



Parent Power

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Starting Second Semester off Right: Tips for a Successful Spring Term



While it can be tempting to simply count down the days until summer break, spring semester is a prime time for high school underclassmen to prepare for the college admissions process, and for college-bound seniors to close out the year on a high note.

Here are some tips for high schools students to ensure a productive and successful spring semester.

Keep your grades up.

All Students: Admissions officers like to see an upward grade trend, so freshmen, sophomores, and juniors need to work hard to maintain good grades and improve upon not-so-stellar grades. Seniors, it is especially important to maintain spring semester grades because colleges will see your final transcript, and a dramatic dip in academic performance can result in a school rescinding an offer of admission. Just because you've been accepted doesn't mean the work stops. Work hard to finish out the year strong.

Meet with your counselor.

All Students: One of the biggest mistakes students make is not meeting with their college counselor on a regular basis. Be proactive and set up meetings for the beginning, middle, and end of the semester, so you can check in regularly with your counselor and he or she can evaluate your progress and determine what you need to do to prepare for the admissions process. It's also important to build and maintain a relationship with your counselor, as he or she will write a recommendation for you come college application time.

Begin building your college list.

Juniors: If you haven't already, start heavily researching schools and determining where you want to apply next fall. Look into admissions requirements, academic offerings, courses, professors, campus life, student organizations, and anything else that will help you make an informed decision about where you want to go to college. A balanced college list should have a range of target, reach, and likely schools, so be sure to look into a wide variety of institutions.

Reassess your extracurricular involvement.

Freshmen and Sophomores: Sustained involvement in just a handful of activities over an extended period of time is much more impressive than many one-off participations in several different clubs or activities. Take a look at your resume and all your activities and determine which ones mean the most to you and align with your core interests. Cut out any activities you're not completely invested in, stick with the ones you like best, and deepen your involvement by taking on a leadership position.

Starting Second Semester off Right: Tips for a Successful Spring Term (continued)

Also, seek out new activities that you think better match your interests. If your school doesn't already offer a club or activity that really interests you, then start your own student club or extracurricular project.

Start test prep.

Sophomores: Now is the time to start seriously thinking about the SAT and ACT and begin preparing for one or both. In one of the meetings with your college counselor, discuss both tests and come up with a timeline for when you should prepare and sit for these high-stakes exams. I recommend taking multiple, timed practice tests in order to identify content weaknesses, evaluate test-taking strategies, and to accurately simulate actual test day. Practice makes perfect, or at least improves scores!

Visit schools.

Sophomores and Juniors: Spring is the best time to visit

college campuses. School is in session, the weather is usually favorable, and you can visit during your spring semester breaks. Begin making plans to visit a few college campuses by sitting down with your family and discussing a trip and dates. Then do your research and register for information sessions, sign up for guided tours, and see if you can stay overnight in one of the dorms.

Plan for the summer and next fall.

All students: During your check-in meetings with your counselor, discuss options for summer activities or programs, and talk about what classes you need to take next fall in order to stay on track academically. Summer is a great time to deepen your interests with an internship or academic program, so do your research to determine what summer activity is the best-fit for your personal and academic goals.

HAVE A GREAT SPRING SEMESTER!

EARLY CHILDHOOD EDUCATION

Five Ways to Build Skills and Promote Learning at Home



Studies show the more parents engage with and nurture their children at home, the better those youngsters do when they start school. Here are five simple ways to

build important skills and promote learning:

1. **Play together.** Don't ignore the value of having fun! Spend time playing games and solving jigsaw puzzles. Dress up in old clothes and put on a silly show together. Stack a tower of blocks. Crank up the radio and sing.
2. **Be creative.** Activities like squishing clay, coloring and finger-painting aren't just fun—they're educational! So let your child get messy sometimes. It could boost her school smarts.
3. **Cuddle.** Hugs and snuggles are more than a cozy way to bond. They're also a way to make your child feel loved and safe. The more secure she feels at home, the more confident she may be when she heads to school.
4. **Get active.** Healthy bodies nourish healthy minds! Go on walks with your child. Play catch outside. Go down the slide at the park. Skip rope. And when you're finished, share a healthy snack and chat about how much fun you had.
5. **Connect.** Introduce yourself to your child's preschool teacher or day care provider. Ask your child questions about what she is learning and doing every day. The more she knows learning matters to you, the more it will matter to her!

