

October 2015
Volume 2, Issue 2



Upcoming Events for Families & Children

- *Parent/ Child Play Groups 0-5
9:00 am Fridays
Building Healthy Families
10:00 am Tuesdays
Baker City Library
- *Library Story Times
10:30 am Tuesdays
Enterprise City Library
- *Pre-School Science
Thursdays 9:30
Enterprise City Library
- *Making Parenting a Pleasure
Baker Thursdays 10:30 am
North Baker Ed Center
- *Parenting Now! Enterprise
Mondays 10/13-11/17
Building Healthy Families
12:00-12:30 Lunch
12:30-1:30 Class
- *Kidfest 2014-The Great Outdoors
Friday 10/10 3:30-7:00 pm
Cloverleaf Hall Enterprise
- *Anti-Bullying Movie Night
Thursday 10/23 7:00 pm
Building Healthy Families

For questions, registration or a full calendar of Fall Activities contact.

BHF 541-426-9411

www.oregonbhf.org

Did You Know.....

Donations of support, cash or otherwise, made to Building Healthy Families are 100% tax deductible. Call our office, or visit our website for more information on how you can contribute today.

Building Healthy Families

Strengthening Families through Education & Support

BHF KICKS OFF SCHOOL-BASED PROGRAMS

As teachers, students and families adjust to fall routines, BHF is getting ready to launch our school-based programs for the 2014-2015 school year! Check out each of these opportunities and call us if you want to get involved!

- Exploration After School Program: Offered at all 3 elementary schools, this FREE afterschool program runs 1-2 days per week from 3:30-5:00. Students K-4 can enjoy a daily snack, outside play time, and engaging curriculum in science, art, engineering and more.
- Books Bridging Generations: Students in grades K-2 will enjoy weekly one-on-one reading sessions with volunteers! Each month students will receive a free book to take home. Volunteers are always needed, call Sara at BHF for more information.
- Science Olympiads: This exciting new afterschool club will allow Middle School students the chance to practice science and engineering skills through a series of competitive events. The club will culminate in regional and statewide competitions. Specific club date/time TBA.
- Homework Club: In late October, BHF will be launching a weekly homework club providing FREE tutoring support and a healthy snack for students grades 5-8. The drop-in club will be available to kids from any school district and will run from 3:45-5:00 pm.

Please contact BHF if you would like more information about any of these exciting opportunities for school-aged kids.

NEW E.D. EXCITED ABOUT BHF'S FUTURE

As a six-year veteran of BHF, Maria Weer has developed a deep understanding of the programs and services available to the children and families of Eastern Oregon. BHF is thrilled to announce her transition into the role of **Executive Director this past summer.** "Over the past six years, I have seen a great deal of growth in both programming and collaboration in our communities," states Weer, "I am extremely excited to move forward in my new role with BHF and my work with children, families and community partners!"



THANK YOU!!!!

A huge thank you to our schools, Wallowa County Prevention Collaborative and community partners for bringing magician and speaker Brad Barton to the children and families in our communities. In addition to multiple presentations to students, BHF hosted over 200 people for a family performance! We are thrilled that so many were able to participate in such a fun, positive experience and we look forward to providing similar programming in the future!

OCTOBER IS NATIONAL ANTI-BULLYING MONTH

- 1 in 3 students has reported being bullied
- Over 70% of teens have been a witness to bullying occurring in their schools
- About 30% of young adolescents will admit to being a bully

October is National Anti-Bullying month. BHF and the Wallowa County Prevention Collaborative will be working with schools and the community to raise awareness about this very real issue. Events include an Anti-bullying coloring contest, teen Movie Night and the distribution of parent resources through schools and social media. Please contact Jason at BHF for more information.

Building Healthy Families

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Building Healthy Families is an independent, non-profit family support organization, offering personalized and universal support and education for parents, caregivers, parents-to-be and students through a variety of diversified programming.



DINNER ON A DIME

5 Ingredient Chili

Ingredients

1 lb. ground beef

3 cans diced tomatoes

1 sm. Onion/diced

2 cans beans

2Tbs. Chili Powder

Procedure

Brown meat in large pot and drain fat. Add remaining ingredients and bring to a boil. Reduce heat to medium low and simmer until onion is soft (approximately 30 minutes). Top with cheese, chips and/or sour cream. Serve with salad or fruit/veggies.