



Parent Power



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LOSFA Launches Pilot Urging High School Seniors to Complete FAFSA by February 1st



BATON ROUGE, La. -- Last month, high school seniors began checking off one of the to-do's on their senior checklist - completing their Free Application for Federal Student Aid (FAFSA). The FAFSA is the application for federal, state and institutional aid and is available on October 1 each year. The Louisiana Office of Student Financial Assistance (LOSFA) is launching its FAFSA Now Pilot initiative, in partnership with the Louisiana Department of Education, and urging the Class of 2021 to complete their FAFSA early, by February 1, 2021.

To date, 40 Louisiana schools have registered to participate in LOSFA's FAFSA Now Pilot campaign to encourage their seniors to complete the FAFSA by February 1.

"Completing the FAFSA early means students could potentially receive their college award letters sooner so they can know how much aid they will qualify for," said Dr. Sujuan Boutte, executive director of LOSFA. "Once the application is complete, seniors can begin searching for scholarships and planning out how they will pay for the rest of their college education."

When families consider the rising cost of college, not completing the FAFSA could mean students miss out on free money. Free money is another name for gift aid or financial aid that does not have to be paid back. Filling out the

FAFSA can reduce a student's out-of-pocket expenses for post-secondary studies.

Along with federal aid such as the Pell Grant, Work-Study and Federal Student Loans, the FAFSA is the application for state aid programs like the Taylor Opportunity Program for Students (TOPS), TOPS Tech and the Louisiana GO Grant. Colleges and universities also receive money to award students. Federal aid like Work-Study and the Supplemental Educational Opportunity Grant (SEOG), and some institutional aid are first-come, first-serve. If a student waits too long to complete their FAFSA, with only so many funds available, they could possibly miss out on potential financial aid dollars.

"Every child deserves the opportunity to continue their education after high school, and financial burdens should not be a barrier," said State Superintendent of Education, Dr. Cade Brumley. "This initiative will help open doors for our families that would have otherwise remained closed."

The FAFSA Now Pilot will use text messaging and social media (@LOSFA: Twitter (will open in new tab) and Facebook (will open in new tab); @LOSFA001: Instagram (will open in new tab)) to spread the word on the importance of completing the FAFSA. Students and parents can text the word 'LOSFA' to 50065 for help, use #GeauxFAFSA on social media and/or email GeauxFAFSA@la.gov (will open in new tab).



<https://mylosfa.la.gov/>

Local: (225) 219-1012
Toll Free: (800) 259-5626

Zoo Run Run



- Louisiana Lottery
- EMR Recycling
- Fidelity Bank
- Smoothie King
- Coca-Cola
- Varsity Sports
- The Advocate
- Raising Canes River Center
- Guaranty Broadcasting
- Visit Baton Rouge
- WAFB
- Lamar

BATON ROUGE, LA.— BREC's Baton Rouge Zoo will host its 15th Annual Zoo Run Run event at the Zoo on Saturday, November 14, 2020 on Zoo grounds. All proceeds from the race support the Baton Rouge Zoo and international cheetah conservation efforts.

New this year, all participants will receive a medal and the entire footprint of the race will take place within the perimeter of the Zoo as a 2-Mile Race. There will also be a half-mile fun run for the kids. Registration for the race is open now at: <http://www.brzoo.org/events/special/zoo-run-run/>.

Sponsors for this event include:

- Blue Cross Blue Shield of Louisiana
- CSRS
- Lake After Hours

About BREC's Baton Rouge Zoo
 BREC's Baton Rouge Zoo is a place where people connect with animals, including tigers, giraffes, rhinos & alligators. The world-class Realm of the Tiger, Flamingo Cove, Giants of the Islands, Safari Playground, L'aquarium de Louisiane, & KidsZoo exhibits offer fun for all ages.

Boost your child's reading comprehension with these five tips



The older your child gets, the more complex her school reading will become. She'll need strong reading comprehension skills to do her best in school. To help your child understand what she reads, encourage her to:

- **Read aloud.** This slows down reading and helps

your child "process" words.

- **Read to relax.** Encourage your child to read enjoyable books for fun.
- **Reread.** Reading things more than once familiarizes your child with new concepts and vocabulary.
- **Supplement reading.** Look for interesting, non-intimidating materials related to what your child is learning in school.
- **Discuss reading.** Ask questions that encourage thinking, such as, "Would you recommend this book to a friend? Why or why not?"

