Getting the Most of Orientation

Each new school year brings change. Some students will be heading off to new schools, while others will be simply advancing grade levels at the same school. Parents will be meeting new educators and school principals and adjusting to new policies and practices. Whatever the situation is for your student, school orientation is an important part of starting the year right. Parents should arrive prepared on orientation night with questions and a plan to get the most out of the experience.

**Talk With Your Child**

Ask your child to express his or her feelings about the upcoming school year with you. Some students will be changing classes for the first time, dealing with multiple teachers or heading off to high school. Whatever the specifics are for your child, there is certain to be some trepidation about the new challenges. Discuss any possible concerns your child has, as well as the things he or she is looking forward to. This will help prepare you with a list of questions specific to your child’s needs come orientation night.

**Know What Is Expected of Your Child**

During the orientation, it is good to ask what skills and concepts your child will be expected to master this year. Understanding what your child needs to know is important. It is also helpful to understand how grades are determined in each class. If it is possible to speak with new educators about grading systems, do so. This will help when teacher conferences roll around and parents have a chance to meet with educators to discuss student progress.

**Understand School Policy**

School policies are constantly changing and being updated. You should be aware of any changes made in the last year so that nothing surprises you. As children get older, dress codes become more important and attendance policies become more rigid. It is always important to understand the policies and guidelines being enforced by the school. These can differ even within school districts, so it is best to get these straight from school principals.

**Learn About Extracurricular Activities**

As students mature, more and more activities outside of normal academics become available. Extracurricular activities enrich students’ lives. Orientation night is a perfect opportunity to get a list of available sports, clubs and groups your child may be interested in. These activities build leadership skills and other character traits that might not otherwise be learned inside a classroom. Learn about what is available and discuss these with your child.

**Schedule a Tour**

Touring a school with your child and the school principal after orientation will be a positive experience. This is a time when your child can ask specific questions that will ease the transition into the new school year. Your child may have anxiety about the new year simply because he or she does not know what to expect on that first day. The simple act of experiencing the school grounds before the pressures of that first day can help greatly.

Orientation night is designed to foster a smooth and comfortable transition for students and families into a new environment. Educators welcome parents who come ready to immerse themselves in the details in order to provide the best possible experience for their students.

Arrive prepared and you are sure to get the most out of this year’s orientation.
Starting the new school year can be a time of great excitement... and anxiety. Help calm your child’s fears (and your own) with these teacher-approved tips.

Meet the new teacher

For kids, one of the biggest back-to-school fears is “Will I like my new teacher?” Breaking the ice early on is one of the best ways to calm everyone’s fears. Take advantage of your school’s open house or back-to-school night. Some teachers welcome phone calls or e-mails — another great opportunity to get to know each other before the year begins.

If personal contact with the teacher isn’t possible, try locating the teacher’s picture on a school website or in a yearbook, so your child can put a name with a face. If your child’s teacher sends a welcome letter, be sure to read the letter together.

Tour the school

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground.

With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

Connect with friends

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year’s class and finding out which children are in your child’s class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

Tool up

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.

School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he’s not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

Avoid last-minute drilling

When it’s almost time to stop playing, give a five-minute warning. Giving clear messages to your child is very important.

Chat about today’s events and tomorrow’s plans. While it is important to support learning throughout the summer, don’t spend the last weeks of summer vacation reviewing last year’s curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they’ve forgotten instead of what they remember.

Ease into the routine

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

Have a great school year!
Healthy carbs provide us with lasting energy and are a source of many vitamins, minerals and fiber.

Because carbs raise your blood glucose and insulin levels, it is important to limit serving sizes at each meal. Limit grains, sweets and starches as they cause a quick rise in blood sugar.

Examples and Serving Sizes of Healthy Carbs include:

- 1 small whole piece of fruit (eat edible peels)
- 1/2 cup diced fruit
- 1 cup of berries or melon
- 1 cup of milk (8 oz.) or 6 ounces of unsweetened yogurt
- 1/2 cup beans, legumes or sweet potato

Protein has many functions in the body. It is needed to build and repair body tissues and form hormones and enzymes. Protein helps manage weight by maintaining muscle mass and keeping us full.

