

January 2021



Blue Mountain Early Learning HUB

bluemountainearlylearninghub.org

Newsletter

MORROW UMATILLA UNION COUNTIES

Early Childhood Partnership Team Meetings (ECPT)

Umatilla County
Tuesday, February 9
1:00 - 2:30 pm via Zoom
[https://imesdmeet.zoom.us/s/99622448120](https://imesdmeet.zoom.us/j/99622448120)

Union County
Wednesday, January 13
1:00 - 3:00 pm via Zoom
<https://us02web.zoom.us/j/89982819395>
<https://www.facebook.com/Union-County-ECPT-836224543130112/>

Morrow County • Thursday, February 11
12:00 - 1:30 pm via Zoom
<https://umchs-org.zoom.us/j/86979452767?pwd=Nmx0UEtZVnJBzclUys2ajRZZzhodz09ID=86979452767;Passcode=155435>



Coordinated Enrollment Specialist

The Blue Mountain Early Learning Hub would like to welcome Michelle Gomez to its team. She has been hired as the Coordinated Enrollment Specialist and will be overseeing coordinated enrollment for Preschool Promise in the BMEL Hub region. Her previous work experience includes Attendance Secretary and School Support Liaison for the Pendleton School District and a Child Protective Services Specialist for the Department of Human Resources. We are excited to have her joining our team and look forward to having a full-time specialist to oversee this effort.

For more information on Preschool Promise or to learn more about preschool programs in our region, please visit our coordinated enrollment website: <https://www.BlueMountainKids.org>



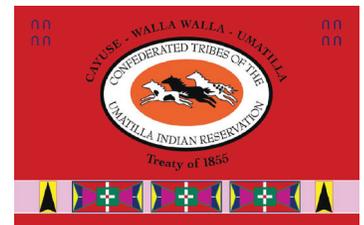
Home Education Kits Available Upon Request

If you have a child or know of a child who does not have access to preschool or is opting out due to COVID-19, the Blue Mountain Early Learning Hub has Home Education Kits in both English and Spanish to provide to families with children ages 3 to 4, residing in Umatilla, Morrow or Union county. These kits contain educational materials and guidance for school readiness. To request a kit, complete the following Google form: <https://forms.gle/sE9f6Q3WfNcNL5vB9>

Gathering to Grow: A 5-Week Virtual Class Series for Parents/Guardians of Children of all Ages

The Intermountain ESD Early Intervention/Early Childhood Special Education in collaboration with The Confederated Tribes of the Umatilla Indian Reservation are offering this virtual series once a week to connect with guest speakers, community members, education specialists and health professionals in a supportive learning environment. Each session will provide tangible tools on Conscious Discipline and child development.

- When: 5-6 pm every Wednesday beginning January 6, 2021 (for five weeks)
- To register, visit: <https://forms.gle/R9oP7Jkh59FuwEGz6>
- For more information, contact Jory Spencer: jory.spencer@imesd.k12.or.us or Marissa Baumgartner: marissa.baumgartner@imesd.k12.or.us



Blue Mountain Early Learning Hub Governing Board:

Umatilla County:

Lori Hale, *Education*
Lidwinner Machado,
Human & Social Services
Kim Huling, *Business*

Morrow County:

Yvonne Morter, *Health*
Erin Stocker, *Education*
Dorothy Powell, *Migrant & Second Language Education*

Union County:

Robert Kleng, *Chair, Education*
Jess Hagedorn, *Parent*
Ashleigh Meeks, *Health*

Other:

Jon Peterson, *InterMountain ESD Lead*
Maureen McGrath, *Umatilla-Morrow Co. Head Start Lead*
Linda Watson, *Eastern Oregon Coordinated Care Organization Rep*
Lloyd Commander, *Tribal Representative*



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Parent Article: *Supporting Social/Emotional Learning, Structure and Organizational Skills during Remote Learning*

With the longevity of remote learning, children and parents have increased levels of stress and families are experiencing behaviors, meltdowns and anxiety at greater levels. Considering we are in remote learning for the foreseeable future, we may need to readdress our efforts for social/emotional learning, and building more structure/organization for ourselves and children during this difficult time. During Winter Break, hopefully parents and caregivers had an opportunity to take a deep breath, slow down, and look at addressing some of the difficult issues that have come up during the last several months.

Consider some of the following tips for building structure/organization and supporting social-emotional development during remote learning.

Building Structure:

Create schedules that are clear and posted for easy access. Use pictures, dry erase/chalk boards, magnets or anything that will be eye catching and allow for flexibility to move and/or change the schedule. Depending on the age of the child, include them in constructing some of the routine. Allowing the child to have some control in the process can reduce power struggles and stress.

A successful daily schedule for school-age children might be: Wake up, get dressed, eat breakfast, distance learning, lunch, free play/outside, family time, dinner, bedtime routine, bed. Opportunities for your child to participate in creating the schedule could be around free play activities, outside play options, snack options and family time activities. Younger children may benefit from a 'first/then' schedule. This would be a modified version of the larger schedule such as, "first math and then a snack break." Reducing the schedule in this way can decrease stress and make tasks feel more manageable. The 'family time' part of your schedule should be priority. Allow your child to choose/ suggest some of the activities! Having this time will help bring a sense of stability and comfort that may reduce stress and free up your child's brain for more effective learning.

