



Parent Power

VOLUME 10, ISSUE 6

JANUARY 2018

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6 Ways to make your 2018 resolutions stick in the new year



Keep up your New Year's resolutions all year long with these easy tips.

A new year is a new start, and with it often comes a fresh determination to find a "better" version of ourselves. Whether it's to lose weight, eat healthier, spend less money or invest more time with loved ones, we all strive for self-improvement. No matter how long this motivation lasts, New Year's resolutions always seem to be high on our priority list in January and fall to the wayside by March. So, how can you increase the odds of success and make your resolutions stick this year? Here are six ways to sustain long-lasting changes.

1. Make small, attainable goals

Make your resolution one that is manageable to obtain and almost seems "easy" to start. Then once it becomes a habit, build from there. For example, if your goal is to exercise more, don't promise to hit the gym seven days a week. Instead, start with three days a week of activities you really enjoy. After a few months, reevaluate if you want to step things up a notch. If you want to eat healthier, try replacing dessert with something you enjoy that is good for you. Keep healthy and convenient staple foods on hand like frozen blueberries to blend up a nutritious smoothie, like this chocolate chunk blueberry smoothie. While it tastes like dessert, this smoothie offers 5 grams of protein and 4 grams of fiber for staying power.

2. Get specific

Rather than a vague resolution to "eat healthier," get specific about what you want to accomplish and set a clear initiative on how to achieve it. For example, if you want to eat less "junk" and more fresh, plant-based foods you might develop three steps to achieving this: 1) start each morning with an easy and healthy staple meal you won't get bored with, like oatmeal with berries and almonds, 2) each night take 15 minutes to pack a healthy lunch to bring to work the next day, and 3) commit to cooking one new plant-based dinner on the weekends. To make your intentions stick even more, enter your steps into your phone calendar and set them to recurring, so each day you'll get a friendly reminder.

3. Find an accountability buddy or group

It's so much easier to accomplish a goal when you have a good support system. This year, find a friend or family member who has a similar resolution; you can rely on each other for accountability and support while making memories and accomplishing goals. Or consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers committed to eating healthy lunches at work. Having someone to support you through your struggles and successes will make your good intentions much more likely to stick.

4. Safeguard your environment

When your motivation is low, your environment becomes all the more powerful in terms of helping or hindering your healthy living intentions. If you make healthy foods easily accessible throughout your kitchen and workplace, it's more likely you will eat them first. For example, swap out potato chips for pistachios. Unlike potato chips, pistachios offer a good source of plant-protein and fiber, with over three times as

6 Ways to make your 2018 resolutions stick in the new year (continued)

many pieces per serving. Pistachios offer about 49 nuts per serving, compared to about 15 potato chips. The more you increase your “food exposure” to healthy foods, the more likely your resolutions will stick.

5. Make it personal

In addition to what you want to accomplish, think about why it’s important to you. For example, losing weight to improve your self-confidence is a personal motivation as opposed to losing weight because someone made a negative comment about your appearance. Whether it’s enhancing your self-esteem or having more energy to play with your grandkids, determine your inner motivation and write it down somewhere so that it will personally inspire you to stay on track.

6. Focus on progress, not perfection

Perfection is unattainable. Shoot for “pretty good.” Don’t beat yourself up with minor mishaps like you ate dessert because you were stressed or skipped the gym for a week because you were busy. You will have ups and downs; resolve to recover from your mistakes and get back on track. The reality is most people overestimate what they can accomplish in a day and underestimate

what they can accomplish in a year. If you do “pretty good” all year long, by end of year you will feel really good about what you have achieved.

SOURCE: Patricia Bannan, FOX NEWS



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



LOSFA's START Saving Program is a great way to save for a child's college education

The START Saving Program is Louisiana's 529 College Savings Plan, and is a great way to save for a child's college education.



Who can START?

