

October 2020



Blue Mountain Early Learning HUB

bluemountaineearlylearninghub.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, October 14 • 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>

Every Child Oregon

An Oregon nonprofit movement called Every Child is currently in developmental stages in Umatilla and Morrow counties. Every Child mobilizes community to uplift children and families impacted by foster care in Oregon. We invite the community to aide vulnerable children in foster care and to support foster families and those working in child welfare via simple, tangible opportunities. Everyone has something to bring to foster care — be it volunteering, supporting a family providing foster care, donating, or by becoming a foster parent. What can you bring? Check out EveryChildOregon.org, and keep an eye out for future opportunities.



To join a PLT visit the Hub's homepage and to view the PLT regional calendar click on the link below: <https://www.bluemountaineearlylearninghub.org/o/bmelh/page/professional-learning-teams>

Mark Your Calendar! IMESD Statewide In-service Virtual Summit

Date: Friday, October 9 from 8:00 AM to 2:30 PM

Keynote Speaker: Dr. John Hodge

Schedule:

- 8:00-8:30 Opening Remarks
- 8:30-9:30 Keynote
- 10:00-11:00 Session 1
- 11:00-12:00 Lunch Break
- 12:00-1:00 Session 2
- 1:30-2:30 Session 3

Registered participants will receive session lists with links to join sessions the week of the summit. Session on many topics and tools will be offered, there will be something for everyone! Please register with your school google account for the sharing of documents and resources.

Free for all IMESD Districts, outside districts please contact Erin Lair, Director of Teaching and Learning erin.lair@imesd.k12.or.us

Questions? Please contact Joe Buglione, IMESD Instructional Coach joe.buglione@imesd.k12.or.us

To Register: <https://docs.google.com/forms/d/e/1FAIpQLSe5TPPDmT95GDooPHkezJ9FS6wUZdseTZQd1sb7lq11r777XA/viewform>

Join a Professional Learning Team!

Are you wishing you knew how others are using class jobs virtually? Would you like to hear ideas of how to build connection when in-person contact is not allowed?

Come join a PLT this year as we focus on *Creating the School Family* with Conscious Discipline structures and routines. This year's focus will include some more learning about the structures and routines through the book provided, with a heavy focus on learning from your peers who implement them. This will be a chance to get new ideas, share what works for you and be inspired.

Current PLTs:

Infant/Toddler: Union County, Pendleton and Hermiston

PreK-3rd: Union County, Pendleton, Milton-Freewater/Athena-Weston/Helix, Stanfield/Echo, Hermiston

Upcoming Flu Shot Clinics

Morrow County	Umatilla County	Union County
FREE Drive-Thru Clinic: Friday 10/9 9am-6pm Boardman Public Health Building 101 Boardman Ave 541-481-4200	FREE Drive-Thru Clinic for 6 months + Saturday 10/24 8am-2pm Good Shepherd- near Entrance A 600 NW 11th St Hermiston 541-667-3509	FREE Drive-Thru Clinics are planned Dates/Times TBD



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Coordinated Enrollment

The Early Learning Hubs in Oregon are receiving funding from the Early Learning Division (ELD) to implement an ongoing coordinated enrollment (CE) process that will focus on enrolling children into the ELD's Preschool Promise (PSP) program. Now that all Preschool Promise contracts have been fully executed, the eligibility and enrollment process is underway. The BMEL Hub will market PSP and both Head Starts and PSP providers will share information with families in the communities with PSP slots. A new website, <http://www.BlueMountainKids.org> has been created for accessing the screening form which will be completed by the family or with assistance from an agency, such as Head Start, that serves the family. All families who have completed the screening will be maintained in a secure database accessible only by the Hub. Selection will be done using the lottery system with the next in line numerically selected for eligibility determination.



What is Preschool Promise?

