



August 2020

# Blue Mountain Early Learning HUB

bluemountainearlylearninghub.org

## Newsletter

MORROW UMATILLA UNION COUNTIES

### Early Childhood Partnership Team Meetings (ECPT)

**Umatilla County**  
**Tuesday, August 11**  
**1:00 - 2:30 pm via Zoom**  
<https://zoom.us/j/97598181105>

**Union County**  
**Wednesday, August 12 · 1:00 - 3:00 pm via Zoom**  
[https://us02web.zoom.us/j/81847637257?](https://us02web.zoom.us/j/81847637257?pwd=VUZZS3Z5MXBwQnRZQXpKSUdtVWpYQT09)  
[pwd=VUZZS3Z5MXBwQnRZQXpKSUdtVWpYQT09](https://us02web.zoom.us/j/81847637257?pwd=VUZZS3Z5MXBwQnRZQXpKSUdtVWpYQT09)  
**Meeting ID: : 81847637257; Password: 622231**  
<https://www.facebook.com/Union-County-ECPT-836224543130112/>

**Morrow County**  
**Thursday, August 13**  
**12:00 - 2:00 pm via Zoom**  
<https://imesdmeet.zoom.us/j/92219126452>

### Book Drawing - Enter to Win!

Are you wishing you had these lovely children's books about diversity? Well, we would like to give them to you. The Hub will be drawing 3 lucky winners on Aug 10th to take these books home. To enter the drawing, comment or tag a friend on the post on our **Facebook** or **Instagram** account. **\*\*You must live or work in Morrow, Umatilla or Union county to be eligible to win\*\***



#### Book Titles:

**All Are Welcome** by Alexandra Penfold and Suzanne Kaufman

**Separate is Never Equal** by Duncan Tonatiuh

**Last Stop on Market Street** by Matt De La Pena

**Say Something** by Peter H. Reynolds

**Fry Bread** by Kevin Noble Maillard

**I am Enough** by Grace Byers

### ASQ Data

Through a project with the EOCCO (Eastern Oregon Coordinated Care Organization) and four medical providers, the Hub was able to collect aggregate data on development screens for birth-6 year olds across Morrow, Umatilla and Union counties. Over 1300 children in the Hub region were screened by these clinics, with 241 children scoring below the cut off for an area of developmental concern. Of those, 56% scored below the cutoff in one area, 22%, in two areas, and 22% in three areas. Of those that had concerns, 45% had concerns in Fine Motor skills with Gross Motor and Problem solving being a concern in 39% of children. Personal Social skills were a concern in 33% of children who scored below the cut off and in communication for 28% of children.

Based on this data, it would be good practice for early learning programs and agencies to encourage fine motor activities. This could include giving children the opportunity to participate in their own self-care (dressing, serving food, cleaning up), utilize smaller manipulatives (blocks, beads, playdough), and using art and writing materials freely.

### Blue Mountain Early Learning Hub Staff:

**Cade Burnette**, Early Childhood Services Co-Administrator  
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## This Month's Parenting Article: *Talking about Discrimination*

As adults, it is our job to help children learn to be awesome adults. Part of this is to have the hard conversations that make us unsure and uncomfortable. This includes conversations about discrimination. So here are some things to keep in mind as starting points when approaching those hard conversations.

Discrimination can be a hard topic to discuss because talking about it can feel vulnerable for us. It puts us in a place where we might have to admit our own shortcomings or recall events that didn't feel safe. It's also hard because it is something we don't always see or understand, especially if we are part of the majority. And to put the cards on the table, I am white and I have benefited from being white; I am also a female and have experienced discrimination because of my gender.

Talking about discrimination with children is our responsibility as adults. However, this isn't a talk you have once and you're done. Talking about discrimination, either racial, gender, religious, economic or any other kind, is a conversation that happens across years; in moments when it comes up naturally and in moments where you have their attention. A conversation that flows when your child saw discrimination or when your child had an opportunity stand up to discrimination...those are the moments that can be defining. This is a conversation you start the day they are born and continue to have throughout their lifetime. The more you have the hard conversations, the less uncomfortable you will feel, so keep doing it.

It might seem like when they are born it is too early, but it really isn't. Children start to see racial and gender difference at a very young age, and as they grow they start to discriminate into categories of "us" and "them". In this process, they start to see their group as better than the other group regardless of the facts. As adults, it is our role to talk about the value of diversity and that different doesn't mean less than. These conversations need to specifically call out differences like race and gender to draw attention to the beauty and equality of them. When we gloss over them, we enable further discrimination and we miss the beauty of what makes each of us unique.

