



**"THE INNER SELF"**

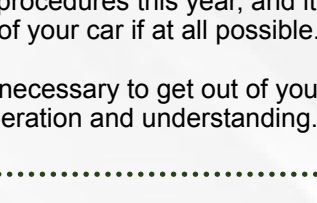
"...be strengthened with power through his Spirit in the inner self..."

Ephesians 3:16

## ALL THINGS FUN RUN!

- **Great job so far!** We have raised just under \$35,000 to date. I set the school goal at \$45,000 and I am hopeful. However, after running averages I realized I did not account that last year we had more students. Therefore, if we raise \$39,500 it will be equivalent to the per student average from last year. Therefore, I am resetting the school goal.
- Due date for money to count towards prizes is being extended to: **November 17th**. We have lots of labels and letters that can be mailed and count towards your goals. Please email me and I will either give to the kids on campus or make packets available on the table in the hall. We will cover the postage as well.
- Our 6th grade class is leading with a per student average of \$192.86!! Great Work!
- See prize sheet for individual, class, and school goals provided in your packets.

Lou Turner  
Advancement Director  
509-924.4300 x206  
lturner@stmaryspokane.org



Everyone seems to be settling in and getting used to our new drop-off/pick-up procedures this year, and it seems to be running very efficiently. Parents/Guardians please remember to not get out of your car if at all possible.

If there are small children that need assistance getting in or out and you feel it necessary to get out of your car, **make sure you are wearing a mask at that time**. Thank you all for your cooperation and understanding.

### Show!

We go outside for recess every day unless it is raining/snowing heavily or below 20 degrees (factoring in windchill). Make sure to send your student to school with a bag containing the proper outdoorwear and boots for outdoor recess in the snow. Regular shoes must be worn indoor.

PK-4th: waterproof snow pants and boots are required to leave the blacktop at recess.  
5th-8th: waterproof snow boots are required to leave the blacktop, snow pants highly recommended.

School track jackets and sweatshirts are no longer warm enough to wear outdoors alone. Make sure to send your child with their (dry) winter jacket, hat and gloves/mittens every day.



*We are pleased to announce that in the event of school being cancelled due to weather, we will be able to conduct classes remotely (K-8) to help avoid having to extend our school year into the summer.*

## Come, be a part of Parents Club

Hi Parents,

I hope you will consider joining the St. Mary Parents Club. As the moderator, I have the pleasure of working with the finest group of people at St. Mary, our parents. Our group is tasked with bringing the community together and providing our students with special opportunities to celebrate this great Catholic education. We organize and staff events, fund assemblies and trips, and provide a few lunches to thank our teachers and school staff. This couldn't be accomplished without your involvement.

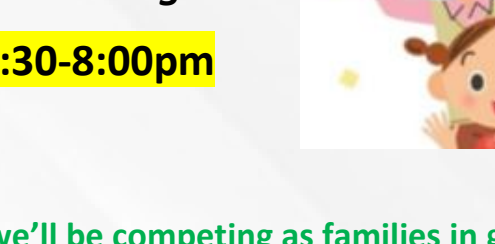
We will be holding a meeting virtually on **October 28th at 6:00 pm**. We will try to fill some leadership roles for this school year as well as figuring out our first event. Alicia Kane, our president for the past couple of years has had to step down as president. We are grateful for her dedicated service and leadership. She has agreed to help new leadership transition into the role. I hope you will consider a position on our leadership team..

We will be unable to have our "normal" functions this year and are looking for some creative ways to celebrate our wonderful school. We were hoping to reimagine a couple of our events so that we could enjoy those important social facets of this great St. Mary community. We'll see you at the meeting! You may need to paste the link into your browser.

**MEETING LINK:** [meet.google.com/unv-qquz-aam](https://meet.google.com/unv-qquz-aam)

Blessings,

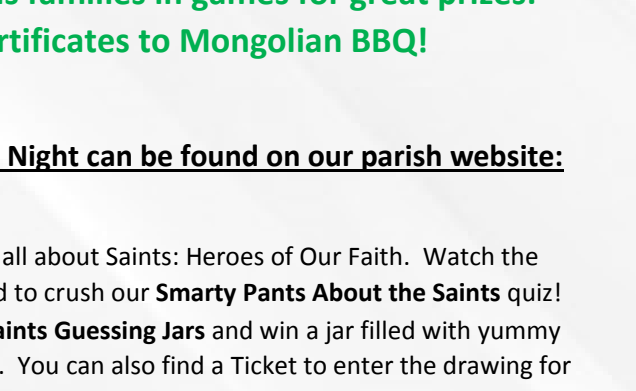
Mr. Schultz



## Saints Alive!

Virtual Family Faith Night

**October 29, 6:30-8:00pm**



**Expect tons of fun—we'll be competing as families in games for great prizes: candy, framed artwork, and 4 \$25 gift certificates to Mongolian BBQ!**

