

French Gulch-Whiskeytown School

PARENTS, GUARDIANS and COMMUNITY MEMBERS: Next week is KINDNESS WEEK (not that every week shouldn't be kindness week!). Students are being asked to make a real effort to extend kindness in many ways: complimenting classmates, staff and family members, expressing gratitude, doing thing without being asked such as picking things up off the floor even if they didn't drop them, taking dishes to the sink after dinner. Please talk with your children about the power of kindness. The Dalia Lama said, **"Be kind whenever possible. It is always possible."**

CLASSROOM HAPPENINGS

Ms Hill's class is raising trout in the classroom again this year. Students receive rainbow trout eggs from a local hatchery and care for them from through their egg, alevin and fry stages until they ready for release in Whiskeytown Lake. Students are monitoring the water temperature in the tank, water quality and other factors in order to ensure maximal survival rate in order to release as many fish as possible.

Dr. Casey's students are making Valentines to be put on breakfast trays for patients at Vibra. They are charming as you might imagine. The kids are hoping they will put smiles on faces.

COOKING CART THANKS TO THE AMERICAN HEART ASSOCIATION

With a grant from the American Heart Association (AHA), we are putting together a cooking cart for classroom and after school use. The lower elementary students have already made Chinese fried rice with each student customizing his/her dish. We were amazed at the number of peas added to individual dishes! Yesterday we made tortilla snowflakes. On a scale of 1 to 10 Maynard and Jameson rated them "infinity!" Older students were invited over to make some as well. Miss Rachel said they were all so very polite. We will be having fun and delicious experiences with our cooking cart. Are there any guest chefs out there? Please let us know. We'd love to have your expertise guide us through a kid friendly cooking dish.

JUMP ROPE FOR HEART

Our Jump Rope for Heart event is Tuesday, Valentine's Day. This is such a worthy cause. All proceeds go toward supporting pediatric cardiac research. We will start ½ hour of jumping at 12:45.. Our cooking cart blender will be whipping up some delicious smoothies to keep our jumpers going. Any healthy snacks you'd like to send in to fuel those jumpers are greatly appreciated as well.



PARENT SURVEYS

It's not too late to turn in parent surveys. We have a few that have been sent in so far. Your input is valuable.

Valentine lists on the back!



Upcoming Events

Jump Rope for Heart
Valentine's Day February 14

Presidents Week
February 20-24
No School

2nd Trimester Ends
February 28

LUNCH MENU



Menu for February 13-17

(subject to change)

Monday: Cheesburger, fries, peas and bananas

Tuesday: Orange Chicken w/rice, peas and pineapple

Wednesday: Mac and Cheese, roll. Green salad and an apple

Thursday: Chicken Quesadilla, refried beans, cherry tomatoes and mandarins

Friday: Pepperoni Pizza, cherry tomatoes, blueberry muffin, and baby carrots

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



VALENTINE LISTS

Dr Casey's Class

AJ

Beau

Jake

Jameson

Lance

Mateo

Maynard

Nevaeh

Niki

Ryker

Ms Hill's Class

Dorothy

Hilaria

Jason

Katelynn

Kayden

Mattie

Michael

Reese

Ryder

Shawn

Zach

Aides: Miss Rachel Jessica

RSP: Mrs Thomas

Office/Kitchen Manager: Kristin

Custodian: Joey

Project SHARE: Maureen