



Parent Power

VOLUME 14, ISSUE 1



AUGUST 2021

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Preparing for Back-to-School in 2021



Learn how to prepare your child academically, socially, and emotionally for a return to school in 2021.

As we head into the 2021-2022 school year, fragments of uncertainty remain from the COVID-19 pandemic. Thoughts about children's physical health and safety, such as germ transmission and mask wearing, are blending with concerns about how to prepare children academically, socially, and emotionally for a return to school in 2021.

Below are four suggested areas where parents and caregivers can help prepare a young child for the return to the school year in 2021:

- Address nervous feelings
- Encourage school readiness skills
- Create routines and schedules
- Communicate with your child's teacher

ADDRESS NERVOUS FEELINGS

After over a year of spending more time than ever at home, young children (and adults!) may have some nervous or anxious feelings about spending time apart when school resumes. Separation anxiety is a typical part of child development in infants and toddlers, but may become more acute this fall as children navigate returning to child care and school after a very irregular school year in 2020-2021.

To reduce separation anxiety:

- Validate the nerves and set a positive tone. Don't dismiss your child's anxiety, but instead, allow your child time and space to express their feelings. Be honest and encouraging about your own feelings, while also setting a positive tone about the future. Say, "Being apart is tricky and I'm going to miss you, too. I'm really proud of you for going to school. What's something you are looking forward to doing in your classroom?" or "I've loved all the time we've spent together this year and I feel a little sad that it's coming to an end. At the same time, I'm really excited for the new things we're both going to learn and do this year!"

ENCOURAGE SCHOOL READINESS SKILLS

After a year of very irregular school, many parents are wondering if their child is behind academically and socially. Was there learning loss? How will my child know how to make friends after a year of isolation?

There was certainly a loss of classroom time last school year, but learning never stopped for children. There was a loss in learning time, not a loss of learning itself. Children need to be able to gain knowledge and synthesize information, but to be successful someday, children also need the life skills they have been working on throughout the pandemic, such as collaboration, perspective taking, negotiation, flexible thinking, empathy, and creative problem solving.

Tips for school readiness:

PLAY. Allowing your child time for both structured and unstructured play (including outdoor play) provides an opportunity for children to practice literacy, math, problem solving, emotional regulation, critical thinking, creativity, and collaboration.

Work on strengthening executive function skills for children to use in their classrooms this fall. Executive function skills are the skills that

Preparing for Back-to-School in 2021 (continued)

set children up for successful learning and there are many ways to work on these at home. These skills include things like being able to remember and use bits of information, the ability to master impulses, stay focused, and think before acting, and the capacity to switch gears and adjust.

Ask your child open-ended questions to promote more complex thinking and language skills. Examples include:

"What do you think will happen next?"

"What were you thinking when you did it that way?"

"What do you notice?"

CREATE ROUTINES AND SCHEDULES

Routines vs. Schedules

- The terms routines and schedules are often used interchangeably.
- Schedules represent the big picture.
 - Main activities to be completed daily.
- Routines represent the steps done to complete the schedule.



Center on the Social and Emotional
Foundations for Early Learning

Having some predictable structure and rituals goes a long way to support children's emotional well-being. Here are some suggestions to smooth this transition and encourage a back to school mindset. Start gradually, knowing that the transition to your new schedule might not be perfect. Talk with your child about what seems to be working well, and where there are opportunities to improve the process.

Establish clear routines to eliminate daily decision-making and increase efficiency. Being able to complete the routine without parental prompting gives children a feeling of accomplishment and promotes accountability. For young children who aren't able to read yet, visual routines (with pictures) give a sense of independence. As children get older, visual routines can be replaced with simple checklists until a habit is created.

COMMUNICATE WITH YOUR CHILD'S TEACHER

Going back to school after a tumultuous year will require teachers and families to work together and communicate even more effectively. Staying informed and connected may reduce your feelings of anxiety and provides a way for you to support your child's learning at home.

the benefits of communicating

with your child's teacher:

✂ you'll be on the same page, working in the same way at home & school.

✂ working together will bring a cohesiveness to your child's life.

✂ the team can give you ideas to help your child develop & make life calmer.

Be proactive about communication. Establish positive communication with your child's teachers right away. Find out their preferred method of communication and the best times to reach them. Determine your questions and ask for details up front, which will eliminate many problems later.

Work collaboratively with teachers. If you have questions or concerns throughout the year, address them in a non-confrontational manner, and be open-minded to partner towards a solution.

Be supportive of your child's teachers. Remember that none of us have been through this pandemic before and teachers are working to provide students with the best possible learning opportunities under the circumstances. Speak positively about them in front of your children and remember to express your gratitude to teachers directly.

Focus on your child's best interests. Most importantly, remember that when parents and teachers work together, a child has a team of caring and consistent adults who are committed to bringing out the child's best!