**Resources for Saints Alive! Virtual Family Faith Night can be found on our parish website:**

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

- **PowerPoint presentation and handout** to learn all about Saints: Heroes of Our Faith. Watch the PowerPoint and get all the information you need to crush our **Smarty Pants About the Saints** quiz!
- **Forms to print out** so you can compete in our **Saints Guessing Jars** and win a jar filled with yummy candy and in our **"Name the Saint"** competition. You can also find a Ticket to enter the drawing for Mongolian BBQ gift cards
- All the guidance you'll need to play **4 At-Home Family Games and Activities:** "Pin the Halo on Blessed Carlo"; "Patron Saints Balloon Race"; "Doctors of the Church Matching Game"; and "Saints to Be Tossing Game." Play these either before or after our Virtual FFN
- All the resources you'll need to create **3 cool crafts**—a placemat about the "Saints and Blesseds of the USA"; a "Lessons of the Saints" Mobile craft and a "Saints with SuperPowers" diorama.
- If you cannot print materials at home, please call the parish office at 509-928-3210 and we'd be happy to make copies for you!

**Contact the Parish Office to get on the email list to receive the zoom link for our Virtual Family Faith Night:**

[mbricher@dioceseofspokane.org](mailto:mbricher@dioceseofspokane.org) or 509-928-3210, ext 111.

**Be sure to join the fun at our Saints Alive Virtual Family Faith Night!**

*Don't forget to check out and use our wonderful at-home activities and crafts, too!*

### INDIVIDUAL PICTURE DAY



Individual picture day will be delayed until Spring 2021, exact date TBD. Without all of our students on campus it made sense to delay until later in the school year.

### SYCAMORE

Mid-quarter grades are now posted on Sycamore for 4-8th grades. Make sure to look at grades/assignment status on the [sycamoreeducation.com](http://sycamoreeducation.com) website and not the app. Grades are not pushing over to the app this year as nicely as in past years due to syncing with Google Classroom.

Hover over student's picture and choose "Grades" from drop-down menu. Click on the box that the letter grade is in to see assignments. Click on the assignment name to see details about each one.

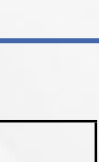
Please contact the office with any questions.

### MY MED BOT

**It's very important to the community as a whole to report health screenings each school day for in-person students.**

If you have not signed up for the MyMedBot app yet please contact the office to have an invite emailed to you.

**If a student goes home from school ill or is called in ill from home, the "at-risk" red screen procedures must automatically and immediately be followed before student will be allowed back in school.**



MyMedBot

## RETURN TO SCHOOL/CHILDCARE/WORK GUIDANCE FOLLOWING A POSITIVE SYMPTOM REPORT FOR COVID-19 AND NO EXPOSURE

This guidance can be used by schools, childcare and parents for the COVID-19 rate in the community is MODERATE — HIGH (>25 cases/100,000 population over 14 days) and applies to persons with:

- One or more new, unexplained symptom consistent with COVID-19, AND
- No known COVID-19 exposure in prior 14 days

Does the person have:

- Any class A symptom of any duration, or
- Two or more class B symptoms of any duration, or
- One or more class B symptom(s) lasting > 24 hours

Person must isolate for 10 days after symptom onset unless:

1. Person receives a negative PCR COVID test.
2. Healthcare provider provides documentation of alternative diagnosis that explains all symptoms without performing a COVID test.

Does the person have:

- One class B symptom lasting less than < 24 hours in duration

Person must remain isolated for at least 24 hours. Evaluation and COVID test could be considered but is not necessary if symptoms resolve. If class B symptom resolves within 24 hours, person can return without healthcare provider evaluation or testing. If class B symptom lasts > 24 hours and/or more symptoms develop, follow algorithm to the left.

