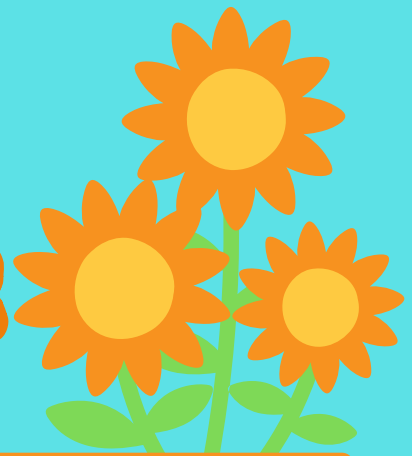


KOHLER EXLP NEWSLETTER



APRIL 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

Save the date! Enrollment for **next year** opens up **May 4th at 12PM!!** We will send an email out when the link is released!

Upcoming Events

- May 4th - Enrollment for next school year begins!
- May 6th - Chopped Challenge!!
- May 7th - Open House

Program Manager Contact Info

Phone:

(916) 949-9095

Email:

brianna.chambers@trusd.net

Office Hours :

10:00 AM - 6:30 PM

TWIN RIVERS

IN A GALAXY OF
EXPANDED LEARNING OPPORTUNITIES...
ONLINE REGISTRATION FOR
BEFORE & AFTER SCHOOL PROGRAMS
2026-2027 SCHOOL YEAR
OPENS ON

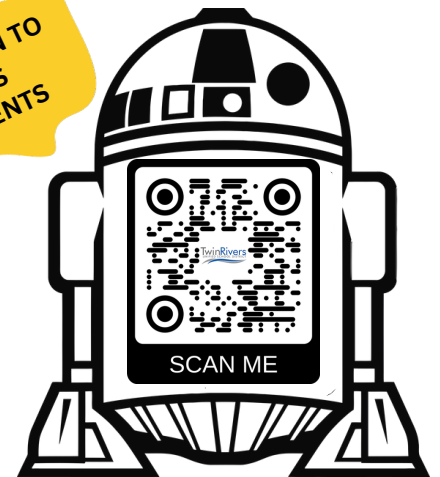
MONDAY, MAY 4

AT 12:00 PM (NOON)
REGISTRATION WILL FILL AT LIGHT SPEED
DON'T MISS OUT!

About Our Programs:

- Offered daily before & after school
- Breakfast & supper provided
- Help with homework
- Fun learning activities & clubs
- Tutoring support
- Recreation & sports
- All at no cost to families
- Open to all TK-12 students
- See complete list of program locations and register at www.trusd.net

NOW OPEN TO
WPCS
STUDENTS



TWIN RIVERS UNIFIED SCHOOL DISTRICT
EXPANDED LEARNING OPPORTUNITIES PROGRAM (ELOP)

TWIN RIVERS

EN UNA GALAXIA LLENA DE OPORTUNIDADES...
LA INSCRIPCIÓN EN LÍNEA PARA LOS
PROGRAMAS ANTES Y DESPUÉS DE LA ESCUELA
PARA EL AÑO ESCOLAR 2026-2027
ABREN EL

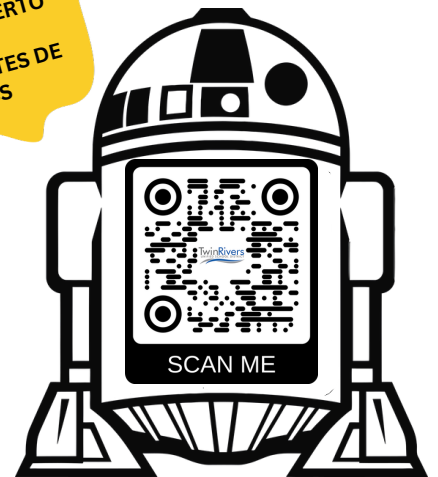
LUNES 4 DE MAYO

A LAS 12:00 PM (MEDIODÍA)
LA INSCRIPCIÓN SE LLENARÁ
A LA VELOCIDAD DE LA LUZ
¡NO TE LO PIERDAS!

