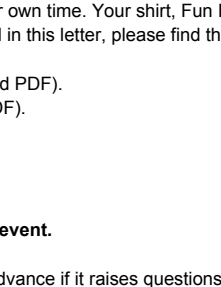




Choose Hope

Fun Run Week October 13-16



October 8, 2020

Hello St. Mary Families!

We want to welcome all those who wish to participate in the Fun Run Next week beginning on Tuesday, October 13, and concluding on Friday, October 16, with our 8th grade class. We completely understand that families may choose to not participate in person. We are not requiring students to be on campus and may participate at their own time. Your shirt, Fun Run wristband, and after race treats will be waiting for you. Included in this letter, please find the following:

- Run Dates and times for each class. (Please see attached PDF).
- Parent and student instructions. (Please see attached PDF).
- Dress Attire
- Weather Conditions
- At home option experience

What to expect on the day of the event.

I have done my best to lay this out in words. My apologies in advance if it raises questions. The actual process will be guided to run smoothly with helping volunteers each day of the event.

1. When you arrive by car, please line up in front of the school inside the cones. It would be helpful to enter from the church side. **Everyone needs to stay in their car, please.** Parking is limited, but we are able to easily accommodate one car, and up to two per family, in each of the marked spaces if necessary. **Your parking slot should be directly in front, or very close to your child's running lane which is awesome!**
2. For those families with students on campus yet, have your MyMedBot app filled out and ready to display. Refer to Instructions that were sent home during the soft start. Please contact the office if you need assistance. We will also have attestations and temperature checks available upon arrival. Cars will be ushered into the blacktop area of the playground and you will be handed instructions. (See PDF).
3. Only Runners will get out of their cars. **Please wait until instructed to leave their car and go to their numbered running lane.**
 - a. Kids will run in marked lanes, nine feet apart from each other. (See photo)
 - PreK-3-TK are planning their own time, running first.
 - Kindergarten runs for 10 minutes.
 - 1st-8th runs for 15 minutes.
 - b. Counting "Laps" (See PDF).
4. Once the time is up, we will record laps, and in an orderly fashion, pass out shirts and treats to the kids in a marked bag with their name.
5. Kids will be dismissed one at a time back to their cars for departure.

Dress Attire

All Runners must wear appropriate running attire, or they may dress up in creative costumes and clothing to enhance the Fun Run experience. Costumes must be in-line with the student dress code and the mission of St. Mary Catholic School. **Costume masks and headgear may not be worn.** If you have any questions about the dress code for the Fun Run, please contact the school before your assigned race time.

Weather Conditions

The St. Mary Fun Run is a GO-rain or shine. It might be wise for students in PreK-3rd grade to bring an extra pair of shoes and socks if it looks like there may be inclement weather. All participants, please plan on bringing weather appropriate outerwear.

At Home Option For Fun Run:

Have your child, based on the time for their grade(5, 10, or 15 minutes,) either run, ride a bike, or even run on a treadmill, stationary bike, or other equivalent form of exercise. Once they are done you can take a photo and send it to me at ltuner@stmarysspokane.org. I will post it along with other photos taken during the week.

Thank you for your time and consideration.

In Gratitude,

Lou Turner

If you have any unused Fun Run letters and/or return envelopes please send them back to school ASAP. Please contact Lou Turner at: ltuner@stmarysspokane.org to arrange a time for pick-up or with any Fun Run questions.

2020 Fun Run Save the Date and Time Schedule

Dear Families of St. Mary, Please see the dates and times in which classes will be running for this year's Fun Run.

Complete details of the event will be coming home next Friday, and will address the following: parking, watching, designated running area, safety precautions, dress attire (fun clothes), "Lap" counting, and a virtual option for families who feel more comfortable participating that way.

Date	Time	Grade
October 13	8:45-9:15	PK 3
October 13	1:00-1:10	PK 4
October 13	1:10-1:30	TK
		(Two groups of kids)
October 14	8:30-9:30	K
October 14	10:00-11:00	1st Gr
October 14	1:00-2:00	2nd Gr
		(Two groups of kids)
October 15	8:30-9:30	3rd Grade
October 15	10:00-11:00	4th Gr
October 15	1:00-2:00	5th Gr
		(Two groups of kids)
October 16	8:30-9:30	6th Gr
October 16	10:00-11:00	7th Gr
October 16	1:00-2:00	8th Gr
		(Two groups of kids)
		(Two groups of kids)

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.

CONFIRMATION/FIRST EUCHARIST

Congratulations to all the St. Mary students that received Confirmation and First Holy Communion at St. Mary parish over the weekend!

