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# Building Healthy Families

Strengthening Families through Education & Support

## LEARNING CENTER EXPANDS OPPORTUNITIES

Come September, Building Healthy Families' Early Learning Center will take on a whole new look! Working closely with Head Start, BHF has opted to use the Learning Center to provide additional "full-time" pre-school slots for Wallowa County Families.

The new program will provide 18-20 students with a learning opportunity running Monday-Thursday from 8:30 to 12:30. Certified Teacher, Jordan Alford, will serve as the lead teacher and a full-time classroom assistant will join a team including a number of BHF support staff. The program will focus on Kindergarten Readiness standards, as well as supporting families through parent education, family nights and connections to resources that will help their children thrive in school and beyond. Call BHF today to learn more information about this exciting opportunity.

## SUMMER LEARNING LOSS.....KNOW THE FACTS

To succeed in school and life, children and young adults need ongoing opportunities to learn and practice essential skills. This is especially true during the summer months.

Did You Know?

- All young people experience learning losses when they do not engage in educational activities during the summer.
- Most students lose about two months of grade level equivalency in mathematical computation skills over the summer months.
- Children lose more than academic knowledge over the summer. Most children—particularly children at high risk of obesity—gain weight more rapidly when they are out of school during summer break (Von Hippel et al, 2007).

For more statistics, resources and great ideas for how YOU can prevent summer learning loss for your children, check out [www.summerlearning.org](http://www.summerlearning.org) or call Maria Weer at Building Healthy Families 541-426-9411!

## Upcoming Events for Families

\*Parent/ Child Play Groups 0-5  
9:00 am Fridays  
Enterprise City Park

\*Library Story Times  
10:30 am Tuesdays  
Enterprise City Library

\*Watershed Festival  
Friday 6/27 11-4:00 pm  
Fair Grounds Enterprise

\*ABC Music and Me Baker  
Thursdays 10:30 am  
North Baker Ed Center

\*ABC Music and Me Enterprise  
Mondays 10:00 am  
Building Healthy Families  
Start June 16th

\*Amy Hafer Race for the Cure  
Saturday 6/28 9:00 am  
Wallowa Memorial Hospital

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

BHF

541-426-9411

[www.oregonbhf.org](http://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.

## Summer Bucket List

BHF encourages parents of children pre-school to 10 years to stop by and pick up a Summer Bucket List! Each time you complete an item off the list and return with photo evidence, you will receive a prize from our summer fun basket!

Come visit us between 8-5 Monday—Thursday , or Friday mornings to check it out and pick up a complete community calendar of summer events



## CONGRATULATION GRADUATES!

BHF would like to congratulate the Wallowa County Alternative Education Graduates for the 2013-2014 School Year!

- Shannon Michaels has attended the Alt Ed program for the past 2.5 years where she excelled both academically and in the arts. Upon graduating 6-weeks early, she moved to Georgia where she is pursuing employment as she looks to become a State resident and attend college.
- As a first year Alt Ed student, Austin thrived in the project-based curriculum that got students outside of the classroom. His love for outdoors was evident as he became a student leader as we learned from the State Park Rangers, and on our Year End trip to Bend.

Congratulations graduates and best of luck in the future!

## DINNER ON A DIME

### Summer Pasta Salad

#### Ingredients

- 1 Box Bowtie Pasta
- 1 Bottle of your Favorite Creamy Italian Dressing
- 1 Rotisserie Chicken
- 1 pint Grape tomatoes
- 1 cup Parmesan Cheese

#### Directions:

1. Cook pasta according to package directions. Rinse with cold water.
2. Pull chicken and shred into bite-sized pieces. Cut tomatoes in half.
3. Combine chicken, tomatoes and pasta. Add dressing until desired flavor and consistency is reached.
4. Top with Parmesan Cheese and serve with Bread.

### 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.**

