



Spokane Guilds' School Parent Group Newsletter March 2018

In This Issue:

SNAP Energy Assistance.....1

School Weather Closures1

March Parent Night2

Talk to a Lawyer for Free3

Tax Preparation Services.....3

Winter Safety Tips4

Aquatic Therapy4

SGS Reminders5

SGS Notices6

UW Autism Research Study7

March Snack Menu8

2017-2018 Parent Calendar.....9

The Arc of Spokane & Spokane area
Support Groups/Events10

The next
Parent Night
is 3/22/18.
See page 2
for details!!



We can help you maintain
a warm and safe home

Call today for energy assistance
or make an appointment online

(509) 242-2376

snapwa.org

SNAP serves Spokane County



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 to be read
among the list of closures.

EASTER EGG PARTY

Come create and decorate
Easter Eggs at Whitworth
University with Us!

Date: March 22nd 2018

Time : 5:30PM - 7PM

Location : Hixson Union Building (HUB)
MPR.

CRA

SNACKS!

MUSIC!


Contact Donna in the Office to reserve your spot!


Phone: 326-1651

Need more information? Contact Manisha!

m.sinha.spokane@gmail.com







CENTER for JUSTICE
EMPOWERING PEOPLE & COMMUNITIES

JUSTICE NIGHT

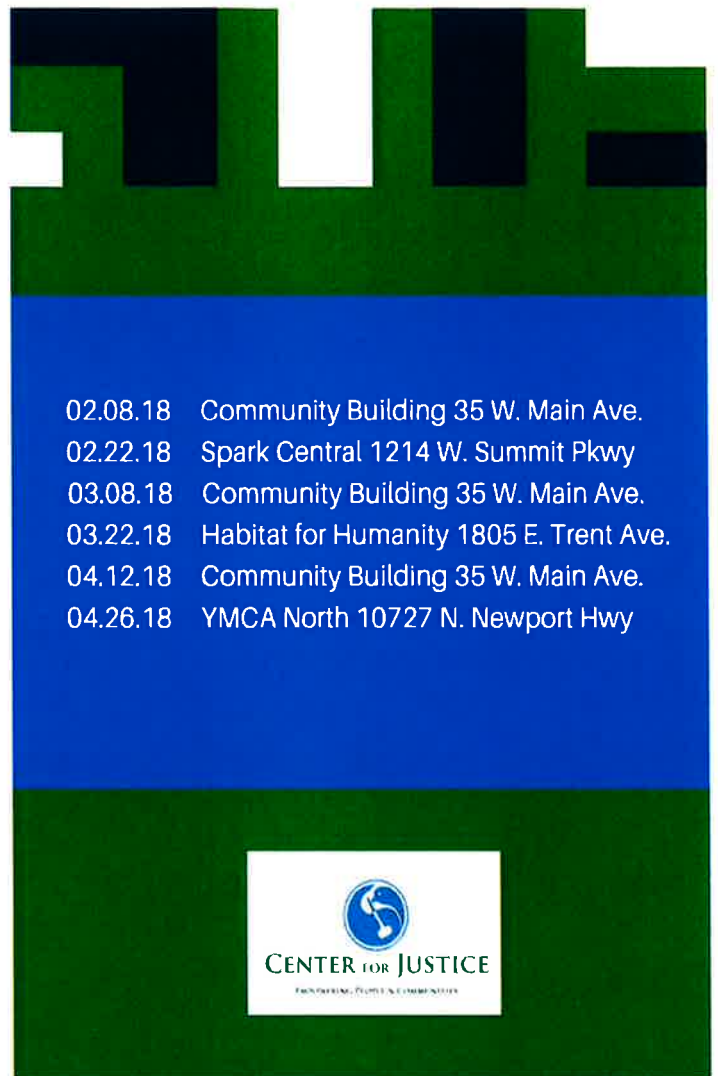
TALK TO A LAWYER FOR FREE
no appointment necessary

Family Law
Consumer Protection
Housing
LFOs/Expungement
Disability
Sex Offender Registration
Juvenile Records
Police /Government
Accountability