College Board Names 4 Baton Rouge High Seniors, African-American Scholars

The College Board Recognition Program has named Mordecai Logan, Alex Taylor, Jonathan Thomas, and Reagan Hamilton African American Scholars for a total of four Baton Rouge Magnet High School Seniors earning this prestigious honor. Last Spring, an invitation was extended to African American Juniors who scored in the top 2.5% of PSAT/NMSQT test takers to submit an extensive application. The College Board evaluated all submitted applications, choosing African American Scholars.



ALEX TAYLOR

Alex Taylor is the son of Bridgett and Arthur Taylor. He is the President of Mock Trial. He has also been named a National Merit Commended Student. He plans on studying Political Science and African American Studies in college. Taylor attended Sherwood Middle Academic Academy and Shenandoah Elementary.



JONATHAN THOMAS

Jonathan Thomas is the son of Rebecca Woldu and Thomas Weldehiorghis. He has also been named a National Merit Commended Student. He plans on studying Physics or Computer Science in college. He

attended Glasgow Middle School and Buchanan Elementary.



REAGAN HAMILTON

Reagan Hamilton is the daughter of Kimberly and Ricky Hamilton. She is the President of DECA and scored a 34 on the ACT. She plans on studying Psychology in college. She attended Sherwood Middle Academic Academy and Westdale Heights Academic Magnet.



MORDECAI LOGAN

Logan is the son of Ardrene and Dewayne Logan. He attended Sherwood Middle Academic Magnet and Cedarcrest-Southmoor Elementary School. Logan was recently featured in "225 Magazine" as a Future Community Leader for his work in creating an App to close food deserts in North Baton Rouge. He intends to Major in Computer Science in College to become a Software Engineer.

Villa Del Rey Creative Arts & Sciences Magnet and Sweet Jones Farms Groundbreaking and Ribbon Cutting Ceremony

Who's involved in project?

This program is created by Sweet Jones Farms in partnership with the Generational Growers Coalition which is co-founded by Farmer Jones. Villa del Rey Creative Sciences and Arts Magnet will be the first school in East Baton Rouge Parish to be involved in a program on this large scale. The students, staff, families and community will all play a role in fulfilling the vision of being prepared, productive and purposeful.

How did this come about?

Heather Lynch (School Instructional Technology Facilitator) reached out to Farmer Jones about a gardening program. Fortunately, Sweet Jones Farms has school gardening and culinary program already being used by others. So, when the initial meeting was held, the energy was perfect. Principal Dr. Joy Abernathy-Dyer agreed to the partnership and thought it would be a great opportunity to expand the STREAM theme at Villa del Rey Creative Sciences and Arts Magnet School (ie. STREAM: Science, Technology, Reading, Engineering, Arts and Mathematics). We find that is something new and warranted during these unprecedented times.

How will the project work?

Sweet Jones Farms and the Generational Growers Coalition will plant fall and winter crops, that will be available for sale to the public. Summer and spring crops will be planted by students (when available) that will also be available for sale to the public. All of this helps generate funds for the school. Meanwhile, students will receive hands-on experiences from this partnership that will be provided by numerous experts in the field.

What do we hope to gain from this new partnership?

What we will gain is new perspective and appreciation for fresh farm to table food. This will allow the kids to re-connect to how food is truly grown in the right way. The perspective of food will change the kids lives for forever. Most kids and people in general associate food with the grocery store. This will change with the Sweet Jones Farms Enrichment Program. Villa del Rey will continue with the curriculum and practical aspects of the partnerships to hopefully continue to "Grow Gardens while Growing Kids." The knowledge and experiences will help students to gain practical and intellectual knowledge

as it relates to agriculture, business while incorporating the school-wide STREAM theme.

When will it be fully up and running?

It will be available up and running October 17th, 2020. This is also the day we will be starting "Seafood Saturdays" which will be a drive through seafood shop where people can get fresh caught gulf shrimp, fish and more! It also will include cooked and ready to eat Cajun and creole specialties for sale such as gator sauce piquante, crawfish boudin stuffed salmon, fresh hot cracklins aka "grattons" and more.

The Groundbreaking and Ribbon Cutting Ceremony was held on Thursday, October 1st.