Building Organization:

Take some time to assess what is working in your child's learning space and common issues that have caused frustration during academic time. Consider new ways of organizing the environment to address the common issues you identify. This could be an organizer, like one used for silverware, to keep pencils, scissors, rulers, etc. handy at all times. It could be a

variety of seating options (bean bag, pillows, chairs), trays/ baskets for organizing, a mail sorter to divide dry erase and chalk boards. You can find many ideas on Pinterest that will offer ideas to create organizational systems. Just remember, make it functional and with your child's specific needs in mind. Make sure the space is free of clutter, is well lit and everything has a place. If appropriate, have your child help in the process of making their space work better for them.

Supporting Social-Emotional Learning:

Attending to the social-emotional needs of our children is exceptionally challenging during these times. Now more than ever, it is important to remember your child looks to you in times of stress, observes your reactions and uses this information to develop social-emotional skills. Recognize your own emotions and describe feelings, talk about how you cope (taking deep breaths, a break, a walk, etc.). Identify the strategies that make your child feel safe and relaxed. Create a 'choice board' with pictures of these strategies. This can be as simple as printed pictures of calming choices which are available in your home. This could be posted or moved from place to place as needed. Pictures could include taking deep breaths, a designated 'safe place' to be alone, stuffed animal to have during learning time or a fidget toy. While you can be creative with how you create these, it doesn't have to take a lot of time or be fancy to be effective. If you are unfamiliar with the idea of a 'safe place,' Dr. Becky Bailey's Conscious Discipline site offers more details and provides ideas for creating a calming space.

Our children thrive in structured, predictable and highly organized environments. We have had the luxury of sharing this immense responsibility with the learning professionals in brick and mortar learning environments. Now that this structure has shifted, the responsibility falls heavily on families. We have to look at routine and organization in our homes differently. We are seeing behaviors related to this shift and are learning how to respond. While we can't recreate the school environment, we can adjust the level of supports we provide through more organization, structure and social-emotional supports.

No doubt, this is hard! Take a deep breath, you are not alone, you got this!

Tiffany Copeland is an EI/ECSE Coordinator with the IMESD, a partner of the Blue Mountain Early Learning Hub.



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Professional Development Opportunities from OSU's Oregon Natural Resources Education Program

- **Discussion Group: Why is Equity Central to Social-Emotional Learning and Trauma-Informed Care?**

Date: Thursday, January 28

Time: 3:00 – 4:30 p.m.

Format and Length: Interactive, online, 1.5 hours

Audience: formal and non-formal educators, outdoor school educators & service providers

Registration closes at 5:00 p.m. on Wednesday, January 20, 2021

Early Learner Workshop Series: Fostering Natural Curiosity:

- **Workshop 1: Fostering Natural Curiosity with Project Learning Tree's Environmental Experiences for Early Childhood**

Session dates and times:

Tuesday, January 12th, 2021, 12:30 p.m. - 2:30 p.m.

Tuesday, January 26th, 2021, 12:30 p.m. - 2:30 p.m.

**Please make every effort to attend both sessions.*

Format & Length: Interactive, online, 2 two-hour sessions

Curriculum: Project Learning Tree's Environmental Experiences for Early Learners, Project Learning Tree (E-book)

Audience: PreK-2nd grade formal and non-formal educators, and caretakers of young children

Registration closes at 5:00 p.m. Thursday January 7, 2021

- **Workshop 2: Fostering Natural Curiosity with Growing Up WILD**

Session dates and times:

Tuesday, February 2nd, 12:30 p.m. - 2:30 p.m.

Tuesday, February 16th, 12:30 p.m. - 2:30 p.m.

**Please make every effort to attend both sessions.*

Format & Length: Interactive, online, 2 two-hour sessions

Curriculum: Growing Up WILD (physical guide)

Audience: PreK-2nd grade formal and non-formal educators, and caretakers of young children

Registration closes at 5:00 p.m. Thursday January 14, 2021

For workshop details and to register, visit: <http://onrep.forestry.oregonstate.edu/workshops>

Oregon continues COVID-19 vaccinations



Oregon's COVID-19 vaccination effort continues with the state's first long-term care facility residents and staff receiving vaccinations. Oregon, like other states, does not currently have enough vaccine to immunize everyone against COVID-19. The first people getting the vaccine are health care workers and people who live or work in long-term care facilities, such as skilled nursing facilities. OHA's data dashboard shows the total number of vaccines given to date in Oregon, based on these populations.

To view OHA's COVID-19 data dashboard, visit: <https://public.tableau.com/profile/oregon.health.authority.covid.19#!/vizhome/OregonCOVID-19VaccinationTrends/OregonStatewideVaccinationTrends>

To learn more about the COVID-19 vaccine in Oregon, visit: <https://covidvaccine.oregon.gov/>

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