



French Gulch-Whiskeytown School

PARENTS, GUARDIANS and COMMUNITY MEMBERS: Jump Rope for Heart is a week away! No pledge sheets have come in yet. This is such a worthy cause. Please let FGWS staff know if you need a new sheet to get your student started. Each year Dr. Casey gives a \$5.00 pledge to any student who asks. That's a start.

VOLUNTEERS NEEDED FOR JUMP ROPE FOR HEART

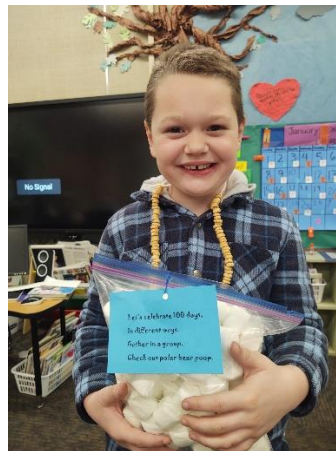


We always rely on volunteers to help count all of our jump ropers' jumping efforts on our annual Jump Rope for Heart event. Students jump for ½ hour while a counter keeps track of the jumps. For two years running, Shawn has been the man to beat. This event is on Valentine's Day beginning at 12:45. We will be offering healthy snacks to keep our jumpers going.

Healthy snack donations are always appreciated.

100s Day

Tuesday was the 100th day of school. The lower elementary class celebrated with many activities centered around 100. Here's Beau with the ubiquitous 100s Day Fruit Loop necklace for snacking throughout the day (well maybe for 10 minutes of the day!) as well as his 100s collection of Polar Bear Poop. The kids enjoyed all of the 100 activities. It's hard to believe 100 school days have already gone by.



VESTRA FIRE SUPPRESSION PROGRAM

One more quick reminder for eligible land owners in FG: the McConnell Foundation will provide free fire suppression work on your property. You must sign and return the VESTRA paperwork sent to you to be put on their schedule. Work is scheduled to begin soon. Don't miss out on this opportunity to have defensible space cleared around your home or rental property at no charge to you.

PARENT SURVEYS

Each year we ask parents to fill out parent surveys on how FGWS is doing. Please see attachment to this newsletter. Fill out and return. 1 survey per family is sufficient. Thank you in advance for your timely return of the survey.

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 6-10

(subject to change)

Monday: Chicken Parmesan Sandwich, side of pasta, sauteed spinach and fruit

Tuesday: Chef Salad with Breaded Chicken, roll and fresh fruit

Wednesday: Meaty Pasta Bake with Mozzarella and Ricotta Cheese, mix green salad and pineapple

Thursday: Sloppy Joes, smiley fries, red pepper and oranges

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

