



**ATTENTION FAMILIES!**

**The Spokane Guilds' School  
will be closed on  
*Wednesday, July 4th*  
in observance of  
Independence Day!**



# Spokane Guilds' School Parent Group Newsletter July 2018



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The Washington Department of Early Learning (DEL) is conducting a **Parent Needs Survey**. This is an opportunity for parents and primary caregivers of young children to provide feedback on the child care, health, and social resources they use. If you would like to provide feedback, you are able to share your feedback for the Parent Needs Survey through the online survey link below.

Take the survey here:

<http://surveys.pcgus.com/s3/ParentNeedsFocusGroup>

**The survey will close at the end of July.**

If you have any questions, please feel free to contact:

[waparentneeds@pcgus.com](mailto:waparentneeds@pcgus.com)



# Exceptional Rodeo

**“Willing Hearts Outstanding Abilities”**

**Sunday**  
**July 15, 2018**

**9:30-10:30am**

*This event is FREE for anyone with Mental and/or Physical Disability of ALL ages. Come be a cowboy or cowgirl at your own pace while being loved and accepted by all. No horse or rodeo experience required.*

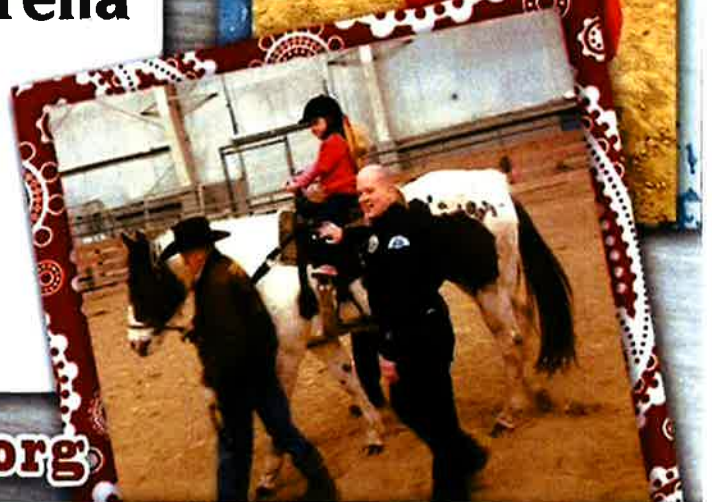
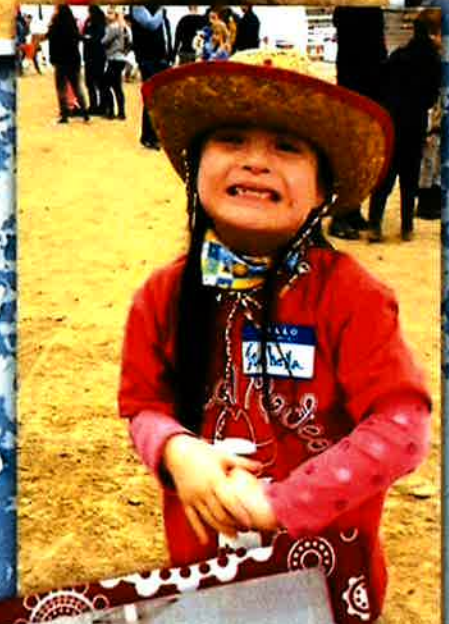
**@ Cheney Rodeo Arena**  
**Cheney, WA**

*Volunteers needed 8:30-11:30am*  
*Hosted by: Cheney Rodeo Association*

*To Participate or Volunteer, Register Online:*

**[www.RascalRodeo.org](http://www.RascalRodeo.org)**

**Call with Questions or for Sponsorship Opportunities: 509.528.5947**



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.



