

July 2020



Blue Mountain Early Learning HUB

bluemountainearlylearninghub.org

Newsletter

MORROW UMATILLA UNION COUNTIES

<p>Umatilla County Tuesday, August 11 1:00 - 2:30 pm via Zoom https://zoom.us/j/97598181105 Meeting ID: 975 9818 1105</p>	<p>Early Childhood Partnership Team Meetings (ECPT)</p>	<p>Union County Wednesday, July 8 · 1:00 - 3:00 pm via Zoom: https://us02web.zoom.us/j/89982819395 https://www.facebook.com/Union-County-ECPT-836224543130112/</p>	<p>Morrow County TBD</p>
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Anti-Racism Books and Videos to Share with Kids

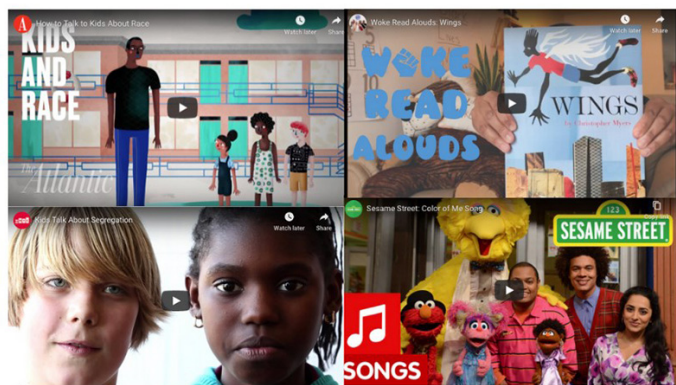
Maybe you aren't sure what to say to your kids about racism. Maybe you are worried they will have questions you don't know how to answer. Maybe talking about racism brings up big feelings for you.

These are hard and important conversations. Here are some videos and resources to help you through it.

Talking to your children about racism will be helpful in changing how we treat others. You got this!

21 Anti-Racism Videos To Share With Kids:

https://www.weareteachers.com/anti-racism-videos/?utm_content=1591732747&utm_medium=social&utm_source=facebook&fbclid=IwAR2yRSJphDoMC1tHsUEdTzn3JzHZm6tPZivLo3l-CamiRNAtuaRDFUVZMLI



15 Books About Racial Justice for Kids:

<https://www.weareteachers.com/racial-justice-for-kids/>



New Partnership for School-Based Oral Health Program

Eastern Oregon Healthy Living Alliance (EOHLA) is partnering with InterMountain Education Service District to provide Healthy, Happy Smiles, a school-based oral health program serving IMESD schools in Morrow, Umatilla, and Union counties beginning the 2020-2021 school year. Healthy, Happy Smiles will sustain the existing school-based oral health program, which, in partnership with Advantage Dental by DentaQuest, provides free dental screenings, fluoride application, dental sealants, oral hygiene education and outreach with IMESD schools and communities.



For more information, please contact:

Meghan Chancey, Program Coordinator
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This Month's Parenting Article: *Un-beet-able Kitchen Adventures*

Imagine eight-year-old friends downing full glasses of beet smoothie for their afternoon snack, a huge bowl of kale chips completely disappearing into the mouths of preschoolers and siblings fighting over the last baked cauliflower tot. Yes, all of these things actually happened in real life. Open your kitchen to the wonderful world of food and you might be surprised at what you discover.

To get started, let's cover some basic guiding principles for encouraging children to explore and embrace a variety of foods. These principles are based on the work of Ellyn Satter, a Registered Dietitian and internationally recognized and respected authority on eating and feeding.

Don't Force It

Children are responsible for how much and whether they eat. Nobody ever learns to love a food by being forced to eat it. Trust me, the years I spent providing individual nutrition counseling to adults reaffirmed this, over and over again. Make mealtimes pleasant and don't pressure, beg or bribe children to eat. If meals are enjoyable, everyone will look forward to them. If they are a battleground, everyone will dread them.

Be Patient

Some foods are more challenging and may take 10-20 exposures before a child learns to enjoy them. Exposure to food does not necessarily mean eating. Children learn about foods by touching, tasting, smelling and taking food in and out of their mouths. Give them time to learn and explore before assuming they don't like a certain food. That said, kids and teens will go through phases when they only want to eat certain foods or refuse foods they previously enjoyed. Don't panic or overreact. Given little attention, these phases will eventually pass.

Be a Good Role Model

Keep in mind that children learn about food through observing the adults in their life. Take time to relax and enjoy a variety of foods at meals. Practice good table manners and polite behavior. Perhaps you and your child can explore new foods and different cuisines together.