Examples and Serving Sizes Include:

- A 3 oz. Chicken Breast is the size of a deck of cards
- 1 whole egg equals once of protein
- 3 dice-sized pieces of cheese equals one once of protein
- A 6 ounce fish filet is the width and length of a checkbook

Purchase wild-caught fish, grass-fed beef and cage-free poultry. They contain a healthier fat profile and are richer in omega-3 fats and lower in omega-6 fats.
EBRPSS School Meal Prices for 2017-18

**LUNCH PRICES**

<table>
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<tr>
<th>Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>For Grades Pre-Kindergarten—12 (Elementary, Middle &amp; High School)</td>
<td>$0.00</td>
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<tr>
<td>*One Lunch Meal at no charge</td>
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<tr>
<td>All eligible adults, visitors, and second meals served to students</td>
<td>$4.00</td>
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<tr>
<td>Extra milk</td>
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**BREAKFAST PRICES**

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<tbody>
<tr>
<td>For Grades Pre-Kindergarten—12 (Elementary, Middle &amp; High School)</td>
<td>$0.00</td>
</tr>
<tr>
<td>*One Breakfast Meal at no charge</td>
<td></td>
</tr>
<tr>
<td>All eligible adults, visitors, and second meals served to students</td>
<td>$2.25</td>
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All EBRPSS schools operating the USDA National School Lunch and Breakfast Program have been approved for the Community Eligibility Provision that allows each student to receive one breakfast and one lunch per day at no charge during the school year 2017-2018.

**ELIGIBLE ADULTS** are defined as those persons employed by the EBRP School Board including teachers, staff, school board personnel and volunteers working with the school program. All eligible adults, except food service personnel and food service volunteers, must pay for their meals. Prepayment for meals is encouraged; no charges will be allowed.

**VISITORS** are defined as all other persons visiting such as parents, grandparents, siblings and other guests of the school.

Note: Reimbursement cannot be claimed for meals served to any adult since both State and Federal appropriations for school meals are based on meals served to enrolled students.
The Baton Rouge Youth Coalition (BRYC) is an after-school program that prepares high-achieving, under-resourced high school students to enter and excel in college. We are currently accepting applications for students who will be in 10th, 11th and 12th grade this school year.

**PHILOSOPHY**

The Baton Rouge Youth Coalition promotes intellectual and emotional exploration and risk-taking by offering programs that allow students to think and express themselves freely. Our primary aims are cultivating Fellows’ intellectual curiosities, guiding them toward greater self-awareness and self-acceptance, and fostering a space in which we all can develop a critical consciousness. Success in the college application process is crucial, and to that end, Fellows are asked to perform at a high level in a variety of ways. But BRYC’s main goal is to help students become critical and creative thinkers, and thoughtful, resilient, engaged citizens.

**CORE PROGRAMS**

BRYC’s Core Programs take place Monday through Thursday between 4-8pm. Except for ACT preparation, these programs are grade-specific, focusing on where Fellows are in their personal and academic development. ACT preparation classes are grouped by performance.

**WHO SHOULD APPLY?**

Applicants must:

- Be in 10th, 11th, or 12th grade during the 2017-2018 school year
- Have an unweighted, cumulative core GPA of 3.3+
- Have an ACT of 18 or higher (rising 12th-graders only)
- Live in a household with an income less than $60,000

**APPLICATION PROCESS**

What is BRYC’s application process like?

**PHASE 1: ONLINE APPLICATION**

Complete our short, online application by filling out some basic information and uploading the following documents:

- Official academic transcript
- ACT score report (rising 12th-graders only)

Have questions? Email us at admissions@thebryc.org.

**PHASE 2: GROUP INTERVIEW**

Qualified applicants will be invited for an in-person interview at BRYC! Parents/guardians will be asked to provide a Form 1040 to verify income level.

Why does BRYC ask for families’ tax forms? We understand that a family’s finances are private. However, BRYC must collect families’ financial information to make sure we are serving students who are most in need of our services. We really appreciate your cooperation.

We are encouraging high-achieving students to apply now at www.thebryc.org/applynow. Contact us at bryc@tjhebryc.org

Lucas Spielfogel, Executive Director of BRYC
Ready4K

IS YOUR CHILD READY FOR KINDERGARTEN?

Register for READY4K!

Parents, sign up to receive free text messages during the school year that promote early literacy skills to prepare your child for pre-k and kindergarten.

