



Parent Power

VOLUME 10, ISSUE 7

FEBRUARY 2018

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Enrichment is Everything!

From music to martial arts, education beyond the classroom keeps young minds engaged.



Educators and parents are in agreement: It's not good for children to be glued to the TV every afternoon. They take on a glazed-over and dazed appearance when staring at the tube too long. Eventually, inertia sets in, and kids become whiny from lack of true intellectual and physical stimulation. Even during after-school hours, child development experts believe that the way children spend their time is vital to their overall development.

Enrichment is the answer. You've heard the word again and again. You know there are options available for every age, interest and temperament of child. So how are you supposed to sift through the choices?

Draw From Your Child's Talent

Learning to recognize your child's individual talents is the first step toward enriching his experiences in those areas. It's important to encourage your child in as many experiences as possible so he can discover where his interests lie. All children have natural gifts which will reveal themselves sooner or later.

Visit Programs Before Enrolling

Take your child to visit the programs that interest him. You'll both get a much more in-depth understanding of the class, teacher and other students by actually attending. Don't make an assumption based on something you've read. Get as much information as possible.

Avoid Over-Scheduling

As much value as there is in extra activities, there is a fine line to be managed: how much is enough? Take into account your child's individual stamina. There should be plenty of time for homework, chores, playing with friends and daydreaming.

Monitor Development

Is your child really enjoying and benefitting from his extra activities? Ask him about it, and note if he is ambivalent or eager to return each time there is another class. For as much as he may be learning, it's equally important for him to have fun.



After School Enrichment Programs

USAGov's Apps to download in 2018

Ordering food, shopping, reviews and buying movie tickets, there's an app for everything. Did you know the government has apps available that make some tasks easier to handle? Others provide easier ways to contact or get information about certain programs.

Check out USAGov's apps to download in 2018:

For children:

- **NASA** - An app for space enthusiasts. This app is home to all things NASA, including images, videos on-demand, mission information, ISS sighting opportunities, satellite tracking, and more. (iOS, Android)
- **Aesop for Children** - This interactive book app is designed for readers of every age. The app contains more than 140 classic fables which remain popular for moral education of children. (Android, iOS)

For families:

- **HUD Resource Locator** - This is an easy to use app that helps users discover commonly requested federal housing resources within their community. Get information on many housing HUD programs, directly contact specific resource providers, and more. (iOS, Android)
- **USPS** - Access tools on the go with the USPS Mobile® app. Calculate shipping prices, find a Post Office™, look up a ZIP Code™, schedule a next-day pickup, request USPS to hold your mail, and more. (iOS, Android)
- **Safer Ride** - the simplest possible way to get home safe and only has three self-explanatory buttons on the Home screen. (IOS, Android)

For emergencies:

FEMA app - This app is your one-stop-shop with tools and tips to keep you safe before, during, and after disasters. Get tips on what to do before, during, and after for more 20 types of disasters. Locate shelters and find out where to contact FEMA at disaster recovery centers. (iOS, Android)

For travelers:

- **MyTSA** - The MyTSA app provides airline passengers with 24/7 access to the most frequently requested airport security information. Save time and money with helpful tips for preparing for security. (iOS only)
- **Smart Traveler**- The official State Department app for U.S. travelers invites you to see the world with easy access to frequently updated official country information, travel alerts, travel warnings, maps, U.S. embassy locations, and more. (iOS, Android)



Have fun with math

Research shows that the way parents play with their pre-schoolers can affect their children's math success in elementary school. To support your child's math skills, play games about quantities. You can:

- Count groups of objects. Make a group of a few items, like blocks. Together, count the items in the group. Then say, "This pile has four blocks." Your child learns that the last number you count is the number of items in the pile.
- Ask your child to give you two toy cars. Then, have

him give you another. Talk about how three is more than two.

