



## French Gulch-Whiskeytown School

**FGWS Parents and Community:** Our lower elementary students were trained in Hands-On only CPR this week. The most important message we gave the children was to call 911 first if they are in a situation with no adults around to help!

### VALENTINES DAY

Traditionally we have held jump rope for heart on Valentine's Day and made it quite the double celebration.

This year, however, our lower elementary students have Spanish instruction at 1:00. Rather than try to squish everything in, we have switched Jump Rope for Heart to Thursday, February 15 at 1:00 pm. Jump counters are still needed! You may register your student online for this event at the address below or use the pledge sheet we have attached to the newsletter. Little thank you slips to give to donors are included as well.



[https://www2.heart.org/site/SPageNavigator/ym\\_school\\_search.html](https://www2.heart.org/site/SPageNavigator/ym_school_search.html)

### SNACKS FOR VALENTINE'S DAY CLASS PARTIES AND JUMP ROPE FOR HEART

Teachers always appreciate snacks from home for class parties. Remember that we can only distribute prepacked goodies such as chips and cookies but if you'd like to cook cupcakes or other baked goods using onsite school equipment you are welcome to do so. We can prepare fruit and veggies trays if you send in the fruit and veggies! Actually, the kids can do that as well under adult supervision. Last year Reese, Niki and a few others made an amazing butterfly fruit platter at school for our jump ropers.

Valentine class lists are on the back of the newsletters. We'd like to include the Mead kids as well since they are at a new school to let them know we are thinking of them.



### HOME SCHOOL

Please spread the word that FGWS can provide a homeschool program for students in the community? Text books and supplies are available at no charge. A certified instructor will offer ongoing support throughout the year. Home school students may take advantage of any program offered at the school such as our clay program. They may also join students on school sponsored field trips. If you are interested in this option, please contact Cindy Gonzalez at [cgonzalez@frenchgulchschoo.com](mailto:cgonzalez@frenchgulchschoo.com) for more information.

**BOARD MEETING ON TUESDAY AT 5:30 pm- still seeking a 5<sup>th</sup> board member!**

### **Upcoming Events**

#### **February 13**

Regular Meeting of the Board  
5:30 pm  
LCAP Advisory Board Mtg  
4:30 pm

#### **February 14**

Valentine's Day

#### **February 15**

Jump Rope for Heart  
1:00 pm

#### **Presidents Week**

February 19-23  
No School

### LUNCH MENU



Menu for February 12-16

(subject to change)

**Monday: Sloppy Joes on a wheat bun, pork and beans, grapes and chips**

**Tuesday: Orange Chicken with chicken fried rice, orange slices, and veggies sticks with ranch**

**Wednesday: Cheeseburgers, smiley fries, small green salad and bananas**

**Thursday: Bean and Beef Burritos, tortilla chips with salsa, black beans and apple sauce**

**Friday: Pizza, green salad, apples and**

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



## VALENTINE LISTS



### Ms. Hill's Class

Jason

Reese

Kayden

Mattie

Dorothy

Katelynn

Riley

The Mead Kiddos: Maddy, Henley and Bentley

### Staff:

Ms. Hill

Mrs. Swayne

Miss Rachel

Renee

Maureen

Mrs. Gonzalez

Mr. Dude

Dr. Casey

Mrs. Thomas (our RSP)

### Mrs. Swayne's Class

Jameson

Mateo

Niki

Jackson

Beau





THANK YOU for supporting FGWS' Jump Rope for Heart 2024 campaign.



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