PLEASE CLICK ON THE LINK BELOW TO VIEW THE GROUNDBREAKING AND RIBBON CUTTING CEREMONY

<https://www.youtube.com/watch?v=XxIsSicj7UU&t=4s>



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

Extended School Year Services



What are Extended School Year Services (ESYS)?

Extended school year (ESY) services are special education and related services that are provided to a student with a disability beyond the regular school year in accordance with his/her IEP. The need for ESY services must be determined annually on an individual basis by the Individual Education Program (IEP) team.

What is the purpose of ESYS?

The purpose of ESY services is to assist students in maintaining the skills at risk of regression or for students with severe disabilities to attain the critical skills or self-sufficiency goals essential to the student's continued progress. It is not a means to develop or enhance new skills.

Who determines whether a student with a disability needs ESYS? When does this happen?

The IEP team determines whether there is a need for ESY services. The IEP team includes the student's parent(s), the student (if appropriate), special and general education teachers, related services' providers, school administrator or designee, and other participants that may be helpful to the process. The need for ESY Services may be determined at any IEP meeting if the appropriate data has been collected to support the decision.

How does the IEP team decide whether a student with disabilities needs ESY services?

An IEP team may determine ESY is necessary when:

1. a student with disabilities demonstrates significant regression corresponding with limited recoupment of previously achieved skills;
2. a loss of critical skills for students accessing the alternate curriculum; or
3. special circumstances or other factors that indicate the need for ESY services.

If my child with a disability received ESY services last year, will he/she continue to receive ESY services each year?

ESY services may be offered only if a student's IEP team discusses and determines on an individual basis that ESY is necessary for the provision of a Free and Appropriate Public Education to the student. This decision must be evaluated annually based on data collected and analyzed. ESY services are not required for every student with disabilities every year.

• **Regression** refers to how much knowledge or how many skills a student loses due to a break in the regular school year.

• **Recoupment** refers to a student's ability and corresponding length of time required to relearn knowledge or skills previously achieved.

• **Critical Skills for Students with Severe Disabilities** refers to independent functioning skills (eating, mobility, toileting, communicating, etc.). Development of these skills can lead to reduced dependency on future caretakers and enhance student's integration with nondisabled individuals.

• **Special Circumstances** refer to the evidence of other factors that prevent goal attainment. These may include a student at a critical stage in life skill development or who may have health-related, medically documented circumstances.

WHAT ARE NOT ESY SERVICES

- Not mandated twelve-month services for all students with disabilities;
- Not a child care service;
- Not necessarily a continuation of the total IEP provided to a student with a disability during the regular school year;
- Not required to be provided all day, every day, or each day;
- Not an automatic program provision from year to year;
- Not summer school, compensatory services, or enrichment programs;
- Not required to be provided in a traditional classroom setting; and
- Not a service to be provided to maximize each student's potential.

For more information, please contact:

The Office of Exceptional Student Services
6550 Sevenoaks Avenue
Baton Rouge, LA 70806
(225)929-8600

Sleep is crucial for your child's brain growth



You probably know that sleep is necessary for your child's growing body. But did you know that sleep actually helps his brain work better, too?

Getting enough sleep each night allows your child to be more alert, pay closer attention and remember material with greater accuracy the next day.

To help you child get the recommended 11 to 13 hours of sleep each night:

- **Develop a sleep schedule.** Have your child go to bed and wake up about the same time each day. Try to keep the same schedule on weekends, too.
- **Enjoy some physical activity** outside. Exercise and fresh air help kids sleep better.
- **Follow a bedtime routine.** Take a bath, put on pajamas, brush teeth and read a story. Talk about something positive from the day. Then, lights out.
- **Make him feel safe.** Put a night light in your child's room. Tell him you will check on him.

SOURCE: D. Thompson, "Poor Sleep in Preschool Years Could Mean Behavior Troubles Later," HealthDay, nswc.com/ec_sleep.

Don't let electronic devices derail your middle schooler's studies!

Sometimes it seems that middle schoolers are permanently attached to their phones, tablets and other devices. They text from the minute they wake up until they go to bed. They share funny videos and pictures with their friends. They scroll through social media.

So it's no surprise that students often try to use their phones while they're working in class or doing homework. But several research studies show that the more time students say that they text, use social media or read online while they do schoolwork, the lower their grades are.

