



September 2020

Blue Mountain Early Learning HUB

bluemountainearlylearninghub.org

Newsletter

MORROW UMATILLA UNION COUNTIES

Early Childhood Partnership Team Meetings (ECPT)

Umatilla County

Tuesday, October 13
1:00 - 2:30 pm via Zoom
<https://imesdmeet.zoom.us/j/91767012328>

Union County

Wednesday, September 9 - 1:00 - 3:00 pm via Zoom
<https://us02web.zoom.us/j/89982819395>
<https://www.facebook.com/Union-County-ECPT-836224543130112/>

Morrow County

Thursday, October 8
12:00 - 1:30 pm via Zoom
<https://imesdmeet.zoom.us/j/93822418674>

Updated Guidelines for Child Care during COVID-19 Effective September 1st

From the Early Learning Division

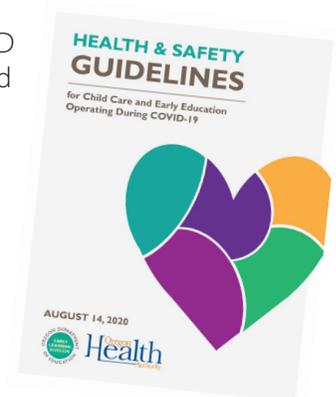
The Early Learning Division and the Oregon Health Authority have partnered in developing updated guidelines for child care and early education operations during COVID-19 based on the latest data and best practices to protect the health and well-being of staff, children, and families in child care.

Development of the updated guidelines included engagement with more than 3,000 parents and 400 child care providers via a survey, along with small group input sessions with providers, school districts and key partners, helped inform updates to the guidelines. A Healthy Early Learners Council, convened by Governor Brown and made up of providers, parents, public health experts and other community leaders, also provided feedback for guideline development.

Since March, all Oregon child care facilities open to serving families must be approved by the ELD to operate Emergency Child Care (ECC) and have been required to follow increased safety and health protocols. Governor Kate Brown's order for ECC operations remains in effect until lifted.

Key updates to the Guidelines include increased use of personal protective equipment, adjusted group size, new family engagement and health and safety plan sections. The updated guidelines take effect beginning September 1, 2020. For the latest child care FAQs and information, go to ELD's COVID-19 webpage (<https://oregonearlylearning.com/COVID-19-Resources>).

For the full updated Guidance, visit: https://oregonearlylearning.com/wp-content/uploads/2020/08/Health-and-Safety-Guidelines_August-14-2020_English_Web.pdf



2020 Kindergarten Jumpstart

Due to the rise in COVID-19 cases and Umatilla County being sent back to baseline, the majority of school districts in our region were unable to proceed or opted to hold off on offering Jumpstart. Two school districts that proceeded with their two-week summer session included North Powder and Elgin. Six children were served in North Powder and nine children were served in Elgin. Although the program looked very different this year due to the health and safety guidelines, the two participating districts reported very positive feedback on the opportunity to have students in the building learning the new routines, practicing social skills and becoming familiar with both staff and the building.

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This Month's Parenting Article: *Supporting Your Child with Comprehensive Distance Learning (CDL) by Elizabeth Gregory*

You may have found yourself recently telling your child the words, "you won't be going back to school yet." Those words may have a multitude of valid feelings attached. Those words lead to uprooting your expectations of how learning happens and planting yourself in new and uncharted territory. Just as a freshly transplanted houseplant needs extra water and nutrients to keep its roots healthy and strong, you and your child may need extra support and love as your roots grow strong in this new space. I'm going to provide you with a few significant ways to offer that extra support and love on your child's academic journey this school year.

In order to create a predictable environment for learning, it will be helpful for your child to have visual routines. Visual routines remind your child of expectations in words and pictures and can be referred to as many times as needed. You and your child may find it helpful to create visual routines for asking for help, preparing for learning, cleaning up, and taking breaks, to name a few. Visual routines are especially supportive for troublesome times of the day. You can create a visual routine to support your child while they learn a new skill. A daily schedule is another example of a visual routine and can be created by you and your child together. In order to build the schedule, write out the important times in the day: math, reading, science, brain and body breaks, etc. You can include the time of day. Last, take a picture of your child performing the activity or draw a picture and add it to the schedule. You can even add in a space to check off when a task is completed!