SOURCE: "Mothers' early support boosts children's math achievement," ScienceDaily, niswc.com/mathplay

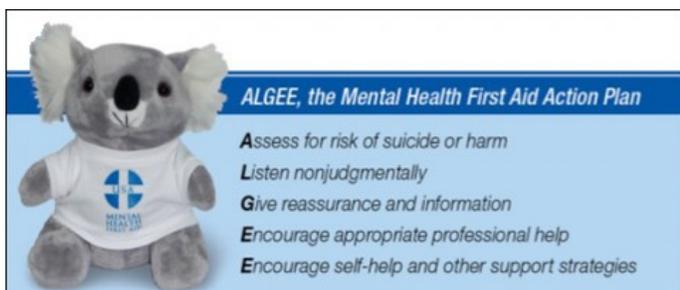
MATH IS
FUN

I CARE Sponsoring Workshop: Youth Mental Health First Aid



MENTAL
HEALTH
FIRST AID®

Please join us for Youth Mental Health First Aid, an interactive workshop that prepares participants to help an adolescent who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health conditions in youth, reviews typical adolescent development, and teaches a 5-step action plan for responding to both crisis and non-crisis situations.



This workshop is sponsored by I CARE in collaboration with the East Baton Rouge Parish School System.

I CARE

Register at :

<https://sites.google.com/site/icareprevention/home>



WORKSHOP Details

Date: Tuesday & Wednesday,
February 6-7, 2018

Duration: 8:00 a.m.—12:30 p.m.
Registration begins at 7:50 a.m.

Participants: Suitable for
counselors, social workers & school
crisis team members. Free to any
interested adult who resides or
work in East Baton Rouge Parish.

Requirements: No formal training
necessary.

Location: Child Nutrition Center,
3000 N. Sherwood Forest Blvd.,
Room # 32

Trainers: Erin Porciau and
Maureen Laurent

**Registration Required*



Promoting Healthy Living for EBR Families

Important Nutrients to Know: Proteins, Carbohydrates and Fats

Proteins



Proteins are often called the body's building blocks. They are used to build and repair tissues. They help you fight infection. Your body uses extra protein for energy. Good

sources of protein are seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds. Protein is also found in dairy products. Protein from plant sources tends to be lower in fat and cholesterol and provides fiber and other health-promoting nutrients.

Carbohydrates

Carbohydrates are the body's main source of energy. There are two types of carbohydrates: simple and complex.

- Simple carbohydrates are found in fruits, vegetables, and milk products, as well as in sweeteners like sugar, honey, and syrup and foods like candy, soft drinks, and frosting or icing.
- Complex carbohydrates are found in breads, cereals, pasta, rice, beans and peas, and starchy vegetables such as potatoes, green peas, and corn.

Many carbohydrates also supply fiber. Fiber is a type of complex carbohydrate found in foods that come from plants—fruits, vegetables, nuts, seeds, beans, and whole grains. Eating food with fiber can prevent stomach or intestinal problems, such as constipation. It might also help lower cholesterol and blood sugar. It is better to get fiber from food than dietary supplements. Start adding fiber slowly. This will help avoid gas. Here are some tips for adding fiber:

- Eat cooked dry beans, peas, and lentils often.

- Leave skins on your fruit and vegetables if possible, but wash them first.
- Choose whole fruit over fruit juice.
- Eat whole grain breads and cereals.

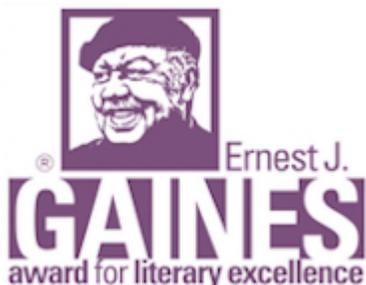
Fats

Fats also give you energy and help you feel satisfied after eating. Oils, shortening, butter, and margarine are types of fats, and mayonnaise, salad dressings, table cream, and sour cream are high in fat. Foods from animal sources and certain foods like seeds, nuts, avocado, and coconut also contain fat. There are different categories of fats—some are healthier than others:

- Monounsaturated. These include canola oil, olive oil, peanut oil, and safflower oil. They are found in avocados, peanut butter, and some nuts and seeds.
- Polyunsaturated. Some are corn oil, soybean oil, and flaxseed oil. They are also found in fatty fish, walnuts, and some seeds.
- Saturated. These fats are found in red meat, milk products including butter, and palm and coconut oils. Regular cheese, pizza, and grain-based and dairy desserts are common sources of saturated fat in our meals.
- Trans fats (trans fatty acids). Processed trans fats are found in stick margarine and vegetable shortening. Trans fats may be used in store-bought baked goods and fried foods at some fast-food restaurants.

You can tell monounsaturated and polyunsaturated fats because they are liquid at room temperature. These types of fat seem to lower your chance of heart disease. But that doesn't mean you can eat more than the Dietary Guidelines suggest.

Woodlawn High student wins top prize for Ernest J. Gaines Literary Award



Fallyn Melton, a 9th grade Magnet student at Woodlawn High School won the top prize for the Ernest J. Gaines Literary Award.



Fallyn Melton

The student competition was open to all 3rd-12th grade students in the state of Louisiana. Fallyn has shown a love for writing and expressed she would like to pursue a career in this genre. In addition to her educational focus, Fallyn is also a member of the Woodlawn High marching band, performing in the Jones Creek Christmas Parade, competitions, and weekly football games.



WOODLAWN HIGH SCHOOL



Woodlawn High student wins first place in the Red Stick Bicentennial Art Contest



Breanna Russell, a 9th grade Magnet student at Woodlawn High School won first place in the Red Stick Bicentennial Art Contest. Students were asked to design their entry with STEAM principles in mind and to celebrate the

200 years of Baton Rouge's history. Breanna is a studious young lady who applies herself and looks forward to her future. In addition to academics she also finds time to play for the Woodlawn High Volleyball team.



Breanna Russell

EARLY CHILDHOOD EDUCATION CORNER



EBR EARLY CHILDHOOD COMMUNITY NETWORK

Early Childhood Extravaganza

Early Childhood Registration!
Online Application Assistance Available!

EBRPSS Professional Development Center

3000 N Sherwood Forest Dr, Baton Rouge, LA 70814
Saturday, January 27, 2018
10 a.m.—2 p.m.

Delmont Dedicated Pre-K Center

5300 Douglas Ave, Baton Rouge, LA 70805
Saturday, February 3, 2018
10 a.m.—2 p.m.

COME ONE, COME ALL! Join us at the Early Childhood Extravaganza featuring online application assistance for Early Bird registration, a Children’s Village, Vendors, Refreshments and more.

Early Childhood Coordinated Enrollment

Application Process

Access website. Complete online application.

↓

Bring all required documents to your school of first preference. ***AND to the Early Childhood Extravaganza for Early Bird Registration***

↓

Schedule screening and complete notice of possible tuition form at school of first preference.

Application Period February 1-28

- ➔ Screening will determine EBRPSS Pre-K eligibility.
- ➔ Families not qualifying under federal guidelines for free tuition may pay a maximum of \$475 monthly.

Required Documents

- Child’s Birth Certificate
Age 4 by September 30th
- Guardian’s Picture Identification
- Up-to-date Shot Record
- Proof of Residence (2 recent Bills)
- Proof of Income
2 most recent check stubs
SNAP/Food Stamp benefits

- Early Childhood Program Partners**
- Community Childcare Providers
 - East Baton Rouge Parish School System
 - City of Baker School System
 - Nonpublic Schools (NSECD)
 - EBR Head Start/Early Head Start
 - YWCA Early Head Start
 - Charter School Providers

No computer? No Problem! Call (225) 226-7675 for assistance.

Apply online at pre-k.ebrschools.org



If you do not have legal custody of the student to be enrolled, please contact the Office of Child Welfare and Attendance at (225) 239-7869.