### 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.

# 2018-2019 Spokane Guilds' School Parent Calendar

JULY 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				

4 4<sup>th</sup> of July - School closed  
 31 Staff Training (no services to children that day)



JANUARY 2019						
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  
 2-4 Winter break – School closed  
 7 School resumes  
 21 MLK Jr Day – School closed

AUGUST 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	

20-31 Summer break

FEBRUARY 2019						
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		

18 Presidents Day – School closed

SEPTEMBER 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						

3 Labor day – School closed  
 4 School resumes

MARCH 2019						
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						

5 Staff In-Service: Half Day – No services after 1 pm

OCTOBER 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			

16 Staff In-Service: Half Day – No services after 1 pm

APRIL 2019						
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				

1-5 Spring break

NOVEMBER 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	

12 Veterans Day – School closed  
 22-23 Thanksgiving break - School closed

MAY 2019						
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	

27 Memorial Day – School closed

DECEMBER 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					

24-31 Winter break – School closed

JUNE 2019						
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						



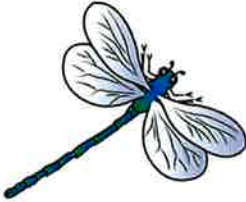
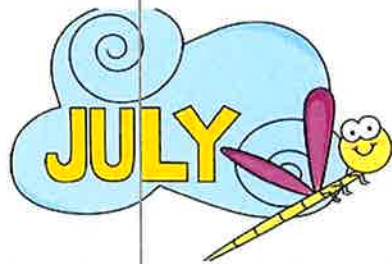
School Closed

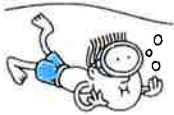
Staff Training / In-Service



# JULY 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>MILK, COTTAGE CHEESE, YOGURT, BROCCOLI, CARROTS &amp; CORN, CRANBERRY SAUCE, GARLIC CHICKEN PASTA</p>	<p>3</p>	<p>4</p> <p>Happy July 4th</p> 	<p>5</p> <p>MILK, COTTAGE CHEESE, YOGURT, GREEN BEANS, PEACHES, SPAGHETTIO'S</p>	<p>6</p> <p>MILK, COTTAGE CHEESE, YOGURT, CUCUMBER, BANANAS, JELLY &amp; CREAM CHEESE SANDWICHES</p>
<p>9</p> <p>MILK, COTTAGE CHEESE, YOGURT, CARROTS &amp; POTATOES, APPLESAUCE, BEEF STEW</p>	<p>10</p> 	<p>11</p> <p>MILK, COTTAGE CHEESE, YOGURT, SWEET POTATO FRIES, PINEAPPLE, FISH STICKS</p>	<p>12</p> <p>MILK, COTTAGE CHEESE, YOGURT, SWEET POTATO FRIES, PINEAPPLE, FISH STICKS</p>	<p>13</p> <p>MILK, COTTAGE CHEESE, YOGURT, CORN, BANANAS, REFRIED BEANS &amp; TORTILLAS (WITH CHEESE)</p>
<p>16</p> <p>MILK, COTTAGE CHEESE, YOGURT, BROCCOLI, WATERMELON, SPINACH &amp; MOZZARELLA RAVIOLI</p>	<p>17</p>	<p>18</p> <p>MILK, COTTAGE CHEESE, YOGURT, PEAS &amp; CARROTS, PEACHES, CHICKEN POT PIE</p>	<p>19</p> <p>MILK, COTTAGE CHEESE, YOGURT, PEAS &amp; CARROTS, PEACHES, CHICKEN POT PIE</p>	<p>20</p> <p>MILK, COTTAGE CHEESE, YOGURT, GREEN BEANS, BANANAS, BEEF-A-RONI</p>
<p>23</p> <p>MILK, COTTAGE CHEESE, YOGURT, MANDARIN ORANGES &amp; APPLE SLICES, OATMEAL</p>	<p>24</p> 	<p>25</p> <p>MILK, COTTAGE CHEESE, YOGURT, MIXED VEGETABLES, PEARS, CHICKEN, PASTA &amp; CHEESE</p>	<p>26</p> <p>MILK, COTTAGE CHEESE, YOGURT, MIXED VEGETABLES, PEARS, CHICKEN, PASTA &amp; CHEESE</p>	<p>27</p> <p>MILK, COTTAGE CHEESE, YOGURT, SWEET POTATO FRIES, BANANAS, GARDEN BURGERS</p>
<p>30</p> <p>MILK, COTTAGE CHEESE, YOGURT, PEAS, CANTALOUPE, CHICKEN, QUINOA &amp; BROWN RICE</p>	<p>31</p>			



