



June 2020

# Blue Mountain Early Learning HUB

bluemountaineearlylearninghub.org

## Newsletter

MORROW UMATILLA UNION COUNTIES

### Early Childhood Partnership Team Meetings (ECPT)

#### Umatilla County

Tuesday, June 9

1:00 - 2:30 pm via Zoom:

<https://zoom.us/j/99861121017>

Meeting ID: 998 6112 1017

#### Union County

Wednesday, June 10 · 1:00 - 3:00 pm via Zoom:

<https://us02web.zoom.us/j/89982819395>

Meeting ID: 818 4763 7257, Password: 622231

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

#### Morrow County

Next Meeting TBD

## Governor Kate Brown Announces Phase I Counties Reopening

Union, Umatilla and Morrow Counties were all approved for Phase I reopening. Therefore, the counties in our Hub region can operate if they comply with sector-specific health and safety guidance beginning May 15:

- Restaurants, bars, and other such establishments for dine-in service until 10 pm
- Personal services businesses
- All retail businesses, including malls and shopping centers
- Gyms and other fitness facilities
- Local gatherings of up to 25 people

Guidelines for child care providers operating emergency child care can be found at: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2353.pdf>

Guidelines for summer school programs such as Kindergarten Jumpstart can be found at: <https://www.oregon.gov/ode/students-and-family/healthsafety/Documents/Supporting%20All%20Learners%20Beyond%20Distance%20Learning%20for%20All.pdf>

For statewide guidance visit: <https://govstatus.egov.com/or-covid-19/>



## 2020 Early Childhood Education and Behavioral Health Summit Cancelled

This year's summit, which typically hosts over 500 participants, has been cancelled due to the COVID-19 guidelines. We look forward to when large events can safely be held and are allowed. At this time, we plan to host this event again on Friday, October 8, 2021 in Pendleton.

## Where to find Summer Meals

The Summer Food Service Program (SFSP) is available in hundreds of communities throughout Oregon, offering free meals and snacks to all kids ages 1-18. Community summer meal programs are open to all families without paperwork or signing up – kids can just drop in. Many programs also offer fun activities so kids can stay active and keep learning.



To view a map of summer meal locations and detailed information on sites, visit: <https://oregonhunger.org/>

Facebook and marketing materials are located at: <https://www.summerfoodoregon.org/resources/>



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## This Month's Parenting Article: *Supporting Children through the Unknown*

"When will we go back to school?" "Why can't I go to my friend's house?" These are common questions children are asking us adults as the school year comes to an end. With the transition to distance learning, uncertainty about how (or if) school will come back in the fall, what child care will look like and what will be open in the summer--uncertainty, anxiety, fear, and anger are just some of the feelings we are helping our children navigate within the midst of this pandemic. The hard part is that we do not know the answers to what will happen, often it is hard to find the words to explain the unknown to our children, and we are navigating stressors that, for many of us, can feel overwhelming and life changing.

Dr. Becky Bailey suggests that what the parent feels impacts the child. Within her book "Conscious Discipline Building Resilient Classrooms", she writes: "Emotions are contagious. Science has now proven what we already knew to be true: Grumpy people can download grumpiness to others, and peaceful folks can do the same. Mirror neurons in the brain play a key role in this process". Dr. Bailey discusses the emotional networks in our brains that mirror what we see others feeling and doing. As a result, the best way to help our children is to help ourselves.

First, it is helpful to be gentle with yourself and focus on your own self-regulation when you are feeling stress. Dr. Bailey calls this the skill of Composure and is the "conscious awareness and management of our own thoughts, feelings and actions". Throughout the day, identify moments when you can briefly pause to take three deep belly breaths. After practicing these skills for yourself, you can pass these skills onto your child. Use the acronym "Be a S.T.A.R.". Teach your child to place their left hand on their chest and their right hand on their belly and practice Smile, Take a deep breath, And, Relax. Remember to breathe in through your nose and out through your mouth three times. When we reflect calm to our children, it can help them find calm.

Second, all emotions and feelings are important. Our relationship with our emotions will dictate the type of responses we offer to children. Take a moment to notice your own feelings and body language. Do you have places in your body that feel stressed? Brainstorm ideas for how to help our body feel better when you feel stress. Then brainstorm ideas for activities you can do with your child like going for walks, drawing, dancing and connecting with their teachers.