Another way to support your child's distance learning is to set up a physical workspace. Make a list with your child of the important components of a productive workspace. Here are a few ideas: a desk, a daily visual schedule, visual routines, pencil, paper, computer, headphones, number line, etc. Next, find a quiet space to fit all of these materials. Bonus if you can find a space near an outlet to charge the computer. If not, make a plan with your child for how they will get their computer charged daily. Wall space will be your friend for hanging visual

routines and academic supports like an alphabet chart or number line.

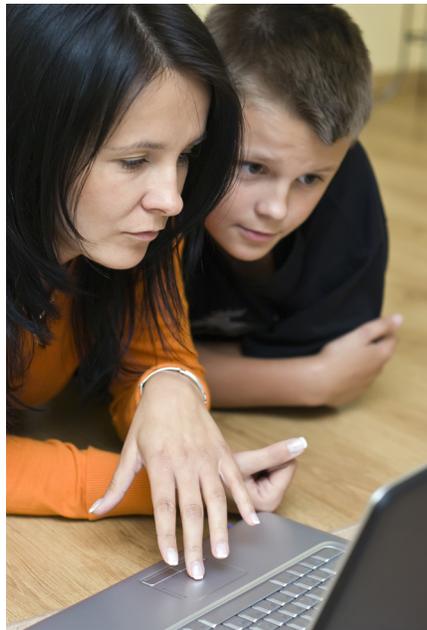
Now that you've got a good handle on the physical space, it's time to learn! Learning happens when our brains are in an optimal state. Brain breaks help to increase attention and are an important way to teach your child to listen to and care for

their body. If you or your child recognize times that they often lose focus, add a brain break to the schedule to help regain focus. In the beginning of the year, your child will be building their stamina for learning. They may need brain breaks more often than you or their teacher anticipated. It's okay to be flexible and give your child a brain break, then make a plan together for building their learning stamina. By October, you'll be celebrating with your child how much learning stamina they have built! Brain breaks can include: mindful belly breathing, stretching, moving, playing a game, going for a walk, and connections with other people. Connections with you or other caregivers will be important for your child and may need to happen often. *GoNoodle*

is a helpful online catalogue for video-led brain breaks.

Whether your child is enrolled in comprehensive distance learning, an online program, or a hybrid model, this school year is going to present unexpected challenges. Your child's education will provide plenty of opportunities for mistakes and growth. You have the opportunity to help your child learn and grow through one of the most challenging experiences of their lives. Positive intent is seeing the best in yourself and others. It is my hope for you that you are able to see the best in yourself and your child, as you make mistakes and grow through them. I wish you well as you continue to love and support your child in their learning this school year.

Elizabeth Gregory is a teacher with the La Grande School District, a partner of the Blue Mountain Early Learning Hub.





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Staying Safe and Active During the Pandemic

Wanting ideas for activities that are safe for children and families? Below are a few ideas.

Indoor Activities: board games; cooking and baking; learning to play a musical instrument, origami, card tricks, puzzles, painting, crafts, painting rocks and placing them outdoors for others to discover, sewing, home remodeling projects and woodworking

Outdoor Activities: running and walking; artwork with sidewalk chalk, biking, skating and scooters, gardening, camping, hiking, boating, fishing, golf and disc golf

Oregon Coronavirus Information and Resources: <https://govstatus.egov.com/reopening-oregon>



Updates to Preschool Promise Intent to Award



Once the legislative special session concluded, The Early Learning Division (ELD) was able to determine if and how much funding was available for Preschool Promise. This delayed the final award notifications. Fortunately, the ELD was able to move forward with full funding and intends to award all applicants identified in Tier 1 and Tier 2 of the Intent to Award report: <https://oregonearlylearning.com/wp-content/uploads/2020/07/PSP-Notice-of-Award-Report-7.8.20.pdf>

Community:	Agency:	Slots:
Athena	Athena-Weston SD	18
Echo	InterMountain ESD	7
Ukiah	Cub House	Up to 12
Milton-Freewater	Oregon Child Development Coalition InterMountain ESD	18 8
Pilot Rock	Umatilla-Morrow Head Start	4
Umatilla	Umatilla-Morrow Head Start	10
Pendleton	Pioneer Relief Nursery Playtime Education LLC	18 6
Hermiston	Little Tot's Day Care & Preschool	18
La Grande	Sweet Peas Daycare Jamie's Daycare Eastern Oregon Head Start	4 8 18
Elgin	Eastern Oregon Head Start	18
Boardman	InterMountain ESD	18

The Blue Mountain Early Learning Hub region has been awarded a total of 185 slots.