### 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)

#### 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)



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



### **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](http://dshs.wa.gov) or call (509) 458-7450.

# SGS REMINDERS

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



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.

***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.

**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.**

# SGS NOTICES

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](mailto:melodiel@guildschool.org) or call 509-326-1651.



## 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 checkout. Thank you!



**GIVE  
BACK  
to schools**  
Office DEPOT. OfficeMax

**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/givebits](http://officedepot.com/givebits) for details.

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!



## 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.

- ◆ **July 14, 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).
- ◆ **July 18, The Arc of Spokane's Sumer Bash**, 6 :00p.m. to 8:00 p.m., The Arc of Spokane, 320 E. 2nd Ave., Spokane. Family fun & games.
- ◆ **July 20, Parent to Parent Support Group**, 9:30 a.m. to 10:30 a.m., Starbucks at 4727 N. Division St., Spokane (across from the Northtown Mall). A support group for parents (grandparents/guardians) of children with I/DD or other special healthcare needs up to the age of 18. Please RSVP to Shelley Gacusana at (509) 789-8323 or email [sgacusana@arc-spokane.org](mailto:sgacusana@arc-spokane.org).

## OTHER SUPPORT GROUPS & EVENTS IN THE SPOKANE AREA

- ◆ **July 11, 18, 25, Mother Baby Time**, 10:00 a.m.-11:30 a.m., 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 an offer resources. Visit [washington.providence.org/events](http://washington.providence.org/events) for more information.*
- ◆ **July 5, 12, 19, 26, Mother Baby Time**, 12 p.m.-1 p.m. at Holy Family Health Education Center, 5633 N. Lidgerwood Street, Spokane.
- ◆ **July 14, Infant/Child CPR**, 1:00 p.m. to 4:00 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).
- ◆ **July 26, 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.

## SAVE THE DATE

- ◆ **Northwest Autism Conference, August 14-15**, Southridge High School, 3520 Southridge Blvd., Kennewick, WA. Many informative guest speakers. For more information go to Kadlec Neurological Resource Center at [www.kadlec.org/knrc](http://www.kadlec.org/knrc). Email: [knrc@kadlec.org](mailto:knrc@kadlec.org), or call (509) 943-8455.
- ◆ **Spokane Indians—Parent to Parent at the Arc of Spokane Group Night, August 16**. Tickets are \$5 each and it's **Super Hero Night!** Come as you are or dress as your favorite Super Hero! To order tickets, call (509) 343-6886, or go to [SPOKANEINDIANS.COM](http://SPOKANEINDIANS.COM).
- ◆ **Spokane County Parent Coalition—Town Hall Meeting, August 21**, 1:00 p.m., South Hill Public Library, 3324 S. Perry St., Spokane. Come meet Secretary Cheryl Strange who wants to know what DSHS is doing well, what the agency can do better, and what is important to you as we work together to transform lives. Please allow 14 days advance notice; last-minute requests may not be filled. Please contact Alicia Morales at (360) 902-7780 or [Alicia.Morales@dshs.wa.gov](mailto:Alicia.Morales@dshs.wa.gov). For more information contact DSHS Office of Communications at (360) 902-7829 or visit [www.dshs.wa.gov/2018TownHallMeetings](http://www.dshs.wa.gov/2018TownHallMeetings).



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.

# 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  
[uwreadilab.com](http://uwreadilab.com)

