



Parent Power

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Common College Scams

As young adults diving into the wide world alone for the first time, college students are often the intended targets of scams.

Stick to free scholarship search tools and assess each award's legitimacy before submitting an application.

Lack of experience and a thirst for independence make students susceptible to the trickery and deceit of cunning con artists and swindlers. Even the brightest students can fall victim to the schemes of nefarious tricksters. Avoiding scams requires a worldliness that comes with age. Fortunately, you don't have to face life unprepared. A little basic knowledge and a healthy pinch of vigilance can go great lengths in guarding any student from malevolent trickery. Here are a few of the most common college scams and how to avoid them.

Social Media Scams



A growing stereotype amongst college students is a worsening addiction to social media. Scam artists have seized the opportunity to feed on unsuspecting students. One such technique involves scammers setting up fake pages for universities and reaching out to the college's students to acquire e-mail addresses. Phony pages and profiles are created to harvest personal information. In its most innocuous incarnation, this sort of scam means an inbox full of spam. In its most hostile form, social media fraud can result in identity theft. To avoid these scams, add only friends you know, limit the information you post online, and be wary of invitations to "like" pages.

Scholarship Scams



With the Internet, finding scholarships should be a cinch. But contrary to what logic dictates, scholarship searches have only grown more complex. Many scholarship search sites dress themselves as beneficent tools created for the purpose of helping students find financial aid; but are actually traps set to lure in the vulnerable and hopeful. When cruising the net for financial awards, proceed with caution. A site that asks for personal information should be regarded with suspicion. Many will ask for an e-mail address only to sell that address and pump it full of spam. You also should never pay for a service that helps you find or apply for scholarships. These are rarely beneficial and do nothing you couldn't do for yourself.

Identity Theft



Perhaps the most terrifying scam of the modern age is identity theft. A stolen identity can have devastating results. Imposters can use your information to make unwarranted purchases,

Common College Scams (continued)

open phony accounts, and sign up for services you would never in your right mind contemplate utilizing. Avoiding identity theft is simple.

You must follow one rule: guard your personal information. However, it is a rule you must follow completely and without pause. As mentioned in the social media scam example, the Internet is a great place to open yourself up to thieves. Make purchases only from websites you trust. If you don't personally know anyone who can vouch for a site, avoid it. Again, limit the information you post on social media. Don't list e-mail addresses or phone numbers. Never divulge information that seems unnecessary or gratuitous. For example, there would be absolutely no reason to give up your social security number to join a mailing list. Keep credit card numbers, PIN numbers, and other financial information carefully guarded, both online and in the physical world.

Credit Card Rip-Offs

The credit card world is laden with scams, and college students, being new to the credit game, are particularly susceptible. Be wary of signing up for cards from issuers you're not familiar with—and not only credit cards, but prepaid debit as well. You risk the chance of relaying

information to a phony lender and potential identity thief. And even the card is actually available and functioning, you need to be exceedingly cautious about hidden fees and unreasonable rates.

Know what to expect from a credit card. If you see an APR of 25% or more, or an annual fee of \$30 or more, you should be concerned.

Always, always, always read the fine print. Learn to read *Schumer* boxes—they are your friend.



Connecting caring adults with African American males throughout Baton Rouge.

Join us for one of two training opportunities. Through this day-long event, we will provide mentors and those who wish to mentor with culturally competent training to positively impact the lives of African American males.

JANUARY 6, 2018 OR JANUARY 20, 2018 • 9AM – 3PM

6955 FLORIDA BLVD., BATON ROUGE, LA 70806

Meals will be provided.

register today at mentoringbr.org



The Decline of Teen Tobacco Use

The teen years are full of big decisions—about school, friends, and the future. Many teens also have to decide if they'll resist peer pressure to use tobacco. In fact, most people who use tobacco as adults decided to start using it in their teen years.

That isn't a super-smart decision. Teens often underestimate how easy it is to become addicted to tobacco. The nicotine in tobacco is very addictive, and that makes quitting hard. Not to mention, tobacco use can lead to cancer and heart disease, both of which can cause early death.

