

AFTER-SCHOOL ENRICHMENT NEWSLETTER

FEBRUARY
2026
EDITION

Enrichment is in the air ♡

Notable
DATES

2-16-20
February
Break



3-5
**Panther Unified
vs Whitman &
Hanson Police
Fundraiser**
@ WHRHS Gym 6pm

February is a great time to reflect on the strong connections students are building and the supportive community that makes our program so special. As shared in our previous newsletter, we are experiencing a transition in district leadership. We extend our most heartfelt thank yous to Christopher Szkutak for his dedication to our programs and warmly welcome Dr. Nikki Semas-Schneeweis as our new District Coordinator. She is a fantastic addition to the team! We look forward to the continued growth and success of our enrichment community in the months ahead!

Meet Ms. Ashley!



MS. ASHLEY

Ms. Ashley is an 8th grade ELA teacher, Enrichment site coordinator, and Cross Country & Track coach at Hanson Middle! She loves how the program helps her connect with students she doesn't get to teach during the day.

Get to know her in this month's IG feature!

MEET OUR STAFF



@WHENRICHMENT @WMSEN RICHMENT @HMSEN RICHMENT

WINTER BLAHS? TRY THESE MOOD BOOSTERS!

The shorter days and colder weather can sometimes leave us feeling low on energy or motivation. If you're feeling stuck in a seasonal slump, know you're not alone. Small changes can help make a big difference!

Natural light

can help improve mood and energy levels. Open blinds, sit near windows, or spend a few minutes outside when the sun is out.

Physical activity,

even a short walk or a stretch break, can help boost your focus and reduce stress. Let's keep it moving!

Do something

creative. Drawing, writing, crafting, cooking, dancing or making music are great ways to lift your mood and express yourself.

Socializing

helps recharge your battery. Even small amounts of time with friends, family, or classmates can help you feel supported and energized.

BONUS TIP

Stick to a routine. Consistent sleep and daily schedules can help your body and mind stay balanced during the winter months.



If winter feelings start to feel overwhelming, talking to a trusted adult, teacher, or school counselor can be a helpful first step.

← **Local Mental Health Resources are available here!**

Spring is on the way and brighter days are ahead!

✈️ SPEAKING OF BRIGHTER DAYS!

JULY 6-30

SUMMER ENRICHMENT: PASSPORT TO POSSIBILITY



Summer Enrichment 2025



**KEEP AN EYE OUT FOR
INFORMATION ON REGISTERING FOR
SUMMER 2026!**