

August
2024

Lascassas Baptist Preschool

TO KNOW. TO GROW. TO SERVE.



Hello to all of our returning students and welcome to all of our new students. We have many great things planned and we know that everyone will have another fantastic year!

THANK YOU
SO MUCH
YOU ARE VERY MUCH APPRECIATED!

Thank you all so much for all of the items that have been purchased from our Wish List! We are overwhelmed by your generosity. We will continue to update the list throughout the year and we'll let you know when we do.



If you aren't getting our emails, then you are out of the loop!

Add us to your address book!

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Find us on Facebook
and Instagram!



Join our text messaging service!

To receive messages, text @lbp1273 to 81010. More info

can be found in your Parent Handbook and also online at www.LascassasBaptistPreschool.com.

This month's unit theme is:



Important Reminders!

- The Daily Take Home Folder needs to come to school EVERY DAY! For preschoolers, the take home sheets are *weekly*.
- Keep your child's bag FREE from medicines; **only** non-prescription diaper rash cream and sunscreen are allowed.
- Provide diapers/pull-ups and wipes every day if your child isn't potty trained. Remember a full change of clothes in every child's bag every day.
- Lunches from home should be USDA ready. You have a reference in your folder of guidelines to follow. Lunches are not refrigerated. Use cool packs and Thermos' when necessary and use a child-sized school lunch box.
- Tuition is due on the 1st and late on the 5th, unless otherwise noted. Tuition for this month is due by **Thursday, August 15th!**

Monthly Mission Project



Welcome to our new families! Let's talk about our Monthly Mission Project! Each month, we participate in philanthropic activities to help our community and to spread the love of Christ through these endeavors. We will partner with *The Lascassas Giving Box* each month of our school year. *The Giving Box* is the creation of one our very own sweet LBP families! Located behind the concession stand at the Lascassas ball fields, 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 the month of August, we are accepting the following items for this ministry:

Granola Bars

Nutri Grain Bars

Poptarts

You can put any donation in your child's bag and we will make sure it lands at The Giving Box. THANK YOU!



September Sneak-Peek

- Monday, September 2nd - LBP Closed - Labor Day
- Thursday, September 5th - Grandparents' Day Luncheon
- Tuesday, September 17th - LBP Closed - Staff Inservice Day



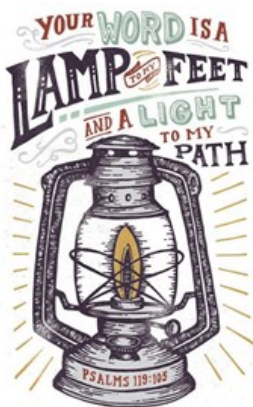
Lascassas Baptist Preschool Monthly Devotion

Here's a word of encouragement for you! Share this with your little ones - it's a good one!

Did you ever get up at night in the dark? If you don't turn on a light, you might stub your toe! What can we do to avoid it? Yes, we might use a flashlight or turn on the lamp beside our bed. But sometimes, when we're very sleepy, we might not turn on a light. Then we're in danger of stumbling over toys or walking into furniture.

Today, school starts again. We'll see all our friends again and have fun at recess. Many of us will have a new teacher and maybe even new kids in our class. We might be in a new classroom or maybe even in a new school altogether. All those new things can be fun, but they can sometimes also feel like walking around in the dark—unfamiliar and maybe even a little bit scary. Will our teacher be fun? Will he or she like us? Will the other kids in our class be helpful and want to play with us, or will they be mean? Will we go to a big, new building and get lost?

See what I mean? A little scary, like walking in the dark.



If we had a light to take along, that might help us relax. Then we could feel safe. And if we felt relaxed, safe, and confident, we could act in friendly ways toward the other kids and our new teachers, too.

I have a light for each of you today. It's a verse from the Word of God. It says:

This Bible verse reminds us that God is always with us to light our way. All that we have learned about him, especially about his love for us in our Savior, Jesus, keeps us safe and secure. When we wonder what to do or how to act, the Holy Spirit will bring back to our minds what we have learned from his Word at home or here at church. When we know we've hurt someone else, his Word will help us remember we're forgiven because Jesus died for us. It will help us apologize to those we've hurt and do what we can to make it right. God's Word will also help us show Jesus' love to others—and talk about it, too!

God's Word lights our way—right now and all through the new school year ahead.

Adapted from: <http://share.ctainc.com/2011/08/09/god-lights-my-way-a-free-childrens-devotion-for-the-new-school-year/>

HEALTHY RECIPE OF THE MONTH : GLUTEN FREE CHICKEN TENDERS

(THESE ARE GREAT SERVED COLD IN LUNCHBOXES!)

Ingredients:

1 POUND CHICKEN BREASTS (3 OR 4)	SALT & PEPPER TO TASTE
2 - 3 CUPS OF ALMOND FLOUR	PAPRIKA TO TASTE
2 EGGS LIGHTLY BEATEN	OREGANO TO TASTE
COOKING OIL (PALM PREFERRED)	

Directions:

PREHEAT OVEN TO 400 DEGREES IF BAKING THEM. CUT CHICKEN BREASTS INTO STRIPS. IN A MEDIUM SIZE BOWL PLACE THE EGGS LIGHTLY BEATEN. PLACE A BIG PIECE OF PARCHMENT PAPER ON YOUR COUNTER. PLACE THE ALMOND FLOUR THERE AND ADD SALT AND PEPPER. YOU CAN ALSO ADD PAPRIKA AND OREGANO IF YOU LIKE. DIP EACH STRIP IN THE EGGS FIRST THEN DREDGE IN THE ALMOND FLOUR MIXTURE. PLACE ON TOP OF PARCHMENT PAPER WITH SOME COOKING OIL AND BAKE FOR ABOUT 20 MINUTES TURNING THEM ONCE HALF WAY. IF YOU ARE FRYING, HEAT THE OIL IN A LARGE SKILLET (MEDIUM TO HIGH HEAT). PLACE YOUR STRIP A FEW MINUTES EACH SIDE THEN TURN HEAT TO MEDIUM AND LET THEM COOK COMPLETELY (ABOUT 15 MINUTES).

Adapted from: www.creativehealthyfamily.com/perfect-gluten-free-chicken-tenders/?swcfc=1

Healthy Tips - The Importance of a Flu Shot

Why get vaccinated?

Influenza vaccine can prevent influenza (flu). Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years and older, pregnant people, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications. Pneumonia, bronchitis, sinus infections, and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer, or diabetes, flu can make it worse. Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults. In an average year, thousands of people in the United States die from flu, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year. CDC recommends everyone 6 months and older get vaccinated every flu season. Children 6 months through 8 years of age may need 2 doses during a single flu season. Everyone else needs only 1 dose each flu season. It takes about 2 weeks for protection to develop after vaccination. There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against the influenza viruses believed to be likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection. **Influenza vaccine does not cause flu.** Influenza vaccine may be given at the same time as other vaccines.

Adapted from: <https://www.cdc.gov/vaccines/>