



## French Gulch-Whiskeytown School



We hope everyone had a wonderful time over the Winter Break. We are convinced that some of the kids grew an inch or two in the time off! Our first day back was great. Everyone is ready to make the second half of the year a great one.

### HOME COVID -19 TESTING

FGWS has Binex NOW Covid-19 home testing kits available for school and community families at no charge. Please contact the school if you feel a need to check yourself or family members if symptoms are being experienced on your home front.

### NEW BOARD MEETING DAYS

At the organizational meeting of the board in December, the regular meeting day was changed to the **third Tuesday of the month**. The time and location of the meeting have stayed the same: 5:00 pm at the school. **We are still seeking a 5<sup>th</sup> board member**. If you or someone you know is interested in community involvement this is a great opportunity to serve. Please contact the school for more information 530 359-2151.

### MARTIN LUTHER KING, JR DAY

Monday is a national holiday to commemorate the legacy of Martin Luther King, Jr. His nonviolent approach to civil and social change is timeless. Here are a few of his memorable quotes. On Monday, it would be valuable to share and discuss them with your children. We have been through a time of unprecedented discord and derision. His words are inspiration for attitude changes in finding middle ground to begin the process of healing partisanship wounds.

***\*We must accept finite disappointment, but never lose infinite hope.***

***\*Forgiveness is not an occasional act. It is a permanent attitude.***

***\*I have decided to stick with love. Hate is too great a burden to bear.***

***\*Faith is taking the first step even when you don't see the whole staircase***

***\*Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.***

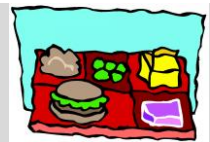


### JUMP ROPE FOR HEART

### **Upcoming Events**

**January 17**  
MLK, Jr Day National Holiday  
No School  
**January 18**  
LCAP Advisory Board Mtg  
4:00 pm  
Board of Trustees Mtg  
5:00 pm

### **LUNCH MENU**



#### **Menu for January 17-21**

**Monday: MLK, Jr Holiday**

**Tuesday: Corn Dog, curly fries, cole slaw and peaches**

**Wednesday: Hearty Beef and Veggie Chili, muffin and apples**

**Thursday: Breakfast for Lunch: scrambled eggs, bacon, crescent roll and applesauce**

**Friday: Pepperoni Pizza, red pepper strips, Caesar salad and pineapple**

**Milk served at every meal**



It's that time of year when FGWS students and community focus on cardiac health while raising funds for pediatric cardiac research. This annual event was brought to FGWS by Ember Swan years ago. It is near and dear to her. To capitalize on the "heart" theme we are planning this event for Valentine's Day, Monday, February 14. As in the past, volunteer counters are needed to help out. Shawn VanHorn logged about a bazillion jumps in a half hour's time last year. Who will jump a bazillion and two times this year? Information on collecting pledges will go home on Tuesday. We look forward to the wonderful generosity of the community as well as the dedication of our students in participating in this worthy cause.



YAHOO! Mrs B is back with her ceramics program on Fridays. We are so lucky to have her skill and creativity back at FGWS. Clear your display shelves at home. Good things are coming!