- Free Preschool for children who are 3 or 4 on Sept 1st
- Serves families who are at or below 200% of the Federal Poverty Level
- Full day preschool, a minimum of 5 hours a day and 4 days a week
- Create an inclusive, welcoming environment for all children and families, regardless of ability, family composition, culture, language, or family income
- Providers operate in a wide variety of settings including Family Child Care, Child Care Centers, Head Starts and School District Preschools
- Support parents as partners in their child's learning and development

2020 Income Eligibility	
Household Size	Income Limits
2	\$34,480
3	\$43,440
4	\$52,400
5	\$61,360
6	\$70,320
7	\$79,280
8	\$88,240

Families with income up to the annual income limits listed here may be eligible.

Community	School District Preschool	Preschool Promise	Head Start	Migrant Head Start	Tribal Head Start
Athena/Weston		X			
Boardman	X	X	X	X	
Cove					
Echo	*	X			
Elgin		X	X		
Hermiston	X	X	X	X	
Ione*					
Irrigon	X		X	X	
La Grande		X	X		
Milton-Freewater	X	X	X	X	
Mission					X
North Powder	X				
Pendleton		X	X		X
Pilot Rock		X	X		
Stanfield	X		X	X	
Ukiah		X			
Umatilla	X	X	X	X	
Union			X		

*May have scholarship opportunities

Communities not listed do not have public or free preschool

For more information on applying for Preschool Promise, visit our website: <http://www.BlueMountainKids.org> or email us at contact@BlueMountainKids.org



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This Month's Parenting Article:

Get your Daily D.O.S.E. of Physical Activity by Adam Lemmon

So, how important is physical activity? When we think about physical activity many of us typically think of all the physical benefits. For example it helps with weight management and reduces our risk of injury and disease. Being physically active can help build strong bones and muscles. However, engaging in regular physical activity has other benefits as well.

When we are physically active our body releases chemicals that can have a positive impact on our health. A few of those chemicals are **D**opamine, **O**xytocin, **S**erotonin, and **E**ndorphins. When dopamine is released it can increase our creativity, help with motivation, and can help improve our long-term memory. Oxytocin helps develop trust and is important for healthy attachment. It also helps us maintain optimism as well as promotes prosocial behaviors. Serotonin acts as a mood booster and helps regulate our sleep/wake cycles. It also is heavily involved in emotional regulation, which has an impact on decision making. Finally, when we are physically active our body releases endorphins. Endorphins are our body's natural pain relievers. Not only do they help relieve pain, but they also boost pleasure which can result in a sense of wellbeing. Endorphins also help us manage stress and with everything going on in the world today I think it's safe to say that we could all use a little help managing our stress.

How much physical activity do we need? According to the American Association of Pediatrics infants need at least 30 minutes of "tummy time" as well as other interactive play throughout each day. Children ages 3-5 need at least 3 hours of physical activity throughout each day and children 6 years and older need a minimum of 1 hour of moderate to vigorous physical activity each day.

One question I ask all my students at the beginning of the school year is, "What are some ways we can be physically active?" The most common responses I get are running, push-ups, and sit-ups. Although, those aren't bad ideas, I want children to start to look at physical activity as more than just rigorous exercise. Physical activity should be enjoyable. Even though there may be many children that enjoy rigorous exercise, not all do. Here are a few simple ways kids can get up and move:

- Riding bikes, scooters, skateboards, and go roller skating.
- Walking: Going on walks is not only a great way to be active but it's also a great way to spend quality time as a family.
- Rock painting: Painting rocks and taking them with you on your walk to leave around town for others to find.

