



# Parent Power

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## When parents are involved, teens care more about school



Parent involvement typically decreases once students reach high school. But staying engaged in what your teen is doing in school still promotes success.

Teens care more about school when they know their parents care about it too. To show your teen that his education matters to you:

- **Attend back-to-school night.** Ignore all protests from your teen that “you don’t have to go,” and “no one else’s parents

are going.” Go anyway and meet as many of his teachers as you can.

- **Talk about school.** Ask him to tell you about each of his classes and teachers. Which class is he most excited about? Which one does he think will be the most challenging? Don’t stop asking questions once the school days become routine. Ask about school everyday, even if it’s just, “Tell me one thing you learned today.”
- **Try not to miss special occasions.** You may not be able to make every game or hear every speech. But make as many as possible. When you can’t be there, let your teen know that your hearts with him.
- **Chaperone.** Volunteer to help out with a dance, game or field trip. Again, ignore your teen’s requests for your to stay away. Your participation will show your teen that his education and his activities are important to you.

## Are you starting the year with success in mind?

“Begin with the end in mind,” advises author Stephen Covey. In other words, help your teen start the year with the habits that will lead to success all year long.

Are you helping your teen build habits for success this year? Answer yes or not to questions below:

\_\_\_\_\_1. **Have you encouraged** your teen to establish a regular time to study?

\_\_\_\_\_2. **Have you suggested** your teen keep a calendar in her study space so she can write down the due dates for her assignments?

\_\_\_\_\_3. **Do you schedule time** to spend

together as a family? Teens may say family time isn’t important, but research shows it does.

\_\_\_\_\_4. **Do you encourage** your teen’s friends to spend time at your house? That way, you can get to know them.

\_\_\_\_\_5. **Have you discussed** your family rules with your teen? As she matures, adjust the rules as necessary.

**How well are you doing?** Each yes answer means you are setting the stage for a successful school year. For each no answer, try that idea from the quiz.

# Ordinary trip to the grocery store with your kid? Explain as you go...

We all know our kids are always watching and learning (even when we wish they weren't). This applies to the way you use and manage money as well. Every day, you make decisions about money that might not be visible to your kids. For example, they may not know that you set a budget for the grocery store—and that's why you didn't get them that box of fruit snacks.

Next time you're at the store, try something new: **Think out loud and talk through what you're doing.** This helps your children see how you think about spending and helps them understand your decisions.

Here are three steps to turn your next shopping trip into a chance for your children to build their money skills.



## 1. Make your shopping list together

Making a shopping list might be a silent activity for you—you sit down at the table with pen and paper, or you open an app, and list what you need. Next time try talking through your list with your kids.

"I see we're getting low on peanut butter, which we'll need to make sandwiches for the week. I'll also write down eggs and milk, which I buy every week since we use them to make breakfast and other recipes."

You can also ask your kids to help you make the list. Let them check the cabinets or think about what things they use each week.

This is a perfect opportunity to introduce the idea of a budget. Spending can be invisible or mysterious to kids—they make up the rules if they aren't told what they are. Talk about how you need to keep track of how much you spend on groceries so that you have enough money for other things, such as gas or the cable bill. Explain that making a list helps make sure you don't buy things you don't need and overspend, even if that means having to cut back on a few extra things you want.

## 2. Talk as you shop

When you're at the store, it's time to talk. You likely already know which brands you like to buy or whether you'll decide to purchase something if it's on sale. Maybe you even choose which grocery store you go to based on its prices, what you need that day, or the coupons you have. Instead of just bringing your kids along for the ride, share your reasoning with them. At the store, each item you put in your cart is a chance to tell your kids why you're buying it instead of a similar item at a different price point.

Older children can help you comparison shop and find ways to save by choosing a different brand or quantity. This is also a chance to explain why you may purchase things even if they're the more expensive option.

"I see that this other soup brand is cheaper but it's worth it to me to spend an extra 50 cents on this one, because we all like it better. Let's try to find another item where we can save 50 cents, to make up the difference."

As you shop, you can refer back to your budget. If your child asks for something not on the list, you can work together to evaluate if it's okay to purchase. Maybe the item is on sale, or you have a coupon. Other times, you may need to wait to buy something.

## 3. Explain your purchase

As you approach the cash register, you might have a running total of the cost in your head so you aren't surprised by the amount. What if instead you did the math out loud so your kids can hear?