SOURCE: K.L. Bierman and others, "Parent Engagement Practices Improve Outcomes for Preschool Children," Social and Emotional Learning, Robert Wood Johnson Foundation.

Child Care Assistance Program (CCAP)

The Child Care Assistance Program (CCAP) helps low-income families pay for child care while working or attending school or training. Eligibility is based on family size and household income and how many hours the adult applying for CCAP works and/or attends school or training.

Households can select any Type III early learning center, family child care provider, in-home provider, school child care center, or licensed child care center determined by the Department of Defense.

QUALIFYING FOR CHILD CARE ASSISTANCE

1. Are you responsible for paying child care costs for a child under 13 or a child under 18 with a disability who lives with you?
2. Do you, your spouse, and any other caregivers of children who live in your home, work or attend an educational or training program at least 20 hours a week in combination?
3. Is your household's total monthly gross earned and unearned income less than the amount listed below for your household size? (*gross income refers to income before any deductions from the paycheck*)

2 persons \$2,411	4 persons \$3,545	6 persons \$4,680	8 persons \$4,893
3 persons \$2,978	5 persons \$4,113	7 persons \$4,786	9 persons \$4,999

If you answered YES to all of the above questions, you may be eligible for child care assistance. [Click here \(will open in new tab\)](#) to learn more about applying.

APPLYING FOR OTHER SERVICES

If you are Interested in applying for other programs such as the Supplemental Nutrition Assistance Program (SNAP) or the Family Independence Temporary Assistance Program (FITAP), please visit the Department of Children and Family Services website, [Click here \(will open in new tab\)](#).



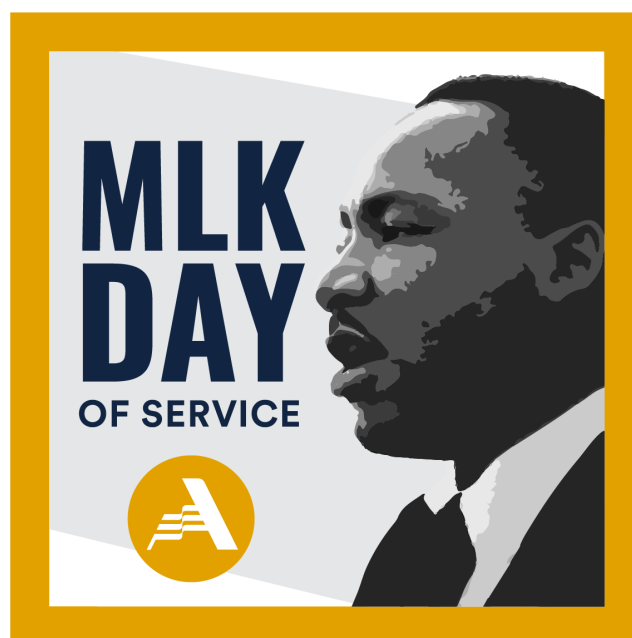
**Department of
Children & Family Services**
Building a Stronger Louisiana

MLK Day of Service 2021

The Martin Luther King Jr. holiday on Jan. 18, 2021, is the 26th anniversary of the day of service that celebrates the Civil Rights leader's life and legacy. Observed each year on the third Monday in January as "**a day on, not a day off**," MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities. AmeriCorps has been charged to lead this effort for the last quarter century. We look forward to your engagement and accomplishments in Dr. King's memory.

PLEASE CLICK ON THE LINK BELOW TO
ACCESS VOLUNTEER OPPORTUNITIES IN
YOUR COMMUNITY

<https://www.nationalservice.gov/serve/search>



Talk to Your Child About Showing Respect for Teachers, Classmates

Respectful behavior is just as important at school as it is at home. When students have respect for teachers and classmates, they help create the positive academic environment all children need to be successful.

