



April 2020

Blue Mountain Early Learning HUB

bluemountainearylearninghub.org

Newsletter

MORROW UMATILLA UNION COUNTIES

Early Childhood Partnership Team Meetings (ECPT)

Umatilla County

Tuesday, April 14

1:00 - 2:30 pm via Zoom:

<https://zoom.us/j/134525759>

Meeting ID: 134 525 759

Union County

Wednesday, April 8 · 1:00 - 3:00 pm via Zoom:

<https://zoom.us/j/771536140?pwd=NENTb3NldHVwaEl2bm5vUHJGNTVldz09&status=success>

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Meeting ID: 771536140; Password: orxjxd

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

Morrow County

April's meeting has been cancelled.

Next meeting TBD.



2020 Kindergarten Jumpstart: Applications due April 30

The Blue Mountain Early Learning (BMEL) Hub is again partnering with school districts to offer the Kindergarten Jumpstart program throughout Umatilla, Morrow, and Union counties. Kindergarten Jumpstart is a 2 to 3 week, ½ day summer program held at the end of summer (must end within two weeks of the first day of school) that focuses on teaching children listening, learning, and behavioral skills, while preparing them for the full-day schedule ahead. The program helps familiarize children with the school and routines and allows for a much smoother start to the school year. Responsibilities and funding for the program will be shared between the BMEL Hub and the school district. For more information and to complete an application, please visit our website: <https://bluemountainearylearninghub.org/>.



Free Licenses Being Offered by Waterford.org

Waterford.org has created a standards-aligned resource to teach reading, math and science to PreK thru 2nd grade students. It's a personalized, adaptive direct instructional resource that is delivered online with unique tools to support the parents. It is currently being used successfully by districts across the state. School District Superintendents and Childcare Providers, Waterford.org is currently offering free licenses for all of your PreK thru 2nd grade students for the remainder of the year. If you are interested in offering this to your students, you may contact Rob Hawks at 801-652-2501 or robhawks@waterford.org.



Conscious Discipline Institute July 6-10 Scholarships Available

This summer, Conscious Discipline is once again coming to Hermiston OR, July 6-10. This training will include in-depth learning about the 7 powers and 7 skills, practicing what you have learned in a fun and relaxing atmosphere, and discussion with others on how to put it to work for you. This is a private institute so registration is closed to school districts and early childhood partners in our region.

We have scholarship opportunities available for those who work with children and families. These scholarships are available to both Early Education Staff (Prenatal thru 3rd grade) and Home Visitors/Parent Educators who have not previously attended an Institute. Applications are available on our website and the deadline is April 24. Those who have attended a Conscious Discipline Institute and are looking to further their knowledge and skills may apply to be a helper at the Institute. Helper applications are also available on our website: <https://bluemountainearylearninghub.org/>. Please check our website for current information on the event. If it has to be cancelled, it will be posted on the homepage.

Professional Development Opportunities:

In response to the guidance from the Oregon Governor regarding the COVID-19 pandemic, the following events have been cancelled:

- X Don't We Already Do Inclusion? Dr. Paula Kluth**
April 10 9:00am-3:00pm at the Red Lion in Pendleton
<https://imesd.k12.or.us/profdev>
- X 2020 Elementary Principals Conference**
April 23-24 9:00am-3:00pm at the Graduate Hotel in Eugene
<https://imesd.k12.or.us/profdev>
- X 2020 GOBHI Spring Conference: Every Voice Matters**
May 6-May 8 at the Riverhouse on the Deschutes in Bend
www.gobhi.org/conference.
- X 2020 Whole Child Summit COSA Conference**
May 7-8 at the Mill Casino in North Bend, OR
<https://www.cosa.k12.or.us/events/2020-whole-child-summit>
- X Pioneer Relief Nursery's Ladies' Night Out**
May 8 at Wildhorse Resort and Casino in Pendleton
<https://pioneerreliefnursery.org/2020/02/21/pendleton-ladies-night-out/>

Blue Mountain Early Learning Hub Governing Board:

Umatilla County:

Lori Hale, *Education*
Lidwinner Machado,
Human & Social Services
Katy Mabry, *Parent*

Morrow County:

Sheree Smith, *Health*
Marie Shimer, *Education*
Dorothy Powell, *Migrant & Second Language Education*

Union County:

Robert Kleng, *Chair, Education*
Kathy Bonney, *Business*
Carrie Brogoitti, *Health*

Other:

Dr. Mark Mulvihill, *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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This Month's Parenting Article: *Hand Washing*

Sanitation and hygiene have always been useful tools to reduce the risk of infectious diseases for both adults and children. In recent years, we know they are even more vital in the prevention of spreading germs and bacteria throughout our homes and schools.

Handwashing is seen as a pretty simplistic task, which is why the practice of proper handwashing tends to get a little watered down, pun intended. In an ever-busy, multitasking world, it gets tempting to skip the standard handwashing protocols and find ourselves fast-passing for a quick rinse in tepid water, only to be wiped dry on the thigh areas of our pants.

Just like with many lifestyle habits, we pass these behaviors down to the little eyes that watch us. The good news is, these are the same lifestyle habits that can also become enhanced and improved when we involve our children into the process with us. In doing so, we make an educational, engaged activity for our kids daily, as well as instill safe and healthy lifelong practices.