"I think our total will be about \$50—I rounded up each item a little bit in my head and added it up as we shopped. Let's use the debit card since I don't have enough cash with me. The debit card subtracts the money from our bank account right away."

If you have young children, it may not be obvious that you're trading money for the items in your cart—especially if they don't see you use cash. Discussing the decision-making process helps your kids understand that even if you're just swiping a card, you're spending money you've earned on these groceries.

You can also discuss whether you stayed within your budget, or why you needed to spend a little extra during this trip.

When you think out loud, you clarify what you're doing and why. Whether you're at the grocery store, paying bills, or online shopping with your kids, get into the habit of thinking out loud during your day-to-day money and time management activities so they can follow along.

Challenging behavior that is related to a child's disability can interfere with learning. Join us to discuss possible solutions with experts from the East Baton Rouge Parish School System.



• It's who we are. It's what we do. •



## **“Implementing the IEP and Addressing Behavior in the Classroom”**

*Presentation by: Sheyla Bhatt, Program Facilitator for Autism (ESS)*

&

*Natalie Tillman-London, Program Facilitator for Behavior (ESS)*

**FREE  
WORKSHOP**

Working as a TEAM to share information that will help your child be successful in the school setting.



**Date: Wednesday, September 19, 2018**

**Time: 10:00 a.m.—12:00 p.m.**

**Location:**

**Main Library**

**7711 Goodwood Blvd.**

**Baton Rouge, LA 70816**

*To register, please call (225)2165.7474 or email [cchesterfield@fhfgbr.org](mailto:cchesterfield@fhfgbr.org)*

*\*Funding for this workshop is provided by a contract with the Louisiana Department of Education with funds under Part B of the Individuals with Disabilities Act of 2004*



## Promoting Healthy Living for EBR Families

# TV Power Hour

**2 HOURS OR LESS OF  
RECREATIONAL SCREEN TIME** 

Turn Nighttime TV Watching into an active time for the whole family. Post this list near the TV and every time a commercial break comes on a different family member gets to choose the activity that the entire family performs for the whole break. Feel free to add or substitute your own activities!

**JUMPING JACKS**

**DANCING**

**PUSH-UPS**

**LUNGES**

**SIT-UPS**

**JOG IN PLACE**

**STRETCHING**

**SQUATS**

**1 HOUR OR MORE OF  
PHYSICAL ACTIVITY** 



## EARLY CHILDHOOD EDUCATION CORNER

# Preschool Back to School Tips



### Get a school routine going early.

Summertime schedules are often different than school year schedules, and there's nothing wrong with that. Kids do well with routines, though, so establishing a school routine early is important.

Get your preschoolers used to getting up at a certain time every day and going to bed at a certain time. This will get their little bodies used to school day hours. It will also give everyone the chance to iron out any wrinkles before school starts.

### Get appropriate gear for your preschooler.

I know that there are TONS of cute and fun school supplies out there! With that being said, keep in mind what your child actually needs for preschool. A tiny bug backpack might be super adorable, but it will be pointless if it won't hold your kiddo's lunchbox or school folder.

Your child's school will likely have a list, so be sure to refer to that. Many preschools also have small lists of items to not bring to school. It will help the teachers and students if those lists are adhered to.

### Talk and read about school.

Listen to your preschooler and answer any questions she might have. Share insights into when you were in school and all the fun you had there.

Read and make books about school with your child – it's a great bonding time, and often the books will spark a great discussion.

### Check out the preschool digs, and meet the teacher.

This is oh-so-important for your preschooler! Even if your child's been at the preschool for years, he'll have a new teacher and a new classroom. Try your best to bring him to any preschool orientations at the preschool.

If you're not able to, see if a grandparent or a family friend can take him. Knowing his classroom and teacher ahead of time will ease some of the beginning of the year anxieties.

### Encourage independence.

While no one expects a 4-year old to do everything on her own, age-appropriate independence is important. Real tasks allow children to learn to take care of themselves. They also give kiddos a sense of true accomplishment.

Some suggestions – cleaning up after themselves after meals, choosing clothes for the day, getting themselves dressed, etc. While perfection isn't necessary, working towards independence is the goal.

### Prepare for back-to-school emotions.

Sometimes young children deal with separation anxiety when back to school time rolls around. Honestly, some parents have trouble separating from their children too. In both cases, those feelings are totally normal!

Many of the above tips will help ease back to school anxieties. Additionally, consider reading up on separation anxiety and how to ease it. Most importantly, you know your child best and you know how to address his concerns.

