



Parent Power

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Managing Negative Self-Talk

Children can sometimes believe negative things about themselves. Negative “self-talk” may include thinking they are dumb, ugly, mean, or a bad person. They may say things like “No one likes me,” or “I hate how I look.”

It can be hard to hear your child talk this way about themselves, but you can support them to manage it so they can work through their feelings. This week, we offer tips for helping your child manage their negative self-talk.



We all make mistakes

As humans, we all make mistakes. As adults, we can learn from the experience and grow. We can learn from the experience and grow. We keep trying or we problem solve and do something different. Kids, however, may have a tougher time moving on from the experience. Learning that mistakes are normal (and sometimes frustrating), not bad and to try again or try something else. Learning to say “yet” can be a big motivator. “I am not riding the bike yet, but I’m learning. I’ll keep trying.”

When your child spills or drops something and they say, “I’m so clumsy,” you can normalize that mistake for them, and help them move on. “Everyone drops things once in awhile; let’s just clean it up and then we can start our game.”

It can help to talk to kids about what it means to make mistakes. Talk about mistakes you

have made and how you handled them. Admitting your own failures and frustrations, or times when you felt down on yourself and how you worked through it can teach your child that everyone experiences failure, embarrassment, and negative thoughts at some point in their lives. Here are other points to keep in mind:

- When they say, “I’m dumb” or “You hate me,” can sometimes be reactions to being disappointed or not getting their way.
- Some children learn that criticizing themselves gets attention. Take that as a cue that they could use some one on one time with you and emphasize positive attention.
- Encourage your child to try again after a setback. “You’re not doing it yet, but you are learning!”
- Teach your child how to have fun in a game even if they aren’t the winner. Tell your child that you understand their feelings and help them work out a way of coping with the situation. “Games are like that: sometimes we win, and sometimes we don’t.”

Remember that young children think in all-or-nothing terms. They may think that if they do poorly on one school test, they will fail all their tests. Some children are also “perfectionists” and want to do everything right on the first try. Children can set impossible standards for themselves, which is why it’s so important to be there for them when they struggle.

“Positive self-talk is to emotional pain as a pain pill is to physical pain.”
— Edmond Mbiaka

BREC Holiday Camps

WINTER ZOO CAMP

The Baton Rouge Zoo offers Zoo Camps year-round including spring break, fall break, and winter break. Every Zoo Camp offers: guided hikes through the Zoo, behind-the-scenes tours, animal encounters, keeper chats, crafts, games, and snacks.

December 26-28 / 9 a.m.-4 p.m.

Early drop off at 7:30 a.m. + late pick-up at 5:30 p.m.

Ages: 6-12

\$35 per day EBR Parish residents

\$42 per day out-of-parish residents

This is a single day camp and registration is needed for each individual day (registration is non-refundable)

To register: www.brzoo.org

WINTER HOLIDAY ART CAMP

Enjoy a flurry of cool art projects as we investigate the elements and principles of art.

Dec. 19-21 / 8 a.m.-5 p.m.

Ages: 7-11

\$72 EBR Parish residents

\$85 out-of-parish residents

More info: jpoulter@brec.org

Camp held at Milton J. Womack Park

6201 Florida Blvd

225-383-1470

batonrougegallery.org

SPACE EXPLORATION CAMPS

Campers review highlights of American space program via interactive demos and games. Each session has a theme (to be chosen). The core activity is the construction and launching of two model rockets.

Winter Session:

Dec. 20-21 / Registration begins Oct. 27

8 a.m.-5 p.m.

