



FEBRUARY

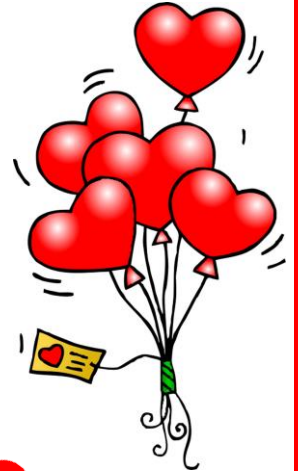
Ingredients

- 2 cup old fashioned oatmeal
- 1/2 cup shredded unsweetened coconut
- 1/2 cup honey
- 1/2 cup peanut butter*
- 1/4 cup ground flaxseed or hemp seeds
- 1/2 cup Valentine M&Ms, coarsely chopped or crushed

Instructions

Mix all ingredients in bowl. Scoop out 1 Tbsp at a time. Press and roll into balls. ***OR press the mixture into a bread pan lined with plastic wrap, refrigerate for at least 1 hour, remove from fridge and cut into bars. Chill in the fridge or freezer until ready to eat! Store bites in sealed container.

**If your mixture is very sticky, add more oats or chill mixture in the fridge for 30 minutes and then roll into bites.



XOXO



Extra Activities @ Caughlin Athletic Club



Dance with Camille

Soccer with Soccer Shots

Martial Arts with High Sierra Martial Arts

Piano with Lusa Rylski



HAPPY
Valentine's Day



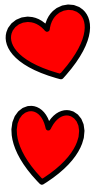
Birthdays
of the Month

\$100 OFF Tuition

Refer a friend to [Caughlin Club Kidz](#) and get a \$100 **OFF** tuition if they enroll for three months.

*Some restrictions may apply. Must be enrolled at least 3 full days per week for 90 days. Limited to one child per family. In order to redeem present to Director.

Stella	Feb 4 th	3 Years-Old
Caiden	Feb 4 th	3 Years-Old
Hadley	Feb 14 th	3 Years-Old
Winston	Feb 15 th	4 Years-Old
Finley	Feb 21 st	2 Year-Old
Harrison	Feb 24 th	2 Year-Old
Logan	Feb 28 th	3 Years-Old



Materials Needed:

- Red construction paper (or red card stock paper)
- Cotton balls
- String
- Scissors
- Glue (school glue will work)

Directions:

Start by cutting out different size hearts out of red construction paper. Set those aside. Then glue a loop of string to the cotton balls forming a cloud (approx. 20 cotton balls). Cut random lengths of string. Tape a heart to the end of each string. Glue the top of the strings to your cloud making a mobile.



Curriculum Corner:



Week 1: Ground Hog Day/Animal Habitats

Week 2: Feelings/Valentine's Day

Week 3: Pets

Week 4: Dr. Seuss

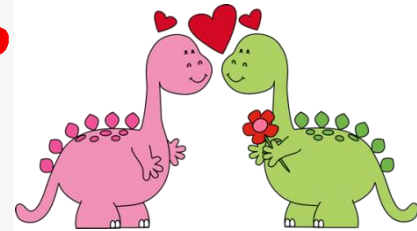
Number: 2/Dos **Letter:** C & D

Color: Pink **Shape:** Heart/Corazon

Yoga Pose: Cat

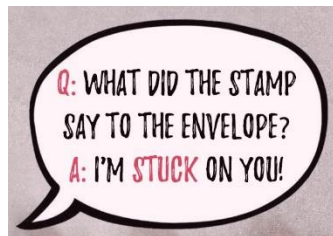
Sign Language: Eat & Drink

Spanish: Comer & Bebido



Adventure Camp will be
open for Spring Break,
March 14th -25th.

Registration forms should be
available soon so keep your
eyes out for that! ☺



IMPORTANT DATES:

February 1st – Super Hero Day
February 2nd – Groundhog's Day
February 9th – Pajama Day
February 14th – Valentine's Day
February 21st – President's Day
(OPEN)
February 25th – Mismatch Day