

# emergence

## PRETEENS

### September Preteen Newsletter

Hello Preteen Parents!

August was full of events. VBS was wonderful, the concert with ASAP Preach was a hit, and our guest speaker Dr. Richard Ross added focus on family. God is bringing more exciting events for September through the end of the year, so mark your calendars!



#### Healthy Lunchbox Hacks!

School has started and as you find yourself getting back into the routine of packing those lunches, here are a few healthy choices that will give your child energy throughout the day:

##### **Swap chips for slow-roasted nuts.**

Potato and corn chips are guaranteed to tank your child's energy after lunch. Opt for a

handful of roasted almonds or other tree nuts, and say hello to energizing protein and brain-boosting omega-3's instead.

**Choose organic.** Research shows that kids with higher levels of common pesticides in their systems are almost twice as likely to suffer from ADHD. The takeaway? Choosing organic matters!

**Trade up from PB&J.** Yes, peanut butter and jelly sandwiches are a classic. They're also full of sugar, gluten, and potential allergens. Spread a brown rice tortilla or Paleo wrap with a generous layer of almond or cashew butter, then top with thinly sliced fresh berries. Healthier and tastier!

**No more juice boxes.** A cup of apple juice has about the same amount of sugar as a cup of cola! That means your kiddo's blood glucose level will take a nosedive mid-afternoon, taking their focus and energy along with it. Easy fix: put a handful of your child's favorite fruit slices in a bottle of filtered water every morning. It'll taste great by lunchtime, minus the extra sugar.

**Dip it.** Lentil chips in hummus, apple slices or celery sticks in nut butter, fresh berries in unsweetened Greek yogurt, black bean chips in guacamole - the fastest way to a child's heart is with fun finger food! Let them help choose their dippers and dips, and they'll be even more inclined to finish their nutritious lunch.

Here's to a happy, healthy school year!

## Special Events!

**Parent Meeting**  
**Sunday, September 10, 2017**  
**Lunch Provided after Service**  
**All age groups are invited.**



### **Elevate Kids Ministry**

**Fall Party**  
**Friday, September 15, 2017**  
**6:30-8:00pm**

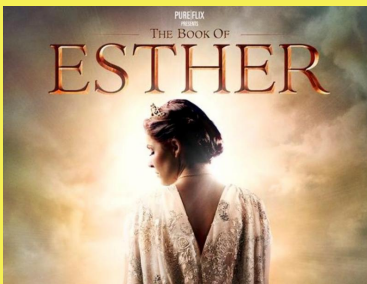
Preteens needed to volunteer for this event! Please let me know if your child is available.

### **Western Sunday**

**Sunday, September 17, 2017**

Show your Texas pride, adults and kids, dust off your boots and put on your hat!

BBQ lunch after service, \$10.00 a plate!



### **Girls Only - Esther Project Lock-in**

**Preteen Girls**  
**Friday, September 29, 2017**  
**9:00pm-8:00am**

**Cost: \$5.00 per person to go out for breakfast.**

**Esther 4:14**

**"...Who knows if perhaps you were made queen for just such a time as this?"**

As we learn about Esther, we will also learn about hope and defining moments in our lives. This will be an exciting night and I hope that your daughters will be able to attend.

### **Pumpkin Carving Party**

**Friday, October 27, 2017**  
**7:00-9:00pm**

Everyone loves to carve a pumpkin! Take home your masterpiece and decorate your porch. Everything will be

provided.



## CCOFW's Harvest Fest

**Tuesday, October 31, 2017**  
**6:00-8:00pm**  
**IN THE GYM**

The Preteens are decorating and running a booth for this annual event. There will be prizes for the best decorated booth and best costume! In preparation of the event, donations of individually wrapped bags of candy would be appreciated.

## Preteens Karaoke Night

**Friday, November 10, 2017**  
**7:00-9:00pm**

Its time to just be crazy and have some fun!  
Pizza provided.



## Thanksgiving Dinner

**Thursday, November 23, 2017**  
**11:00-1:00pm**

Volunteers please arrive at 10:00am. As November approaches, there will be sign up sheets for items needed and a list of jobs to volunteer for as well. As we give thanks to the Lord for all He has blessed us with, this is also the time when we serve our community. I am truly thankful for our CCOFW family!

### Psalm 107:8-9

"Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things."

## Preteens Christmas Party

**Friday, December 8, 2017**  
**7:00-9:00pm**

It's time to celebrate the birth of Jesus! Please

have your child bring a generic gift that is \$10.00 or less. Please contact me should this be an issue for anyone. We want everyone to celebrate the meaning of Christmas.



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## Elevate Kids Ministry

**Christmas Caroling**  
**Friday, December 15, 2017**  
**6:30-8:00pm**



The Preteens will be assisting Elevate Kids Ministry. Volunteers are needed to go Christmas Caroling to near-by church members homes. This will be a fun event for everyone. Parents are welcome to attend as well.



## CCOFW's Christmas Dinner

**Monday, December 25, 2017**  
**11:00-1:00pm**

Merry Christmas Church Family! Volunteers will need to arrive at 10:00am. As December approaches, there will be sign up sheets for items needed and a list of jobs to volunteer for as well.

### Isaiah 9:6

"For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."

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If you are not signed up for our texting service please do so that we can provide you with more up to the moment information. All you have to do is send a text message to **81010** and type **@preteenp**

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Love & Blessings!  
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