Encourage your child to:

- **Address the teacher** by name. Simply saying "Good Morning Mrs. Jones" is an easy way to show respect.
- **Be courteous.** She should say please and thank you to her teacher and her classmates.
- **Raise her hand.** When she waits to be called on, she demonstrates self-control and respect for others.
- **Do what's expected.** Everyone in school has a job to do. If the teacher doesn't plan any lessons, no one can learn anything. If students don't do their jobs—completing homework, listening to the teacher—it makes it more difficult to learn.
- **Listen to the teacher's comments.** Teachers want students to learn and to succeed. That means they have to point out mistakes. Your child will do much better in school if she can recognize and accept constructive feedback.



"Respect for ourselves
guides our morals;
respect for others guides
our manners."

~Laurence Sterne

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

Follow These Five Strategies for Successful Study Sessions

Not all teens know how to study. Those that don't may spend more time than they need to on their work for school. Or they may get frustrated and stop studying completely.



Share these strategies to help your teen study effectively:

1. **Take notes in class.** Writing down what the teacher says can help your teen see what the teacher thinks is important. Reviewing his notes regularly will also improve his retention of the material.
2. **Break it up.** Research shows that frequent short study sessions spaced out over time are more effective than one long study session.
3. **Study similar subjects at different times.** Putting new information into your brain is a little like pouring concrete. Your teen has to give it time to "set up." So between a science lesson with a lot of formulas and a math lesson with a lot of formulas, your teen should study history or English—to allow the science lesson time to set.
4. **Avoid getting sidetracked.** If your teen finds his mind wandering during study time, he should keep a note pad by his study spot. He can jot down reminders or random ideas that pop into his head and then get right back to studying.
5. **Eliminate distractions.** The TV, his phone and a growling stomach will all distract your teen. Make sure he turns off all electronics and takes care of hunger and thirst before sitting down to study.

Arm Your Middle Schooler with Effective Study Habits

Students need strong study skills to be successful in middle school—and parents play a significant role in helping their children develop them. The study skills middle schooler learn now will help them succeed today, in high school and beyond.

To lay the groundwork for your child's academic success:

- **Encourage him to break down large projects.** Don't let your middle schooler get rattled by long-term assignments. Show him how to divide big projects into smaller, more manageable parts.
- **Have your child estimate** how long a homework assignment or project will take and plan his study time accordingly. Then, have him use a timer to see if his estimates are accurate. This will help him make adjustments for future assignments, if necessary.
- **Increase his self-awareness.** Ask your child to figure out when he's at his best. Then encourage him to do most of his homework and studying during those times. If he needs to let off some steam after school, encourage him to go for a run or a brisk walk before sitting down to study.
- **Turn off the television.** Don't buy your child's argument that TV is "just background noise." Make sure homework time is free from all distractions.
- **Promote organization.** Help her create a system to keep track of important assignments. It might be file folders, a color-coded binder or a desk calendar.



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

Want to find a program for free? Don't search for "free," search for "open source". This will avoid any limited trial versions, adverts and malware.

#1139

1000LifeHacks.com

life hacks

Want to clean up your inbox? It only takes 1 week of clicking unsubscribe on every marketing email. Most retailers and spammers do an email blast at least once per week, so 7 days will often get rid of ALL of them.

#1143

1000LifeHacks.com

life hacks

Have lettuce that is wilted/soft? Leave it in a sink full of water overnight. This is what Grocery stores do to get that crisp and fresh lettuce you see in the stores.

#1153

1000LifeHacks.com

life hacks

Your headphones can be used as microphones if you plug them into the mic jack on your computer. This is helpful when recording lectures.

#1160

1000LifeHacks.com

January 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						



- January 1st—Christmas/Winter Break (No School)
- January 4th—Certified Employee In-Service
- January 5th—Students/Support Staff Return/Beginning of 2nd Semester
- January 18th—MLK Holiday (No School for Students and Employees)



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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