Ages: 9-13

\$55 EBR Parish resident / \$66 per out-of-parish resident

More info: observatory@brec.org 225-768-9948

Highland Road Park Observatory

13800 Highland Road

225-768-9948

hrpo.org

observatory@brec.org

FOR MORE INFORMATION GO TO:

<http://www.brec.org/index.cfm/page/holidaycamps>



SWAMP HOLIDAY CAMPS

Bring your child to Bluebonnet Swamp for two days of seasonal fun during the holiday breaks. They'll be treated to nature-based activities such as arts and crafts, live animal encounters, hikes, games, and a themed afternoon snack. Campers will need to bring a bag lunch and drink each day. During the Thanksgiving break, campers learn about Autumn's changing colors, nature explorers, and living off the land. During the Christmas break, it's all about animal and plant adaptations for surviving winter, migration, and hibernation. Camp pick-up and drop-off happens at the Education Building. Registration for each holiday camp begins on the first of the month prior.

Dec. 20-21 – Winter Wonders Camp

9 a.m.-4 p.m. / Ages: 7-12

\$48 EBR Parish residents

\$57.60 out-of-parish residents

\$10 additional fee for early drop-off from 7 a.m. + late pick-up until 6 p.m.

Registration is required (max.: 36 children)

More info: 225-757-8905 or sguidry@brec.org

Bluebonnet Swamp Nature Center

10503 N. Oak Hills Parkway

225-757-8905

brec.org/swamp

9 Indoor Activities for Winter Break

Try these indoor activities over winter break to foster active minds and bodies.

AGES: 6-13



Winter break is upon us. It's a chance for kids to relax and for families to spend time together, particularly with celebrations for holidays and the new year. Research has shown improved socioemotional development and academic success when adults spend increased time with kids.

The challenge can be coming up with different activities, particularly with kids suddenly home all day. My team came up with a list of fun activities that you can do with your kids to foster active minds and bodies during this period. Given the extended days and increased chances of inclement weather, we focused on ideas that can be done outside or indoors.

1. **ABC's:** Call out letters of the alphabet and have your kids create the letters with their bodies. Have them work together to make short words. Take pictures so they can see how great (funny) they look!
2. **Animal charades:** Write the name of various animals and a fact about each one on pieces of paper. Place them in a bowl. Take turns picking a paper and acting out the selected animal until someone guesses correctly. Then it's his/her turn! Before changing players, read out the animal's fact. For an extra challenge, try it with no animal sounds.
3. **Color walk:** Tape colorful construction paper or hand towels in a line on the ground, across a large room, varying the color patterns. Have your child walk, hop, bear crawl, etc. across the line. Vary the method and also the colors she can touch. Can she make it across and only step on blue and green? How about on all fours and on yellow? Can he spell each color as he steps on it?
4. **Cotton-ball crawl:** Dump a bunch of cotton-balls in a room of your house and a bowl in the next room.

Challenge your kids to carry all the cotton-balls into the bowl in four minutes. The catch — they need to do it using a spoon and crawling on all fours. Cotton-balls are so light, they'll be flying around. If they make it, challenge them to complete the task in three minutes or time them to find the fastest in the house!

5. **Dance party:** You can have an impromptu party by just throwing on some music and getting everyone dancing. Alternatively, you can let everyone pick different songs and develop their own routines for a family performance. Note — this is also a chance for Dad to "show off" his classic moves, like "The Worm" or "The Lawnmower."
6. **Flying with numbers:** Grab a large poster board or construction paper and cut out different-sized circles. Write points below each circle, the smaller the circle the higher the points. Then, make paper airplanes and have your kids fly the planes through the circles. For a quick math review, have them keep track of their own points on a scoreboard and then add the scores up to see who the winner is!
7. **Freeze frame:** For a twist on the classic game, use stuffed animals. Gather some stuffed animals, play music, and let the kids dance along until an adult pauses the song. Have them "freeze" and if anyone moves, he/she gets a stuffed animal "dance partner." Keep playing until all the stuffed animals are "dancing."
8. **Speed-read:** While practicing some reading skills, pick a word in the book that is either unique or appears frequently. Every time the word is read out loud, have your child stand up, jump, and sit back down. You can also join in on the fun!
9. **Tape activities:** Using different colors of painter's tape, lay out a straight line, a zig-zag line, and a curved line. Have your child walk, hop, walk backwards, crab walk, and more over the lines. Then grab pom-poms or small cotton-balls and a straw. Have them blow the cotton-balls across the line. You can also use tape to make play hopscotch indoors!

