



Parent Power

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Distance Learning Tips for Parents

The guidance below can help us all make the best of new and sometimes unfamiliar distance learning environments. It can help you be ready for some of the more practical aspects of learning from home.

1. Establish routines and expectations

It is important to develop good habits from the start. Create a flexible routine and talk about how it's working over time. Chunk your days into predictable segments. Help students get up, get dressed and ready to learn at a reasonable time. Everybody make your bed! Keep normal bedtime routines, including normal rules for digital devices. Adjust schedules to meet everyone's needs but don't default to staying up late and sleeping in (However, a 'duvet day' now and then can be a treat).

2. Choose a good place to learn



Your family's regular learning space for occasional homework might not work for extended periods. Set up a physical location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Make sure an adult monitors online learning. Keep doors open, and practice good digital safety. Our teachers, counselors and safeguarding teams

will do the same.

3. Stay in touch

Teachers will mainly be communicating regularly through our online platforms and virtual learning environments. Make sure everyone knows how to find the help they need to be successful. Stay in contact with classroom and support teachers, school leaders and counselors but understand it may take a day or two for them to respond. If you have concerns, let someone know.

No one expects parents to be full-time teachers or to be educational and content matter experts. Provide support and encouragement, and expect your children to do their part. Struggling is allowed and encouraged! Don't help too much. Becoming independent takes lots of practice. In EBR Schools, your child usually engages with others students and any number of adults hundreds of times each day. Many of these social interactions will continue from a distance, but they will be different. You cannot replace them all, and that's OK.

5. Begin and end the day by checking-in

In the morning, you might ask:

- What classes/subject do you have today
- Do you have any assessments?
- How will you spend your time?
- What resources do you need?
- What can I do to help?

At the end of the day you might ask:

- How far did you get in your learning tasks today?
- What did you discover? What was hard?

Distance Learning Tips for Parents (continued)

- What could we do to make tomorrow better?

These brief grounding conversations matter. Checking with students to see if they processed the instructions they received from their teachers, and it helps them organize themselves and set priorities. Not all students thrive in distance learning; some struggle with too much independence or lack of structure. These check-in routines can help avoid later challenges and disappointments. They help students develop self-management and executive functioning that are essential skills for life. Parents are good life coaches.

6. Establish times for quiet and reflection

For families with children of different ages, and parents who may also be unexpectedly working from home more often, it's good to build in some time for peace and quiet. Siblings may need to work in different rooms to avoid distraction. Many families will need to negotiate access to devices, priorities for wi-fi bandwidth and schedules throughout the day. Noise-cancelling headphones are an idea. And one day a week is already planned for independent, low-stress learning. Reading is fundamental.

7. Encourage physical activity and exercise



Living and working at home, we will all need some room to let off steam. Moving (independently and together as a family) is vital to health, well-being, and readiness for learning. It's a great opportunity to practice exercising 'alone together' with digital workouts and online instructors. Set new fitness goals and plan hands-on, life-ready activities that keep hands busy, feet moving, and minds engaged. You may want to think about how your children can pitch in more around the house with chores or other responsibilities. Now's a good time to think about increasing personal responsibility and pitching in.

8. Manage stress and make the most of an unusual situation

We are going through a time of major upheaval to our normal routines and ways of life, and there's a great deal of anxiety in the world right now. Emotions may be running high, and children may be worried or fearful. Parents may be stressed as well and children are often keenly aware of trouble. Children benefit when they get age-appropriate factual information and ongoing reassurance from trusted adults.

9. Monitor time on-screen and online



Distance learning does not mean staring at computer screens seven and half hours every day. Teachers will aim to build in variety, but it will require some trial and error before everyone finds balance between online and close-space offline learning experiences. Work together to find ways to prevent 'down time' from becoming just more 'screen time'.

10. Connect safely with friends, and be kind

The initial excitement of school being closed will fade quickly when students start missing their friends, classmates, and teachers. Help your children maintain contact with friends through social media and other online technologies. But monitor your child's social media use. Remind your child to be polite, respectful and appropriate in their communications, and to follow school guidelines in their interactions with others. Report unkindness and other problems so that everyone maintains healthy relationships and positive interactions.

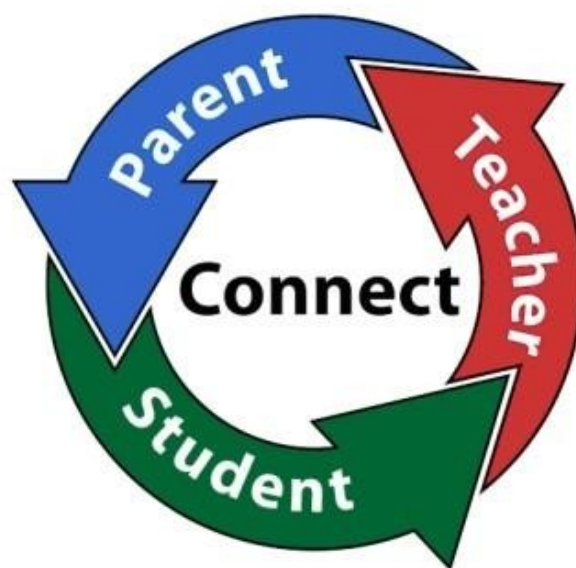
ConnectSafely

Communication is the Key to a Strong Parent-Teacher Team

Research shows that parent involvement in education has a positive effect on student success at school. When teachers and parents work together, the results can be powerful. To foster effective two-way communication:

- **Set the tone.** It's natural to have questions when the school year begins. Ask questions respectfully. Show support for your child and the class, and encourage the teacher to keep you informed.
- **Be positive.** When you talk with the teacher, enjoy hearing about your child's strengths. But also prepare to hear about her weaknesses. Remember to remain calm. You and the teacher both want your child to do well. Addressing struggles is the only way to find solutions.
- **Role-play.** Some parents are nervous about talking with the teacher. If this describes you, consider practicing with a friend. If you aren't comfortable speaking English, bring an interpreter with you. Still worried? Using email may put you at ease.
- **Choose words carefully.** It's more effective to make polite requests instead of demands. A helpful tip is to

use the word *we* instead of *you*. ("How can we stay in touch to help Jordan?" is less aggressive than "You should tell me if Jordan is falling behind." Remember: The teacher isn't your opponent; she's your teammate.



Encourage Your Teen to Take Science and Math Classes

It's natural to worry about your teen's future and whether he will be able to get a good job. A new study found one effective way to make a difference for your teen's future: Talk about the importance of science and math.

There are plenty of great jobs in science, technology, engineering and math. (Together, these fields are often called STEM.)

STEM-related jobs are increasing every year. Some require only a two-year associate's degree after high school. Often these jobs have starting salaries of \$50,000 or higher for new college graduates.

Yet teens often avoid the math and science classes they need in high school to prepare for these jobs.

That's where parents can play a significant role. Help your teen see that the choices she makes today can affect her future. Then:

- Show your teen how her current interests can lead to

STEM careers. If she's always using an app on her phone, she might want to take computer science and develop her own apps. If she's interested in learning how things work, she could prepare for a career as an engineer.

Encourage your teen to take at least one math class and one science class every year. Students aiming for STEM careers should take a total of four years of math and four years of science while in high school.





**“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:

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

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

***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

Help Your Child Develop Critical Thinking Skills

Analyzing information means examining and evaluating it instead of just accepting it. This is an important critical thinking skill, especially when reading.



Look for everyday ways to help your child learn this thinking skill. You can:

- **Look at a newspaper headline** together, then read the story. Did the headline do a good job of telling the reader what the story was about?
- **Talk about fact** (established truth) and *opinion* (a person's beliefs). Ask your child to tell whether a statement is fact or opinion, and why.
- **Ask your child** "What do you think?" at least once a day. Encourage him to share his thinking and explain why he thinks as he does.

SOURCE: V. Perrone, *101 Educational Conversations With Your 6th Grader*.

Are You Helping Your Child Have Healthy Habits

Healthy habits make it easier for children to concentrate and learn both in school and at home. Answer *yes* or *no* to the questions below to see if you are promoting wellness for your child:

_____ 1. Do you enforce a bedtime? Doctors say that elementary school kids need at least nine hours of sleep each night to function their best.

_____ 2. Do you make sure your child eats breakfast every morning? Kids' brains need fuel to learn.

_____ 3. Do you stock your kitchen with nutritious snacks for your child to eat after school?

_____ 4. Do you encourage your child to get moving every day? Studies show that exercise improves kids' memory and focus.

_____ 5. Do you remind your child to wash his hands frequently? Hand washing kill germs and reduces absences due to illness.

How well are you doing?

More yes answers mean you are helping your child stay

on track for health right through the school year. For *no* answers, try those ideas.



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

If something in your oven catches fire do not open the door. Feeding the flames with oxygen is the worst thing you can do in this situation. Instead, turn the oven off and leave the door closed until the fire starts to smother itself as the oxygen inside the oven depletes.

#1109

1000LifeHacks.com

life hacks

Ever wonder how much money is in your change jar? Just weigh the coins. A quarter weighs 5.67g, one pound is \$10. A dime weighs 2.268g, one pound is \$20. Nickels weigh 5g each, and one pound comes out to \$4.50.

#1118

1000LifeHacks.com

life hacks

Need a sticker or label off a product? Spray it with a perfume or a liquid containing Alcohol. The Alcohol eats at the glue adhesive allowing for a more clean removal.

#1106

1000LifeHacks.com

life hacks

Need to study or concentrate on work? Chew some peppermint gum. The taste of peppermint has been proven to stimulates brain activity and help increase our focus.

#1105

1000LifeHacks.com

February 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						

February

♥ Happy Valentine's Day ♥

- February 14th—Valentine's Day
- February—15th & 16th Mardi Gras Holiday
(Students, 9, 10, 11, 12 month employees off)
- February 17th—Professional Development (Students do not attend)
- February 18th—End of 4th Six Weeks



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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