### Symptoms consistent with COVID-19

Class A Symptoms	Class B Symptoms
<ul style="list-style-type: none"> <li>• Fever (defined as subjective or 100.4°F or higher)</li> <li>• Cough</li> <li>• Loss of sense of taste and/or smell</li> <li>• Shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Headache</li> <li>• Muscle or body aches</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea (defined as two or more loose stools in 24 hours)</li> </ul>

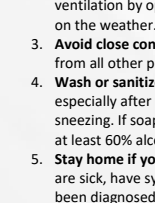
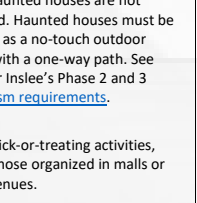
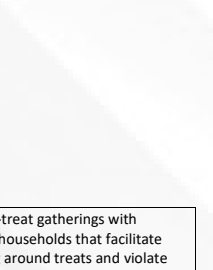
<sup>1</sup> Examples of alternative diagnosis made by healthcare provider include childhood rash illness, acute otitis media, or a lab confirmed diagnosis such as strep throat or non-COVID-19 viral pathogen. If testing for other viral pathogens, strongly recommend testing for COVID-19 as well.

## Next Friday, 10/30, students may wear orange and black outfits, their 2020 Fun Run shirt and jeans or (new this year) their Halloween Costume!

*The costume must be appropriate for school and following rules must be followed by in-person AND virtual students:*

- The costume must be tasteful. Undergarments and swimwear are not appropriate as a costume.
- No bare midriffs or bare shoulders. Shorts and skirts need to be no shorter than 2 inches above the knee.
- The costume should not hamper the student being seated properly and working in class.
- Costumes should allow access for students to use the bathroom.
- Keep accessories to a minimum. Costumes that require carrying any extra and/or unsafe items such as skateboards, surfboards, swords, guns, spears, etc. are not acceptable.
- No weapons (includes faux weapons).
- No pacifiers, fidget toys or anything placed in the mouth.
- Costumes can not reflect graphic violence or extreme blood and gore.
- Face covering policy remains the same; all students will continue to wear their normal daily mask.
- No full-face costume mask or protruding masks.
- No hats, hoods, wigs or large/distraction head pieces.
- No facial or body make-up. No hair color.
- Footwear must be safe, supportive, weather appropriate and follow school Uniform Code rules.
- No political costumes, costumes that display offensive graphics or words or represent sensitive topics/agendas.
- Students may not wear costumes that make fun of others or make others feel uncomfortable.

**Any students wearing a costume that does not follow the above Halloween Costume Guidelines will be asked to change into a school uniform.**



### Tips for a Safer Halloween

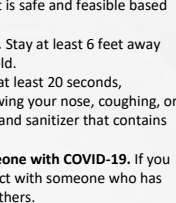
Many of the traditional ways in which we celebrate Halloween involve contact with non-household members in large group settings. This year, it is important to plan early and identify safer alternatives to reduce the risk of spreading COVID-19. The Department of Health is offering the following considerations to help protect individuals and communities.

#### General Considerations

Regardless of how you choose to celebrate Halloween, it is important to keep the following in mind:

1. **Wear a cloth face covering.** Make sure the face covering fits snugly over your nose and mouth.
2. **Avoid confined spaces.** Outdoor activities are safer than indoor activities. If participating in an outdoor event is not possible, and you choose to attend an indoor event, avoid crowded, poorly ventilated, and fully enclosed indoor spaces; increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather.
3. **Avoid close contact with people outside of your household.** Stay at least 6 feet away from all other people who are not part of your own household.
4. **Wash or sanitize your hands often.** Use soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
5. **Stay home if you are sick or were recently exposed to someone with COVID-19.** If you are sick, have symptoms of COVID-19, or have been in contact with someone who has been diagnosed with COVID-19, stay home and away from others.