How low can it go?

The good news is that more teens are choosing not to use tobacco.

In a recent study, the number of middle and high school students in the United States who say they've used a tobacco product in the past 30 days went down to 3.9 million in 2016 from 4.7 million in 2015. That's a big drop, especially in just 1 year!



FEWER YOUTH REPORT USING TOBACCO COMPARED TO A YEAR AGO



Choices with risks

We're glad more teens are getting the message that using tobacco is dangerous. But while teens' use of cigarettes, cigars, smokeless tobacco, and pipe tobacco dropped between 2015 and 2016, their use of hookah and e-cigarettes increased.

E-cigarettes have only been around for about 10 years, so scientists don't know for sure how e-cigs affect the teen brain, which is still developing. What we do know is that many e-cigarettes deliver nicotine. Exposure to nicotine is never safe for young people because they're more vulnerable to addiction than adults.

Decide now to avoid using tobacco and e-cigs, and spend your brain power on other important decisions about your future.



Promoting Healthy Living for EBR Families

10 Everyday Superfoods



1. **BROCCOLI** - It boasts cancer-fighting compounds along with a long list of essential nutrients
2. **MUSHROOMS** - Health nuts love them because they are impossibly low in calories, have cancer killing compounds, and are rich in Niacin, also known as vitamin B3, that helps keep blood cholesterol in check.
3. **HOT CHILIES** - Chili peppers are a good source of vitamins A, C, and E. They are rich in folate and potassium, low in sodium, and contain no carbohydrates. Because they contain capsaicin, they have been studied for their ability to stimulate circulation and as a potential medication for arthritis sufferers.
4. **KALE** - 3 cups give you well over 100% of your daily needs for vitamin A, C, and K, and provide you with good levels of vitamin E. They also contain manganese, a mineral critical for processing food into energy for your cells. Kale also happens to be high in protein — 2 grams of protein per cup!
5. **BLUEBERRIES** - They contain high levels of compounds such as anthocyanins, resveratrol, cyanidins, quercetin, and many, many more. These compounds are able to latch on to free radicals that attack cells and would otherwise wreak havoc inside the body.
6. **CHERRIES** - High in phytonutrients, and particularly high in anthocyanin, a powerful antioxidants that protects the liver, according to folk medicine.
7. **KIWI** - These hairy monsters are packing major vitamin C! A potent antioxidant, vitamin C is a crucial nutrient that your liver needs to detoxify your blood and keep a myriad of other bodily functions moving along smoothly.
8. **SPINACH** - High levels of vitamins K, A, C, B2, along with manganese, folate, and iron — all available in just one cup!
9. **SWEET POTATOES** - 1 cup sweet potatoes (about 1 cup orange fleshed sweet potato, which I call it the "American yam") contain: 102 calories, 436% vitamin A, 37% vitamin C, 15% potassium, and 15% tryptophan.
10. **AVOCADO** - It contains high levels of pantothenic acid or B5, which is a good thing! According to George Mateljan, a biologist and author of "World's Healthiest Foods," vitamin B5 aids the breakdown of fat. There is also research out there on how pantothenic acid may help clear acne.



16th Annual Red Stick Bowl

The Army is sponsoring the 16th Annual Red Stick Bowl football game, December 16th, 2017, 2:30pm at Olympia Stadium. This game assembles the best football players from schools across Baton Rouge and surrounding parishes, serving as the All-Star game for an All-Star year. Come out and support your local players, chosen to play football at this year's US Army Red Stick Bowl. The first 250 Juniors and Seniors that complete an Army lead card at the game will receive a US Army Red Stick Bowl Pop Socket. That's right! One of the hottest phone accessories around. At the game take a selfie with #firsttostrike to be featured on the US Army Facebook and Instagram pages. Also, you can enter a drawing for the chance to win an Army inspired tailgate pack by talking to one of your Army recruiters on campus. Admission is \$5.00 for students, \$10 for adults, and free for pre-school aged children. See you at the game!