**no criminal law*

5:30-7 PM

2ND AND 4TH THURSDAY OF EVERY MONTH



- 02.08.18 Community Building 35 W. Main Ave.
- 02.22.18 Spark Central 1214 W. Summit Pkwy
- 03.08.18 Community Building 35 W. Main Ave.
- 03.22.18 Habitat for Humanity 1805 E. Trent Ave.
- 04.12.18 Community Building 35 W. Main Ave.
- 04.26.18 YMCA North 10727 N. Newport Hwy



CENTER for JUSTICE
EMPOWERING PEOPLE & COMMUNITIES



Spokane County United Way



United Way has partnered with H&R Block to offer their premium online tax prep service, for free, to everyone who made less than \$66,000 last year.

United Way fights for the financial stability of every person in every community.

File Your Taxes for Free in Spokane County

1

IRS certified tax volunteers are ready to help throughout the county. You may qualify to claim the Earned Income Tax Credit and Child Tax Credit if you made less than \$53,930 in 2017.

- Use the EITC Assistant to find out if you qualify for the Earned Income Tax Credit.

2

Either call [509-353-4851](tel:509-353-4851) to make an appointment starting January 12, 2018, or visit a first come/first served site starting January 29. Location and hours of operations are listed below.

- [Do You Need to File a Federal Income Tax Return? Find out here.](#)

About Free Tax Preparation

Last year, 190+ IRS-certified volunteers prepared 4,732 tax returns. This brought \$4.9 million in refunds back into the local economy, including \$1.7 million in Earned Income Tax Credits. The free tax service is a partnership with Spokane County United Way, AARP Foundation, Avista Utilities, Washington Trust Bank and local academic institutions like Eastern Washington University, Gonzaga University and Whitworth University.

CITY OF SPOKANE WINTER SAFETY TIPS

In preparation for sub-zero temperatures in the forecast, the Spokane Fire Department is sharing some tips to help you stay safe while keeping warm.

Heating equipment is the leading cause of residential fires between November and February. If you turn on your heaters or use your fireplace, keep these tips in mind to help keep your family and neighbors safe from fire and burns:

- Clean your chimney and remove flammable creosote deposits. Inspect the chimney for cracks or blockages. This can help prevent rooftop fires and carbon monoxide poisoning.
- Use seasoned or dried firewood to reduce creosote buildup.
- Any type of combustible material (e.g., curtains, upholstery, bedspreads, and stuffed animals) should be kept at least 12 inches away from baseboard heaters.
- Remember the basics of heater safety when using space heaters:
 - Never plug heaters into an extension cord or power strip
 - Keep anything that can burn at least three feet away from the heater
 - Turn heaters completely off when going to sleep or leaving your home

To prevent frozen pipes, remember the following tips:

- Disconnect all of the hoses from outdoor faucets
- Close your foundation vents
- Run your faucets with a slight stream
- Open your cabinets up to let more heat get to your pipes

Thank you for helping to make Spokane safer by following these safety tips while keeping warm this winter. For more information about winter safety, contact Jan Doherty at 509 625.7058.

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

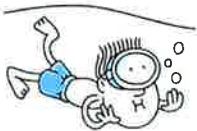
9:30 a.m.-10:00 a.m., 10:00 a.m.-10:30 a.m.
& 10:30 a.m.-11:00 a.m. (Carrie and Monique)

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)



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.

Have you moved or do you plan to move in the near future?

Please notify SGS immediately if there is a change to your address or phone number.

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

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 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

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 checkout. Thank you!



THE IMPACT YOU CAN MAKE 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 failed credits. Unaccepted/declined credits are void. Visit officedepot.com/giveits for details.



Attention Parents

No parking is allowed on **Monday mornings** in the east end parking lot. Cones will be placed in the parking spaces to allow the garbage truck access to our dumpster. We apologize for any inconvenience.

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.

