

KOHLER EXLP NEWSLETTER



JANUARY 2026

A Little About Us

Our Mission

In Expanded Learning at Kohler, we provide youth with a safe and supportive space to grow, learn, and thrive. From hands-on science activities and exciting project-based learning, to teamwork through sports and recreation, students are encouraged to explore their interests and build new skills. Each month, we come together around our community campfire to celebrate birthdays and foster friendships, creating lasting memories alongside meaningful learning.

What We Do

- Homework Help
- Structured Physical Activities
- Reading and Writing
- Clubs and Tutoring
- Art, Science and Technology Activities and Projects
- Athletics



Reminders

Welcome back! We hope you all had a great Winter Break and a Happy New Year! We have our **first basketball** games tomorrow at Rio Linda High School!!

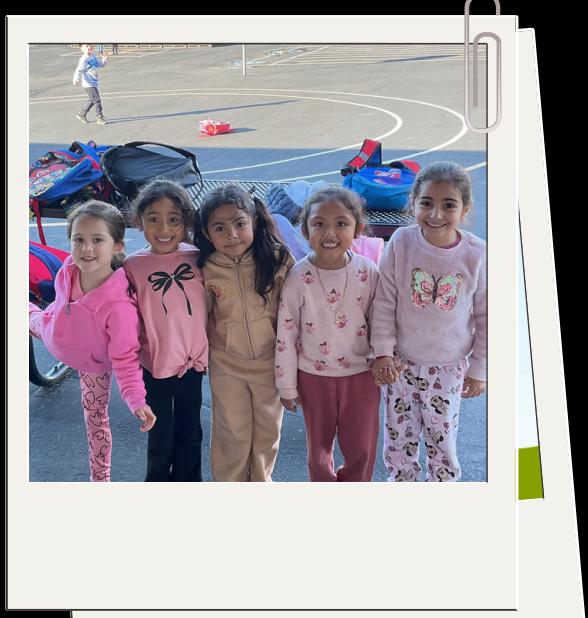
Upcoming Events

- January 19th - No School!
Martin Luther King, Jr. Day
- February 7th - **Center Stage**
District Art and Talent Show

Program Manager Contact Info

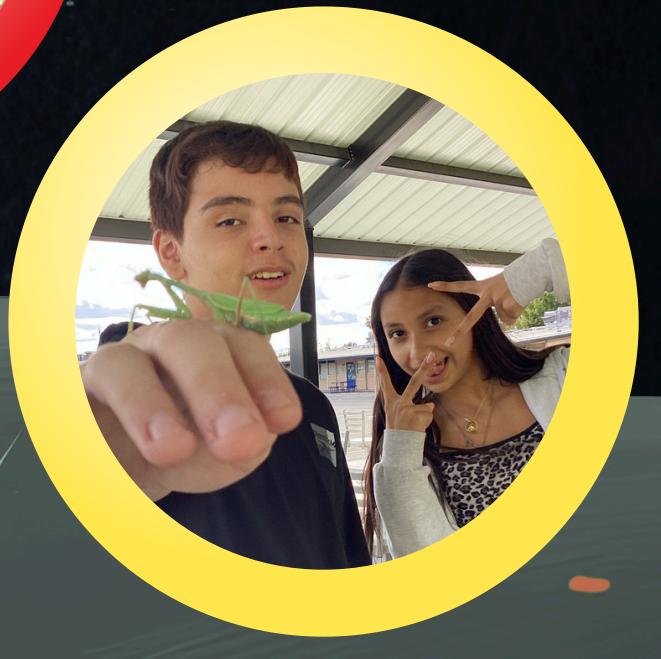
Phone:
(916) 949-9095
Email:
brianna.chambers@trusd.net
Office Hours :
10:00 AM - 6:30 PM

Happy New Year



2026





January Vendors!

Mon	Tue	Wed	Thu	Fri
AI - Gaming Pokemon Digital Animation	Chop It Up iCook	Household Science	Chop It Up	

Chop It Up:

In this course, our students learn knife skills, recipe following, and other essential cooking skills with the end goal of making a full meal on their own.

Household Science:

A course designed to introduce our students to the exciting world of science through hands-on experiments

CONCORDE

Digital Animation:

In this course our students will learn the basics of digital animation and story building

Pokemon:

A course for our Pokemon lovers to learn the ins and outs of the competitive card game, and work on their team skills

AI Gaming:

A course designed to teach our students the basics of AI generation

iCook:

A course designed to teach our students the basics of cooking and kitchen safety by preparing recipes from around the world

SPORTS NEWS!!



INTERESTED IN SPORTS?????

SIGN UP HERE!



[CLICK ME!!](#)



elevo



UPCOMING EVENTS

- 1/17 First Basketball Game
- 1/24 Second Basketball Game
- 1/31 Third Basketball Game

ALL GAMES ARE AT
RIO LINDA HIGH SCHOOL

What sports are we playing right now?