JOIN THE TEAM THAT MAKES A
DIFFERENCE. **EVERY SOLDIER.**
EVERY DAY.



THE U.S. ARMY RED STICK BOWL
DECEMBER 16, 2017 AT 2 PM
BREC OLYMPIA STADIUM



COME OUT TO THE RED STICK BOWL AND SUPPORT YOUR ALL STAR PLAYER.
THE FIRST 250 JUNIORS AND SENIORS WHO COMPLETE AN ARMY LEAD
CARD AT THE GAME WILL GET A FREE US ARMY POP SOCKET.

IF YOU ARE INTERESTED IN MONEY FOR COLLEGE, JOB TRAINING IN OVER
150 CAREER FIELDS AND UP TO A \$40K BONUS BE SURE TO SPEAK WITH
YOUR US ARMY RECRUITER.



FOLLOW US ON FACEBOOK AT
BATONROUGEARMYRECRUITINGBATTALION
ARMYREDSTICKBOWL
OR TWITTER: @RATTLERSIX

VISIT US AT SIEGEN RECRUITING STATION
6725 SIEGEN LANE
(225) 292-8504
GOARMY.COM/REDSTICKBOWL2017

EARLY CHILDHOOD EDUCATION CORNER

Child Care Assistance Program

To support all families in accessing high quality child care, the Child Care Assistance Program (CCAP) provides financial assistance to low-income families while they are working or attending school.

CONTACT INFORMATION

CCAP Household Eligibility
 P.O. Box 260037
 Baton Rouge, LA 70826

Telephone: 1.877.453.2721
Fax: 225.342.3906
Email: LDEccap@la.gov

Child Care Assistance Application Process

1. Determine if you are eligible for child care assistance.
2. Are you responsible for paying child care costs for a child under 13 or a child under 18 with a disability who lives with you?
3. Does every adult in your household work or attend school or a training program for at least 20 hours a week? *If not participating in one or a combination of these activities, do these persons receive disability income? *Do you attend an accredited education or training program as a full-time student?
4. Is your household's total monthly gross earned and unearned income less than the amount listed for your household size? (gross income refers to income before any deductions from the paycheck)

*If you answered YES to all of the above questions, you may be eligible for child care assistance. *Limits are subject to change.

2 PERSONS	3 PERSONS	4 PERSONS	5 PERSONS	6 PERSONS	7 PERSONS	8 PERSONS	9 PERSONS
\$2,403	\$2,684	\$3,257	\$3,778	\$4,299	\$4,397	\$4,495	\$4,592

STEP 1: Submit application + Verification Documents

STEP 2: Within 5 Business Day of Receiving the Application: THE CASEWORKER will mail the applicant any needed verification forms.

STEP 3: The head of household has 10 business days to: Return the Rate and Availability Form >> Complete a finger image scan >> Take any other needed action

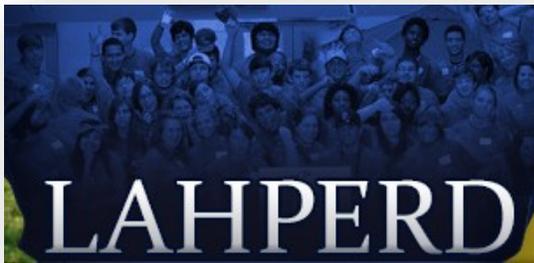
STEP 4: By the 30th business day, the case is determined.



EBRPSS Educators Recognized at State Conference

Louisiana Association for Health, Physical Education, Recreation and Dance (LAHPERD) was founded in 1934 with the intention to improve the quality of life for the people of Louisiana through health, fitness and recreational activities. LAHPERD is an affiliate of the national organization, SHAPE America (formerly AAHPERD, the American Alliance for Health, Physical Education, Recreation, and Dance). The members of LAHPERD consist of teachers, administrators, dance instructors, recreation supervisors, fitness directors, college students, allied health specialists, exercise physiologists, and athletic trainers and are found in 64 parishes (counties) and 24 universities in the state.

