

# 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 19<sup>th</sup> – No School!  
Martin Luther King, Jr. Day
- February 7<sup>th</sup> – **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



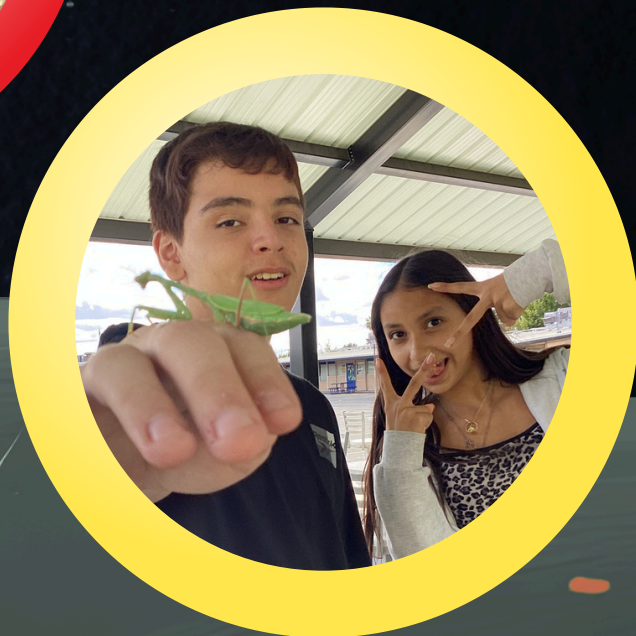
Happy!  
New Year



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 basic of cooking and kitchen safety by preparing recipes from around the world



# SPORTS NEWS!!

elevo



## UPCOMING EVENTS

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

INTERESTED IN SPORTS?????

SIGN UP HERE!



CLICK ME!!

## 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**

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

PRESENTED BY:



**KOHLER ATHLETICS**

# 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](mailto:gabriel.sabillo@trusd.net)**

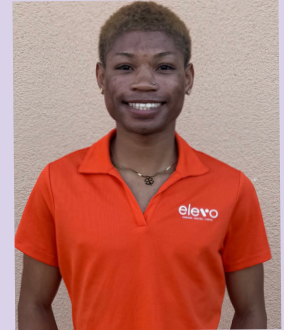


**"With Great Power Comes Great Responsibility"**



#### **Philosophy:**

Foster confidence and community while building up young leaders



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#### **Philosophy:**

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



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**Philosophy:**  
Progress not perfection



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#### **Philosophy:**

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



**G  
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**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 7<sup>th</sup>, 2026**

Norwood Junior High

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



JANUARY  
2026

# 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

# TRUST 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**