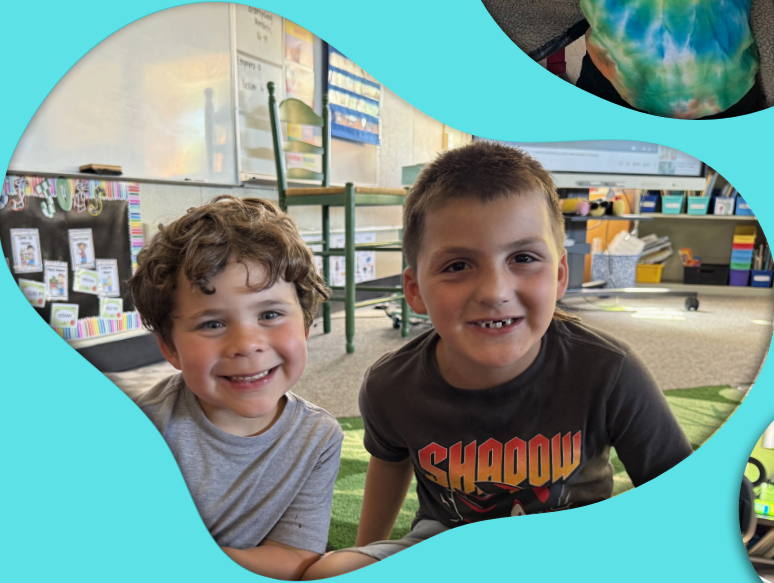
Sobre Nuestros Programas:

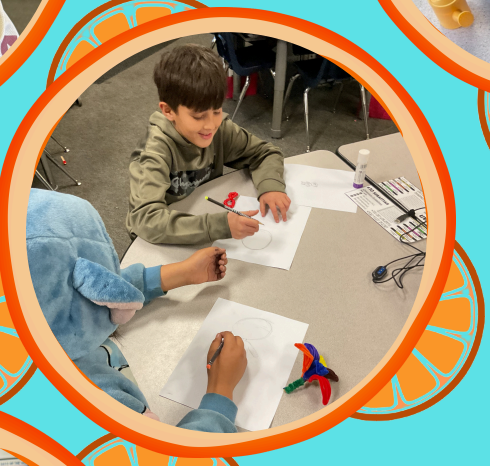
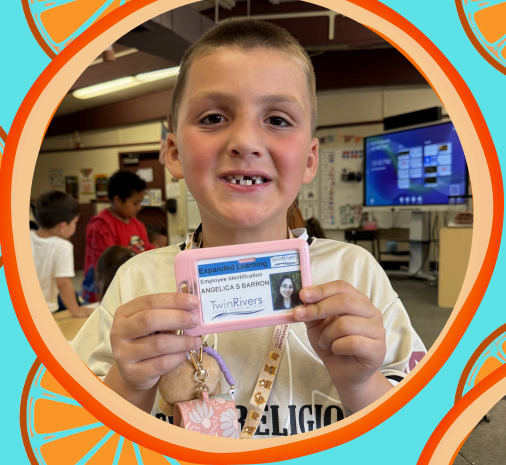
- Se ofrece todos los días antes y después de la escuela
- Desayuno y cena proporcionados
- Ayuda con la tarea
- Actividades divertidas y clubes
- Apoyo de tutores
- Recreación y deportes
- Todo sin costo para las familias
- Abierto a todos los estudiantes de TK-12
- Consulte la lista completa de ubicaciones de los programas y regístrese en www.trusd.net

AHORA ABIERTO
A LOS
ESTUDIANTES DE
WPCS



TWIN RIVERS UNIFIED SCHOOL DISTRICT
EXPANDED LEARNING OPPORTUNITIES PROGRAM (ELOP)





VOLCANOES

BY
MISS NOELIA'S CLASS



TWIN RIVERS CHOPPED CHALLENGE



**JOIN US FOR A FUN AND HANDS-ON COMPETITION OPEN TO OUR TK-12
EXPANDED LEARNING STUDENTS.**

Date: Wednesday May 6th 2026

Time: 3-6:30 PM

Location: Cal Expo Fairgrounds

April Vendors!

Mon	Tue	Wed	Thu	Fri
AI - Gaming Pokemon Digital Animation		Environmental Science		

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

Environmental Science:

A program focused on outdoor-based learning experiences designed to enhance education through adventure and experiential activities



SPORTS NEWS!!

elevo



UPCOMING EVENTS

5/9 LAST Football Game

5/23 Cheer Competition

FOOTBALL GAMES ARE AT
HIGHLANDS HIGH SCHOOL

INTERESTED IN SPORTS?????
SIGN UP HERE!



CLICK ME!!

What sports are we playing right now?