- Scavenger hunt: Simply make a list of things to find around town and head out the door. To make it more challenging you can set a timer. It can also turn into a competition by splitting into two groups to see who can find all the items first.
- Gardening: It's never too early to get kids involved in gardening.
- Dancing: All you need is some music. I haven't met a toddler yet who that doesn't like to dance.
- Animal movements: My students love this activity. They take turns choosing an animal and then we move around the gym like that animal...and of course we make the best animal sounds to go along with the movement.
- Chores: Chores may not be a lot of fun, but sweeping, mopping, vacuuming, and moving laundry around are good ways for kids to move.
- Tag: Go outside and play tag. If there's a tennis court nearby try line tag. Everyone must stay on a line at all times. It can be exhausting.
- Unstructured playtime: Unstructured playtime stimulates creativity.
- Yoga: Yoga has many benefits. Some of those include building muscle strength, flexibility, increased blood flow, helps with focus, builds strong joints, improves balance, and it can be great for relaxation.

Over the years I have had students complete daily physical activity logs. It's not uncommon to see kids spending 3 to 4 hours a day during the week and 6 to 8 hours a day on the weekends sitting in front of a screen. As technology has become more and more prevalent we have seen a decrease in physical activity and an increase in depression and anxiety among young children. I cannot emphasize enough the importance of regular physical activity. Below are a few links that may be useful. The first three have videos that will get you and your kids up and moving. The last link will take you to the American Heart Association's website. There you will find information and other tips on how to stay active.

<https://family.gonoodle.com/>
<https://www.youtube.com/user/CosmicKidsYoga>
<https://www.youtube.com/user/Glennhigginsfitness>
<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-children>

Adam Lemmon is a P.E. teacher with the Stanfield School District, a partner of the Blue Mountain Early Learning Hub.



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Foster Parenting Support

Do you wish you knew what to do when children have big behaviors? Do you wish you could help children process through their feelings in helpful ways? Do you wish you could build helpful skills and behaviors in children?

Come learn a Trauma-Informed approach to teaching children the Social-Emotional skills. You will learn how to build connection and routines to help them thrive while also teaching them how to deal with their emotions in a safe way.

This training is tailored for the unique dynamics that foster parents and children navigate daily.

Amy Speidel, a Master Instructor in Conscious Discipline, has herself been a foster parent and knows the challenges these children face. She is also a certified Parent Coach.

Parents who attend the whole series will be eligible for a 1 hour private coaching session with Amy.

Limited to 30 Families

Eligibility: Foster parents in Morrow, Umatilla and Union counties

When: 4:00-5:00 pm, Thursdays
October 1st, 8th, 15th, 22nd, 29th

Where: Zoom (link will be emailed out to participants)
To Register: Contact your DHS rep to sign up

Family Voice Listening Sessions

The Blue Mountain Early Learning Hub will be offering a series of Family Voice Listening Sessions. The goal of these sessions is to get input from families and share that with our Governance Board and advisory groups. The feedback provided by families will help to ensure family voice is being heard and will help to guide the work of the Hub. Each session will have a set of discussion topics including: Strengths and barriers of virtual learning, needs and resources for

returning to in person school, health and safety for families, school readiness, and other pressing topics on parents minds.

Who: Families with children ages 0-8

When: 6-7pm on the third Tuesday of every even month:

October 20 • December 15 • February 16 • April 20

Join us via Zoom: <https://imesdmeet.zoom.us/j/97710671168> A door prize will be raffled off at each meeting so make sure to join!

Supplies for Small Businesses & Child Care Providers



The Governor's office in partnership with the Oregon Legislature's Emergency Board, allocated \$10 Million from the federal CARES Act funding for the purchase of supplies including masks and gloves for small businesses and child care providers. The State of Oregon is fulfilling orders at no charge until resources are depleted. *Due to impacts from wildfires across the region there may be a delay in shipments. To order visit: <https://supplyconnector.org/states/oregon/free-ppe/>

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Blue Mountain Early Learning Hub Governing Board:

Umatilla County:

Lori Hale, *Education*
Lidwinner Machado,
Human & Social Services
Business: Vacant

Morrow County:

Sheree Smith, *Health*
Erin Stocker, *Education*
Dorothy Powell, *Migrant & Second Language Education*

Union County:

Robert Kleng, *Chair, Education*
Jess Hagedorn, *Parent*
Ashleigh Meeks, *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*