Third, it is important to notice where you focus your attention. Amid times of uncertainty, it is very easy to fall into the cycle of anxiety and the fear of the unknown. Chances are that your child is feeling very confused about why the world has changed. Clear developmentally relevant language is important. We could say "I don't know what the plan is for going back to school. When they create a plan, we can figure it out together. For right now we are helping by staying home, washing our hands and wearing our masks". Dr. Becky Bailey wrote, "Remember, where we place our attention dictates our values. It also teaches children where to direct their attention and how to hold their values system. When we focus our attention on what is wrong, missing, or not going our way, we are unconsciously teaching children to focus on the same". Aligning your values with hope, love, and gratefulness will help build a foundation of values for your child for when there are times of uncertainty. You can focus on gratefulness by ending each day sharing three experiences where you felt grateful today. You can begin the day by listing all the people you know who can use your loving energy today then you can draw pictures for them, connect with them on social media or saying out loud "I wish you well".

Know that as parents and caregivers we are all in this together. Those of us who work with families are thinking of you as well and wishing you well.

*Annette Chastain, LCSW, is a Mental Health Consultant, a Certified Conscious Discipline trainer and a partner of the Blue Mountain Early Learning Hub.*

## 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*  
Erin Stocker, *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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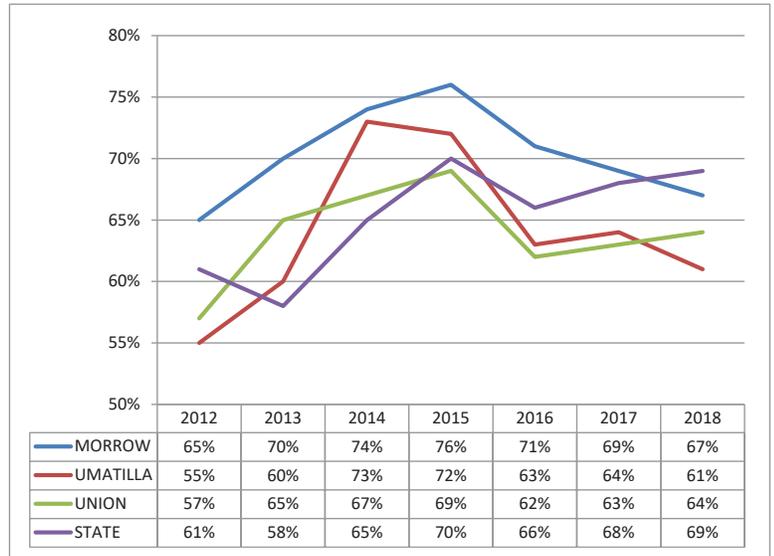
MORROW UMATILLA UNION COUNTIES

## Immunization Data Tracking

Blue Mountain Early Learning Hub has tracked immunizations based on the two-year-old series since inception as one of our chosen health indicators. Based on the chart of longitudinal data our region increased from 2012 to 2019 with two of the three counties increasing and one decreasing slightly. For more information contact Cade Burnette at [cade.burnette@imesd.k12.or.us](mailto:cade.burnette@imesd.k12.or.us).

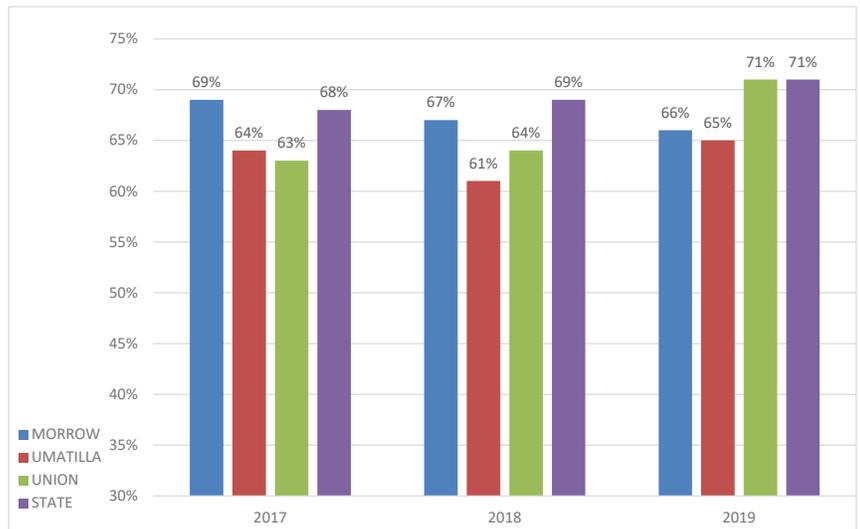
### ACROSS-YEAR COMPARISON OF UP-TO-DATE IMMUNIZATION SERIES (2 YR-OLDS)

IMMUNIZATION SERIES UP-TO-DATE  
 (2 YR-OLDS)-4:3:1:3:3:1:4



### YEAR-TO-YEAR UP-TO-DATE IMMUNIZATION SERIES (2 YR-OLDS)

IMMUNIZATION SERIES UP-TO-DATE  
 (2 YR-OLDS)-4:3:1:3:3:1:4



## Blue Mountain Early Learning Hub Staff:

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