The 2021-2022 school year will be a return to that "new normal" we all hoped for the past 18 months. The resilience skills our children have learned will carry them through. Good luck to all our young learners and their caregivers as we head into another transition!

**HAVE A GREAT
SCHOOL YEAR!**

EBRPSS Proposes Plans for Expansion of Facilities and Programs



In an effort to respond to the preliminary findings of the East Baton Rouge Parish School System's facilities and capacity studies and to continue to meet our strategic commitments, the School District is considering a set of expansions and opportunities that will support the priorities of our community and enhance the overall academic program of our school system.

"For years families have been asking for more from the public school system. We've spent months understanding the on-going needs of the community and of our scholars and we're committing to provide those opportunities," says Superintendent Dr. Sito Narcisse.

The East Baton Rouge Parish School System is currently developing a comprehensive plan to address the opportunities identified in recent months. Based upon preliminary work, some of the following proposed opportunities and expansions include:

- Establishing a School of Visual and Performing Arts that will serve students in grades 6-12
- Expanding access to high-quality magnet seats across the District
- Building new school sites to meet the growing demand of families in South Baton Rouge
- Expanding access to high quality early childhood education seats at a dedicated early childhood education site
- Expanding and scaling the Pathways to Bright Futures through Dual Enrollment opportunities
- Establishing a Joint Literacy Task Force with the Baton Rouge Mayor's Office to strategically improve literacy rates throughout the Parish
- Partnering with the Baton Rouge Mayor's Office to

increase Head Start Enrollment and to share resources across both agencies (EBRPSS and East Baton Rouge Parish Mayor's Office)

"I am pleased to partner with Superintendent Narcisse in addressing key areas of education like early childhood development and literacy. Together we share a vision to enhance our community's Head Start programs with a strong focus on shared resources and reading comprehension," said Mayor- President Sharon Weston Broome. "Our goal is to establish East Baton Rouge Parish as the Reading Capital of Louisiana by enriching learning opportunities and removing educational barriers through these initiatives."

"We're excited about this pro-active approach that the Superintendent has taken on behalf of the children of East Baton Rouge Parish. The needs of our families and district have changed and in order to equitably and innovatively meet those needs Baton Rouge Community College and East Baton Rouge Parish School System have partnered in a bold, forward-looking response that will offer more students the opportunity to build a pathway to a Bright Future," stated Dr. Willie Smith, Chancellor of Baton Rouge Community College.

As we continue to build out our proposal, we will continue to engage our community and stakeholder groups around the proposed opportunities and growth. We will release a full schedule of public engagements in the weeks to come.



City Year Baton Rouge Are You Ready to Serve?



Are you ready to serve?

City Year Baton Rouge has an exciting opportunity as you near graduation!

We are hiring 60 City Year AmeriCorps members to spend 11 months supporting Baton Rouge Public School students for the 2021-2022 school year. We are looking for highly motivated 18-25 year olds that are passionate about serving their community. You will join us as a full-time student success coach; acting as a tutor and mentor directly in the classroom. City Year is the perfect way to give back to your community while earning a scholarship and working towards your next steps. Whether it be college a career or continuing your education, City Year will help you build upon your skills and grow as a leader!

Specifically, City Year Baton Rouge's college and career development includes:

- Small cohort learning experience
- Career exploration, guidance, and support programming (networking with Detroit leaders, resume development, interview skills, strength assessments)
- Dedicated staff member to support programming around college and career readiness

- Ongoing training, coaching and support throughout the year
- Developing a robust network of peers and potential employers

City Year AmeriCorps Member Benefits

- \$6,195 scholarship that can be applied towards your college tuition and/or federal student loans
- \$1,356 monthly living stipend
- EBT benefits
- Free health insurance
- Professional and leadership development opportunities

Contact a City Year Recruiter:

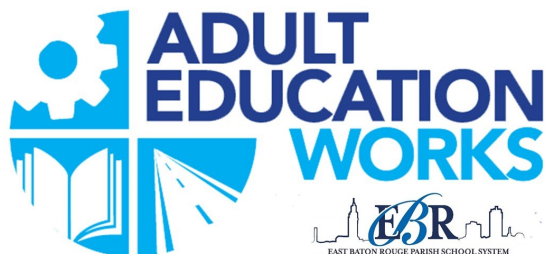
Kenya Warren-Hollins at kwarren@cityyear.org or

Ashley Dunbar at adunbar@cityyear.org



EBRPSS Adult and Continuing Education

Never finished high school? Need to improve your reading, math or language and communication skills? Need to learn English or Spanish as a second language?



- College Readiness
- Computer Essentials
- ESL - English as a Second Language
- Financial Literacy
- Health Literacy (CPR/AED/First Aid Certifications Available)
- Spanish
- Work Essentials
- Workplace Safety (OSHA 10 Certification Available)

Participation in the program can open doors to post-secondary education, employment opportunities, and a better standard of living.

We can help!