Recommended	Discouraged
<ul style="list-style-type: none"> <li>• Have a scavenger hunt at home. Dress up and hide candy or other treats throughout the house or around the yard.</li> <li>• Host an online costume or pumpkin carving contest.</li> <li>• Have a Halloween movie marathon with household members.</li> </ul>	<ul style="list-style-type: none"> <li>• Halloween gatherings, events, or parties with non-household members that violate the gathering limitations outlined in Governor Inslee's Safe Start Plan. Learn more about the <a href="#">gathering limits</a> for each phase.</li> <li>• Traditional trick or treating (handing candy to kids who knock on your door) and large groups of trick-or-treaters.</li> </ul>



Updated September 28, 2020  
DOH 9280-102

- If you give out treats:
  - Stick with members of your household and keep at least 6 feet of distance from any non-household members.
  - Wear a cloth face covering or mask if older than age 2. Make sure the mask is snug around your nose and mouth and does not have holes. A plastic costume mask is not a substitute for a cloth face covering.
  - Wash your hands before and after trick-or-treating.
  - Bring plenty of hand sanitizer.
- If you give out treats:
  - Limit candy to individually wrapped treat bags. This reduces the number of people who would typically touch items in a communal bowl.
  - If possible, place treats on a table in your driveway or yard to avoid crowds at your front door. To see trick-or-treaters, sit in a chair in your driveway, garage, yard, or porch and maintain at least 6 feet of distance from the treat table.
  - Place a few mini pumpkins or other decorations 6 feet apart to signal a line and keep trick-or-treaters distanced while waiting for treats.
- Trunk-or-treat gatherings with multiple households that facilitate crowding around treats and violate the gathering limitations outlined in Governor Inslee's Safe Start Plan.
- Indoor trick-or-treating activities, such as those organized in malls or similar venues.
- Permitted. Haunted houses are not designed as a no-touch outdoor activity with a one-way path. See Governor Inslee's Phase 2 and 3 [return to work orders](#).

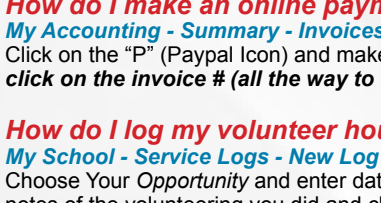
### More COVID-19 Information and Resources

Stay up-to-date on the [current COVID-19 situation in Washington](#), [Governor Inslee's proclamations, symptoms, how it spreads, and how and when people should get tested](#). See our [Frequently Asked Questions](#) for more information.

A person's race/ethnicity or nationality does not, itself, put them at greater risk of COVID-19. However, data are revealing that communities of color are being disproportionately impacted by COVID-19—this is due to the effects of racism, and in particular, structural racism, that leaves some groups with fewer opportunities to protect themselves and their communities. [Stigma will not help to fight the illness](#). Share accurate information with others to keep rumors and misinformation from spreading.

- [WA State Department of Health 2019 Novel Coronavirus Outbreak \(COVID-19\)](#)
- [WA State Coronavirus Response \(COVID-19\)](#)
- [Find Your Local Health Department or District](#)
- [CDC Coronavirus \(COVID-19\)](#)
- [Stigma Reduction Resources](#)

**Have more questions about COVID-19?** Call our hotline: 1-800-525-0127, Monday – Friday, 6 a.m. to 10 p.m., Weekends: 8 a.m. to 6 p.m. For interpretive services, press # when they answer and say your language. For questions about your own health, COVID-19 testing, or testing results, please contact a health care provider.



[www.sycamoreeducation.com](http://www.sycamoreeducation.com)  
**St. Mary's School Code: 2403**

### FAQ's:

**Where is the parent directory?**  
**My Accounting - Summary - Invoices** - Choose Letter of the Last Name you are looking for (If a family chose to not be included in directory during registration time they will not be visible to other parents)

**Where is the a class directory?**  
**Front Desk - Family Directory** - Choose the first initial of the last name of the family you are looking for. --OR--

**My Family - Students - Click Student Code - Grades - Click Class (ie: 1st Grade)**  
**\*Must allow pop-ups from Sycamore for this option to work, see note about System Help - Welcome Aboard below for details\* --OR--**

**Hover cursor over student picture - choose Grades - Click Class (ie: 1st Grade)**  
**\*Must allow pop-ups from Sycamore for this option to work, see note about System Help - Welcome Aboard below for details\***

**How do I check my child's lunch account?**  
**My Accounting - Cafeteria - Account**

**How do I make an online payment to my child's lunch or childcare (Educare) account?**  
On the Sycamore homepage - scroll down to almost bottom of page - right-hand side find: **Payments** - click on **Cafeteria** link or **Childcare** link and make a payment

**How do I make an online payment for my child's tuition?**  
**My Accounting - Summary - Invoices** - (All the way over to the right of the screen) Click on the "P" (Paypal Icon) and make a payment. **To just view/print an invoice pdf, click on the invoice # (all the way to the screen)**