Register online at vipsbr.org | 225-226-4700
New Parent Checklist Empowers Families

As a parent of a child in public schools, I appreciate how often I get updates on how he’s doing in school—sometimes as often as once a week! But it often leaves me wondering how my child is stacking up against other kids his age in the district, state and country. And even as an employee at the East Baton Rouge Parish School System, I’m not always sure what questions I should be asking.

This is why I’m excited about a new parent checklist that was developed in collaboration with America Achieves, National Council of La Raza, National PTA, and the United Negro College Fund. The parent checklist includes questions and resources that parents and caregivers can use to help ensure their children are getting the education they deserve. The checklist suggests key questions, tips for educational success and resources for more information.

The checklist follows the set of rights that the U.S. Department of Education recently released outlining what families should be able to expect for their children’s education. The rights follow the educational journey of a student—from access to quality preschool; to engagement in safe, well-resourced elementary and secondary schools that hold all students to high standards; to access to an affordable, quality college degree. The checklist suggests these “key questions” that parents should pose to their child’s educators, including:

**Quality: Is my child getting a great education?**
- How will you keep me informed about how my child is doing on a regular basis? How can we work together if my child falls behind?
- Is my child on grade level, and on track to be ready for college and a career? How do I know?

**Ready for Success: Will my child be prepared to succeed in whatever comes next?**
- How will you measure my child’s progress and ability in subjects including reading, math, science, the arts, social and emotional development, and other activities?
- How much time will my child spend preparing for and taking state and district tests?
- How will my child’s teacher and I know how to use the results to help my child make progress?

**Safe and Healthy: Is my child safe and cared for at school?**
- What programs are in place to ensure that the school is a safe, nurturing and positive environment?
- What are the discipline and bullying policies at the school?
- Are the meals and snacks provided healthy?
- How much time is there for recess and/or exercise?

**Great Teachers: Is my child engaged and learning every day?**
- How do I know my child’s teachers are effective?
- How much time do teachers get to collaborate with one another?
- What kind of professional development is available to teachers here?

**Equity and Fairness: Does my child, and every child at my child’s school or program, have the opportunity to succeed and be treated fairly?**
- How does the school make sure that all students are treated fairly? (For example, are there any differences in suspension/expulsion rates by race or gender?)

Does the school offer all students access to the classes they need to prepare them for success, including English language learners and students with special needs (for example, Algebra I and II, gifted and talented classes, science labs, AP or IB classes, art, music)?
Louisiana Public Broadcasting is sponsoring a special learning project to educate students about the Vietnam War. The project is called “The Hometown Heroes Service Learning Project.” Its goal is collect photos and stories of those veterans whose name are on The Vietnam War Memorial Wall in Washington D.C and those who returned home from the Vietnam War.

Students will have an opportunity to learn about local veterans who served and sacrificed during the Vietnam War. They will hear and record personal stories from veterans and their loved ones; and they will have an opportunity to plan a commemoration to honor their Hometown Heroes. Through this project, history will be given a human face.

This initiative is part of the national Vietnam Memorial Fund’s Hometown Heroes Project, called “Preserving Veterans' Personal Stories.” This activity encourages students to preserve the oral histories of local veterans who served in Vietnam through research and personal interviews. You can find downloadable teachers guide at: http://www.vvmf.org/hometown-heroes.

Tips and instructions for recording oral histories for everyone can be found at LPB’s The Vietnam War: Louisiana Remembers Site. Students who record, document, and submit oral histories will receive a special certificate and recognition from LPB for participating. Upload your stories here: http://www.lpb.org/vietnam.

On Thursday, October 19, 2017, from 9 a.m.—noon, Baton Rouge Community College is inviting area high schools to “Imagine What You Can Do @ BRCC Day”. The activities of the day will include presentations on admission, financial aid, academic programs and campus tours. There will also be break-out sessions focusing on Allied Health and STEM careers, programs and demonstrations by students and faculty. We are SUPER excited about sharing the endless opportunities available to your students right here at YOUR community college!

Join us in the mission to create a better quality of life through the opportunities of education and training.

For more information, please contact Tammy Brown, Special Assistant to the Chancellor at (225)892.8222 or (225)216.8580

http://www.mybrcc.edu/
August 2017

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**August Events**

- August 3rd—8th: Employee In-service
- August 9th: 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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