Students often think their devices can help with their work. After all, they can watch a video of the Pyramids while studying history. They can check their answer to a math problem.

There's just one problem: Kids seldom stay focused on the work they are doing. Pretty soon, they click from the history video to the latest internet joke. From then on, history is not their focus.

What can you do to help your child stay focused on his work and not on his smartphone? Here are some tips:

- **Talk about multitasking**—and how research shows it doesn't work. Students need to focus while studying or they won't learn.
- **Follow the rules** regarding devices in class. Many teachers have a "parking lot" where students must leave their phones or tablets.
- **Limit the use of devices** during homework time. Studies show that the more time students spend multi-tasking, the longer their studies take.
- **Be a role model yourself.** Don't check your phone during family dinner or (especially) in the car.



Campaign: No Vape November



Did you know that since the introduction of vaping, there has been a significant rise in tobacco use in middle and high school students? Youth e-cigarette use remains at epidemic levels and according to the 2020 National Youth Tobacco Survey finds that one in five high school

students (19.6%) and one in 20 middle school students (4.7%) reported being a current e-cigarette user (Truth Initiative).

This November the *I CARE Department* is promoting **No Vape November**, as part of the prevention efforts focusing on tobacco/vaping awareness in our community. The *I CARE* program encourages students to not only think seriously about the dangers in which they place themselves when they begin using tobacco and nicotine products, but also implement various prevention-focused activities throughout their schools. Students will see posters hung around middle and high school campuses and hear Public Service Announcements each morning sharing valuable information about the dangers associated with vaping. The campaign includes Near Pod lessons, information on Catch my Breath – A youth e-cigarette, JUUL, and vape prevention program specific to grades 5-12. Vaping presentations for students as well as parents will be available from the I CARE office as well.

What is Vaping?

Vaping is the act of inhaling and exhaling the vapor produced by the heated nicotine liquid (often called “juice”) of an electronic cigarette (e-cigarette or e-cig), vape pen, or personal vaporizer. It’s also commonly called JUULing (pronounced jewel-ing).

What originated as a smoking cessation aid has quickly become a popular — and addictive — product in its own right. Sarper Taskiran, MD, a child and adolescent psychiatrist at the Child Mind Institute, attributes the recent rise in popularity to packaging and advertising. “The teens are after innovation and they’re attracted by sleek design and ease of use,” he says. “They look like an Apple product.”

Although vaping companies emphatically deny that they are marketing to young people, critics note such features in their advertising as youthful images and colors, animation, actors who appear to be under 21, and suggestions that vaping makes you happier and improves your social status.

Some known risks of vaping are:

- E-cigarettes contain high levels of nicotine. According to the company’s website, the nicotine content of one

JUULpod is equivalent to one pack of cigarettes.

- Because of these high nicotine levels, vaping is extremely addictive — and teens are already more susceptible to addiction than adults because their brains are still developing, which makes them more likely to habituate to using drugs and alcohol.
- Addiction can impact the ability to focus. Dr. Taskiran has observed this with the adolescents he works with, who report that vaping initially increases their alertness and attention, but then experience a decrease in attention span. One student, for example, was able to sit through practice ACT exams but after JUULing for six months “can’t sit still because she starts craving, can’t think of questions, and just starts fidgeting.”
- E-cigarettes and similar devices contain carcinogenic compounds, and a recent study found significantly increased levels of carcinogens in the urine of teens who vape.

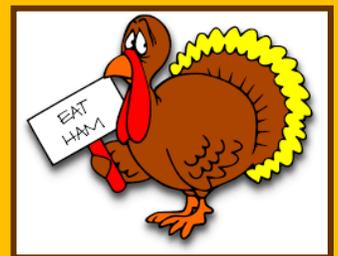
SOURCE: <https://childmind.org/article/teen-vaping-what-you-need-to-know/>

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 ELECTION DAY	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 THANKSGIVING HOLIDAY	24 THANKSGIVING HOLIDAY	25 THANKSGIVING HOLIDAY	26 THANKSGIVING HOLIDAY	27 THANKSGIVING HOLIDAY	28
29	30					



- ◆ November 3rd—Election Day (No school for Students and Employees)
- ◆ November 23rd-27th—Thanksgiving Holiday (Students, 9, 10, 11-month employees off)





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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