

# French Gulch-Whiskeytown School



## FGWS Parents and Guardians: State testing has started! While it's



always a bit nerve wracking for everyone, we encourage students to do their very best and, if possible, enjoy the experience. It is one measure in time which doesn't always tell the whole story but it is something we are required to give. We do have school measures which

also tell another part of a student's academic progress over each year's educational journey. The state test definitely takes perseverance. Even adults wonder who writes some of the questions! Please encourage your child to do his or her best. Getting to bed early, eating a nutritious breakfast and a "you can do this" message from home are all ways to approach state testing with a positive attitude. The test is totally computerized. Our fingers are crossed that our sometimes "temperamental" internet behaves itself during the testing process!

## NEW COVID GUIDELINES

The latest strain of Covid has symptoms similar to hay fever. One of its hallmarks is red itchy eyes. It has been described as a cross between pink eye and hay fever. We have plenty of Covid tests which are available to you. When in doubt, it's always a wise move to test. Please understand that testing negative one day, doesn't mean you won't test positive the next. The rule of thumb is persistent symptoms: fever, headache, sniffles, and now red itchy eyes.

If a positive reading is indicated, CDC's latest guidelines recommend isolating 5 days from either the start of symptoms or the date of the first positive test. After 5 days, if symptoms have abated, a person may return to work or school provided there has not been a fever present in the previous 24 hours. A caution regarding fever: medication to bring a fever down does not constitute "no fever." Please note that even if a person continues to test positive after 5 days, if symptoms are not present, s/he may safely return to activities with others with the caveat that a mask be worn for 5 additional days when out in public.

Covid is here to stay. As with colds and the flu, common sense may help limit its spread.

MONDAY IS A MINUMM DAY!

## Upcoming Events

May 1  
Minimum Day 1:35 dismissal

May 11  
Open House and Family Dinner

May 16  
Board of Trustee Mtg  
5:00 pm

Advisory Council Mtg  
4:00 pm

## LUNCH MENU



Menu for May 1-5

(subject to change)

MENU TBA

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Milk (choice of low fat white or chocolate), fruit and veggies served at every meal