**How do I log my volunteer hours?**  
**My School - Service Logs - New Log** (blue button top right-hand side of screen) Choose Your **Opportunity** and enter date, time, hours served, and please add detailed notes of the volunteering you did and click **Submit**

**How do I find Volunteering Opportunities?**  
Keep an eye out in The Bell or contact Terri Matsch in the Advancement Office: [tmatsch@stmaryspokane.org](mailto:tmatsch@stmaryspokane.org)

**How do I find my child's Profile, Grades, Documents, Schedule, Attendance?**  
Hover your cursor arrow over your child's picture located on the top right side of the homepage and choose from the menu that appears.

**Why am I seeing a blank page when trying to set up conferences or register?**  
Your computer's settings are not configured to accept pop-ups from Sycamore. Please click on **System Help - Welcome Aboard** and follow the instructions for the internet browser you use to configure your settings.

**HELP! I need to make a payment online quickly and can't find the right spot on Sycamore!**  
Click on the Cafeteria or Childcare payment link (bottom right side of Sycamore homepage-after logging in) to make a payment for anything using a debit/credit card just make sure to put in **italicized** notes about what the payment is for (if it's not for Cafeteria or Childcare) and mention the **child's full name**

**Having trouble logging in or forgot your username or password?**  
Contact Chelsea Weiler: [cweiler@stmaryspokane.org](mailto:cweiler@stmaryspokane.org) or (509) 924-4300 x200

### Preferred Contact Info:

Pre-K3, Mrs. Shaurette Ext 207  
[lsahurette@stmaryspokane.org](mailto:lsahurette@stmaryspokane.org)

Pre-K4, Ms. Lunsford Ext 210  
[elunsford@stmaryspokane.org](mailto:elunsford@stmaryspokane.org)

TK, Mrs. Tadlock Ext 212  
[mtadlock@stmaryspokane.org](mailto:mtadlock@stmaryspokane.org)

K, Mrs. Urbanik Ext 217  
[murbanik@stmaryspokane.org](mailto:murbanik@stmaryspokane.org)

1st, Mrs. Cliff Ext 218  
[bccliff@stmaryspokane.org](mailto:bccliff@stmaryspokane.org)

2nd, Mrs. Pearson Ext 219  
[spearson@stmaryspokane.org](mailto:spearson@stmaryspokane.org)

3rd, Mrs. Gant Ext 220  
[cgant@stmaryspokane.org](mailto:cgant@stmaryspokane.org)  
(until Dec. 2020 when Mrs. Rapp returns from leave)

4th, Mrs. Mcnitz Ext 216  
[amcnitz@stmaryspokane.org](mailto:amcnitz@stmaryspokane.org)

5th, Mrs. Lonergan Ext 221  
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6th, Mr. Kennar Ext 222  
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7th, Mrs. Schmidtkofer Ext 223  
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8th, Mr. Schultz Ext 224  
[kschultz@stmaryspokane.org](mailto:kschultz@stmaryspokane.org)

Science, Mr. Hull Ext 208  
[bhull@stmaryspokane.org](mailto:bhull@stmaryspokane.org)

PE/Sports, Ms. Lafferty Ext 301  
[llafferty@stmaryspokane.org](mailto:llafferty@stmaryspokane.org)

Music/Library/Tech Support  
Mrs. Kristen Navditt Ext. 212  
[knavditt@stmaryspokane.org](mailto:knavditt@stmaryspokane.org)

### Staff Members:

Principal, Mr. Walker Ext 202  
[walker@stmaryspokane.org](mailto:walker@stmaryspokane.org)

Vice Pr. & Mr. Schultz Ext 203  
[kschultz@stmaryspokane.org](mailto:kschultz@stmaryspokane.org)

Admin. Asst.: Mrs. Weiler Ext 200  
[cweiler@stmaryspokane.org](mailto:cweiler@stmaryspokane.org)

Adv. Director Mr. Turner Ext 206  
[lturner@stmaryspokane.org](mailto:lturner@stmaryspokane.org)

Office Mgr/Book Keeping,  
Mrs. Greany Ext 204  
[sgreany@stmaryspokane.org](mailto:sgreany@stmaryspokane.org)

ELC/Educare Director  
Mrs. Olsen Ext 209  
[kolsen@stmaryspokane.org](mailto:kolsen@stmaryspokane.org)