Don't Be Afraid to Get Messy

Cooking with children and youth is one of the best ways to encourage them to explore and consume new and different foods. An added bonus is that most cooking experiences involve some form of applied literacy, math and science. You may be surprised at what your children will eat when they help prepare the food. Yes, this can make a mess in the kitchen and there

will be some epic fails. However, the glorious victories and the memories you make will far outweigh any negatives. Let go of perfection; it doesn't exist in the real world. Besides, perfect is boring.

In the Kitchen

Food Hero Crunchy Baked Kale Chips are popular with children, youth and parents in the cooking workshops I teach. You can broaden the experience by shopping with your child at the Farmer's Market or grocery store for kale or harvesting it from your own garden. Assign tasks to children based on their age and development. The Kale Chips recipe has tasks that are appropriate for preschoolers through teens. For example, most 3 year olds can tear kale with their fingers while you may feel comfortable allowing an older child to use a chef's knife to cut the kale. Make sure you involve everyone in clean up.

Food Hero Crunchy Baked Kale Chips

Ingredients

- 1 bunch fresh kale (about 8 cups, chopped)
- 1 Tablespoon canola or olive oil
- 1/2 teaspoon salt

Directions

1. Preheat oven to 350 degrees F.
2. Wash kale leaves.
3. Cut leaves off of thick stem and thoroughly dry leaves in a salad spinner or by blotting with paper towels. Discard stems.
4. Tear or cut leaves into bite sized pieces. Place in large bowl.
5. Drizzle oil over kale and toss to coat well.
6. Place kale leaves onto baking sheet.
7. Sprinkle with salt.
8. Bake until edges brown. About 10-15 minutes.

Resources

For more ideas on involving children in kitchen and recipe ideas, check out the Food Hero Cooking Show at <https://foodhero.org/food-hero-cooking-show>

To learn more about Ellyn Satter's work to make eating and feeding a positive experience for the whole family visit <https://www.ellynsatterinstitute.org/>

Angie Treadwell is a mother of 3, a Registered Dietitian and the SNAP-Ed Coordinator for Oregon State University Extension in Umatilla and Morrow counties, a partner with the Blue Mountain Early Learning Hub.



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Join us on Instagram!

In addition to Facebook, you can find us on Instagram. Join us for resources about using technology with children, happenings in our region, and helpful tips for parents and teachers. Get out your phone and look up **The Blue Mountain Early Learning Hub**, follow us, and share our posts with others!

