



# Parent Power

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## INSIDE THIS ISSUE:

Test-Taking Tips (continued) 2

Connect With Your Child's Teacher 3

Support Literary Development 3

Link to Parent University 5

Don't Let Challenges Stop You 6

Take Time to Unplug Electronic Devices 7

Life Hacks for EBR Parents 8

April Calendar 9

## Test-Taking Tips

Tests are a fact of life for kids in school, including those with learning disabilities. Tests help teachers gauge progress, measure skills, and determine grades. They can also be pointers to areas where kids need extra help. The good news is that there are some common sense approaches to studying and test taking that can reduce anxiety and improve test performance. You can help your child learn test-taking strategies she'll use throughout her entire education.



### Before the Test

Preparation is the key to success. Before each test your child should ask the teacher – and write down – what material the test will cover and what types of questions to expect. She can then focus her studies and practice answering questions in the same format. Encourage her to adopt these other good study habits:

- Avoid cramming. Instead, study a little every day.
- Review the material more than one time.
- Answer practice questions in textbooks.
- Have your child teach the subject to you or a study partner.
- Ensure she gets a good night's sleep and has a healthy breakfast before the test.

### On the Day of the Test

No matter what the subject or test format, coach your child to:

- Listen closely to verbal directions and read carefully any instructions on the test itself.
- Ask the teacher to explain any instructions she doesn't understand.
- Scan the entire test for the types of questions and use this information to pace herself.
- Jot down memory aids, formulas, or important facts in the margins.
- Answer the questions she knows first and come back to the harder ones later, remembering to mark unanswered questions so they're easy to find.

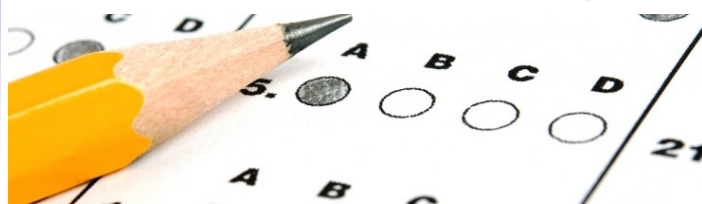
### Types of Test Questions

Tests are often a blend of several types of questions. Review and practice these strategies for various question types with your child.

#### True-False

- Circle key words in the question.
- Remember: If any part of the answer is false, the whole thing is false.
- Watch for words like "never," "always," "every," "all," "none," and "only"; they generally indicate a false answer.
- Rarely leave a blank – a guess has a 50-50 chance of being right!

# Test-Taking Tips (continued)



## Multiple Choice

- Read the whole question carefully and try to decide what the answer is before reading any of the options.
- Read all of the answer options, then choose the one that most closely matches her answer.
- When unsure, eliminate answers that are clearly incorrect.
- If forced to guess, choose the longest, most detailed answer.

## Open Book

- Prepare a sheet with important facts or formulas to avoid spending time looking them up.
- Mark important pages with sticky notes or paper clips.
- Practice using the index to look up specific topics.
- Skip questions when the answer can't be found quickly; mark them to come back to later.
- Do not copy from the book! Use the book as a guide to write answers in her own words.

## Fill-in-the-Blank

- Read the sentence carefully for clues about the type of information needed – a person's name, a number, a fact.
- Watch for grammar clues. For example, the word "an" before the blank indicates that the answer starts with a vowel.
- Notice the type of blanks in the sentence. One short blank calls for a single word answer. A longer blank indicates a longer answer, such as a phrase.

## Matching

- Scan the whole column of possible matches rather than stopping at the first likely answer.
- Answer the questions she's sure of first.
- Cross out choices as she uses them.
- Keep going through the columns to make more matches.
- Avoid guessing until she's absolutely stumped.

## Essay Questions

- Before writing, make an outline to organize main ideas and facts to include in the answer.
- Focus on only one idea per paragraph.
- State the main point in the first sentence of each paragraph.
- Avoid unsupported statements – include relevant details and examples.
- If time is running out, write at least an outline of the whole answer.

## After the Test

Your child can learn almost as much from her mistakes on a test as from studying. Go over test results and read the teacher's comments. Look for patterns of errors to help in future studies.

- Were questions left blank due to a lack of time? Help your child practice judging time needed and pacing her work.
- Were any errors due to not following instructions? Remind her to read directions carefully and circle important words.
- Were mistakes made because she didn't know the subject thoroughly? Next time, set aside more study time or try new study strategies.

When your child feels confident in her test-taking skills, she'll have less test anxiety and be able to focus on showing what she's learned – and that's what tests are all about.

# Connect With Your Child's Teacher

Frequent, open and honest communication (via phone, e-mail or in person) with teachers will help you, the teachers and your child.



