



# Spokane Guilds' School Parent Group Newsletter November 2017



## Attention Families



The Spokane Guilds' School will be closed on Friday, November 10th, in observance of Veterans Day.

We will also be closed on Thursday & Friday, November 23rd & 24th, for the Thanksgiving holiday.

## In This Issue:

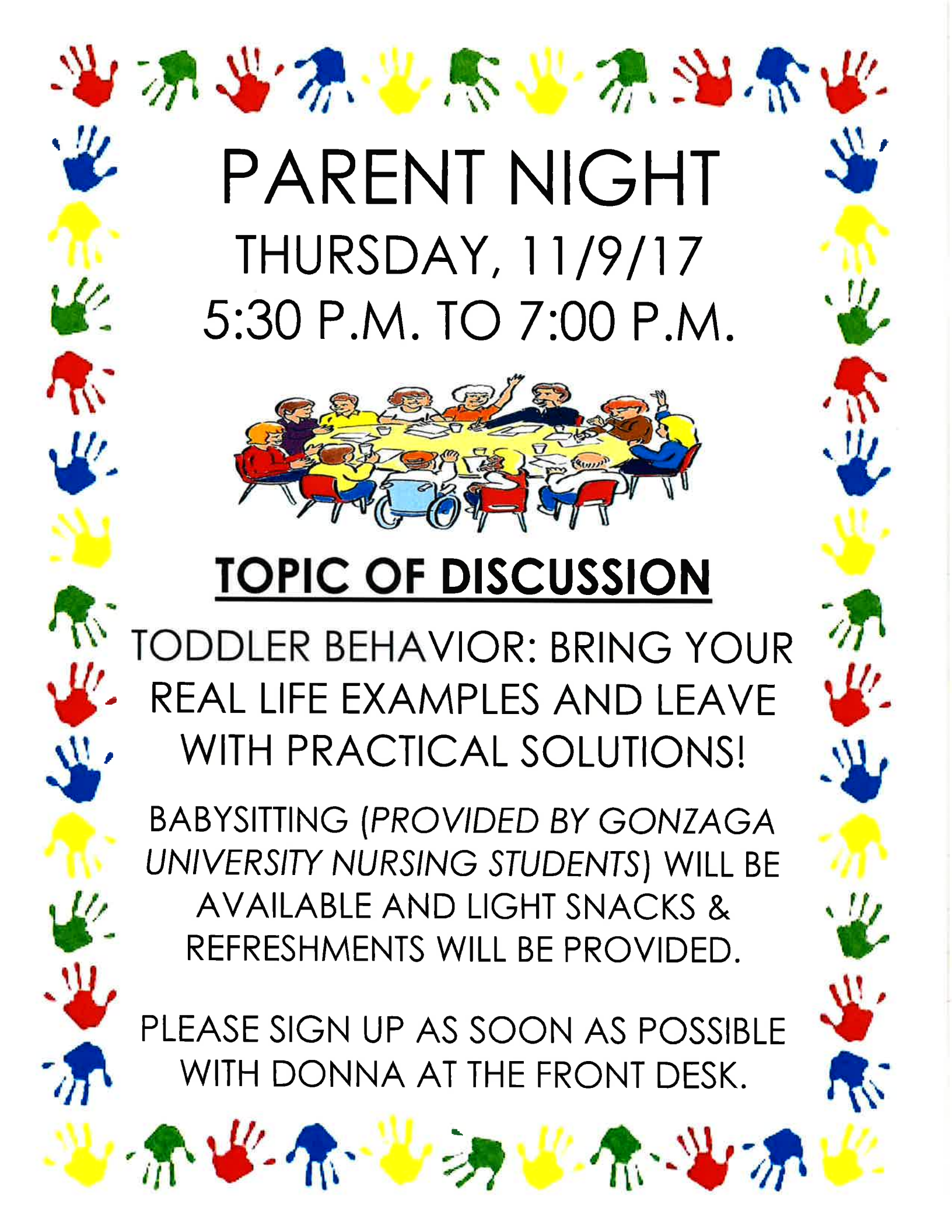
- November school closures ..... 1
- School Weather Closure Information ..... 1
- November Parent Night ..... 2
- Circle of Security Parenting Class .. 3
- 2017-2018 Parent Calendar ..... 4
- November Snack Menu ..... 5
- SGS Reminders..... 6
- SGS Notices ..... 7
- The Arc of Spokane & Spokane area Support Groups/Events..... 8
- Guest Wi-Fi Changes ..... 9
- Aquatic Therapy..... 9
- UW Autism Research Study..... 10

### **School Weather Closure Information**

In the event of bad weather, please watch your local news station (KREM, KXLY, KHQ) or listen to your favorite radio station for school closure information.

