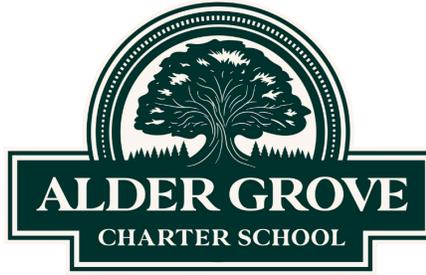


February 2026 Newsletter

Jay Tilghman • 8 days ago • Tuesday, Feb 3 at 10:00 AM • Alder Grove Charter School



SCHOOL NEWS

AGCS Field Trip



Where: Headwaters Forest Preserve

When: February 3, 2026 10am

Why: Come Join CT Leslie for an interpretive walk up the South Fork Elk River to watch salmon spawn and learn about their life cycle and importance to forest ecology!

Cost: Free

Sign up and get more details here:





AGCS Field Trip

Eureka Fire Department Guided Tour

When: Feb. 24th 10am
Where: 598 C st., Eureka
Cost: Free



**More info and
sign ups via
Parent Square**



Alder Groves Second Annual

Prizes!

LET THE GAMES

Games!

FIELD

DAY

Snacks!

BEGIN!

Races!

Thursday, March 5

2:30-4:30pm

LIFEHOUSE HUMBOLDT

2734 Hubbard Lane,

Eureka

All AGCS students are encouraged to attend!
Students in TK-3 should be accompanied by an adult.
Please wear comfortable clothes and shoes.

GRADES 5, 7, & 9 CAN COMPLETE THEIR PFT HERE!



LET'S HAVE FUN!!



SCIENCE FAIR 2026



**Last Call for
Science Fair
Submissions!**



COMPLETED PROJECTS
MUST BE TO KATHY BY
2/23



CONTACT KATHY YEAGER WITH ANY QUESTIONS!
KATHY.YEAGER@ALDERGROVECHARTER.ORG



**ALDER GROVE CHARTER
SCHOOL**

TK & K Get Together

DISCOVERY MUSEUM

612 G St STE 102, Eureka, CA 95501

11:30-12:30 pm

October 30

November 20

December 18

January 29

February 26

March 26

April 30

May 21

Join us for a TK & K Get Together at the Discovery
Museum for a FREE playgroup.

Contact Aly & Randi to attend.

aly.lescht@aldergrovecharter.org and

randi.mead@aldergrovecharter.org

COMMUNITY

February 2026

Care Corner

Monthly Check-ins!

Hello wonderful Alder Grove Families. In order to improve our communication with families and students, we are beginning a monthly series of "check-ins." Our aim is to see our participation increase each month until eventually we will have 100% participation! That would be absolutely fantantasic.

Each check-in will consist of 3-4 questions that you can answer either by texting/typing, recording your voice, or video-taping your answers. Although the survey itself is anonymous, using your voice or filming yourself will make it less anonymous. However, only the CONTENT of your answers will be shared with school administration, and just the overall themes will be made public.

Thank you in advance for your participation. Please [click on this post](#) or use the QR code below:



Top 10

Ways to Improve Mental Health

Maintaining your mental health is just as important as maintaining your physical health. Here are 10 ways to improve your mental health!

1. Get enough sleep.

The amount of sleep you get impacts your mood. Go to bed at a regular time each night and make sure you get at least eight hours of sleep.

2. Exercise.

Your body releases mood-improving chemicals when you exercise. Look for ways to integrate physical activity into your daily routine.

3. Open up to someone.

Talking about your feelings is a great way to process them. Talk to a friend or family member when you have a problem or something is bothering you.

4. Be mindful.

Mindfulness is being aware of the world around you and focusing on what you are experiencing. Throughout your day, remind yourself to be fully present, and to focus on the "now."

5. Deal with stress.

Stress can really take a toll on your mental health. To feel more empowered and less overwhelmed, make a list of the things that stress you out and come up with a plan for dealing with them.

6. Be grateful.

Notice the things you are thankful for in your everyday life. Regularly reflect on, and feel grateful for, each of these things.

7. Eat healthy.

Research shows that eating healthy foods like fish, fruits, and vegetables will help keep your body and your mind healthy and strong.

8. Help someone else.

Helping others has been shown to reduce stress and improve your mental health. It also just makes you feel good.

9. Reflect.

Put your phone away, turn off the TV, and take some time every day to rest, relax, and reflect. You might also try writing your thoughts in a journal.

10. Reach out for help.

Just like with physical health, we sometimes need the help of a professional to be at our best. If you'd like to feel better, talk to a counselor, advisor, or your family doctor.

