



# Blue Mountain Early Learning HUB

bluemountainearylearninghub.org

MORROW UMATILLA UNION COUNTIES

## Newsletter

### Early Childhood Partnership Team Meetings (ECPT)

#### Umatilla County

Tuesday, June 8

1:00 - 2:30 pm via Zoom

<https://imesdmeet.zoom.us/j/99622448120>

us/s/99622448120

#### Union County

Wednesday, June 9

1:00 - 3:00 pm via Zoom

<https://eou.zoom.us/j/91278523074>

<https://www.facebook.com/Union-County-ECPT-836224543130112/>

#### Morrow County - Thursday, June 10

12:00 - 1:30 pm via Zoom

<https://umchs-org.zoom.us/j/84557647294?pwd=aUdoZys3TVBBUHh5eHZwOUh4cDRydz09>

ID= 845 5764 7294; Passcode= 114923

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## Blue Mountain Kids - Coordinated Enrollment for Early Childhood Services



BlueMountainKids.org is working with community partners to help families find support and resources for early childhood education. Registration is now open and programs include the following:

- Preschool Promise, high-quality preschool for three to four year-olds
- Head Start for early childhood education, health, nutrition, and parent involvement services to low-income families
- Early intervention and early childhood special education (EI/ECSE)
- Public health department support
- Home visiting
- Educational resources

Visit <https://www.BlueMountainKids.org> to learn more and apply for programs!

## STEM Kits Available for Checkout

The Blue Mountain Early Learning Hub has purchased multiple STEM (Science, Technology, Engineering and Mathematics) kits available for checkout by early childhood educators, childcare providers, family engagement specialists and Kindergarten Jumpstart teachers:

**Natural Resource Kit:** The GO STEM (Greater Oregon Science, Technology, Engineering and Mathematics) Natural Resources Kit includes five units: Grow as we Go (life cycles); The Shape of Things (shapes and colors that define our natural world); Who Lives in a Tree; Hiding in Plain Sight (animal adaptations); and Wildlife Water Safari (water sources for local wildlife). Each

unit includes a read-aloud, vocabulary, hands-on learning, an outdoor activity, music, movement, and an art project. The kit may be checked out for up to three months. To request one of these STEM kits, please complete the interest form on our website: <https://www.bluemountainearylearninghub.org/o/bmelh/page/stem-kits>

**Wee Engineer Kit:** This kit is used to guide early learners through an age-appropriate, three-step engineering design process and allows them to have fun designing a technology that has a function. This kit includes four interactive challenges: Engineer a loud noisemaker; Engineer a fan that can move a ball far; Engineer a wrecking ball that can knock down a block tower; and Engineer a raft that floats. For each of these challenges, children will be inspired by a read-aloud, followed by exploring materials, creating their first design, and then improving their design and sharing their ideas. Kindergarten Jumpstart teachers have the option of checking out one of these kits to use during their Jumpstart session. The kits will be available for checkout by all others in September.

## Blue Mountain Early Learning Hub Governing Board:

### Umatilla County:

Lori Hale, *Education*

Lidwinner Machado,

*Human & Social Services*

Kim Huling, *Business*

Ashleigh Meeks, *Health*

### Other:

Jon Peterson, *InterMountain ESD Lead*

Aaron Treadwell, *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*

### Union County:

Robert Kleng, *Chair,*

*Education*

Jess Hagedorn, *Parent*





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## Parent Article: *Supporting Learning with Family Time* by Maria Davis

This year has been an incredibly difficult year for most of the adults in our world, and we sometimes forget that children too carry these burdens. Reconnecting with our children is important so they too get a break from the year we have had. Focusing on connection and play will also help them prepare for next year. Show them Mom and Dad, Grandma and Grandpa or Aunt and Uncle can be fun, take them on adventures and just spend quality time together. Take a look below at the ideas collected for spending time as a family this summer. Reconnect with your child through these activities.

**Read:** Read a book with your children. Talk about how the characters feel and how they would feel in that situation. Talk about facial expressions and body language. Ask questions about the story: what happened so far? What do you think is going to happen? What was your favorite part?

**Write:** Have your children write or draw about their thoughts and feelings. Younger children might need a prompt for example, "write something you are thankful for." Have them keep a journal; a journal could be about anything they want to write about. It could be about their hopes and dreams, or a specific hobby. They could also write letters to family and friends.

**Cooking and baking together:** Talk to your children about what they would like to cook or bake. School age children can help look up a recipe and write the grocery list. Children will learn cooking basics and use their math skills as they help combine ingredients for recipes. You also can use this time to talk about good nutrition. You will be spending quality time with your children and have the pleasure of sitting down together to enjoy what you have created.