Flag Football and Tennis



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 ATHLETICS 7-8 FOOTBALL

MATCH SCHEDULE

COMPLEX FIELD - APRIL 18TH 2026
GAME TIME - 4:20PM



KOHLER



RIDGEPOINT



STADIUM FIELD - APRIL 25TH 2026
GAME TIME - 1:50PM



WESTSIDE



KOHLER



STADIUM FIELD - MAY 9TH 2026
GAME TIME - 1:50PM



KOHLER



EASTSIDE



LEFT SIDE HOME - RIGHT SIDE AWAY

ALL GAMES ARE AT HIGHLANDS HIGH
SCHOOL

6601 GUTHRIE ST. NORTH
HIGHLANDS, CA 95660



KOHLER ATHLETICS 3-6 FOOTBALL

MATCH SCHEDULE

COMPLEX FIELD - APRIL 18TH 2026
GAME TIME - 10:30AM



GARDEN VALLEY VS

KOHLER



COMPLEX FIELD - APRIL 25TH 2026
GAME TIME - 9:40AM



FOOTHILL OAKS VS

KOHLER



COMPLEX FIELD - MAY 9TH 2026
GAME TIME - 10:30AM



KOHLER

VS

PIONEER



LEFT SIDE HOME - RIGHT SIDE AWAY

ALL GAMES ARE AT HIGHLANDS HIGH
SCHOOL

6601 GUTHRIE ST. NORTH
HIGHLANDS, CA 95660

ELEVO STAFF

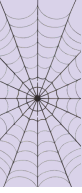
MEET OUR COACHES

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."



"With Great Power Comes Great Responsibility"



Philosophy:
Progress not perfection



JESUS

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



GELL

Contact Info

(916) 890-5744

gabriel.sabillo@trusd.net

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

Dr. Zachary Owens

(916) 784-2727

Office: 201 Harding Blvd. Suite J
Roseville, CA, 95678



APRIL
2026



RECIPE OF THE MONTH



Lemon Blueberry Loaf

- 1.) PREHEAT THE OVEN TO 350°F AND GREASE AN 8X4 OR 9X5 LOAF PAN.**
- 2.) IN A MEDIUM BOWL, WHISK TOGETHER THE FLOUR, BAKING POWDER, AND SALT.**
- 3.) IN A LARGE BOWL, PLACE THE CANE SUGAR AND LEMON ZEST. USE YOUR FINGERS TO WORK THE ZEST INTO THE SUGAR UNTIL WELL COMBINED. ADD THE YOGURT, OLIVE OIL, EGGS, AND VANILLA, THEN WHISK TO COMBINE.**
- 4.) ADD THE DRY INGREDIENTS TO THE WET INGREDIENTS AND STIR UNTIL JUST COMBINED. FOLD IN THE BLUEBERRIES. THE BATTER WILL BE THICK.**
- 5.) POUR THE BATTER INTO THE PREPARED PAN AND USE A SPATULA TO SMOOTH THE TOP. BAKE FOR 40 TO 50 MINUTES, OR UNTIL A TOOTHPICK INSERTED COMES OUT CLEAN. LET COOL COMPLETELY BEFORE REMOVING FROM THE PAN.**

Ingredients

- 1½ CUPS ALL-PURPOSE FLOUR, SPOONED AND LEVELED**
- 2 TEASPOONS BAKING POWDER**
- ¾ TEASPOON SEA SALT**
- ½ CUP CANE SUGAR**
- 1 TABLESPOON LEMON ZEST**
- ¾ CUP WHOLE MILK GREEK YOGURT**
- ½ CUP EXTRA-VIRGIN OLIVE OIL, PLUS MORE FOR THE PAN**
- 2 LARGE EGGS**
- 1 TEASPOON VANILLA EXTRACT**
- 1½ CUPS BLUEBERRIES, FRESH OR FROZEN**



Twin Rivers Enrollment Support

Transitional Kindergarten–12th Grade

Connect with Twin Rivers staff to enroll your child for the upcoming school year. We will support families with the Aeries Online Enrollment process, answer questions, and provide school and community resources.



Location, Date & Time:

Twin Rivers Unified School District Office
5115 Dudley Blvd, McClellan Park, CA 95652

Monday, January 5, 2026	3:00-6:00 pm
Monday, February 2, 2026	8:00-11:00 am
Monday, March 2, 2026	3:00-6:00 pm
Monday, April 6, 2026	8:00-11:00 am
Monday, May 4, 2026	3:00-6:00 pm
Monday, June 1, 2026	8:00-11:00 am



What Documents Should You Bring?

Please bring the following:

- Proof of Address
- Proof of Age
- Proof of Immunizations

If applicable:

- Court Order or Restraining Order documents.
- Transcripts or Report Cards for students in grades 9–12.
- Documents such as a 504 Plan, Medical 540, or an Individualized Education Program (IEP)



Scan the QR code to visit the Twin Rivers Enrollment website or visit <https://www.trusd.net/Enrollment>



For more information:

Heriberto Soto- FACE Coordinator
Email: heriberto.soto@trusd.net
Phone: (916) 566-1600 Ext. 32240
Cell: (916) 621-9832

Apoyo para la Inscripción de Twin Rivers

Spanish

Kinder de Transición–Grado 12

Conéctese con el personal de Twin Rivers para inscribir a su hijo(a) para el próximo año escolar. Apoyaremos a las familias con el proceso de Inscripción en Línea de Aeries, responderemos preguntas y brindaremos recursos escolares y comunitarios.