Are you promoting learning at home?

Parent Quiz

Preschoolers spend much more time at home than in class. Your home can be a wonderful place for your child to learn all sorts of skills. Are you making home a learning place? Answer yes or no to the questions below:

- _____ 1. **Do you tell** your child about things that interest you and about new things you learn?
- _____ 2. **Do you notice** your child's interests and praise her when she learns something new?
- _____ 3. **Do you keep** lots of reading material around your home—such as books, magazines and newspapers—and let your child see you reading?
- _____ 4. **Do you provide** your child with a variety of learning tools, such as games, blocks, paper, crayons and puzzles?

_____ 5. **Do you limit** screen time and make time each day for reading, talking and exploring?

How well are you doing?

More yes answers mean you are helping your child learn at home. For each no, try that idea.

“No other person or outside force has a greater influence on a child than a parent.”

~Bob Keesham, “Captain Kangaroo”

Teach your child to follow four steps to learn from mistakes

While it may be comforting for students who have made a mistake to hear, “Well, you’ll learn from this,” it’s not always the case that they learn from it. Sometimes, students just keep making the same mistakes over and over again.

In order to really learn from mistakes, students need to think about them. Here are four steps your child can take to do just that:

1. **Look at what was right.** You could say, “Your test wasn’t perfect. But let’s see where you succeeded.” Pointing out that all is not lost will motivate your child to take the next step.
2. **Figure out what went wrong.** It’s hard to fix a problem if you don’t know what caused it. Sometimes, the solution is easy: The directions said to add and she subtracted. But other times, it requires analysis. Did your child misunderstand the question? Not leave enough time to check her work?
3. **Take steps to correct the problem.** Perhaps your child will discover that she hasn’t learned content she needed to know. In that case, she may need to reread some of the textbook or ask the teacher for

more help. Help her make a plan for what she will do differently the next time.

4. **Apply this knowledge to a new situation.** Have your child try a problem that is similar to the one she missed on the test. Encourage her to stop at the place where she made the error and try to make a different choice. When she does, she’ll know that she really has learned from her mistake.

SOURCE: H.S. Schroder and others, “Neural evidence for enhanced attention to mistakes among school-aged children with a growth mindset,” *Developmental Cognitive Neuroscience*, Elsevier B.V.





Free Online Tutoring, Job Search Assistance and Academic & Career Resources

Whether you need help with Math Homework, an English Paper, Finding a Job or Preparing for a Test, HomeworkLouisiana can help!

HomeworkLouisiana offers **FREE** online tutoring and academic resources from Tutor.com for Louisiana residents from kindergarten students through adult learners. Get help in math, science, social studies or English from a **live tutor**. The services can be accessed from a Louisiana public library, from your home computer or from your mobile device.

Receive **one-to-one, real-time assistance** with your job search. Online tutors are available to help navigate online job sites, complete applications, write/review resumes and cover letters and even practice for an interview

All services can be accessed from a Louisiana public library, from your home computer or from your mobile device.

[Live Homework Help ▶](#)

Sunday-Thursday | 2 p.m. - 10 p.m.

[Adult Education and Career Center ▶](#)

Sunday-Thursday | 10 a.m. - 10 p.m.

[SkillsCenter Resource Library ▶](#)

Available 24/7

[Obtener un Tutor ▶](#)

Sunday-Thursday | 2 p.m. - 10 p.m.

[Ngữ Việt Nam ▶](#)

Sunday-Thursday | 6 p.m. - 9 p.m.

[Louisiana Library Connection ▶](#)

Available 24/7

<http://homeworkla.org/>

HomeworkLouisiana is provided by the [State Library of Louisiana](#) and powered by [Tutor.com](#).

February 2018

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

February EVENTS

- February 12th—14th: Mardi Gras Holiday (No School /Work for students, 9,10 & 11 month employees)
- February 15th: End of 4th Six Weeks
- February 12th & 13th: Mardi Gras Holiday (12 month employees off)

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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