This brings us to another important part of the conversation, learning from our mistakes. Discrimination can be intentional and it can be unintentional. Just because you don't mean to discriminate or be hurtful doesn't mean your actions didn't do just that. What is important is that we acknowledge and make amends. Modeling this is important for your children to see when they see how you handle mistakes that hurt others they will learn how to handle their own mistakes. A key step to this

is to practice empathy, to see from someone else's perspective how your actions might be hurtful. Using children's books is a great way to talk about how discrimination and hurtful words can impact others. It is also helpful to practice with your child what they can say when they are hurtful, giving them the words to use will make it easier for them to apologize.

Though you may not have intentionally discriminated against someone, you do have implicit biases that influence how you treat others. These biases are usually socialized into us by our parents, education, peer groups and media. As parents, it is our responsibility to identify these in ourselves and culture; then intentionally teach our children to be aware of them. These biases can be seen in the way we stereotype groups and in jokes told. As you talk with children, explain how these biases are inaccurate and hurtful. When you see them in media, or even in the car after an event where an issue came up, pause and reflect on what just happened. Talk about how there are greater differences inside a group than there are between groups, for example there are more differences within boys on math ability than there are between boys and girls on math ability. People aren't all that different. When we look for common ground, it is easier for us to teach our children to respect others.

So what was all of that again? When you talk with your children (throughout their lifetime), use their own experiences or books they are familiar with. Adjust your language and examples to match your child's age and exposure. Celebrate diversity! Belonging doesn't mean all being the same, it means being yourself. What is more special than that?! Acknowledge their feelings without dismissing or punishing them, and use this as a chance to show respect for how others feel. Check your own judgements and biases, and talk about how we all have value because we exist. Look for how we are more alike than how we are different!

### ***Here are some other resources to help you in the hard conversations:***

<https://www.zerotothree.org/resources/1598-racism-and-violence-using-your-power-as-a-parent-to-support-children-aged-two-to-five>  
<https://www.embracerace.org/resources/teaching-and-talking-to-kids>  
<https://www.apa.org/topics/kids-discrimination>  
<https://www.pbs.org/parents/thrive/how-to-talk-honestly-with-children-about-racism>

*Erin Bartsch is the P-3 Coordinator for the Blue Mountain Early Learning Hub. For more information visit [www.bluemountaineearlylearninghub.org](http://www.bluemountaineearlylearninghub.org).*



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## Conscious Discipline Summer Institute

The Blue Mountain Early Learning Hub partnered with the Hermiston School District to help plan the Conscious Discipline Summer Institute that took place July 6-10, 2020. Many precautionary measures were taken in order to comply with the Governor's COVID guidelines and to ensure the event would be safe for all participants. These measures included: smaller group size (six pods of 15-30 participants including four pods in Hermiston, 1 pod in La Grande and a virtual pod); each pod had its own entrance and set of restrooms; daily health screenings were completed including daily temperature checks; meals were individually packaged; physical distancing was supported; and face coverings were required.

**Total Participants:** 146

**Regional Helpers:** 18

### Contributing School Districts:

Hermiston - 31      Stanfield - 2  
Pendleton - 40      Morrow County - 7  
Helix - 1      La Grande - 3

### Contributing Early Childhood Partners:

Umatilla-Morrow Head Start - 35  
Eastern Oregon University Head Start - 10  
Blue Mountain Early Learning Hub - 17

The Blue Mountain Early Learning Hub awarded 17 scholarships which allowed the following agencies to send staff to the training:

Athena-Weston School District - 1  
Department of Human Services (DHS) - 1

Hermiston School District- School Resource Officer - 1  
Intermountain ESD - 6  
Milton-Freewater School District - 1  
Morrow County School District - 1  
Oregon Child Development Coalition (Migrant Head Start) - 1  
Pioneer Relief Nursery - 1  
Umatilla-Morrow Head Start - 4

The Blue Mountain Early Learning Hub would like to thank the Hermiston School District as well as the contributing school districts and partners for making this much-needed event a success!

## Draft Guidance for Early Care and Education Programs Released

Draft guidance for early learning and child care programs across the state has been developed by the Oregon Health Authority and the Early Learning Division with significant input from parents and child care providers. This guidance was reviewed by the Healy Early Learning Council and then opened for public comment. The finalized guidance will apply statewide to early care and education programs serving children from birth through age 12 in child care, preschool/pre-kindergarten, and Early Intervention/Early Childhood Special Education programs and is expected to be released by August 14. A copy of the draft guidance is available in English and Spanish here...

<https://oregonearlylearning.com/COVID-19-Resources/For-Providers>.

## 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*