

November 2014
Volume 2, Issue 3



Building Healthy Families

Strengthening Families through Education & Support

ALTERNATIVE ED GIVES BACK

After 6-years, the Wallowa County Alternative Education program is stronger than ever. Offering a high-school alternative for students referred by Wallowa County School districts, the program brings a student-centered, real-world, hands-on curriculum to those struggling in the traditional school environment.

As a part of the curriculum, students have the opportunity to continue to participate and represent Wallowa County in the Community 101 Program sponsored by the Oregon Community Foundation and numerous private funders from across the state. Through the Community 101 program Alternative Ed students work to identify an important issue in our community, develop a mission statement to address that issue, research local non-profits and proceed through the grant making process to provide funding for change.

Last year, students identified limited recreation and enrichment opportunities for youth as a key issue in our community. Through a formal request for proposal (RFP) procedure, students accepted applications from community organizations, screened applicants, conducted interviews and ultimately awarded \$5,000 dollars to local non-profits during a formal Check Giving Dinner. Last years winners included: Wallowa Resources (WREN program), Community Connections (Summer Lunch Program) and Wallowa County Land Trust (Into the Wallowa series).

Both students and community partners felt the positive impacts of the project. This year's **Alternative Ed Program students are currently working to identify their funding priorities for the 2014-2015 year and are excited to yet again help our community grow in strength and collaboration!**

STILL TIME FOR BHF LEARNING CENTER

With an amazing new staff, beautiful classroom and student-centered curriculum focusing on kindergarten readiness, the Building Healthy Families Early Learning Center is only missing 1 thing: A room full of students!

BHF is still recruiting 3-5 year olds for their high-quality pre-school program. Running Monday-Thursday from 8:30-12:30 pm, the program is affordable, family-focused and include breakfast, snack and lunch. Please contact JACOB MICKA at BHF if you are interested in learning more about this exciting opportunity for your child.

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
- *Financial Literacy Class
Mondays 11/17-12/8
5:30-7:30 pm
Enterprise Head Start
- *Food Preservation Class
Wednesday 11/12
5:00-7:00 Free Dinner
Building Healthy Families
- *Grocery Store Tours
December 3
10:00 am or 5:30 pm
Safeway-\$10 gift card for
participating

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.

BHF HOLIDAY WISH LIST

- Kitchen Supplies
- Healthy Snacks
- Bottled Water
- Paper Products
- Colored cardstock & Paper
- Art/Craft Supplies
- Misc. Tools
- Office Supplies: Scissors, paper, pens, etc.

RAISING GRATEFUL KIDS

Thanksgiving is the perfect time to teach your kids the importance of being grateful for what they have. This month, try these three simple ideas to get your kids thinking more about what they have, and worrying less about what they want:

1. Be Grateful Parents

Kids learn from us 24-7—we don't get to choose that. So let's make sure they live with parents who are grateful for what they have, express it frequently, and back that up in the way they live.

2. Make Them Earn Things

When kids miss the natural relationship between work and reward they also lose the **connection between good things and pleasure. It's tough to be grateful when things are acquired unnaturally.**

3. Teach them to Give to Others

Don't just expose them to those in need, show them the y can help. Find a local animal shelter, food bank, or other community agency that could use a hand. Especially around the holidays, when the need for social services often skyrockets.

Tips provided by: Focus on the Family

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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

Easy Oven BBQ Chicken

Ingredients

6 small chicken breasts

3/4 cup BBQ Sauce

Procedure

1. Heat oven to 375 degrees and spray 9x13 pan or line with foil and spray
2. Place chicken in pan and pour bbq sauce over meat.
3. Bake 25 minutes or until chicken is done.
4. Serve with a side (rice/pasta) and salad.