Listen for Spokane Guilds' School and Neuromuscular Center to be read among the list of closures.





# PARENT NIGHT

THURSDAY, 11/9/17  
5:30 P.M. TO 7:00 P.M.



## TOPIC OF DISCUSSION

TODDLER BEHAVIOR: BRING YOUR  
REAL LIFE EXAMPLES AND LEAVE  
WITH PRACTICAL SOLUTIONS!

BABYSITTING (*PROVIDED BY GONZAGA  
UNIVERSITY NURSING STUDENTS*) WILL BE  
AVAILABLE AND LIGHT SNACKS &  
REFRESHMENTS WILL BE PROVIDED.

PLEASE SIGN UP AS SOON AS POSSIBLE  
WITH DONNA AT THE FRONT DESK.



# Circle of Security®

## PARENTING SERIES

Presented by: Katie M. Jessop, MA, LMHC      509.844.4241      katie.jessop@yahoo.com

Location: INB Bank Conference Room in Airway Heights

Dates: Saturday November 18 and Saturday December 2

Times: 9-3:30pm

Cost: \$200 per person or \$350 co-parenting couple

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At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

### **Learning Objectives of the Training:**

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

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This class is for parents of infants, children and adolescents, foster and adoptive parents and parents-to-be. The co-parenting rate can be used for any people who are involved in the raising of a specific child or children, such as divorced parents, stepparents, grandparents, etc. Infants are welcome to accompany parents but there is no room at this location for any children or childcare.

Parents should plan on attending both sessions in full. I strongly suggest that all parents in the home attend the session at the same time. This will allow for a smooth transition of implementing Circle of Security Parenting which - by parent's report - outweigh any inconvenience of the cost and childcare.

Space is limited. To register, please fill out the attached form for each person who is enrolling in the class. Payment is due in full at the time of registration and can be made in cash, check or debit/credit card. Insurance cannot be billed for this class. If you would like to attend the class but cannot afford it or need a payment plan, please contact me.

The class will be held at in the conference room at the INB Bank in Airway Heights (11917 W Sunset Hwy). There will be one 30-minute break. Feel free to bring beverages or food. There is a small refrigerator available. Dress for comfort and in layers as the conference room can get chilly.

I look forward to seeing you in the class!



# 2017-2018 Spokane Guilds' School Parent Calendar

JULY 2017						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

4 4<sup>th</sup> of July - School closed

JANUARY 2018						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1 New Year's holiday - School closed  
2-5 Winter break - School closed  
8 School resumes  
15 MLK Day - School closed

AUGUST 2017						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1 Staff Training (no services to children that day)  
21-31 Summer break

FEBRUARY 2018						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

19 Presidents Day - School closed

SEPTEMBER 2017						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

1 Summer break  
4 Labor day - School closed  
5 School resumes

MARCH 2018						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

3 Auction

OCTOBER 2017						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

18 Half Day - School closes at 1 pm

APRIL 2018						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2-6 Spring break  
19 Half Day - School closes at 1 pm  
28 Penny Drive

