

NEWSLETTER

September

Announcements!

IF YOU ARE INTERESTED IN OUR PARENT INVOLVEMENT COMMITTEE, PLEASE FOLLOW THE LINK TO THE SIGN UP GENIUS THAT WAS EMAILED. WE'D LOVE TO HAVE YOU!

INVOLVEMENT COMMITTEE:

CHILLI SUPPER AND AUCTION:

IT'S SEPTEMBER, BUT WE ARE ALREADY MAKING PLANS FOR OUR THIRD ANNUAL CHILLI SUPPER AND AUCTION! IT WILL BE MONDAY, NOVEMBER 4TH. LINKS FOR BASKET DONATIONS WILL BE EMAILED IN THE COMING DAYS. WE NEED DONATIONS! IF YOU HAVE A BUSINESS OR KNOW SOMEONE WITH ONE, PLEASE CONSIDER DONATING TO OUR CAUSE.



MUMS FOR SALE:

A SPECIAL PRIZE WILL BE AWARDED TO THE KIDDO THAT SELLS THE MOST MUMS!



Reading at LBP

Reading in the Schools Day is an annual event where schools in Rutherford County host volunteer readers to read in their classrooms throughout the day. If you are interested in reading to our students that day, please follow the link to the Sign Up Genius that was emailed. We are asking for volunteers for our **Toddler 3, Jr. Pre-K and Pre-K** classrooms only.

Monthly Mission Project

WE ARE CONTINUING OUR SUPPORT OF THE LASCASSAS GIVING BOX. LOCATED AT 6531 LASCASSAS PIKE, THE GIVING BOX IS COMPLETELY 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



LBP

September 2024

HEALTHY TIPS

Why should I get a Flu Vaccine?

IF YOU'VE EVER HAD THE FLU, YOU KNOW HOW BAD IT CAN MAKE YOU FEEL. TO HELP SKIP ALL THAT MISERY – AS WELL AS POSSIBLE HEALTH PROBLEMS FROM THE FLU – DOCTORS RECOMMEND THAT ALL TEENS GET A FLU VACCINE EVERY YEAR. IT'S EXTRA IMPORTANT FOR PEOPLE WITH SOME MEDICAL CONDITIONS (LIKE KIDNEY DISEASE, DIABETES, HIV, HEART PROBLEMS, OR ASTHMA) TO GET A FLU VACCINE. THEY ARE MORE LIKELY TO HAVE SERIOUS HEALTH PROBLEMS (LIKE PNEUMONIA) WHEN THEY GET THE FLU. FLU VIRUSES USUALLY CAUSE THE MOST ILLNESS DURING THE COLDER MONTHS OF THE YEAR. IN THE UNITED STATES, FLU SEASON IS FROM OCTOBER TO MAY. THE BEST TIME TO GET A FLU VACCINE IS BEFORE FLU SEASON STARTS. GETTING IT AS SOON AS IT'S AVAILABLE, USUALLY AROUND SEPTEMBER, GIVES THE BODY TIME TO BUILD IMMUNITY. YOUR MOM OR DAD CAN FIND OUT ABOUT VACCINE AVAILABILITY FROM YOUR DOCTOR'S OFFICE, OR YOU CAN ASK YOUR SCHOOL NURSE. EVEN IF YOU CAN'T GET VACCINATED RIGHT AWAY, GETTING IT LATER IS BETTER THAN NOT GETTING IT AT ALL. IT'S STILL FLU SEASON IN JANUARY OR FEBRUARY – EVEN THEN IT'S NOT TOO LATE FOR YOU TO GET THE FLU VACCINE. AND GETTING A FLU VACCINE LATE IN THE SEASON IS ESPECIALLY IMPORTANT FOR PEOPLE WHO TRAVEL. THAT'S BECAUSE THE FLU CAN BE ACTIVE AROUND THE GLOBE FROM APRIL TO SEPTEMBER.

ADAPTED FROM: WWW.KIDSHHEALTH.ORG/EN/TEENS/FLU-SHOT.HTML

Healthy Recipe

Scrambled Egg Hash Brown Cups

Ingredients:

- 1 package refrigerated southwest-style shredded hash brown potatoes
- 1-¼ cups shredded cheese
- 6 large eggs
- ½ cup milk
- 1/8 tsp salt
- 1 TBS butter
- 10 thick-sliced bacon strips, cooked and crumbled



Directions:

1. Preheat oven to 400°. Combine potatoes and ¾ cup cheese. Divide potato mixture among 12 greased muffin cups; press onto bottoms and up sides to form cups. Bake until light golden brown, about 30 minutes.
2. Meanwhile, in a small bowl, whisk eggs, milk and salt. In a large nonstick skillet, heat butter over medium heat. Pour in egg mixture; cook and stir until eggs are thickened and no liquid egg remains. Stir in bacon. Spoon into cups; sprinkle with remaining ¼ cup cheese.
3. Bake until cheese is melted, 3-5 minutes. Cool 5 minutes before removing from pan.

ADAPTED FROM:

WWW.TASTEOFHOME.COM/RECIPES/SCRAMBLED-EGG-HASH-BROWN-CUPS/

BIBLE!

EVERY WEEK TODDLER 3, JR. PRE-K AND PRE-K CLASSES MEET FOR BIBLE WITH MRS. HEATHER AND MRS. MARISSA. DURING THIS TIME THE KIDDOS, SING AND DANCE, HEAR THE BIBLE STORY FOR THE WEEK AND PRACTICE THE MEMORY VERSE. IT IS A FUN 15 MINUTES OF THE WEEK WHERE THEY ARE ENGAGED AND LEARNING ABOUT JESUS! THIS MONTH'S STORIES AND MEMORY VERSES:

9/21/24	PHARAOH SAYS NO!	LET MY PEOPLE GO. EXODUS 5:1
9/9/24	THE PLAGUES	PHARAOH WOULD NOT LISTEN. EXODUS 9:12
9/16/24	THE PASSOVER	I WILL PASS OVER YOU. EXODUS 12:13
9/23/24	THE EXODUS	THE LORD BROUGHT THE ISRAELITES OUT OF EGYPT. EXODUS 12:51
9/30/24	CROSSING THE RED SEA	THE LORD WILL FIGHT FOR YOU. EXODUS 14:14

SEPTEMBER Calendar

Mon	Tues	Wed	Thurs	Fri
② LABOR DAY! NO SCHOOL	③	④	⑤ GRANDPARENTS LUNCH @11 (DESSERTS ARE PROVIDED)	⑥ 
⑨	⑩	⑪	⑫ 	⑬ READING IN THE SCHOOLS DAY!
⑮ MUM ORDER FORMS DUE! 	⑰ LBP CLOSED!	⑱	⑲	⑳
⑳ MUMS DELIVERED!	㉔	㉕ SEE YOU AT THE POLE 	㉖	㉗
㉓	○	○	○	○