Benjamin C.
Nolan C.
Claire D.
Matthew G.
Claire H.
Grace H.
Hannah J.
Lucas M.
Aiden R.
Oryn S.
Maddison T.
Alessandro V.S.

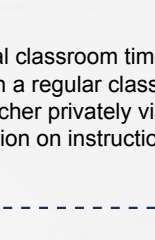
SYCAMORE

Mid-quarter grades are now posted on Sycamore for 4-8th grades. Make sure to look at grades/assignment status on the sycamoreeducation.com 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.

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.

Here is an informational sheet to help determine what to do if student receives an "at risk" red screen from MyMedBot.

Please note it may change as new information/procedures are received from the Spokane Regional Health Dept.

2020 - 2021 CALL IN/SENDING HOME SICK PROCEDURES

GREEN SCREEN = Health screen completed, no symptoms present, student may proceed to school.

RED SCREEN = Health screen completed, student is experiencing one or more school COVID symptoms. DO NOT proceed to school. Choose from the following options listed below:

AT RISK SYMPTOMS (In the past 24 hours)

- Fever greater than 100.4
- Cough
- Loss of Taste or Smell
- Sore Throat
- Unusual Shortness of Breath
- Unusual Fatigue
- Congestion or runny nose
- Gastrointestinal (GI) Symptoms (nausea, vomiting, diarrhea)

(Recently)

- Have you recently been in close contact with anyone who has exhibited any COVID-19 symptoms?
- Have you recently been in contact with anyone who has tested positive for COVID-19?
- Have you recently traveled to a restricted area that is under a Level 2, 3, or 4 Travel Advisory according to the U.S. State Department?

RED SCREEN OPTIONS

- Visit Pediatrician and obtain a Dr.'s note to submit to school stating the child symptoms are not COVID related and can safely return to school. **-OR-**
- Obtain a negative (non-rapid) COVID test result and submit the verification to school. Child can return to school the next day after negative result received. **-OR-**
- Stay home for 10 days past on set of symptoms. May return after 10 days as long as symptoms are gone.

FAQs:

If I call my child in sick in morning with just one or two mild symptoms can we come back the next day (or in a couple days) as long as symptoms are gone?

NO - students that go home sick from school or get called in sick from home must immediately follow through with one of the "at-risk" red screen options listed above before they can return to school.

Can siblings of the sick child attend school as long as they have no symptoms:

YES - as long as no symptoms are present and no one in home has tested positive or had known exposure to COVID. Child will be sent home if they develop any symptoms during the school day.

PICK-UP TABLE

A table has been set up to the left of the front doors (inside breezeway) for pick-up items. You do not need to check into the office to grab your pick-up items, you will be buzzed in and walk over and grab what you need.

Don't forget to press the silver button located on the right outside the doors to call the office if the door doesn't open for you right away. Office hours are: 7:30am - 3:30pm, M-F.

VIRTUAL CLASSROOM/PARENT INTERACTION:

Parent Reminder:

Please be considerate and respectful of the teacher during virtual classroom time. It is very important to follow classroom rules just as if you were in a regular classroom and minimize interruption during lessons. Please contact the teacher privately via email or phone with comments, lengthy questions or for clarification on instruction if the class is being moved forward as a whole.

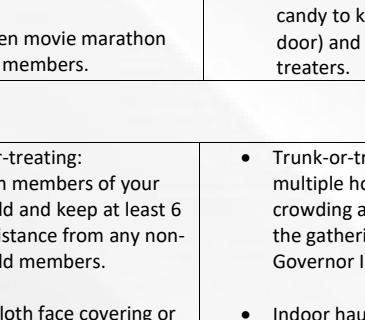
ADAPTER FOR CONNECTION ISSUE:

To help with connection issues for virtual schooling like getting dropped from Google Meets or Livestream, hard your ethernet port, cable to your device really helps. If your device doesn't have an ethernet port, there are adapters to convert ethernet to whatever ports you do have (i.e. USB-C, USB3.0, USB2.0). Look up the specifications of the specific model of your device to USB3.0 type you have if you don't know.

For example, the school Chromebooks Samsung model #XE500C13 has USB3.0 so this is an example the right adapter for it: Ethernet to USB3.0 Adapter

Getting WiFi boosters for different areas of your home will improve the situation, as well.

STUDENT COUNCIL



St. Mary Student Council

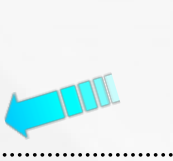
This year's Student Council will be a little different. In fact, we don't know what it will be like until we do it. This will take a tremendous amount of creativity on your part. So what do you say? Are you in?