NOVEMBER 2017						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

10 Veterans Day - School closed  
23-24 Thanksgiving break - School closed

MAY 2018						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

28 Memorial Day - School closed

DECEMBER 2017						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

25-29 Winter break - School closed

JUNE 2018						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30






 Events

 School Closed



# NOVEMBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>MILK, COTTAGE CHEESE, YOGURT, PEAS, APPLESAUCE, MEATBALLS, NOODLES &amp; MARINARA SAUCE</p>	<p>2</p> <p>MILK, COTTAGE CHEESE, YOGURT, PEAS, APPLESAUCE, MEATBALLS, NOODLES &amp; MARINARA SAUCE</p>	<p>3</p> <p>MILK, COTTAGE CHEESE, YOGURT, CUCUMBER, BANANAS, JELLY &amp; CREAM CHEESE SANDWICHES</p>
<p>6</p> <p>MILK, COTTAGE CHEESE, YOGURT, CORN, ORANGE SLICES, SPAGHETTIOS</p>	<p>7</p>	<p>8</p> <p>MILK, COTTAGE CHEESE, YOGURT, CARROTS &amp; POTATOES, PINEAPPLE, BEEF STEW</p>	<p>9</p> <p>MILK, COTTAGE CHEESE, YOGURT, CARROTS &amp; POTATOES, PINEAPPLE, BEEF STEW</p>	<p>10</p> <p><b>VETERANS DAY SCHOOL CLOSED</b></p> 
<p>13</p> <p>MILK, COTTAGE CHEESE, YOGURT, BROCCOLI, PEACHES, BEEF RAVIOLI</p>		<p>15</p> <p>MILK, COTTAGE CHEESE, YOGURT, MIXED VEGETABLES, PEARS, PASTA, CHICKEN &amp; CHEESE</p>	<p>16</p> <p>MILK, COTTAGE CHEESE, YOGURT, MIXED VEGETABLES, PEARS, PASTA, CHICKEN &amp; CHEESE</p>	<p>17</p> <p>MILK, COTTAGE CHEESE, YOGURT, SWEET POTATO FRIES, BANANAS, FISH STICKS</p>
<p>20</p> <p>MILK, COTTAGE CHEESE, YOGURT, APPLESAUCE, MANDARIN ORANGES, WAFFLES</p>	<p>21</p>	<p>22</p> <p>MILK, COTTAGE CHEESE, YOGURT, GREEN BEANS, CRANBERRY SAUCE, TURKEY, MASHED POTATOES &amp; GRAVY</p>		
<p>27</p> <p>MILK, COTTAGE CHEESE, YOGURT, PEAS, PEACHES, CHICKEN, QUINOA &amp; BROWN RICE</p>	<p>28</p>	<p>29</p>	<p>30</p>	

## REMINDERS

All children attending the Spokane Guilds' School must be signed in **AND** out at the front counter by a parent, guardian or other authorized adult.

This is important regardless of which door you use to exit the building.

### Attention Parents

Please notify SGS immediately if there is a change to your address or phone number. A change in certain addresses may make your child ineligible to attend SGS.

Dear Families,

Below are some friendly reminders for all of us while we are attending the Spokane Guilds' School, so that all of the children and staff will have a safe, happy experience while they are here:

- ◆ Please refrain from wearing heavily scented colognes and perfumes (or putting them on the children) while you are in the building. We have staff members with allergies, and children with breathing and sensory issues. Fragrances can cause painful headaches, behavior reactions due to sensory overload, and life threatening inflammation in the throat and lungs. We thank you for your help in preventing any health issues!
- ◆ For the safety of children and adults at SGS who have nut allergies, please do not bring nut products into the school.
- ◆ While inside the Spokane Guilds' School, please remember no photographs or videos of students are allowed due to HIPAA regulations.
- ◆ Please refrain from using cell phones in the classrooms.

**Reminder, keep your child home and call SGS if he/she:**

- is vomiting (one or more times in 24 hours)
- has a body rash (especially with a fever or itching, lice or nits)
- has diarrhea (runny, watery or bloody stools)
- has an eye infection (thick mucus or pus draining from the eye)
- has a sore throat (with fever, earache or rash)
- is not feeling well (unusually tired, pale, lack of appetite, cranky, unable to participate in activities)
- has a fever (temperature of 100° or more taken under the arm)
- has a discharge from the nose (yellowish or greenish in color)
- has any contagious disease



**“ Sick children belong at home, well children belong in school “  
Remember to wash hands frequently using warm water & soap.**



Need help but don't know where to turn? **CALL 2-1-1** to find health & human services such as:

- Housing / Shelter
- Food / Clothing
- Health Care
- Employment
- Transportation
- Legal Assistance
- Counseling & Support Groups
- and much more!

