year! You will receive an email with the link in the next few days. We have gotten lots of great feedback from our families in the past and I'm sure this year will be the same! Please fill out the survey by Friday, February 15th.



School Closure!

LBP will be closed on Monday, February 18th so we can observe Presidents' Day. Enjoy your day off!



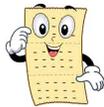
Summer and Fall Registration

If you haven't already done so, please turn in your registration forms for your child's summer and fall spots. Registration ends for all current students on Wednesday, February 20th. Any spots that are not accounted for will be up for grabs. All fees are due by Wednesday, April 3rd. Fees not paid by this date could result in losing your child's spot. This also includes children that have yet to be born.



February is the month for love and we are sharing our love with the American Heart Association by having our Fourth Annual Walk-a-Thon. It will be on Monday, February 25th. We will have music, special snacks, and more! Head over to www.heart.org if you feel led to make a donation to this organization.

Monthly Mission Projects



Each month, we participate in philanthropic activities to help our communities and to spread the love of Christ through these endeavors. We are asking families in our *Pre-K Kailey classroom* to donate snacks for the Lascassas Volunteer Fire Department – crackers, granola bars, chips, etc! You can leave your donations in the bin outside of our office.



For our schoolwide project, we are collecting medical items for Sole Hope. What's their mission? Thousands of children in Uganda suffer from a crippling foot parasite called jiggers. Jiggers keep kids from going to school, running, and playing. They prevent people from walking and working. People with jiggers often become outcasts, so this small parasite negatively impacts every aspect of a person's life. Through education, medical care, and shoes, Sole Hope aids the Ugandan people to become jigger free, restoring health and hope for a future. Sole Hope creates shoes from old jeans and then sends out medical kits with every family they serve. We are collecting money to cover shipping costs and the following items for the medical kits. Place items in the bin outside of our office. If you have donations for shipping, please place those in the tuition lock box.

Band-Aids
Kids stickers

Cotton balls
2" safety pins

Ziplock snack bags
Individual alcohol wipes

Quart-sized freezer bags
Tubes of antibiotic cream



Lysol spray

MARCH SNEAK PEEK

Sunday, March 10th - Daylight Savings Time Begins (Wooo Hoo!)
Thursday, March 14th - National Potato Chip Day
Monday, March 25th - Friday, Marcy 29th - Closed for Spring Break

Lascassas Baptist Preschool Monthly Devotion

“This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.” 1 John 3:16

It's that time of year again, when the stores are filled with red and pink candies, stuffed animals and heart-shaped boxes of chocolates. Some people look forward to Valentine's Day each year, while others are impartial or may even dislike it. The holiday centered on love does not only have to be applied to couples, though.

No matter how you feel about this holiday, as Christians, we are called to love at all times. Why? Because God first loved us. He sent His son, Jesus, to die for our sins so that those who believe in Him may have eternal life. ***Romans 5:8 says, “But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”*** While we were undeserving, God showed love to us. Therefore, we are to show love to others.

When it comes to true love, we can look to the life of Jesus as our example to follow. His love was shown through His actions and in the way He lived. For example, He served others and always did so with a humble attitude. This can be seen in John 13 when Jesus washed His disciples' feet.

True love is not solely based on attraction or our emotions. Rather, true love is an action. ***1 John 3:18 says, “Dear children, let us not love with words or speech but with actions and in truth.”*** There are many ways to show love to others in our daily lives, such as by taking time out of our busy schedules to care for someone else. Acts of true love do not have to be extravagant – they can be as simple as encouraging someone when they are down or being a good listener.

So, let this Valentine's Day serve as a reminder of the importance of showing Christ-like love to others. Remember that true love is selfless and sacrificial. Ultimately, when we show this kind of love to others, we point them to Christ.

blogs.gcu.edu/spiritual-life/weekly-devotional-showing-christ-like-love-on-valentines-day/

Child Development Central - HEALTHY HEART EDITION

Raising Heart Healthy Kids

Since February is American Heart Month, we are looking at ways to promote a heart healthy lifestyle that will extend into adulthood! Check out these great tips:

1. Avoid sugary drinks. Today's beverage choices can be overwhelming. Many of these drinks, including sodas, fruit juices, and energy drinks, have a lot of added sugar. These are sources of excess and unnecessary calories, which quickly translate into extra and unwanted weight. For most children, water and milk are the only drinks they need.
2. Make healthy food choices. The heart-healthiest foods include vegetables, fruits and whole grains. In addition, dairy foods should be low-fat, and meats should be lean. Limiting portion size is also important. You want your child satisfied, not stuffed!
3. Engage in physical activity. A body is meant to be active! That means at least 60 minutes of moderate to vigorous physical activity every day.
4. Limit screen time. Screens are everywhere these days. Challenge your child and your family to limit screen time to less than two hours a day. Better yet, turn those screens off entirely and get your body moving!
5. Improve your sleep hygiene. Healthy sleep helps to regulate the body's metabolism, and increasing evidence suggests that better sleep is associated with healthier weight. Keep regular sleep hours, even on weekends. Distractions, especially screen time, should be limited or eliminated one hour prior to bedtime.

Adapted from: riseandshine.childrensnational.org/5-tips-for-a-heart-healthy-family/