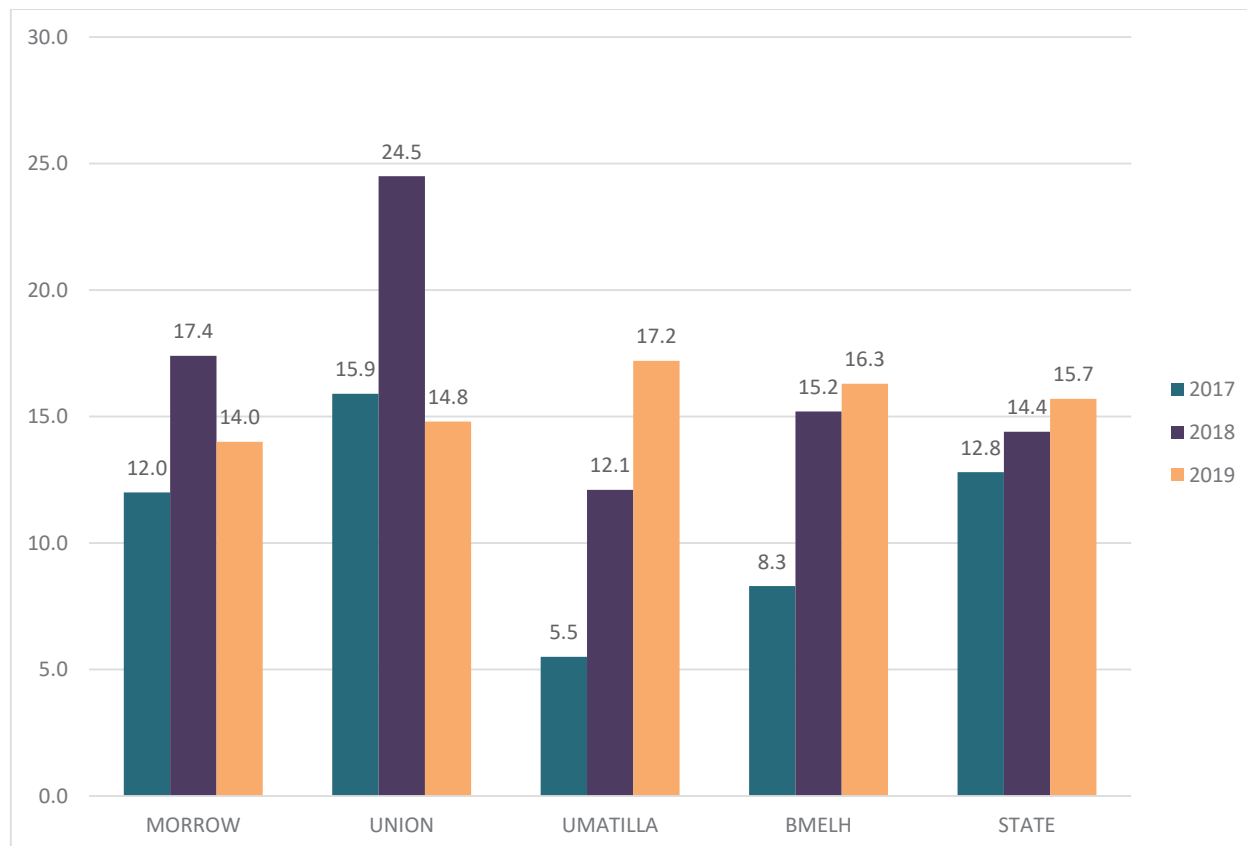


InterMountain ESD Early Childhood Services

The early learning programs within the InterMountain ESD have been restructured. Cade Burnette and Marissa Loiland are now co-administrators of the Early Childhood Services department which will include both the Blue Mountain Early Learning Hub and Early Intervention/Early Childhood Special Education. The Blue Mountain Early Learning Hub will continue to operate as before with an Administrative Assistant, an Operations Coordinator, a P-3 Coordinator, and a Parent Engagement Coordinator. **The contact for specific initiatives will remain the same.** We look forward to the coordination and alignment that this new system will bring to the two programs.

Child Abuse & Neglect Rates per 1000, Children 0-18

The child abuse and neglect data, based on the 2019 Child Welfare Data Book from DHS indicates that the rate per 1000 decreased in Morrow and Union counties, but increased in Umatilla County. In addition, neglect was the primary reason for the founded reports in each of our three counties. For additional information please contact Cade Burnette at cade.burnette@imesd.k12.or.us.



SOURCE:
CHILD WELFARE
DATABOOK,
Office of Reporting,
Research, Analytics
and Implementation:
Department of Human
Services



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Early Learning Account Grant Award Decisions

Early Learning Account "Intent to Award" letters for Student Success Act programs was announced on July 2, 2020. Below is a breakdown for what was awarded in our region for Oregon Pre-kindergarten (Prenatal-5), Early Childhood Equity Fund and Preschool Promise.

Oregon Pre-Kindergarten (Prenatal-5):

Tier 1 (Awarded): Eastern Oregon Head Start: 20 home-based slots & 45 full-day slots
Umatilla-Morrow Head Start- Umatilla Center: 14 family child care slots, 32 center-based slots and 289 part day slots

Tier 2 (Next Priority for funding): Eastern Oregon University Head Start- 20 home-based slots

Early Childhood Equity Fund:

Tier 1 (Awarded): Oregon Child Development Coalition- \$351,819

Preschool Promise:

Tier 1 (Awarded): Athena Weston School District- 18 slots
Eastern Oregon University Head Start- 18 slots
Inter Mountain ESD- 18 slots
Jamie's Daycare- 8 slots
Little **Tots** Daycare & Preschool- 18 slots Oregon
Child Development Coalition, Inc.- 18 slots Pioneer
Relief Nursery- 18 slots
Playtime Education, LLC- 6 slots
Umatilla-Morrow Head Start, Inc.- 18 slots

Tier 2 (Next Priority for Funding):
Eastern Oregon Head Start- 18 slots
Inter Mountain ESD- 18 slots

Blue Mountain Early Learning Hub Staff:

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The awards will only be a portion of the funds that were budgeted for the second year of the biennium as part of the Early Learning Account investments. COVID-19 has impacted the state economy and state budget. More guidance is expected from state policymakers on how to address the deficit impacting the programs and delay in the timeline. For more information visit: <https://oregonearlylearning.com/student-success-act#ssarfa>

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:

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