Taking care of your mental health is important, and needing help isn't a sign of weakness. If you need help or just need to talk, contact the Crisis Text Line by texting HOME to 741741.

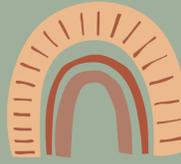


VIDEO

For more, watch this quick video!

woodburnpress.com

Item 1090
01122



Wellness Matters



SUICIDE WARNING SIGNS FOR YOUTH



It's time to take action if you notice these signs in family or friends:

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing social connections/situations.
 - Changes in sleep (increased or decreased).
 - Anger or hostility that seems out of character or out of context.
 - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available. Text or call 988 or chat 988lifeline.org, or reach out to a mental health professional.



Mary Fisher PPSC, School Wellness Specialist: 707-572-7898 (Call/Text)



STOPit: Report bullying, harassment, violence, threats, or weapons possession, alcohol or drug related issues, discrimination, etc.

<https://appweb.stopitsolutions.com/login/AlderGroveStopIt>

Are you a student or family in need of support? Use this form to get connected to the Wellness Center or other campus supports for help with emotions, behavior, basic needs, or access to helpful resources.

Link to Wellness Center/On Campus support referral form: <https://forms.gle/kPNWX3m4xRp3wZiH6>



The invitation features a light beige background with a repeating pattern of pizza slices, pepperoni toppings, mushrooms, and the number 3. The main title is written in a large, bubbly, yellow font with a red outline. Above it, a smaller red font reads 'YOU'RE INVITED TO OUR'.

YOU'RE INVITED TO OUR CONQUER THE CAASPP PIZZA PARTY

🎉 Celebrate Your Success! Join Us for a Pi Day Pizza Party! 🎉
Calling all dedicated students! Your hard work deserves a
delicious reward. Join us for a special Pi Day celebration:

Eligibility:

Complete 70% or more of your Conquer the CAASPP program
by February 24th.

Event Details:

Date: Friday, March 13, 2026

Time: 3–4 PM

Location: Alder Grove Lunchroom

What to Expect:

🍕 Pizza and treats

🏆 Awards

For questions, more details, or to RSVP:

📧 Contact Randi at randi.mead@aldergrovecharter.org

Let's CONQUER THE CAASPP

TOGETHER!

Increase your confidence in the CAASPP by...

- Practicing material
- Completing provided worksheets
- Solving your uncertainties
- Working together to answer all of your questions about the CAASPP!

Finish 70% with a passing grade by Feb. 24 and earn an invitation to the PIZZA PARTY!

Welcome to any student participating in Conquer the CAASPP or who would like to practice for the test.

Thursdays
2:00pm - 3:30pm
Learning Lab



Questions?

shana.langer@aldergrovecharter.org
annalee.mattingly@aldergrovecharter.org
olivia.vance@aldergrovecharter.org

BIG CONGRATS to our \$500 Scholarship Winners! Two lucky students are heading to college or trade school with some serious cash:

✨ **Trinity D. and Vance C.** ✨

And the Gift Card Winners Are...

PIZZA TIME! 🍕

Steven B.
Abigail R.
Tia V.
Selah R.
Emmeline L.
Kaileah K.

IN-N-OUT BURGER! 🍔

John H.
Isabella B.
Rocky V.
Angel F.
Artemisia A-W.
Trenten S.

DUTCH BROS! 🍷

Sequoia L.
Leela H.
Kira C.
Isaac B.
Faith D.
Hans R.

Swing by the front office to grab your gift cards!

**PREPARING FOR COLLEGE:
Financial Aid Pathway**

1

Complete the FAFSA/CADAA

This application is for financial aid, grants, and loans from the government. Priority deadline March 2. Application takes about 20-30 minutes.

studentaid.gov

2

WebGrants4Students Account

After applying to FAFSA/CADAA, create a Webgrants account to monitor financial aid specifically from California (state aid)! Even if you aren't awarded federal financial aid, here you may locate state financial aid.

www.csac.ca.gov

3

Humboldt Area Foundation Scholarships

Local scholarship finder opening January 15, closing March 2. Apply once, and get matched with various third party scholarships for locals! Higher chance of winning than regional scholarships!

www.scholarshipfinder.org

4

Apply To Colleges and Compare Financial Aid Offers

After applying to colleges, financial aid packages will be emailed or available in your college portal. Compare financial aid packages based on budget/financial need!

Jen Burtram



jen.burtram@aldergrovecharter.org

Need Help? Visit your counselors in the College and Career Center!

Maia Miglio



maia.miglio@aldergrovecharter.org

SCHOLARSHIP FINDER

Humboldt Area Foundation Scholarships!