### Keep having fun!

While I think the above tips for parents are important, so is having fun as a family! Keep up your weekly and monthly traditions, as well as your nightly sleep rituals. Reading together, having dinner together, going swimming together — all of these things will keep you connected to your child.

# School Bus Safety

The school bus is the safest vehicle on the road—your child is much safer taking a bus to and from school than traveling by car. Although four to six school-age children die each year on school transportation vehicles, that's less than one percent of all traffic fatalities nationwide. NHTSA believes school buses should be as safe as possible. That's why our safety standards for school buses are above and beyond those for regular buses.



Students are about 70 times more likely to get to school safely when taking a bus instead of traveling by car. That's because school buses are the most regulated vehicles on the road; they're designed to be safer than passenger vehicles in preventing crashes and injuries; and in every State, stop-arm laws protect children from other motorists.

- **Different by Design:** School buses are designed so that they're highly visible and include safety features such as flashing red lights, cross-view mirrors and stop-sign arms. They also include protective seating, high crush standards and rollover protection features.
- **Protected by the Law:** Laws protect students who are getting off and on a school bus by making it illegal for drivers to pass a school bus while dropping off or picking up passengers, regardless of the direction of approach.

## Safety Starts at the Bus Stop

Your child should arrive at the bus stop at least five minutes before the bus is scheduled to arrive. Visit the bus stop and show your child where to wait for the bus: at least three giant steps (six feet) away from the curb. Remind your child that the bus stop is not a place to run or play.

## Get On and Off Safely

When the school bus arrives, your child should wait until the bus comes to a complete stop, the door opens, and

the driver says it's okay before approaching the bus door. Your child should use the handrails to avoid falling.

## Use Caution Around the Bus

Your child should never walk behind a school bus. If your child must cross the street in front of the bus, tell him/her to walk on a sidewalk or along the side of the street to a place at least five giant steps (10 feet) in front of the bus before crossing. Your child should also make eye contact with the bus driver before crossing to make sure the driver can see him/her. If your child drops something near the school bus, like a ball or book, the safest thing is for your child to tell the bus driver right away. Your child should not try to pick up the item, because the driver might not be able to see him/her.

## FOR DRIVERS

**Make school bus transportation safer for everyone by following these practices:**

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely.
- Slow down. Watch for children walking in the street, especially if there are no sidewalks in neighborhood.
- Watch for children playing and congregating near bus stops.
- Be alert. Children arriving late for the bus may dart into the street without looking for traffic.
- Learn and obey the school bus laws in your State, as well as the "flashing signal light system" that school bus drivers use to alert motorists of pending actions:

**Yellow flashing lights indicate** the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to stop their vehicles.

**Red flashing lights and extended stop arms indicate** the bus has stopped and children are getting on or off. Motorists must stop their cars and wait until the red lights stop flashing, the extended stop-arm is withdrawn, and the bus begins moving before they can start driving again.

# LIFE HACKS FOR EBR PARENTS

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

## life·hack

'lɪf, hak/

*Noun*

*Informal*

noun: **life hack**

1. a strategy or technique adopted in order to manage one's time and daily activities in a more efficient way.



### life hacks

Clogged drain? Unclog it with 1 cup of baking soda mixed with 1 cup of white vinegar.

**#185**

1000LifeHacks.com

### life hacks

The best way to clean a microwave: Put a cup of hot water and vinegar inside, turn it on for three to five minutes, and wipe clean with ease.

**#049**

1000LifeHacks.com

### life hacks

Standard blackboard chalk will remove grease stains. Simply rub the stain with the chalk and toss it in the wash like normal.

**#292**

1000LifeHacks.com

### life hacks

Want brand new looking kitchen appliances? Mix 1/4 cup of baking soda in a bowl with enough peroxide to turn it into a paste. Rub this on any kitchen appliance (stove, oven, pans, fridge door handles, etc.) to make it spotless!

**#686**

1000LifeHacks.com

# September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <small>LABOR DAY No school for Students or Employees</small>	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 <small>EARLY DISMISSAL</small>	20 <small>END OF 1ST SIX WEEKS</small>	21	22
23	24	25	26	27	28	29
30						



# SEPTEMBER

# EVENTS

- September 3rd—Labor Day (No school for Students and Employees)
- September 19th—Early Dismissal (11:30 a.m. Secondary/12:45 p.m. Elementary)
- September 20th—End of 1st Six Weeks



# **ONE TEAM, ONE MISSION**



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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