

## French Gulch-Whiskeytown School

### PARENTS, GUARDIANS and COMMUNITY MEMBERS



**PRESIDENTS WEEK** Just a quick reminder that next month, the week of February 20-24, is a week off for Shasta County students. This takes the place of the 2 three day weekends we used to take in honor of Presidents Washington and Lincoln in years past.

**JUMP ROPE FOR HEART** Pledge forms for Jump Rope for Heart went home last Friday. This is a wonderful program supporting pediatric cardiac research. We are trying to add “Finn’s Promise” to this activity. Finn is a pediatric cardiac patient. It is his dream that everyone learns how to administer CPR with the new guidelines.

**FIRE SUPPRESSION** After the CARR Fire, the McConnell Foundation announced a free fire suppression program to property owners located in the region where the fire occurred. Due to numerous bureaucratic snafus, the program never got under foot. Apparently, those issues have been resolved. **VESTRA** will be creating defensible spaces around dwellings for eligible properties at no cost. What they do need is permission from owners to do the work. If you received a letter with the paperwork allowing the work on your property, please fill out the short form and return it which will allow VESTRA workers access to your property to clear that space.

**100s DAY** Tuesday, January 31<sup>st</sup>, is 100s Day at FGWS. We are asking lower elementary students to bring in 100s Day collections to help celebrate the occasion. 100 cotton balls, 100 pennies in a jar, 100 hot wheels... let your imagination fly. An easy way to help your child with this is to get out a muffin tin and have him/her put 10 items in 10 of the 12 muffin slots. We are looking forward to seeing the creative collections!

**CLASSIFIED POSITION(S) OPENING AT FGWS: OFFICE MANAGER/KITCHEN MANAGER OR POSITIONS MAY BE SEPARATED. PLEASE INQUIRE AT THE SCHOOL OR VISIT THE SCHOOL WEBSITE: [frenchgulchschoool.com](http://frenchgulchschoool.com)**



### Upcoming Events

Jump Rope for Heart  
Valentine’s Day February 14

Presidents Week  
February 20-24  
No School

### LUNCH MENU



Menu for January 30-Feb 3

(subject to change)

**Monday: Chicken Nuggets w/BBQ or Ranch, smiley fries, string cheese and fruit**

**Tuesday: Mac and Cheese, roll, green salad and a banana**

**Wednesday: PBJ Sandwiches, chips and fruit**

**Thursday: Beef Stroganoff over Egg Noodles, corn and fruit**

**Friday: Pulled Pork Sandwiches, macaroni salad and fruit**

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