Basketball and Cross
Country/Track and Field



PRACTICE SCHEDULES

TUESDAY, THURSDAY, FRIDAY SCHEDULE

- 2:42 School out
- 2:45-3:15 Supper
- 3:15-3:45 HW
- 3:45 Practice Starts
- 5:15 Practice Ends
- 5:15-5:45 Character Development
- 5:45 Pickup

WEDNESDAY PRACTICE SCHEDULE

- 12:42 School out
- 12:45 Practice Starts
- 2:15 Practice Ends
- 2:15-2:45 Supper
- 2:45-3:15 HW
- 3:15-3:45 Character Development
- 3:45 Pickup



KOHLER BEARS
3RD-6TH GRADE TEAM

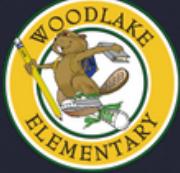
TRUSD GAME SCHEDULE

JAN 17 vs.  **PIONEER** **10:30 AM**

WEAR YELLOW JERSEY
@ MAIN GYM

JAN 24 vs.  **LAS PALMAS** **12:10 PM**

WEAR WHITE JERSEY
@ SMALL GYM

JAN 31 vs.  **WOODLAKE** **8:00 AM**

WEAR YELLOW JERSEY
@ MAIN GYM

FEB 14 vs.  **CCAA** **1:50 PM**

WEAR WHITE JERSEY
@ MAIN GYM

PRESENTED BY:



KOHLER ATHLETICS

Rio Linda High School
****(All Games)****



KOHLER BEARS
7RD-8TH GRADE TEAM

TRUSD GAME SCHEDULE

JAN 17 vs.  FRONTIER 02:40 PM WEAR WHITE JERSEY
@ **SMALL GYM**

JAN 24 vs.  PIONEER 03:30 PM WEAR YELLOW JERSEY
@ **MAIN GYM**

JAN 31 vs.  EASTSIDE 02:40 PM WEAR WHITE JERSEY
@ **MAIN GYM**

FEB 14 vs.  WESTSIDE 03:30 PM WEAR WHITE JERSEY
@ **SMALL GYM**

PRESENTED BY:



KOHLER ATHLETICS

Rio Linda High School
****(All Games)****

ELEVO STAFF

MEET OUR COACHES

Athletic Coordinator **Coach Gabe**

"At Kohler Elementary, I believe athletics are a key part of helping students grow physically, socially, and emotionally. Our program focuses on inclusion, teamwork, and sportsmanship, giving all students a chance to participate, learn, and have fun. Through age-appropriate activities and healthy competition, we promote confidence, respect, and a love for movement that lasts a lifetime. I'm proud to support Kohler's mission by helping every student grow both on and off the field."

Contact Info

(916) 890-5744

gabriel.sabillo@trusd.net



"With Great Power Comes Great Responsibility"



**D
J**

Philosophy:
Foster confidence and community while building up young leaders



**J
U
A
N**

Philosophy:
Build team comradery, get the community involved, and leave a lasting impact for the kids to carry the rest of their lives



**J
E
S
U
S**

Philosophy:
Progress not perfection



**G
E
L**

Philosophy:
Embody the phrase no kid left behind. Everybody has a purpose and individual set of skills. Make every kid feel empowered within themselves.



**Need a physical?
Give our Doc a call!**

**Dr. Zachary Owens
(916)784-2727
Office: 201 Harding
Blvd. Suite J
Roseville, CA,
95678**



4th Annual

CENTER STAGE

Save the Date!

February 7th, 2026

Norwood Junior High

Join us in showcasing your students
performing and visual arts talent as we
celebrate community!

RECIPE OF THE MONTH



Honey Mustard Salmon

- 1.) PREHEAT THE OVEN TO 400°F.
- 2.) IN A SMALL BOWL, WHISK TOGETHER THE HONEY MUSTARD, GARLIC, 2 TABLESPOONS OF THE OLIVE OIL, LEMON JUICE, DILL, AND SALT TO MAKE THE HONEY-MUSTARD GLAZE
- 3.) LINE A ROASTING PAN WITH ALUMINUM FOIL. BRUSH THE SALMON FILLETS ON BOTH SIDES WITH OLIVE OIL. PLACE FILLETS SKIN-SIDE DOWN (IF YOUR FILLETS HAVE SKIN-ON) ON THE FOIL-LINED PAN. USE A BASTING BRUSH TO COAT THE TOP SIDE OF THE FILLETS WITH THE HONEY MUSTARD MIXTURE.
- 4.) PLACE IN THE OVEN AND BAKE AT 400°F FOR 8 TO 10 MINUTES, UNTIL JUST BARELY COOKED THROUGH. IT'S OKAY IF THE SALMON IS STILL A LITTLE RARE IN THE CENTER, WHEN YOU REMOVE IT FROM THE OVEN, THE RESIDUAL HEAT WILL COOK IT THROUGH.

Ingredients

- 1 1/2 TO 2 POUNDS OF SALMON FILLETS
- 6 TABLESPOONS HONEY MUSTARD
- 3 CLOVES GARLIC, MINCED
- 3 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 1 TABLESPOON LEMON JUICE
- 1 TABLESPOON CHOPPED FRESH DILL
- PINCH SALT





SCCSC IS HIRING FOR

TRUSD TEAM LEADERS

EMPOWER THE YOUTH!



STARTING AT
\$18 AN HOUR



APPLY
NOW!

OR TEXT “APPLY”
TO
(916) 442-4228

LOOKING FOR
INDIVIDUALS THAT
WANT TO WORK
WITH STUDENTS
IN KINDER - 8TH

WHAT WILL YOU DO?

- Help with Academic Support
- Plan Enrichment Activities
- Plan Sport Activities
- And More!



PART-TIME HOURS

AFTER SCHOOL
MONDAY - FRIDAY SHIFT
1:30PM TO 6PM
WEDNESDAY'S @12:30PM

BEFORE SCHOOL
MONDAY - FRIDAY SHIFT
6:45AM- 8:45AM
FLEXIBLE SHIFTS