Ubicación, Fecha y Horario

Oficina del Distrito Escolar Unificado de Twin Rivers
5115 Dudley Blvd, McClellan Park, CA 95652

lunes, 5 de enero de 2026	3:00–6:00 p.m.
lunes, 2 de febrero de 2026	8:00–11:00 a.m.
lunes, 2 de marzo de 2026	3:00–6:00 p.m.
lunes, 6 de abril de 2026	8:00–11:00 a.m.
lunes, 4 de mayo de 2026	3:00–6:00 p.m.
lunes, 1 de junio de 2026	8:00–11:00 a.m.



¿Qué documentos debe traer?

Requeridos:

- Comprobante de domicilio
- Comprobante de edad
- Comprobante de vacunas

Si aplica:

- Documentos de orden judicial o orden de restricción
- Transcripciones o boletas de calificaciones para estudiantes de grados 9–12
- Documentos como un Plan 504, Medical 540 o un Programa de Educación Individualizado (IEP)



Escanee el código QR para visitar el sitio web de inscripción de Twin Rivers o visite: <https://www.trusd.net/Enrollment>



Para más información:

Heriberto Soto-Coordinador
Email: heriberto.soto@trusd.net
Teléfono: (916) 566-1600 Ext. 32240
Celular: (916) 621-9832

care solace

Calming the Mind. Mental Health Care.

CHAOS TO CALM

Care Solace makes it easier for families and staff to connect with mental healthcare resources and providers in their communities.

OUR PURPOSE

To connect communities to reliable, ethical and high-quality mental healthcare services.

Care Solace makes it easier for families and staff to connect with mental healthcare resources and providers in their communities. This service is completely confidential and anonymous.

CARE CONCIERGE BY CARE SOLACE

The Care Concierge takes the stress off families by breaking down the barriers to mental healthcare. Care Solace is a resource available to district families and staff for free.

This 24/7 team of care coordinating experts guides and supports families throughout the entire process. We only refer to trusted and ethical providers.

PERSONAL CONCIERGE ASSISTANCE WITH:

- ♦ Accessing vetted mental health providers
- ♦ Discovering virtual therapy options
- ♦ Assessing provider availability
- ♦ Reducing wait times into care
- ♦ Navigating Insurance or no insurance
- ♦ Scheduling an appointment(s)
- ♦ Phone, email, video chat
- ♦ Response time is typically within 15-minutes or less

TALK TO US

1-888-515-0595

weserve@caresolace.org

caresolace.com/trusd

Please note: Care Solace is not an emergency response service or mental health services provider. In the event of a life-threatening emergency, please call 9-1-1 or the National Suicide Hotline 1-800-273-8255.

<https://www.twinriversusd.org/mentalhealth>

CAOS A LA CALMA

Care Solace facilita que las familias y el personal se conecten con los recursos y proveedores de atención de la salud mental en sus comunidades.

NUESTRO PROPÓSITO

Conectar a las comunidades con servicios de salud mental confiables, éticos y de alta calidad.

Care Solace facilita que las familias y el personal se conecten con los recursos y proveedores de atención de la salud mental en sus comunidades. Este servicio es completamente confidencial y anónimo.

CARE CONCIERGE (conserje de atención) de CARE SOLACE

El Care ConciERGE elimina el estrés de las familias al derribar las barreras de la atención de la salud mental. Care Solace es un recurso disponible para las familias y el personal del distrito de forma gratuita.

Este equipo de expertos coordinadores de atención de todos los días, todas las horas (24/7), guía y apoya a las familias durante todo el proceso. Solo referimos a proveedores confiables y éticos.

ASISTENCIA PERSONAL DE CONSERJERÍA PARA:

- Acceder a proveedores de salud mental examinados
- Descubrir opciones de terapia virtual
- Evaluar la disponibilidad de proveedores
- Reducción del tiempo de espera para la atención
- Navegar con Seguro o sin seguro
- Programar una(s) cita(s)
- Teléfono, correo electrónico, chat de video
- El tiempo de respuesta suele ser 15 minutos o menos

HABLE CON NOSOTROS

1-888-515-0595

weserve@caresolace.org

[caresolace.com/trusd](https://www.caresolace.com/trusd)

Tenga en cuenta: Care Solace no es un servicio de respuesta a emergencias ni un proveedor de servicios de salud mental. En caso de una emergencia que ponga en peligro la vida, llame al 9-1-1 o a la Línea Directa Nacional de Suicidio al 1-800-273-8255.

<https://www.twinriversusd.org/mentalhealth>



<https://bit.ly/LCAP-2026>

“What programs or resources should be prioritized for a successful school year?”





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

