



April 2021

Blue Mountain Early Learning HUB

bluemountainearylearninghub.org

Newsletter

MORROW UMATILLA UNION COUNTIES

Early Childhood Partnership Team Meetings (ECPT)

Umatilla County
Tuesday, April 13
1:00 - 2:30 pm via Zoom
[https://imesdmeet.zoom.us/s/99622448120](https://imesdmeet.zoom.us/j/99622448120)

Union County
Wednesday, April 14
1:00 - 3:00 pm via Zoom
<https://us02web.zoom.us/j/89982819395>
<https://www.facebook.com/Union-County-ECPT-836224543130112/>

Morrow County • Thursday, April 8
12:00 - 1:30 pm via Zoom
<https://umchs-org.zoom.us/j/86979452767?pwd=Nmx0UEtZVnJBzlc1Uys2ajRZZzhodz09ID=86979452767;Passcode=155435>

2021 Kindergarten Jumpstart - An Early Learning Hub & School District Partnership

Kindergarten Jumpstart is a summer program for incoming kindergarten students that focuses on teaching children listening, learning, and behavioral skills while preparing them for the full-day schedule ahead. It helps familiarize children with the school and allows for a much smoother start to the school year. Responsibilities for the program are shared between the BMEL Hub and the school district.



Provided by the BMEL Hub:	Provided by the School District:
<ul style="list-style-type: none"> Classroom supplies for students Second Step social-emotional curriculum (bilingual) Early Learning STEM kit (bilingual) Oral Health Lab Yoga/Mindfulness lesson/session Marketing of Jumpstart program The BMEL Hub staff will provide a consultation with the Jumpstart teacher to go over the program, Second Step lessons and assessment, STEM kit lessons and required paperwork 	<ul style="list-style-type: none"> Classroom teacher per 16 students* Meals* Transportation (optional)* Academic curriculum/materials A parent engagement activity/event* A classroom aide is recommended for 10+ students* A bilingual aide is recommended if there is a need for second language support* Recruitment of students

*ESSER Funding and/or Summer Enrichment BOEPS Academic Program Grants may be used
School Districts may apply now at bluemountainearylearninghub.org



Child Abuse Prevention Month

Every April, child and youth serving organizations participate in Child Abuse Prevention Month to highlight the importance of protecting our children. Follow this link to learn more: <http://preventchildabuse.org/resource/pinwheels-for-prevention/>

To participate in this effort, consider displaying pinwheels, which serve as the national symbol for child abuse prevention. You could even plant a "pinwheel garden." If your agency is interested in having a garden, make your request for pinwheels or yard signs by emailing Mary Lou Gutierrez: mgutierr@umchs.org

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*
Tobie Sass, *Child Care Resource and Referral Representative*



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Parent Article: *Getting Back into the Swing of Things*

Longer daylight and warmer weather seem to be an even greater blessing *this* year. Weighing heavily on our minds is the impact this past year has had on our children's academic skills and social lives. The sun is a great reminder that seasons change and nothing lasts forever.

As we turn our faces toward the sun it's a perfect time to assess our (and our children's) personal activity level. Have you or your children fallen into a slump? Maybe the increased screen time has naturally led to less exercise? Spring is a great time to get back into the swing of things! According to the American Academy of Pediatrics, prior to COVID-19, only about 1 in 4 children were getting the recommended 60 minutes of physical activity per day. While our kids have been missing out on a lot of their regular physical activities, from recess games with friends to organized sports, there are lots of ways to increase your child's physical activity and have fun at the same time.

Make It Fun: When you get started you may notice decreased muscle tone and an increase in shortness of breath, both of which can make physical activity less fun. A great way to maintain motivation is to make sure the activity is something your child likes. Some children love organized sports, while others would be happier with an informal dance party after dinner. Fun activities can be anything your child enjoys, either structured or non-structured. Some ideas: walking, hiking, running, roller-skating/blading, bicycling, skateboarding, swimming, yoga, visiting the playground, or free play.

Focus on Time Together: Spending quality time together in play benefits everyone's physical and mental health. Try setting up relay races or obstacle course challenges that you can do together. Making physical activity, like family bike rides or after-dinner walks, a part of the daily family routine is a great habit to start. Being a role model is key. Young children who regularly see their parents being physically active are more likely to do so themselves.

Provide Active Toys: Young children especially need easy access to balls, jump ropes, and other active toys. If there's a birthday coming up, ask family and friends to gift toys that encourage your child to move.