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.*

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

READi
LAB RESEARCH IN EARLY AUTISM
DETECTION AND INTERVENTION






W UNIVERSITY of WASHINGTON
uwreadilab.com





MARCH 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 MILK, COTTAGE CHEESE, YOGURT, GREEN BEANS, CARROTS, BROCCOLI, MANDARIN ORANGES, TERIYAKI CHICKEN RICE BOWLS	2 MILK, COTTAGE CHEESE, YOGURT, CUCUMBER, BANANAS, TUNA SANDWICHES
5 MILK, COTTAGE CHEESE, YOGURT, GREEN BEANS, CANTALOUPE, SPAGHETTIO'S	6 	7 MILK, COTTAGE CHEESE, YOGURT, MIXED VEGETABLES, PEARS, PASTA, CHICKEN & CHEESE	8 MILK, COTTAGE CHEESE, YOGURT, MIXED VEGETABLES, PEARS, PASTA, CHICKEN & CHEESE	9 MILK, COTTAGE CHEESE, YOGURT, SWEET POTATO FRIES, BANANAS, GARDEN BURGERS
12 MILK, COTTAGE CHEESE, YOGURT, PEAS, PINEAPPLE, CHICKEN, QUINOA & BROWN RICE	14 	14 MILK, COTTAGE CHEESE, YOGURT, BROCCOLI, PEACHES, AU GRATIN POTATOES & HAM	15 MILK, COTTAGE CHEESE, YOGURT, BROCCOLI, PEACHES, AU GRATIN POTATOES & HAM	16 MILK, COTTAGE CHEESE, YOGURT, CORN, BANANAS, REFRIED BEANS & TORTILLAS
19 MILK, COTTAGE CHEESE, YOGURT, GREEN BEANS, APPLE SLICES, SPINACH & MOZZARELLA RAVIOLI	20 	21 MILK, COTTAGE CHEESE, YOGURT, MIXED VEGETABLES, APPLESAUCE, MEATBALLS, NOODLES & SAUCE	22 MILK, COTTAGE CHEESE, YOGURT, MIXED VEGETABLES, APPLESAUCE, MEATBALLS, NOODLES & SAUCE	23 MILK, COTTAGE CHEESE, YOGURT, SWEET POTATO FRIES, BANANAS, FISH STICKS
26 MILK, COTTAGE CHEESE, YOGURT, PEACHES, ORANGE SLICES, OATMEAL	28 	28 MILK, COTTAGE CHEESE, YOGURT, CARROTS & POTATOES, CRANBERRY SAUCE, BEEF STEW	29 MILK, COTTAGE CHEESE, YOGURT, CARROTS & POTATOES, CRANBERRY SAUCE, BEEF STEW	30 MILK, COTTAGE CHEESE, YOGURT, CUCUMBER, BANANAS, HAM & CHEESE SANDWICHES

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 4th 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

THE ARC OF SPOKANE UPCOMING EVENTS/SUPPORT GROUPS

Visit www.arc-spokane.org for more information about these and other events.

- ◆ **March 7, 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. For information call 509-325-1515.
- ◆ **March 8, 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.
- ◆ **March 10, 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.
- ◆ **March 15, 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. For information call 509-325-1515.
- ◆ **March 16, Parent to Parent Support Group**, 10:00 a.m. to 11:30 a.m., The Arc of Spokane, 320 E. 2nd Ave., Spokane. A support group for parents of children with disabilities, aged birth to 18. Please contact Shelley Gacusana at (509) 789-8323 or email sgacusana@arc-spokane.org.
- ◆ **First-time Home Buyer Class, Date/Time/Location To Be Determined.** Learn about the process of buying a house and programs to help first-time buyers. Contact: Polly Powell at 509-789-8793.

OTHER SUPPORT GROUPS & EVENTS IN THE SPOKANE AREA

- ◆ **March 7, 14, 21, 28, Mother Baby Time**, 10 a.m.-11:30 a.m., 4th Floor classrooms (March 7, 14, 28) or Avista Classroom on main floor (March 21) 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 for more information.*
- ◆ **March 1, 8, 15, 22, 29, Mother Baby Time**, 12 p.m.-1 p.m. at Holy Family Health Education Center, 5633 N. Lidgerwood Street, Spokane.
- ◆ **March 10, 24, 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, call 509-474-2400, or email womens@providence.org.
- ◆ **March 29, Infant/Child CPR**, 5:30 p.m. to 8:30 p.m., Providence Medical Park, Second Floor Conference Room, 16528 E. Desmet Ct, Spokane Valley, WA.



Chuck E. Cheese's 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.