## Parent-Teacher Conferences

### Go to all parent-teacher conferences.

These conferences are the perfect time to hear what your child's teacher thinks about the progress your child is making. It's also a great time to share information about your child that you'd like the teacher to have.

### Share—and listen to—any concerns.

If you have any worries—whether about your child or the classroom—talk about them with the teacher. At the same time, listen closely to any concerns the teacher may have. Honest information sharing is the best way to prevent small problems from becoming large ones!

### Share key information.

You know your child best. Be willing to share any information you think may affect how he or she performs in the classroom. This will help the teacher understand and work with him or her. For example, let the teacher know:

- how your child seems to learn best (through reading or listening, for example)
- what his or her strengths are
- what challenges he or she faces, if any (such as a disability or behavioral issue).

### Be prepared.

- Write down questions for the teacher that you will ask at the conference.
- Bring pen and paper, in case more questions occur to you or the teacher share some ideas you'd like to write down.
- Ask your child if there's anything special he or she has done that you should ask to see at the conference.
- Arrive early. (The schedule may be tight.)

# Support Literary Development



Reading with your child throughout the elementary years remains a very important ingredient in supporting school success. You can do more, too. For example:

- Go with your child to the local library to get a library card. Help your child borrow books—of his or her choice—regularly.
- As your child becomes a more independent reader,

take turns reading aloud to each other—for example, alternate pages.

- When your child reads independently, have him or her read to younger siblings.
- Select stories from the news to read and discuss with your older child.
- Help build your child's vocabulary with a "word of the day" routine. Write a new word on a bulletin board or post it on the fridge. Show it to your child and teach what it means. Then, use the word in conversation as opportunities arise.
- Encourage your child to read aloud things he or she has written for school. Praise reading and writing efforts!
- Have your child write birthday and thank-you cards.



**“Bringing the students, programs and places of the  
East Baton Rouge Parish School System into FOCUS”**

**Please click on the links below to access EBR TV news segments:**

<b>SCHOOL/FEATURED NEWS SEGMENT</b>	<b>LINKS</b>
McKinley High ROTC: Introducing the Hilliard Twins	<a href="https://www.youtube.com/watch?v=83Yf-ljx5gl">https://www.youtube.com/watch?v=83Yf-ljx5gl</a>
Alpha Kappa Alpha Sorority, Inc. Donate Chromebooks to High Achieving Students at Wedgewood Elementary	<a href="https://www.youtube.com/watch?v=oGMuy9-b3TY">https://www.youtube.com/watch?v=oGMuy9-b3TY</a>
Villa Del Rey Elementary and Sweet Jones Farm Groundbreaking and Ribbon Cutting Ceremony	<a href="https://www.youtube.com/watch?v=XxIsSjCj7UU">https://www.youtube.com/watch?v=XxIsSjCj7UU</a>
Woodlawn Elementary IXL Challenge	<a href="https://www.youtube.com/watch?v=61hz6z1GRFQ&amp;t=38s">https://www.youtube.com/watch?v=61hz6z1GRFQ&amp;t=38s</a>
Forest Heights Academy Living History Museum	<a href="https://www.youtube.com/watch?v=wPoE7gfDPUA&amp;t=5s">https://www.youtube.com/watch?v=wPoE7gfDPUA&amp;t=5s</a>
BR FLAIM Celebrates Chinese New Year	<a href="https://www.youtube.com/watch?v=DBqC0DOjsrw">https://www.youtube.com/watch?v=DBqC0DOjsrw</a>
Eric Alexander teaches Master Jazz Class to EBR Students	<a href="https://www.youtube.com/watch?v=HFF3leZwcOw">https://www.youtube.com/watch?v=HFF3leZwcOw</a>

**EBR, help us to help you tell your story. Please click on the link below to Request Media Coverage:**

[https://docs.google.com/forms/d/e/1FAIpQLSc9V6hm7O\\_qcwDpzOzBdxYSGHGF7Icx8fQGAY6Xn\\_24ITIPEA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc9V6hm7O_qcwDpzOzBdxYSGHGF7Icx8fQGAY6Xn_24ITIPEA/viewform)

**\*Please be courteous and provide at least 48 hours prior notification for your planned events**

# Parent University

Parent University was created as a supplemental strategy to build the capacity of parents to be actively engaged in their child's education.

The goal of the program is to "educate and empower parents as partners, advocates, and lifelong teachers in their child's education through educational courses and leadership opportunities."



PLEASE CLICK ON THE LINK BELOW TO ACCESS THE PARENT UNIVERSITY WEBPAGE WHERE YOU CAN  
FIND RECORDED SESSIONS

[https://sites.google.com/d/1zwly9\\_5wQnoM35b4Ys8LHw5IN2Bhaw7/p/1mps2Hz6QwYhIjm\\_od2nj8ZyjZv2XWwDq/edit](https://sites.google.com/d/1zwly9_5wQnoM35b4Ys8LHw5IN2Bhaw7/p/1mps2Hz6QwYhIjm_od2nj8ZyjZv2XWwDq/edit)



# Don't Let Challenges Stop You

“Challenges are what make life interesting and overcoming them is what makes life meaningful.”