[www.win211.org](http://www.win211.org)

Problems connecting?

Call Toll-Free 1-877-211-9274



### ATTENTION!

There are several ways to donate to your favorite non-profit, the Spokane Guilds' School!

Shop from [www.smile.amazon.com](http://www.smile.amazon.com) and select Spokane Guilds' School and Neuromuscular Center before placing your order.

Amazon will donate 0.5% of the purchase to the school.

Or order from

[www.wooska.com](http://www.wooska.com)

Designate Spokane Guilds' School when ordering and 5% of your purchase will be donated to SGS!

Happy Shopping!



Support the Spokane Guilds' School when shopping at Office Depot. Use the School ID # below at check out. Thank you!



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BACK  
to schools**

Office DEPOT. OfficeMax

**THE IMPACT  
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IS IMMEASURABLE**

Simply make a purchase of qualifying products, provide our school ID at checkout and we'll receive 5% back in credits for FREE supplies. It's a small act that can make a huge difference.

SCHOOL NAME SPOKANE GUILDS' SCHOOL & NEUROMUSCULAR CENTER

SCHOOL ID 70107610

Pre-K-12th grade only. Not available in Puerto Rico or the U.S. Virgin Islands. 5% of qualifying purchases made during each program period will be offered quarterly as an Office Depot® OfficeMax® Merchandise Certificate to the participating school designated by each customer (up to a total of \$10 million). Products that do not qualify are: technology and consumer electronic products and accessories, media and software that is not education or reference related; furniture and furniture accessories; ink and toner; gift and prepaid cards; postage stamps; purchases from Copy & Print Depot™ and OfficeMax Services Center; and purchases made to contract business accounts. Credits are not available to schools with less than \$10 in qualified credits. Unaccepted/declined credits are void. Visit [officedepot.com/givebts](http://officedepot.com/givebts) for details.

We are currently in the process of interviewing parents who are interested in helping the development office make school presentations as a part of our "Kids for Kids" Penny Drive in area schools. If this is something you are interested in please contact Melodie Little for more information.



## **THE ARC OF SPOKANE UPCOMING EVENTS/SUPPORT GROUPS**

Visit [www.arc-spokane.org](http://www.arc-spokane.org) for more information about these and other events.

- ◆ **November 1, Dads Only Trivia Night**, 6 p.m. to 9 p.m. The Bar @ Pizza Pipeline, 1403 N. Division St., Spokane. Meet other dads who have a child with special needs. Not a support group structure; it's casual, for dads to unwind and hang out. Complimentary pizza. Contact: Jess Silvernail at 509-325-1515.
- ◆ **November 7, Sensory Friendly Movie**, AMC Theatres, River Park Square, 808 W. Main Ave. See a movie with the lights up and the sound down. **Showings every 2nd and 4th Tuesday & Saturday.** See the AMC website for information and showtimes: [www.amctheatres.com](http://www.amctheatres.com).
- ◆ **November 9, Spokane Fathers Network**, 6 p.m. to 8 p.m., The Arc of Spokane, 320 E. 2nd Ave., Spokane. Eat pizza and meet other fathers of children who have special needs. Contact: Brian Holloway at 509-789-8321 or email [bholloway@arc-spokane.org](mailto:bholloway@arc-spokane.org).
- ◆ **November 15, First-time Home Buyer Class**, 4 p.m. to 9 p.m., Guild Mortgage, 12209 E. Mission, Spokane Valley. Learn about the process of buying a house and programs to help first-time buyers. Contact: Theresa Griffith at 509-789-8326 or Polly Powell at 509-789-8793.
- ◆ **November 16, Mom's Evening Out**, 5 p.m. to 8 p.m., Black Label Brewing Company, 19 W. Main Ave., Spokane. A great opportunity to get out, unwind, and connect with other moms who have children touched by special needs. Contact: Jess Silvernail at 509-325-1515.

