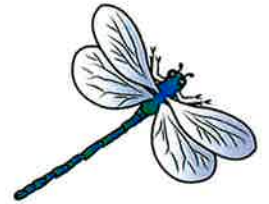


Spokane Guilds' School Parent Group Newsletter June 2018



**PARENT NIGHTS WILL BE
SUSPENDED FOR THE
SUMMER AND WILL START
UP AGAIN IN SEPTEMBER!**

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Finding high-quality child care is one of the most important decisions you will make for your child and your family.

The Child Care Aware of Washington Family Center can help.

We provide free, unbiased information and referrals for families seeking high-quality child care.

Call 1-800-446-1114 to get started,
or begin your search online.

<http://wa.childcareaware.org/>



Washington's most trusted child care resource.



**Developmental
Disabilities
Endowment Trust Fund**
Protect today, provide for tomorrow

2018 SPRING MEETING DDETF TRUST HOLDERS

**JUNE 7, 2018
6:30 PM**

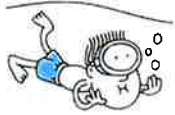
COMPASS CAREER SOLUTIONS
5709 W. SUNSET HWY, SUITE 100
SPOKANE, WA 99224
WWW.CAREERSBYCOMPASS.COM

The [DDETF](#) is an easy and effective way to prepare for the future without risking financial eligibility for needed benefits and services.

Please join us to learn more about the DDETF, and to get an update on account earnings and investments, future challenges and opportunities.

Handouts will be available on the [Achieving a Better Life Experience \(ABLE\)](#) program and the [Office of the Developmental Disabilities Ombuds \(ODDO\)](#).

For more information contact:
Peter Tassoni @ 360-725-3125 / peter.tassoni@commerce.wa.gov



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)



KINSHIP NAVIGATOR—Are You Somebody's Hero?

Are you providing primary care for a child or relative whose own parents are unable to care for them? Kinship Navigator is here to support you. They provide assistance with basic needs, such as clothing, food, beds, housing (with eviction notice) & energy assistance (with shut-off notice). For more information, go to dshs.wa.gov or call (509) 458-7450.



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**

Emergency Plan for the Spokane Guilds' School

The Spokane Guilds' School and Neuromuscular Center has developed emergency procedures to be used in the event of a fire or other emergency. We practice fire drills monthly, and evacuation and lock-down drills quarterly. Everyone in the building at the time of a drill is required to participate in the drill.

Arrangements have been made to access the Community of Christ Church on Belt and Walton (north of the school) in the event shelter is needed. Parents not on the premises at the time of the evacuation will be contacted via phone after everyone is safe and accounted for.

How do I know when a fire drill is taking place?

- A fire alarm bell will be used to activate this emergency plan. In the event of a drill, **two short bells** will be used. In the case of an actual fire, the bell will be continuous. If we have a power outage, the intercom system will be used.



What should I do if a fire drill is sounded?

- If you are in a classroom please follow employees out of the building to the evacuation site.
- If you are in the hallway, resource center, volunteer room, or gym area please exit out the nearest door and proceed to the evacuation site.

Everyone will be accounted for at the evacuation site.

In the event a situation arises when it would be safer for children and staff to remain in the classrooms, such as an unwanted visitor, we would go into a "lock down mode."

How do I know when a lock down drill is taking place?

- The phrase "**code red**" will be announced twice over the intercom or phone system.

What should I do if the "code red" for a lock down drill is announced?

- If you are in the hallway, get inside the nearest room immediately.
- If you are in the Parent Resource Room, please close and lock the door.
- Do not try to get into your child's classroom after the door has been locked.
- Do not open your door until the all-clear code phrase is given.

SGS 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:

- has vomited (within the past 24 hours)
- has a body rash (especially with a fever or itching, lice or nits)
- has diarrhea (two or more watery stools in a 24-hour period; please keep your child home until symptoms subside)
- 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° Fahrenheit or higher; please keep your child at home for a full 24 hours after his/her temperature has returned to normal)
- has a discharge from the nose (yellowish or greenish in color)
- has any contagious disease



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. melodiel@guildschool.org or call 509-326-1651.

SGS NOTICES



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 in contract business accounts. Credits are not available to schools with less than \$10 in tallied credits. Unaccepted/declined credits are void. Visit officedepot.com/givebbs 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.

Spokane Guilds' School & Neuromuscular Center
accepts medical payment debit cards. We have
updated our terminals to include the use of HRA, HSA,
and FSA cards. Please let us know if you have any
questions. Thank you!