~Joshua J. Marine

## Possible Obstacles

Parents and families face many different kinds of challenges. These may include:

- Having a busy or inconvenient work schedules
- Being a single parent
- Being a foster parent
- Living apart from the child
- Having English as a second language
- Being homeless
- Lacking proficiency in reading
- Having experienced a significant loss

## Strategies for Scheduling

You may face the challenge of having very little, if any, free time. To work around that:

- Find out when your child's special events (such as games or concerts) will be, and make arrangements to be there whenever possible.
- Contact your child's teacher(s) to reschedule a parent-teacher conference, if necessary.

## Strategies for Using Support Systems

- Coordinate with friends and family for help with child care and transportation.
- If your first language isn't English, consider having a translator go with you to meeting with school staff.
- Enroll in adult education/GED class.

## Strategies for communicating and nurturing

- Use your phone and computer to stay in regular contact, if you're apart a lot.
- Talk about school often. Nurture a pleasant reading and writing environment at home.
- If you've had a loss (a death in the family, or divorce), encourage your child to express feelings through talking, writing or art.

## Resources for Parents are Available

- Your local parent-teacher organization
- Your local school department or state department of education
- Your local Parent Information & Resource Center  
[www.nationalpirc.org/directory](http://www.nationalpirc.org/directory)
- The National Coalition for Parent Involvement in Education [www.ed.gov/parents](http://www.ed.gov/parents)



**NAFSCE**  
NATIONAL ASSOCIATION  
FOR FAMILY, SCHOOL, AND  
COMMUNITY ENGAGEMENT



## A Wise Approach to Saving Energy

### TAKE TIME TO UNPLUG...Electronic Devices

The places where we work, play, and learn account for nearly half the nation's energy use according to ENERGY STAR (\*).

Save energy and lower your utility bill by unplugging your computers, monitors, chargers, home office equipment, classroom smart boards, and other electronics when not in use. Turn off lights and equipment when not in use and enable the power management features on computer equipment.

ENERGY STAR (\*) estimates that using these features will save up to \$30 a year on a typical household's electricity bills.

#### Did you know?

⇒ Electronics continue to drain electricity the entire time they're plugged in!

#### Actions you can take:

- ⇒ Unplug all electronics when you're not using them, or when they're fully charged.
- ⇒ Plug electronics into a smart power strip that shuts off power when devices are not in use. You can also cut power to everything with one switch!



LEARN MORE AT  
[energystar.gov](http://energystar.gov)

(\*) ENERGY STAR is a U.S. Environmental Protection Agency voluntary program that helps businesses and individuals save money and protect our climate through superior energy efficiency. [Learn more about ENERGY STAR.](http://energystar.gov)

This energy conservation tip is provided by the East Baton Rouge Parish School System's Aramark Energy Management Team. For more information please contact us at 225-226-3723, or [savoie-don@aramark.com](mailto:savoie-don@aramark.com).

# LIFE HACKS FOR EBR PARENTS

A collection of life hacks, tips and tricks to optimize your life.

## life·hack

'lɪf, hak/

Noun

Informal



### life hacks

When you sign up for anything online, put the website's name as your middle name. That way when you receive spam/advert emails, you will know who sold your info.

**#1132**

1000LifeHacks.com

### life hacks

Prone to losing your car keys, wallet, or eyeglasses? Tell Alexa where you left them by saying "Alexa, remember that my wallet is on the kitchen counter." Now whenever you need to find them just ask "Alexa, where did I put my wallet?"

**#1137**

1000LifeHacks.com

### life hacks

Want to know what all those weird sounding ingredients are in your skin products? On SkinSort.com you can copy and paste the ingredients in and it will give you a breakdown of what they are and what they do to your body.

**#1133**

1000LifeHacks.com

### life hacks

You can make a simple household cleaner by throwing your leftover citrus peels and equal parts boiling water and vinegar into a spray bottle. Let the mixture sit for a week before using.

**#1170**

1000LifeHacks.com



# April 2021

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	20	21	22	23	24
25	26	27	28	29	30	

 *April showers* 

*Bring May flowers*    

- April 1st: End of 5th Six Weeks/April Fool's Day
- April 2nd: Good Friday (School System Closed)
- April 5th—9th: Spring Break (Students, 9, 10, 11 month employees off)

## SPRING TESTING DATES:

- April 21st-23rd, 26th & 27th: Paper-Based Testing Grades 3-4
- March 29th-April 30th: Computer-Based Testing Grades 3rd-8th
- April 15th-May 14th: Computer-Based Testing Grades 9th-12th



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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