## **OTHER SUPPORT GROUPS & EVENTS IN THE SPOKANE AREA**

- ◆ **November 1, 8, 15, 22, 29, Mother Baby Time**, 10 a.m.-11:30 a.m., the 4th Floor classrooms at Sacred Heart Children's Hospital. 101 W. 8th Ave., Spokane. *The transition to motherhood can have its challenges—adapting to a new schedule, trying to make the best decisions for the baby and still handling other normal responsibilities. Sometimes, even a seasoned mom can become frazzled when another baby joins the family. Many women find great assurance and relief in connecting with other women who are sharing similar experiences. Providence Women's Health Center is proud to offer Mother-Baby Time, a support group for moms with new babies in Spokane, meeting Wednesdays at Sacred Heart Medical Center & Children's Hospital and Thursdays at Holy Family Hospital. You bring your baby and we'll bring in a lactation educator to answer your questions and offer resources. Visit [washington.providence.org/events](http://washington.providence.org/events) for more information.*
- ◆ **November 2, 9, 16, 23, 30, Mother Baby Time**, 12 p.m.-1 p.m. at Holy Family Health Education Center, 5633 N. Lidgerwood Street, Spokane.
- ◆ **November 11, 25, Infant/Child CPR**, 1 p.m. to 4 p.m., Avista Classroom (main floor), Providence Sacred Heart Medical Center & Children's Hospital, 101 W. 8th Ave., Spokane. Learn how to properly give CPR and help a choking infant or child, learn basic first aid for children, and newborn care. \$30 for two people. Register online at [washington.providence.org/events](http://washington.providence.org/events), call 509-474-2400, or email [womens@providence.org](mailto:womens@providence.org).
- ◆ **November 30, Infant/Child CPR**, 5:30 p.m. to 8:30 p.m., Second Floor Conference Room, Providence Medical Park, 16528 E. Desmet Ct., Spokane Valley.

Chuck E. Cheese's now offers a sensory-friendly experience on the first Sunday of every month from 8 a.m.-10 a.m. at the Spokane & Spokane Valley locations. Their trained and caring staff is there to make sure families who have children with autism and special needs have a fun filled visit. The Sensory Sensitive Sundays Experience includes: less crowding and noise, dimmed lighting, show & music turned off or down, limited appearances by Chuck E. Food & games are offered, however parents are permitted to bring snacks for their children if needed due to dietary restrictions during Sensory Sensitive Sundays.





### Guest WiFi Changes

Due to limited internet capacity, the SGS Guest Network does not allow streaming from various sites.

To access certain streaming sites, you would need to use your own data package.

Thank you.

### Aquatic Therapy

Spokane Guilds' School has a joint venture with the YMCA to offer water therapy at two of their pool sites.

Talk to your child's PT or OT to get on the waiting list for Pool Therapy, or call them at **509-326-1651**.

#### Downtown - Monday

9:30 a.m.-10:00 a.m., 10:00 a.m.-10:30 a.m.  
& 10:30 a.m.-11:00 a.m. (Carrie and Monique)

#### Valley - Tuesday

10:15 a.m.-10:45 a.m., 10:45 a.m.-11:15 a.m.  
& 11:15 a.m.-11:45 p.m. (Alicia)

#### Downtown - Thursday

9:30 a.m.-10:00 a.m., 10:00 a.m.-10:30 a.m.  
& 10:30 a.m.-11:00 a.m. (Dan)



# Do you have concerns about your toddler's development?

*If your toddler is between 16 and 36 months old, you may qualify for a new research study.*

## We are looking for families who have:

- Concerns about their toddler's social interactions or play, or
- Concerns about their toddler's language development, or
- Concerns that their toddler may have autism, or
- An older child with an autism diagnosis

*The goal of this study is to increase early access to specialized services for toddlers with developmental delays. We want to learn about your experiences as a parent, your toddler's development, and the care that s/he receives from health and service providers.*

## Your participation will involve:

- Completing questionnaires every 3 months until your child is at least 36-39 months old
- Receiving compensation for your time



For more information,  
please call (206) 685-6465 or email [READiLab@uw.edu](mailto:READiLab@uw.edu).\*

*\*Please be aware that we cannot assure the confidentiality of email.*

**READi**  
LAB RESEARCH IN EARLY AUTISM  
DETECTION AND INTERVENTION

**W** UNIVERSITY of WASHINGTON

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