The 2017 annual state convention was held on Thursday, November 2nd, at the Crowne Plaza Hotel in Baton Rouge. The East Baton Rouge Parish School System was well represented and several individuals were recognized with state honors.



Pictured from left to right:

Lynn Williamson - LAHPERD Athletic Director of the Year

Deborah Fournet - LAHPERD Ellen Gillentine (APE) Teacher of the Year, teaches APE at Glen Oaks (home school)

Rebecca Acosta - LAHPERD Dance Teacher of the Year, teaches Dance at Baton Rouge High School

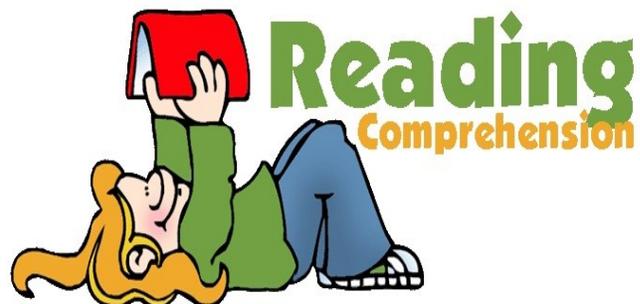
Bonnie Baker Richardson - LAHPERD Elementary Teacher of the Year, teaches health and physical education at Baton Rouge FLAIM

Boost your child's reading comprehension with these five tips

The older your child gets, the more complex her school reading will become. She'll need strong reading comprehension skills to do her best in school. To help your child understand what she reads, encourage her to:

1. **Read aloud.** This slows down reading and helps your child "process" words.
2. **Read to relax.** Encourage your child to read enjoyable books for fun.
3. **Reread.** Reading things more than once familiarizes your child with new concepts and vocabulary.
4. **Supplement reading.** Look for interesting, non-intimidating materials related to what your child is learning in school.
5. **Discuss reading.** Ask questions that encourage thinking, such as, "Would you recommend this book to a friend? Why or why not?"

SOURCE: "Improve Reading Comprehension," Scholastic.



December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19 Winter Break No School	20 Winter Break No School	21 Winter Break No School	22 Winter Break No School	23
24	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School	29 Winter Break No School	30
31						

DECEMBER



EVENTS

- December 14th—18th Early Dismissal Days (11:30 a.m. Secondary/12:45 Elementary)
- December 18th—End of 3rd 6 Weeks/End of 2nd 9 weeks/End of Semester
- December 19th—29th Christmas/Winter Break

EBR



ONE TEAM, ONE MISSION



The East Baton Rouge Parish School System and all of its entities (including Career and Technical Education Programs) does not discriminate on the basis of age, race, religion, national origin, disability or gender in its educational programs and activities (including employment and application for employment), and it is prohibited from discriminating on the basis of gender by Title IX (20 USC 168) and on the basis of disability by Section 504 (42 USC 794). The Title IX Coordinator is Andrew Davis, Director of Risk Management (ADavis6@ebrschools.org) - phone (225) 929-8705. The Section 504 Coordinator is Elizabeth Taylor Chapman, Director of Exceptional Student Services (ETaylor@ebrschools.org) – phone (225) 929-8600. The Title II Coordinator is Dr. Sandra Horton, Administrative Director of Federal Programs (SBHorton@ebrschools.org) – phone (225) 922-5538.

All students have an opportunity to participate in Career & Technical Programs of Study including, but not limited to, areas of Health Care, Construction Crafts & Trades, Automotive Technology, IT Computer Technology, IT Computer Technology, Culinary Programs, Criminal Justice and Agriculture. Admission requirements for each course can be found in the student course guide/schedule packet of the individual campus where the course is being offered. Please contact the Guidance Counselor at the specific school site for additional information, program requirements and/or any questions you may have.

Parent Power is a publication of the East Baton Rouge Parish School System

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