**Practice breathing exercises:** Tell your child to put their hands on their belly and take a deep breath in through their nose, filling their lungs with air downwards towards the belly. As their belly expands up and out, notice their bottom hand rise. Then tell your child to breathe out slowly through their mouth, feeling the bottom hand lower back down. If you have a young child, tell them to imagine that they are smelling a flower, breathing in deeply through their nose and

out through their mouth. The inhale needs to be shorter than the exhale. Have them breathe in and out three times. If your child is feeling anxious, a helpful grounding exercise is to find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

**Play Board Games:** Playing board games is a great way to develop social skills. Children learn how to take turns, work as a team, negotiate, communicate ideas, and follow directions. Board games also improve memory and cognitive skills. They help develop logical and critical thinking, increase attention and improve decision-making.



**Enjoy nature:** Go for walks with your child and explore nature. Notice all of the creatures during your walk. Have your child write or draw about what they noticed. Look for shapes in the clouds; take turns talking about what you see in the clouds. Find a farm and pick your own fruits or vegetables.

**Art activities:** Collect rocks and paint them. Decorate your sidewalk with chalk. Make playdough creations. String beads to make necklaces and bracelets. Keep a sketchbook diary. Hold a photoshoot with your phone camera; have your children plan different outfits and poses and take pictures outside.

**Spend time with friends:** Schedule a playdate. Host a board game night. Create a scavenger hunt. Camp in the backyard, bring out the sleeping bags and look at the stars. Host an outdoor movie night.

**Experience local sites:** Visit a farmer's market, museums, or the library. Check with your local Parks and Recreation department about camps and other activities. Find out what events or concerts are happening in your area over the summer.

As you read through this list of activities to do with your child, notice very few of them involve technology. We have spent the last year utilizing technology to teach, learn and grow. Let's give children a break from technology this summer and get out and play, connect and relax as a family.

*Maria Davis is the Dean of Students for Washington Elementary School in Pendleton, a partner of the Blue Mountain Early Learning Hub.*



# Blue Mountain Early Learning HUB

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## 2021 Kindergarten Jumpstart Sessions

The schedule of 2021 Jumpstart sessions is listed below. Please visit our website for the student registration forms: <https://www.bluemountaineearlylearninghub.org/o/bmelh>.



### Milton-Freewater:

July 26 - August 12 (Monday-Thursday)  
Gib Olinger Elementary

### Stanfield:

August 2 - 13 (Monday-Friday)  
Stanfield Elementary

### Helix:

August 9 - 19 (Monday-Thursday)  
Helix Elementary

### lone:

August 9 - 20 (Monday-Friday)  
lone Elementary

### North Powder:

August 2 - 12 (Monday-Thursday)  
North Powder Elementary

### Imbler:

August 2 - 12 (Monday-Thursday)  
Imbler Elementary

### La Grande:

August 2 - 19 (Monday-Thursday)  
Central Elementary,  
Island City Elementary  
and Greenwood Elementary

## Save the Date: Early Childhood Education & Behavioral Health Summit

October 8, 2021 \*A Virtual Event\* (Zoom)

8:30-8:45 - Welcome

8:45-12:00 Dr. Jud Brewer: Unwinding Anxiety: In this workshop, drawing on his clinical work, neuroscience research studies and development of next-generation digital therapeutics for habit change, Dr. Brewer will teach you the underlying behavioral and neurobiological mechanisms of why anxiety and other habits are formed and how you can paradoxically tap into these very processes to uproot them. In the process you will learn how your mind works, so that you can work with it, including how to foster your natural capacities for awareness and kindness.

12:00-1:00: LUNCH/BREAK

1:00-3:00 Moe Carrick: Love Your Job: how to love your work again after bouncing back from the challenges of the last year+. This workshop will include diving into the research around what we each need from work and how to manage stressors and cultivate health. Tools will be offered that will aid

in participants feeling grounded in a courage practice amidst the vulnerabilities and challenges of another school year.

\*Registration will be available online beginning in early August.

## JMJ Real Talk- A Podcast by Jolene Hudson, Maria Davis and Josh McGraw!



JMJ Real Talk is a podcast that promotes adult mindset growth and change responding to upset in both adults and children by teaching worthiness and empowerment to its listeners. The mission of this podcast is to reach parents and educators alike in an effort to promote resilience, self-management, and skills that will help all humans now and in the future. As a team, Jolene, Maria and Josh have collectively taught for 45 years and are working towards a cohesive family environment where students' big feelings and challenging behaviors are seen as a cry for help. Check out their website at <https://sites.google.com/view/jmj-real-talk/home> or listen to their podcast on Spotify at <https://anchor.fm/jmj-real-talk>. New podcasts are released every other week.

## Blue Mountain Early Learning Hub Staff:

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