Tips on when to practice hand hygiene:

On

- When coming in from outdoors
- When visiting the home of another friend or family member

Before and After

- Preparing, eating, and handling food or beverages, or feeding a child
- Giving medication or applying a medical ointment or cream in which a break in the skin (eg, sores, cuts, scrapes) may be encountered
- Playing, wading, or swimming in water that is used by more than one person

After

- Diapering, using the toilet, or helping a child use the toilet
- Handling body fluids (eg, urine, feces, mucus, blood, vomit); wiping noses, mouths, and sores; handling mouthed toys; checking the need for a diaper change by touching the inside of the diaper or touching any clothing contaminated by stool, urine or body fluids
- Cleaning or handling garbage
- Handling animals or cleaning up animal waste or habitats
- Playing in sand or other sensory table materials, on wooden play structures or outdoors

Tips on hand washing at the sink:

- Make sure you have a safe step or stool so that small children are able to reach the sink.
- Turn water on to a comfortable temperature (60 degrees F-110 degrees F).
- Moisten hands with water and apply liquid soap.
- With hands out of the water, lather all skin surfaces and nails with soap and water for 20 seconds. Include between fingers, under and around nail beds, backs of hands, and any jewelry.
- Rinse hands well under running water with fingers down so water flows from wrist to fingertips.

- Use a single-use paper towel, or use your elbow, to turn the faucet off. If inside a toilet room with a closed door, use the single-use towel to open the door, before discarding your single-use towels into the trash or laundry hamper (if reusable).

Make it fun. Make up songs about handwashing to the tune of Twinkle, Twinkle Little Star which is already the appropriate length of time, or sing shorter songs to the tune of Happy Birthday or Row, Row, Row Your Boat twice to make them the full 20 seconds. Some examples are:

"Wash, wash, wash your hands; play this handy game; scrub and rub; rub and scrub; germs go down the drain" (to the tune of Row, Row, Row Your Boat twice).

"Washing hands is fun to do; it keeps the germs off me and you. Before work and after play. Wash our hands, oh every day. Washing hands is fun to do; it keeps the germs off me and you" (to the tune of Twinkle, Twinkle, Little Star).

Place images around your home or near sinks to remind yourselves and your kiddos to wash up! Make an art project by pressing painted handprints of your kids on paper, then writing "Did you wash them?" or "Don't forget to wash." Or by creating posters by cutting out some of your child's favorite animals or super heroes reminding them to wash their hands. Make it a fun experience and be creative, and if you're stumped on ideas, try searching online or asking your teacher for some ideas they may have.

How exciting to think of all the different ways you can connect and engage with your child throughout the day by employing the practice of proper handwashing together.

Jenna Reeves is the Health Resource Manager for Umatilla-Morrow County Head Start, a partner of the Blue Mountain Early Learning Hub.





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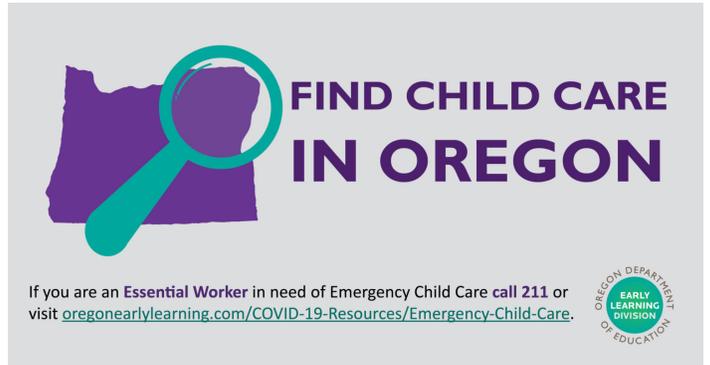
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COVID-19

As part of Governor Kate Brown's [Executive Order 20-12](#), child care providers have been ordered to close unless they are providing emergency child care. While the executive order was issued to ensure the safety and health of Oregonians, the governor and the Early Learning Division (ELD) recognize that child care is an essential emergency service for [those who must go to work every day](#). Therefore, child care providers are allowed to remain open if they are operating emergency child care. Parents who are in need of emergency child care can [contact 211](#).

Frequently Asked Questions to address family and provider questions and concerns are available and updated regularly on the ELD's [COVID-19 webpage](#). For questions regarding COVID-19 and these changes, providers can call 1-800-342-6712 or their local Child Care Resource & Referral (CCR&R) agency. Providers can also submit questions by emailing ProviderContact@state.or.us.



Resources for Families during COVID-19 School Closure:

Have you been looking for some resources for your children during this school closure? Check out the following resources and websites to access free material and activities to engage your children. Resources for talking to children about COVID-19 and emergency contacts can be found on the Hub's homepage: <https://bluemountainearylearninghub.org/> Meal information and supplemental materials from school districts can be found on each school district's website.

Preschool Waitlist Kits: this kit includes some guidance around activities that can be done with children in the home, state guidelines around learning. Contents can be downloaded and printed: <https://bluemountainearylearninghub.org/resources>

ReadyRosie Toolkit: If you click on the "Learning at Home" tab and then select one of the "Explore the Activities" buttons, you will find a Modeled Moment video and links to related Mighty Minutes and Learning Games PDFs that can be printed. We will be periodically updating it with more learning activities. <https://readyrosie.com/healthyathome/>

Storytime: Easy-to-access resources for literacy building including easy to do, fun activities. Check out Stanfield Public Library's Facebook page for several Storytime lessons that have been shared: <https://www.facebook.com/StamfieldPublicLibrary/>

Storyline Online: Storyline Online is available 24 hours a day for children, parents, caregivers and educators worldwide. Each book is read aloud and includes supplemental curriculum developed by a credentialed elementary educator, aiming to strengthen comprehension and verbal and written skills for English-language learners: <https://www.storylineonline.net/>

Khan Academy: Recommended daily schedules during school closures. These schedules and activities are listed by grade level, preschool through grade 12: https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDKVAIJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub?utm_source=Sailthru&utm_medium=email&utm_campaign=Covid-19%20non-donors&utm_content=D&utm_term=all%20regions-all%20users-non-donors-covid



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