ONE SIMPLE APPLICATION: GET PAIRED WITH HUNDREDS OF LOCAL SCHOLARSHIPS!

APPLY NOW!

SCHOLARSHIP INFORMATION

One short application that pairs you with scholarships based on interests, financial need, etc. Local scholarships = less competition!

Application Deadline:
MARCH 2, 2026

Apply here:
scholarshipfinder.org

Jen Burtram
Need Help? Visit your counselors in the College and Career Center!
jen.burtram@aldergrovecharter.org

Maia Miglio
maia.miglio@aldergrovecharter.org



HEY GRADUATING STUDENTS! FINISHED YOUR FAFSA/CADAA? WHAT'S NEXT?



<https://www.csac.ca.gov/>

01. CREATE A WEBGRANTS ACCOUNT

Through a student's FAFSA/CADAA application, they are automatically applying to both STATE and FEDERAL aid. Creating a Webgrants account allows the student to check on their STATE aid from California. After FAFSA/CADAA has processed (2-3 days), create an account using the same matching student information from the FAFSA (same email, Social Security Number, etc).

02. CHECK ON COLLEGE APPLICATIONS/PORTALS

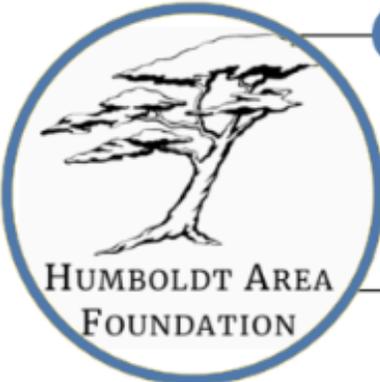
Finish up college applications and sign into your college portals! Here you may find financial aid offers, describing how much financial aid your school is offering you. Check this portal periodically. You may also receive financial aid offers through your personal or college email.



www.scholarshipfinder.org

03. SCHOLARSHIPS: HUMBOLDT AREA FOUNDATION

Want scholarships but are nervous to put in a ton of work and not win? Apply to Humboldt Area Foundation's Universal Application! One application will match you with local scholarships based on interests, financial aid, and more. For local students only! Deadline is March 2, 2026, and is open as of January 15, 2026.



COMMUNITY OPPORTUNITIES

Youth Arts Studio



THE HUMBOLDT ARTS COUNCIL
in the Morris Graves Museum of Art

SCHEDULE

School Break Workshops

FEB

Presidents Break Camp (3rd-5th)

Dates: Wednesday, February 18th - Friday, February 20th

Wed.-Fri./ 8:30-4 pm

\$200 (Non-Member)/ \$180 (Member)

APR

Spring Break Camp (6th-8th)

Dates: Tuesday, April 14th - Friday, April 17th

Tues.-Fri./ 8:30-4 pm/

\$250 (Non-member) \$225 (Member)

After School Classes

APR

After School Classes (6th-8th)

Dates: Thursdays, April 23, 30 & May 7, 14

4 Week Series/ Thursdays/ 3:30-5 pm

\$150 (Non-Member) \$135 (Members 10% off)

MAY

After School Class (9th-12th)

Dates: Thursday, May 28

One Day Class/ Thursday/ 3:30-5:30 pm

\$50 (Non-Member) \$35 (Members 10% off)



HealthSPORT Swim School



Building Strong Swimmers!

At HealthSPORT, we believe swimming is more than just a skill—it's a lifelong journey of safety, health, and fun. The mission of HealthSPORT Swim School is to empower children by providing a safe, supportive, and energetic environment to develop water mastery and confidence that lasts a lifetime.

Small
Classes

Focused
Instruction

Progress
Automatically

Easy
Monthly Enrollment

Fun
Themed Levels

Exciting
Goals to Reach!

READY TO DIVE IN?



Scan the code to view our current schedules, pricing, and to register online.

SCAN





Sister City Connect 2026 is coming! 🌸

Join us for our annual Eureka-Kamisu virtual gathering on Friday, February 20th, 6-7:30 pm PST via Zoom!

Connect with students and community members from our sister city in Kamisu, Japan, through introductions, cultural presentations, and small group conversations.

We're looking for students (all ages) and community volunteers to participate. Interested? Contact us by February 15th to join!

<https://forms.gle/apuC64g779AaPyLj9>

Upcoming Events

Tue 2/03, 10:00 am - 12:00 pm Field Trip- Headwaters Forest Preserve

Mon 2/16 - Tue 2/17 Presidents' Day School Closed

Mon 2/16 - Fri 2/20 No On Campus Classes