Preparation for the High School Equivalence Test (HiSET ~ formerly the GED) and other alternative pathways to earning a high school equivalency diploma are available through the EBRPSS Adult and Continuing Education Program.

In addition to the HiSET Prep program, the following Adult Basic Education courses are offered:

- Reading
- Math
- Language Arts
- Writing

EBRPSS Adult and Continuing Education students can also take advantage of workforce preparation, personal development and personal enrichment courses in the following areas:

Let us help you reach your personal, educational and/or workforce development goals.

We also assist with post-secondary admissions and placement test preparation as well as pre-employment test preparation. Preparation courses include:

- ACCUPLACER
- ACT/SAT
- Parapro
- Praxis 1
- TABE

For more information please contact the Office of Adult and Continuing Education at:

(225)226-7650

<https://ebschools.org/programs/adult-education/>

Dr. Dawn Fleming, Director





**SEE.
ACT.
SAVE.**

EBR Energy Wise!

A Wise Approach to Saving Energy

SAVE ENERGY WITH LEDS

Fun Fact... Every year, thousands of people flock to Times Square in New York City to watch a giant, sparkly ball descend the flagpole seconds before the New Year arrives. Originally equipped with traditional bulbs, it now uses 32,256 individual LED lights behind 2,688 triangles made of Waterford crystal.

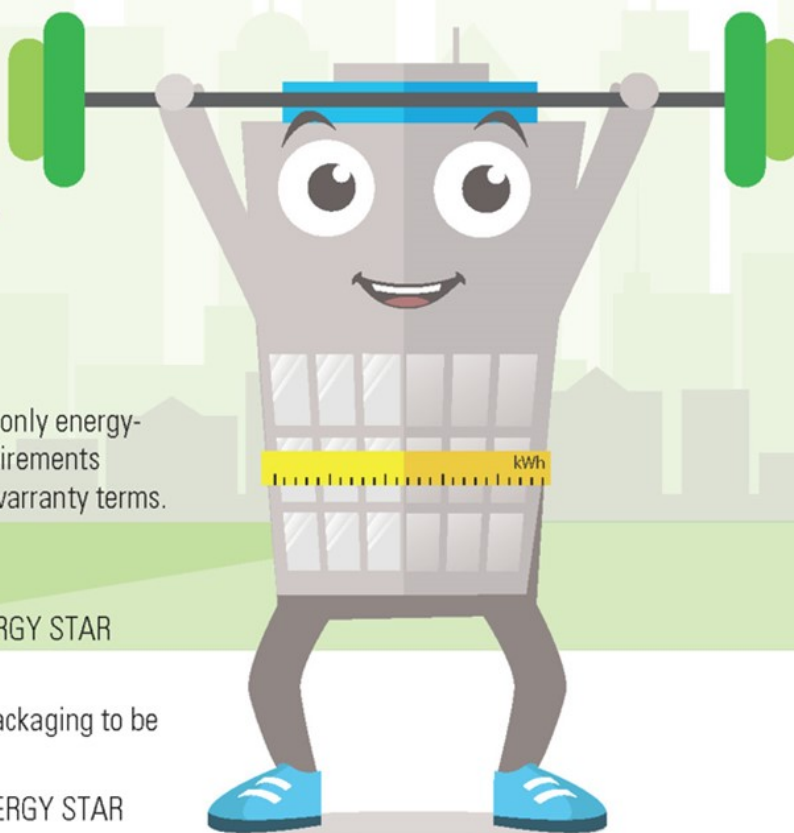
GET TO WORK —
LIFT WITH YOUR KNEES,
SAVE 75%
WITH LEDS!

Did you know?

- ✓ ENERGY STAR certified LED bulbs are not only energy-efficient — they must also meet other requirements related to color quality, light output, and warranty terms.

Actions you can take:

- ✓ Replace old incandescent bulbs with ENERGY STAR certified LEDs
- ✓ Look for the ENERGY STAR label on the packaging to be sure the bulb is certified.
- ✓ Feeling festive? Light your space with ENERGY STAR certified LED string lights!



aramark



LEARN MORE AT
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.](#)

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

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

Lemons are one of the only foods that are compatible with the digestive fluids in your body. Which means regularly having a lemon, or lemon juice, can greatly enhance the amount of nutrients and amino acids that our body can take in.

#650

1000LifeHacks.com

life hacks

Reheat leftover pizza on a frying pan. It'll keep the crust from getting soft.

#096

1000LifeHacks.com

life hacks

Having something shipped to you? Don't bother going to those confusing shipping websites! Simply type your package number into Google and it'll take you straight to the tracking page.

#354

1000LifeHacks.com

life hacks

Stop your bananas from browning by wrapping the stems in plastic wrap.

#394

1000LifeHacks.com

August 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	31				



- August 2nd-10th: Teacher In-Service
- August 11th: First Day of School for Students



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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ONE TEAM. *One Mission.*