Impact Oregon's Future - A Virtual Benefit for Children's Institute

You are invited to attend this live stream event- an opportunity for you to support Children's Institute during this critical time. Join to hear inspiring stories of their impact on early childhood policies and practices all across Oregon.



When: Tuesday, October 20 Pre-Show 6:00-6:30pm & Live Event 6:30-7:30pm

To learn more and/or to register: <https://childinst.org/impact-oregons-future-event2020/?eType=EmailBlastContent&eld=1a21c1bd-92ea-4dd0-8d9e-1ba96d6f9461>



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Five Tips for Successful Home Learning from Conscious Discipline

1. Get on a Schedule: Use schedules such as those found on Shubert's Home (<https://consciousdiscipline.com/free-resources/shuberts-home>) online and learn more about daily routines and visual schedules in the free webinar Three Vital Steps to Successful Routines with Conscious Discipline Master Instructor Kim Jackson (<https://consciousdiscipline.com/e-learning/webinars/three-vital-steps-to-successful-routines>).
2. Create a home learning routine: Begin your day with a Brain Smart Start. Examples can be found at Shubert's School online; Watch the breakout session "Start Your Day the Brain Smart Way" from our 2018 Elevate SEL Conference; and discover many other videos in our Premium Resources library, available at no cost for the next 90 days. Also include Brain Breaks. Download the free social story "Why Can't I Go to School?" for help answering this important question with simple, age-appropriate language; check out the social stories Coronavirus Is a Big Word, Why Can't We Have Our Home Visits?, and My School Is Closed Right Now may also be helpful; and post your home learning routine with words and pictures that show the expectation.
3. Provide opportunities for success: Mastery triggers the brain to release feel-good chemicals like dopamine, serotonin and endorphins. If children aren't having success with their learning, scale back and provide more opportunities where they're likely to succeed. If your kid's a math whiz, do more math. If he excels in social studies, do more social studies. Academic learning is important, but wellbeing is essential.
4. Pivot to a new point of view: When frustrated over academic content or children's behavior, one strategy that can help is pivoting. When we pivot, we consciously shift from what we don't want, to what we do want. We can pivot internally for ourselves from "I'm going to lose my mind," to "I'm going to step away and take three deep breaths," and from, "This second step is impossible," to, "I'm going to get more information so this makes sense." We can verbally pivot with children from, "Stop interrupting me," to, "Be quiet while I finish explaining," from, "Stop hiding under the table," to, "Come sit in your seat," and from, "Stop SCREAMING!" to, "Use a quiet inside voice like mine." Learn more about the Power of Attention and other helpful powers and skills in this parenting webinar (<https://consciousdiscipline.com/e-learning/webinars/tools-for-your-parenting-tool-box>).
5. Hit the pause button: If possible, avoiding the introduction of new material for at least the first week or two can help smooth the transition from "schooling at school" to "schooling at home." Children are under stress right now (just like us), so don't hesitate to hit the pause button at any point if things aren't going "as planned." When stressed, the brain shifts to the lower reactionary centers and can't access higher order thinking skills like problem solving and learning. Conscious Discipline offers a wealth of social-emotional information online to help you during this challenging time. Some of the items are purchasable, but many of the webinars, podcasts, videos, printables, articles and other items are free.

For the full article from Conscious Discipline, visit <https://consciousdiscipline.com/keys-for-successful-home-learning/>

Blue Mountain Early Learning Hub Governing Board:

Umatilla County:

Lori Hale, *Education*

Lidwinner Machado,

Human & Social Services

Parent- Vacant

Morrow County:

Sheree Smith, *Health*

Erin Stocker, *Education*

Dorothy Powell, *Migrant &*

Second Language Education

Union County:

Robert Kleng, *Chair, Education*

Business- Vacant

Health- Pending

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*