



Student Parent Newsletter

February 2024



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Family Activities

February 10: [Hip Hop Family Skate](#): 8:00 p.m. at Skate 71 | Bring the entire family for great food and fun on the roller rink.

February 11: [All Ohio Reptile Show](#): 10:00 a.m.- 3:00 p.m. | Come out and see your favorite scaly friends! Admission is cash only.

February 20: [President's Day at Ohio History Center](#): Visit [Ohio History Center](#) on Monday from 10 am – 4 pm to create your own campaign memorabilia, enjoy presidential-themed activities, and meet and meet several Presidential presenters on the museum floor. Presenters will be available between 11 am and 2 pm.

February 18: [PBJ and Jazz Samba School at Club Lincoln](#): 10:00 a.m. | \$5 per person! Let your kids explore the orchestra!

February 19: [Mommy and Me Fairy Princess Tea Party](#): 2:00 p.m. at Columbus Metropolitan Library | Come enjoy the fun!

February Snack

PINK RICE KRISPIE TREATS

Melt the butter in large pan on the stovetop over low to medium heat.

Next add in the vanilla extract, salt, and mini marshmallows. Continue stirring until the marshmallows have fully melted.

To color Rice Krispie treats pink you'll need to remove the marshmallow mixture from the heat and stir in the red food coloring.

Start with just a couple drops and add more as needed for the shade of pink you want. The more drops you add, the brighter the pink will be. Too much red food coloring will darken to red if you're not careful.

Feel free to add sprinkles and a little drizzle of icing.



Tips to Combat Burnout

Make time for enjoyable activities: and not just on the weekend!

Create reasonable goals for yourself and your children.

Stick to deadlines, avoid procrastination!

Take plenty of breaks throughout the day.

Make connections with school colleagues using virtual meetings.

No screentime at least 1hr before sleep.

Set a bedtime & stick to it.

Seek Support from faculty and staff.

Counseling Services Student Advocacy

Student Advocacy Center

Tutoring

Academic Coaches

Mid-Ohio Market

Advising Services



February Children's Book

Read some amazing books in February.

Reading with your child or having your child read to you will cultivate a lifelong love of reading.

I'll Love You Until the Cows Come Home by Kathryn Cristaldi

How to Send a Hug by Hayley Rocco

Snowy Valentine by David Petersen

Click, Clack, Moo I Love You! by Doreen Cronin

The Steadfast Tin Soldier retold by Cynthia Rylant



Email Alert

BE ON THE LOOK OUT FOR STUDENT ADVOCACY CENTER UPDATES IN STUDENT NEWS. THERE ARE LOTS OF GREAT THINGS COMING TO C-STATE.

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