I wish you a very joyful holiday season with your loved ones and I hope this list helps you spend some fun time together!





Promoting Healthy Living for EBR Families

Skin Care: 5 Tips for Healthy Skin

Good skin care — including sun protection and gentle cleansing — can keep your skin healthy and glowing.

Don't have time for intensive skin care? You can still pamper yourself by acing the basics. Good skin care and healthy lifestyle choices can help delay natural aging and prevent various skin problems. Get started with these five no-nonsense tips.

1. Protect yourself from the sun

One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems — as well as increase the risk of skin cancer.

For the most complete sun protection:

- Use sunscreen. Use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or perspiring.
- Seek shade. Avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- Wear protective clothing. Cover your skin with tightly woven long-sleeved shirts, long pants and wide-brimmed hats. Also consider laundry additives, which give clothing an additional layer of ultraviolet protection for a certain number of washings, or special sun-protective clothing — which is specifically designed to block ultraviolet rays.

2. Don't smoke

Smoking makes your skin look older and contributes to wrinkles. Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow and makes skin paler. This also depletes the skin of oxygen and nutrients that are important to skin health.

Smoking also damages collagen and elastin — the fibers that give your skin strength and elasticity. In addition, the repetitive facial expressions you make when smoking — such as pursing your lips when inhaling and squinting your eyes to keep out smoke — can contribute to wrinkles.

In addition, smoking increases your risk of squamous cell skin cancer. If you smoke, the best way to protect your skin is to quit. Ask your doctor for tips or treatments to help you stop smoking.

3. Treat your skin gently

Daily cleansing and shaving can take a toll on your skin. To keep it gentle:

- Limit bath time. Hot water and long showers or baths remove oils from your skin. Limit your bath or shower time, and use warm — rather than hot — water.
- Avoid strong soaps. Strong soaps and detergents can strip oil from your skin. Instead, choose mild cleansers.
- Shave carefully. To protect and lubricate your skin, apply shaving cream, lotion or gel before shaving. For the closest shave, use a clean, sharp razor. Shave in the direction the hair grows, not against it.
- Pat dry. After washing or bathing, gently pat or blot your skin dry with a towel so that some moisture remains on your skin.
- Moisturize dry skin. If your skin is dry, use a moisturizer that fits your skin type. For daily use, consider a moisturizer that contains SPF.

4. Eat a healthy diet

A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. The association between diet and acne isn't clear — but some research suggests that a diet rich in fish oil or fish oil supplements and low in unhealthy fats and processed or refined carbohydrates might promote younger looking skin. Drinking plenty of water helps keep your skin hydrated.

5. Manage stress

Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. To encourage healthy skin — and a healthy state of mind — take steps to manage your stress. Get enough sleep, set reasonable limits, scale back your to-do list and make time to do the things you enjoy. The results might be more dramatic than you expect.

EARLY CHILDHOOD EDUCATION CORNER

Understanding Revoked Licenses and Unlicensed Centers: A Parent Guide for Avoiding Illegal Child Care Centers

Parents and families choosing a child care center for their child should be aware of two registries of centers and individuals that have been found to be operating in unsafe or illegal conditions.



1. Registry of Revoked Early Learning Center Licenses:

The registry of revoked early learning center licenses is a list of centers that have lost their right to operate. This is typically due to a violation or failure to comply with licensing laws, regulations, or minimum standards. Centers that have had their licenses revoked are not allowed to operate for a period of 24 months following their revocation.

Parents are advised to avoid enrolling their child in any center on the revoked license list if they are found to still be open.

2. Registry of Individuals Prohibited from Operating Unlicensed Early Learning Centers:

The registry of prohibited individuals is a list of individuals who are prohibited from operating an unlicensed child care center. This is typically the result of having operated a center without a valid license issued by the Department of Education. These individuals are under a court order or injunction prohibiting them from operating a child care center without a license.