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



THE ARC OF SPOKANE UPCOMING EVENTS/SUPPORT GROUPS

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

- ◆ **June 6, 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.
- ◆ **June 8, 4th Annual PACE Has Got Talent Show**, 6 p.m. to 8:30 p.m., Life Center, 1202 N. Government Way, Spokane. Celebrate the accomplishments of students on the autism spectrum. PACE Services plays an important role in Spokane Community College's mission. Donations accepted at the door. Contact PACE Services for information, (509) 279-6033.
- ◆ **June 9, 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.
- ◆ **June 21, 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.
- ◆ **June 22, 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.
- ◆ **June 24, Autism Society of WA Family Picnic**, 2 p.m. to 4 p.m., Millwood Park, 9205 E. Frederick Ave., Spokane Valley. Potluck style so bring your favorite dish to share. Splash pads for the kids. <https://www.facebook.com/Spokane-ASW>
- ◆ **June 25, Funshine Day Camp Week 1 begins**, Valley YMCA & Discovery Playground. Runs all summer. Part of Spokane City Parks and Recreation. Contact TRS Supervisor Alice Busch at (509) 625-6245 or email abusch@spokanecity.org.
- ◆ **June 28, Spokane Indians Parent to Parent/The Arc of Spokane Group Night**, 6:30 p.m., Avista Stadium, 602 N. Havana, Spokane. It's Yoke's \$1 Family Feast Night, Tickets \$5. Call (509) 343-OTTO (6886).
- ◆ **June 30, RAAT Ride**, Raising Autism Awareness Together Poker Ride. 8 a.m. check-in. Starts at 420 N. Pines Rd. \$20 per rider. Build a "Poker Hand" and win prizes by picking up cards at each stop along the way. For more information, go to The Issac Foundation's website, <https://theisaacfoundation.configio.com/> or call (509) 325-1515.
- ◆ **Spokane Father's Network—CANCELLED—**Will start up again in the fall!

OTHER SUPPORT GROUPS & EVENTS IN THE SPOKANE AREA


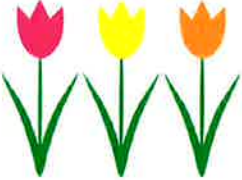
- ◆ **June 6, 13, 20, 27, Mother Baby Time**, 10 a.m.-11:30 a.m., 4th Floor classrooms (June 13, 20, 27) or main floor Avista Classroom (June 6) at Sacred Heart Children's Hospital, 101 W. 8th Ave., Spokane. *The transition to motherhood can have its challenges—adapting to a new schedule, trying to make 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 an offer resources. Visit washington.providence.org/events for more information.*
- ◆ **June 7, 14, 21, 28, Mother Baby Time**, 12 p.m.-1 p.m. at Holy Family Health Education Center, 5633 N. Lidgerwood Street, Spokane.
- ◆ **June 9, 23, 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.
- ◆ **June 28, 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.



JUNE 2018



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>MILK, COTTAGE CHEESE, YOGURT, SWEET POTATO FRIES, BANANAS, FISH STICKS</p>
<p>4</p> <p>MILK, COTTAGE CHEESE, YOGURT, MIXED VEGETABLES, WATERMELON, CHICKEN, QUINOA & BROWN RICE</p>	<p>5</p>	<p>6</p> <p>MILK, COTTAGE CHEESE, YOGURT, PEAS, CRANBERRY SAUCE, MACARONI & CHEESE</p>	<p>7</p> <p>MILK, COTTAGE CHEESE, YOGURT, PEAS, CRANBERRY SAUCE, MACARONI & CHEESE</p>	<p>8</p> <p>MILK, COTTAGE CHEESE, YOGURT, BROCCOLI, BANANAS, MEAT LASAGNA</p>
<p>11</p> <p>MILK, COTTAGE CHEESE, YOGURT, CORN, AVOCADO, BEEF TAQUITOS</p>	<p>12</p>	<p>13</p> <p>MILK, COTTAGE CHEESE, YOGURT, GREEN BEANS, APPLESAUCE, MEATBALLS, NOODLES & SAUCE</p>	<p>14</p> <p>MILK, COTTAGE CHEESE, YOGURT, GREEN BEANS, APPLESAUCE, MEATBALLS, NOODLES & SAUCE</p>	<p>15</p> <p>MILK, COTTAGE CHEESE, YOGURT, CUCUMBER, BANANAS, HAM & CHEESE SANDWICHES</p>
<p>18</p> <p>MILK, COTTAGE CHEESE, YOGURT, MIXED VEGETABLES, APPLES, BEEF RAVIOLI</p>	<p>19</p> 	<p>20</p> <p>MILK, COTTAGE CHEESE, YOGURT, PEAS, PEARS, CHICKEN & RICE</p>	<p>21</p> <p>MILK, COTTAGE CHEESE, YOGURT, PEAS, PEARS, CHICKEN & RICE</p>	<p>22</p> <p>MILK, COTTAGE CHEESE, YOGURT, SWEET POTATO FRIES, BANANAS, CHICKEN NUGGETS</p>
<p>25</p> <p>MILK, COTTAGE CHEESE, YOGURT, APPLESAUCE, CANTALOUPE, WAFFLES</p>	<p>26</p>	<p>27</p> <p>MILK, COTTAGE CHEESE, YOGURT, GREEN BEANS, CARROTS & BROCCOLI, MANDARIN ORANGES, TERIYAKI CHICKEN RICE BOWLS</p>	<p>28</p> <p>MILK, COTTAGE CHEESE, YOGURT, GREEN BEANS, CARROTS & BROCCOLI, MANDARIN ORANGES, TERIYAKI CHICKEN RICE BOWLS</p>	<p>29</p> <p>MILK, COTTAGE CHEESE, YOGURT, BROCCOLI, BANANAS, PEPPERONI OR CHEESE PIZZA</p>

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