The process for running for office will look different this year. We will start by having interested sixth, seventh, and eighth-graders fill out a candidacy application document. Candidates would normally have to get signatures from teachers and the principal. This year, let us know which teacher that you are seeking a recommendation from and we will talk to that teacher. We will also talk to Mr. Walker about your desire to run. If you receive approval from those folks and your parents give you the green light, you may proceed.

You will need to submit one Google Slide (instead of a poster) that will highlight your desire to run. This will be placed with the others and posted so the student body may learn a little about you. Please state your full name, grade, and office you are seeking. You can add additional information outlining your qualifications and plans for the school year. A picture would be especially nice.

Finally, you should prepare a video speech to talk to the school. The speech will be uploaded and shared with the voters. This speech should be less than one-minute long. You should write, plan, and practice before recording it. Pay attention to your background and make sure you can be heard.

Good Luck! We look forward to hearing from you.



The Details:

Candidacy Application: Due October 7th
Link to the form: [Application Form](#)

One-minute Poster: October 7th (one slide only, not a multi-slide show)

One-minute speech: October 9th (one minute maximum)

Election: October 20th (Google Form)

Share all files with Mr. Schultz at: kschultz@stmarysspokane.org

The Offices

- | | |
|--|--|
| <p>PRESIDENT (in 8th grade)</p> <ul style="list-style-type: none"> • Presides over all meetings of the Student Council • Presides over student sponsored assemblies • Represents the student in student body activities • Votes only in case of tie • Supports all Student Council activities | <ul style="list-style-type: none"> • Supports all Student Council activities |
| <p>VICE PRESIDENT (in 7th or 8th grade)</p> <ul style="list-style-type: none"> • Carries out above duties if President is absent • Responsible for communication with faculty • Responsible for publicizing Student Council activities • Has a vote in all matters of business | <p>SECRETARY/TREASURER (in 7th or 8th grade)</p> <ul style="list-style-type: none"> • Records and organizes minutes of meetings • Keeps an accurate account of student body monies • Oversees all Student Council fund raisers • Has a vote in all matters of business • Supports student council activities |
| <p>COMMISSIONER OF SCHOOL SERVICE AND CATHOLIC IDENTITY (in 7th or 8th grade)</p> <ul style="list-style-type: none"> • Leads discussions regarding council sponsored service projects • Leads prayer at the beginning of each Student Council meeting • Promotes the Catholic Identity of the school and is a liaison with Fr. Lewis. • Has a vote in all matters of business | <p>COMMISSIONER OF SCHOOL SPIRIT (in 6th, 7th, or 8th grade)</p> <ul style="list-style-type: none"> • Promotes spirit and enthusiasm for school activities • Assists in school athletics as a liaison with Ms. Lafferty • Announces orders for school sports • Has a vote in all matters of business • Supports all Student Council activities |
| <p>HISTORIAN (in 6th, 7th, or 8th grade)</p> <ul style="list-style-type: none"> • Promotes, records and preserves school history • Organizes and archives student council records • Has a vote in all matters of business • Supports all Student Council activities | |

BOX TOPS FOR EDUCATION:

Eventually the Box Tops program will become digital-only. Participating brands are starting to change their packaging from a traditional Box Tops clip to the new Box Top label.

If you see this label, use the new Box Tops app to scan your receipt. Box Tops are still worth 10¢ each for your school. The app will find participating products purchased at any store and instantly add cash to your school's earnings online.

Traditional Box Tops clips are being phased out of production, but may continue to be found on many products throughout the store. You can still clip (unexpired box tops) and send them to school.

For more information please visit: <https://www.boxtops4education.com/>

SACRAMENTAL PREP

Sacramental Preparation FAQs

St. Mary Catholic Parish

What Sacraments do grade-school children receive and when?

- Grade school children who were baptized in the Catholic Church as infants or young children receive 3 Sacraments: Reconciliation, Confirmation and Holy Eucharist
- If a grade-school child has not yet been baptized or was baptized in a non-Catholic church, they are prepared to receive all the Sacraments of Initiation at the same time (usually at the Easter Vigil Mass): Baptism, Confirmation and Holy Eucharist

What is the recommended age for the Sacraments?

- For Reconciliation (going to Confession)—around age 7, usually in 2nd or 3rd grade
- For Confirmation/First Eucharist—after receiving Reconciliation, usually in 3rd or 4th grade
- Parents are the best judge of when their child is ready—any parent can consult with the ORE and/or Pastor and determine the best age for their child

Why aren't Sacraments taught in approved Catholic school or Religious Education?

