



Upcoming Events

February 1

100s Day Celebration in the lower elementary classes

February 14

Jump Rope for Heart
Valentines Day

February 15

LCAP Advisory 4:00 pm
Board of Trustees Meeting 5:00 pm

LUNCH MENU



Menu for January 24-28

Monday: PBJ, Lays chips, carrots w/ranch and oranges

Tuesday: Asian Beef Bowl Over Brown Rice and fresh fruit

Wednesday: Sloppy Joes, curly fries, broccoli florets and peaches

Thursday: Beef Burrito, refried beans, chips with salsa and apples

Friday: Cheese Pizza, small green salad, cherry tomatoes and applesauce

Milk served at every meal



French Gulch-Whiskeytown School

Parents and Community Members: You can now have Covid-19 testing kits sent directly to your door. Go online and sign up at covidtest.gov 4 tests will be delivered to your door. We also have some BinaxNow kits at school for self-testing at home or on site. You are asked to register your child for data collection purposes on covid testing whether you choose to have that occur at home or at school at this online address https://my.primary.health/r/frenchgulchschool?registration_type=student

(please note there should be an underscore between registration and type that is not showing up!)

Currently several Shasta County schools have had to close because of the high positivity rate among students and staff. Reported cases this week: student -137, and 106 staff members. Cottonwood and Happy Valley Schools have been particularly hard hit. Hopefully FGWS will be spared! Should we need to close due to staffing issues we will have independent study packets ready to send home so that kids can continue their learning.

100s DAY



Mrs. Swayne's students will be celebrating the 100th Day of school on Tuesday, February 1. Students will be exploring numbers to 100 through a number of projects. To help kick it off, Mrs. Swayne would appreciate it if you would help your child put together a collection of 100. It can be anything from 100 cotton balls, 100 toothpicks, 100 buttons, 100 sticks to 100 nails hammered into a board! Let your imagination soar on this. Counting and grouping by tens is a good way to keep track while you work your way to 100. Muffin tins are great for helping to keep track of small item collections. Projects may come in all next week leading up to the big day of celebration.

JUMP ROPE FOR HEART

Jump Rope for Heart for those of you new to the program, is an annual fundraiser FGWS participates in through the American Heart Association (AHA). Funds raised go to pediatric cardiac research. One year our little school raised close to \$2000! It is set up along the lines of a jog-a-thon. Prior to the big day, students solicit pledge amounts for their participation in the event from neighbors and relatives. Kids will jump for ½ hour while a counter tallies the number of jumps. We have had students jump several 1000 times in that ½ hour so flat fee donations are suggested.

Because Kids Heart Challenge has had supply chain issues with of all things paper, we are sending home our version of a pledge sheet and an explanation of the program in this newsletter. We also have included a quarter sheet with instructions from the AHA on how your child can participate in the pledge process online. This way, no cash has to change hands, however, cash and checks still work! If you have questions, please

contact the school. We will try to collect all of the pledges in the two weeks after the big day.

We will need volunteer counters to assist. If you are not able to come in person, any donations of refreshments are greatly appreciated. Kids work up an appetite with all of that activity. Since it's also Valentine's Day some sweets are ok but healthy treats are wonderful too such as clementine cuties, grapes, carrot and celery sticks. Thank you in advance for helping us to make this an amazing day for our kids and the AHA.