The START Saving Program created the HERO Account to provide access to education beyond high school to families who otherwise could not afford it. You or your organization can assist with college expenses when financial aid may not be sufficient to keep up with escalating higher education costs to allow a promising student to compete in today's global economy. The account allows any person, legal entity or government entity the opportunity to open an education savings account for a beneficiary who:

1. The Federal adjusted gross income of the beneficiary's family is less than \$30,000 or the beneficiary is eligible for free lunch under the Richard B. Russell National School Act (42 U.S.C. 1751 et seq.); and
2. Is not a member of the account owner's family nor a member of the family of any member or employee of LATTA or LOSFA;
3. Is a resident of the state of Louisiana.

Why START?

It's obvious how an account benefits the beneficiary, but here is how it will benefit you, the account holder:

1. Tax Savings. Twice your annual contribution up to a maximum of \$4,800 per account per year for an account may be excluded from taxable income reported on the Louisiana tax return.
2. No fees to participate.
3. Earnings are exempt from state and federal taxes when used for Qualified Higher Education Expenses.
4. The state of Louisiana will match up to 14% of your annual deposits based on beneficiary's family income.
5. You can choose the beneficiary.

Ready to START?

1. You can download and print out a paper application by clicking the link below: <http://www.startsaving.la.gov/savings/pdf/enrolldn.pdf>
2. If you would like for us to mail you an application packet call us at 1-800-259-5626 x1012 (Monday through Friday from 8AM to 4:30PM) or Email us at custserv@osfa.la.gov (We will respond to you within 24 business hours)



Louisiana Office of Student Financial Assistance
A Program under The Board of Regents



Promoting Healthy Living for EBR Families

Got your dairy today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be a low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2 1/2 cups, and children 2 to 3 years old need 2 cups.

Got Your Dairy Today?

- Milk
- Yogurt
- Cheese
- Fortified Soymilk



1. **“Skim” the fat**—Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn’t reduce calcium or other essential nutrients.
2. **Boost potassium and vitamin D, and cut sodium**—Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.
3. **Top off your meals**—Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.
4. **Choose cheeses with less fat**—Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.
5. **What about cream cheese?**—Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.
6. **Switch ingredients**—When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.
7. **Limit added sugars**—Flavored milks and yogurts, and puddings can contain a lot of added sugars. Get your nutrients from dairy foods with fewer or no added sugars.
8. **Caffeinating**—If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.
9. **Can’t drink milk?**—If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.
10. **Take care of yourself and your family**—Parents who drink milk and eat dairy foods show their kids that is important for their health. Dairy foods are important to build the growing bones of kids and teens and to maintain bone health in adulthood.



Got your dairy today?

Glen Oaks High School students giving back to the community

In an effort to bring joy for the holidays and simply giving back to the community, students and faculty members from Glen Oaks High School visited Grace Health and Rehabilitation Nursing Home prior to the winter break. Students completed arts & crafts projects, played games and sang Christmas carols for the resident patients. The student trip/community service project was sponsored by Dr. Alisa Ross, Dr. Rendell James and Ms. Ashley Williams.



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

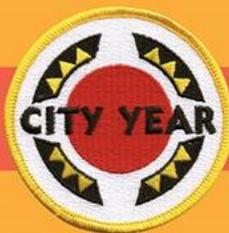
No computer? No Problem! Call (225) 226-7675 for assistance.

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.

JANUARY 15



MLK JR. DAY

LEAD BY
EXAMPLE
and be a
..... ROLE
MODEL TO
CHILDREN

City Year Baton Rouge

Join City Year, Arts Council of Greater Baton Rouge, and more than 200 volunteers for a powerful day of service as we honor the life and work of Dr. Martin Luther King, Jr.

Monday, January 15, 2018

8:00AM to 12:00PM

Melrose Elementary School

1348 Valcour Drive, Baton Rouge, LA 70806

Light breakfast and lunch provided.

For questions on volunteering, please contact Lori Halvorson at lhalvorson@cityyear.org or 225.663.4223

In partnership with



arts council
GREATER BATON ROUGE

January 2018

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



EVENTS

- January 1st—3rd: Christmas/Winter Break (No School)
- January 4th: Students Return/Beginning of 2nd Semester
- January 15th: Martin Luther King Holiday (No School)

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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