- Sacraments ARE taught in every Catholic school and Religious Education!
- Children learn, each year, how the Sacraments fit into their Catholic beliefs and practices—but preparing to receive a Sacrament requires more specialized formation and calls together those children in the parish who are ready to receive no matter what grade or where they attend school.
- Preparation to receive a Sacrament is more than teaching about the Sacrament—it is helping each child and their parents understand how to discern if one is ready for the Sacrament. Reception of a Sacrament isn't an "automatic" thing one does in a singular grade—the families take time to discern, prepare and celebrate together this important step in a child's maturing faith. Preparation for a Sacrament provides detailed instruction on why and how to receive the Sacrament—and is a special time of formation for the entire family.
- Best practices from thriving Catholic parishes and the US Bishop's instructions encourage a parish-based, parent-involved 2-year preparation program—that's what we offer at St. Mary Catholic Parish. We unite all our families with children who are ready for a Sacrament into ONE community who can support one another and celebrate this milestone together.

What does the Sacramental Preparation program look like?

- Sacramental Preparation is separate from the general religious instruction a child receives either at a Catholic school or in religious education or in a homeschool setting. Sacramental Preparation is designed to prepare a child for a specific Sacrament—not as a general instruction about their Catholic faith.

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 crowding, 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"> • Have a scavenger hunt at home. Dress up and hide candy or other treats throughout the house or around the yard. • Host an online costume or pumpkin carving contest. • Have a Halloween movie marathon with household members. 	<ul style="list-style-type: none"> • 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 gathering limits for each phase. • Traditional trick or treating (handing candy to kids who knock on your door) and large groups of trick-or-treaters.

- If you go trick-or-treating:
 - 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 haunted houses are not permitted. Haunted houses must be designed as a no-touch outdoor activity with a one-way path. See Governor Inslee's Phase 2 and 3 [agritourism requirements](#).
- Indoor trick-or-treating activities, such as those organized in malls or similar venues.

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 interpretative 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

St. Mary's School Code: 2403

FAQs:

Where is the parent directory?
Front Desk - Family Directory - Choose Letter of the Last Name you are looking for (if a family code is not to be included in directory during registration time they will not be visible to other parents) -OR-

Where is the 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. 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. 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 first. Payments - click on Cafeteria link or Childcare link and make a payment

How do I make an online payment for my child's tuition?
Keep an eye out in The Bell of course for the right hand side (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 left on 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?
Contact Chelsea Weiler: cweiler@stmarysspokane.org or (509) 924-4300 x200

Teacher Contact Info:

Pre-K-3, Mrs. Shaurette Ext 207 ishaurette@stmarysspokane.org

Pre-K-4, Ms. Lunford Ext 210 elunford@stmarysspokane.org

TK, Mrs. Tadlock Ext 212 mtadlock@stmarysspokane.org

K, Mrs. Urbaniak Ext 217 murbaniak@stmarysspokane.org

1st, Mrs. Cliff Ext 218 bcliff@stmarysspokane.org

2nd, Mrs. Pearson Ext 219 spearson@stmarysspokane.org

3rd, Mrs. Gant Ext 220 cgant@stmarysspokane.org (until Dec. 2020 when Mrs. Rapp returns from leave)

4th, Mrs. McNitt Ext 216 amcnitt@stmarysspokane.org

5th, Mrs. Lonergan Ext 221 slonergan@stmarysspokane.org

6th, Mr. Kennar Ext 224 pkennar@stmarysspokane.org

7th, Mrs. Schmidtkofer Ext 223 bschmidtkofer@stmarysspokane.org

8th, Mr. Schultz Ext 224 kschultz@stmarysspokane.org

Science, Mr. Hull Ext 208 bhull@stmarysspokane.org

PE/Sports, Ms. Lafferty Ext 301 mlafferty@stmarysspokane.org

Music/Library/Tech Support, Ms. Kristen Naudt Ext. 212 knaudt@stmarysspokane.org

Staff Members:

Principal, Mr. Walker Ext 202 walker@stmarysspokane.org

Vice Pr. & Mr. Schultz Ext 203 kschultz@stmarysspokane.org

Admin. Asst., Mrs. Weiler Ext 200 cweiler@stmarysspokane.org

Adv. Director Mr. Turner Ext 206 ltuner@stmarysspokane.org

Office Mgr/Book Keeping, Mrs. Greany Ext 204 sgreany@stmarysspokane.org

ELC/Educare Director Mrs. Olson Ext 209

Mission Statement: St. Mary's Catholic School is a parish ministry that actively assists families by fostering community while providing Catholic formation within a strong academic program.