Active at Any Age: Start early. Toddlers love to play and be active. Encouraging lots of safe and unstructured movement and play can help build a strong foundation for an active lifestyle. Preschoolers love physical challenges and playing games with adults. School age children appreciate more autonomy in their play, so access to free time with peers is important. Teens may

need encouragement to try something new, a ride to sports activities and financial support to participate in what truly interests them.

What if My Child Has a Disability?: Physical activity is important for all children. Adapting activities is probably a skill you've been honing as a parent, but if you're in need of extra support, reach out to your child's doctor and intervention support team. Something to keep in mind is the size of the equipment. For example, a larger ball might make catching easier. You may also need to adapt the amount of space for an activity, or modify the rules of a game to allow everyone to participate.

Be safe! Always provide protective equipment such as helmets, wrist pads, or knee pads for activities like riding bicycles or scooters, skateboarding, roller skating, rock-wall climbing, and other activities where there may be a high risk of injuries. Also, be sure that activities are appropriate for the age of your child.

Other Resources:

- www.gonoodle.com has movement games and videos, like the Indoor Recess series. You can also download the app for fun games like Súper Rufus Súper Soccer – where you block incoming balls and play goalie by using your feet and hands.
- www.actionforhealthykids.org has a list of resources for supporting physical activity, nutrition, play and more.

Keep in Mind: Moderate physical activity should be vigorous enough to get your heart rate up and cause you to start breathing heavily. Children should be doing this 60 minutes per day.

Benefits of Physical Activity: Did you know that physical activity helps children focus, get better sleep, and have a better outlook on life? Being physically active also helps children build and maintain healthy bones, muscles and joints. Other benefits include lower risk of diabetes, high blood sugar, and heart disease later in life.

Sources:

- "11 Ways to Encourage Your Child to Be Physically Active" American Academy of Pediatrics, December 2020
- "Motivating Kids to be Active" Mary L. Gavin, MD, June 2018
- "What can I do to get – and keep – my child active?" Center for Disease Control and Prevention, December 2020
- <https://playsport.ophea.net/things-consider/guidelines-adapting-activities>

Cassandra Zeller is a Preschool Promise Coach with Child Care Resource and Referral, a partner of the Blue Mountain Early Learning Hub.



Blue Mountain Early Learning HUB

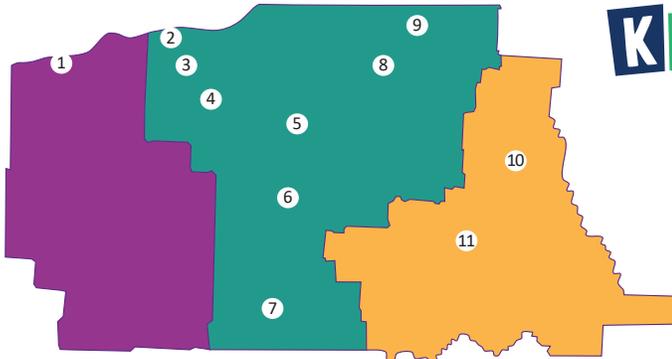
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MORROW UMATILLA UNION COUNTIES

Preschool Promise - Now Enrolling for the 2021-2022 Program Year

Are you looking for a free, high quality preschool for your 3 or 4-year-old? Preschool Promise has slots across Morrow, Umatilla and Union counties. Preschool Promise provides 900 hours of high-quality preschool during the academic year. This program is open to families whose household income is at or below 200% of the Federal Poverty Level (<https://aspe.hhs.gov/poverty-guidelines>).

Preschool Promise is available in the following communities:



- | | | |
|--------------|---------------|---------------------|
| 1. Boardman | 5. Pendleton | 8. Athena-Weston |
| 2. Umatilla | 6. Pilot Rock | 9. Milton-Freewater |
| 3. Hermiston | 7. Ukiah | 10. Elgin |
| 4. Echo | 11. La Grande | |



To apply for Preschool Promise or to learn more about preschool programs in our region, please visit our coordinated enrollment website:

www.BlueMountainKids.org



Conscious Discipline Virtual Classes for Parents and Guardians

OPTION 1:

When: Monday, March 29th, all Mondays in April and Monday, May 17th • 6:00-7:30 PM

Registration: Call 541-910-6280 or 541-910-5646 *A Zoom link will be shared following registration

Sponsors: Oregon Parenting Education Collaborative, La Grande School District and Eastern Oregon University Head Start

OPTION 2:

When: Thursdays April 1, 8, 15, 22 & 29 • 6:00-7:00 PM

Registration: <https://forms.gle/GZ6PvwjeC46N8X8R6> *A Zoom link will be sent following registration

Sponsors: Oregon Parenting Education Collaborative and Blue Mountain Early Learning Hub

Blue Mountain Early Learning Hub Staff:

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