Parents are advised to avoid enrolling their child in any center operated by the individuals listed on the prohibited individual's registry unless they verify with Licensing that the individual has a current license issued by the Department.

REPORTING SUSPICIOUS ACTIVITY

Any suspected operation by a center whose license has been revoked or by a center that does not have a valid license issued by the Department should be immediately reported to the Louisiana Department of Education Division of Licensing.

Click the link below to:

[View a Registry of Revoked Learning Center Licenses.](#)

Click the link below to:

[View a Registry of Individuals Prohibited from Operating Unlicensed Early Learning Centers.](#)

UNDERSTANDING EARLY LEARNING CENTER LICENSES

Parents and families should familiarize themselves with the early learning center license below. This is an example of the Early Learning Center License that is issued by the Louisiana Department of Education.

Parents should make sure that the information on the license is current and completed. All early learning centers are required to have an active and valid license that is available for parents to review. Any suspicion of an unlicensed early learning center must be reported to the Louisiana Department of Education Division of Licensing immediately.

Click the link below to:

[View a sample of an Early Learning Center's license.](#)

The Louisiana Department of Education
Division of Licensing can be contacted
at:

Email: LDELicensing@la.gov
Phone: (225) 342-9905,
toll-free at 1-877-453-2721

HEALTHY HOLIDAY EATING

This healthy holiday recipe is provided the Metabolic Kitchen at Pennington Biomedical Research Center

Sweet Potato Pie with Oatmeal Crust

Recipe makes 8 servings, 1 serving is 280 calories, 5g protein, 32g carbohydrate, 2g fiber, 15g fat

For the crust:

Ingredients:

- 1 cup instant (quick) oats
- 1 Tbsp firmly packed brown sugar
- 1/2 cup all-purpose flour
- 1/4 tsp salt
- 4 tablespoons (1/2 stick) salted butter, melted
- 1 Tbsp water

Instructions:

Heat oven to 350°F. Spray a 9-inch glass pie plate with cooking spray. In large bowl, combine the oats, brown sugar, flour, and salt. Add the melted butter and tablespoon of water to the bowl, and stir the mixture with a fork until all ingredients are evenly moistened. Press the mixture evenly onto the bottom and sides of the prepared pie plate. Bake the crust for 12 to 15 minutes, or until golden brown. Remove from the oven and let cool. (Crust only: 126 calories, 3g protein, 15g carbohydrate, 1g fiber, 7g fat)



For the filling:

Ingredients:

- 2 medium sweet potatoes, cooked until soft, and peeled (about 1 1/2 cups mashed)
- 1/3 cup salted butter, melted and cooled
- 1/3 cup packed brown sugar
- 1/2 cup apple juice
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 prepared pie crust*

Instructions:

In a large bowl, combine the sweet potatoes, butter, brown sugar, apple juice, eggs, vanilla, cinnamon, nutmeg, and salt. Mix together until very smooth. If necessary, use a standard or immersion blender until the mixture is a pureed consistency. Pour the mixture into a prepared 9" pie crust, and bake at 350°F for 30-35 minutes, or until the center of the pie is no longer jiggly, and the surface feels firm to the touch. Let cool completely before cutting. (Pie filling only: 156 calories, 2g protein, 17g carbohydrates, 1g fiber, 9g fat)

*Pie filling can also be poured into a greased 9" pie plate and baked without a crust.

Do you encourage your child to spend time reading?



Reading for pleasure helps students build valuable comprehension and vocabulary skills. But many middle schoolers say they just don't have time to read. Are you encouraging your child to make time for reading? Answer *yes* or *no* to the questions below to find out:

_____ 1. **Do you keep** all types of reading material around the house? Include magazines, newspapers, books, manuals, catalogs—anything with words!

_____ 2. **Do you schedule** regular trips to the library so your child has plenty of opportunities to check out

books?

_____ 3. **Do you link** reading to your child's interests by suggesting books on topics that are important to her?

_____ 4. **Do you set** a good example by reading in front of your child and talking about the things you read?

_____ 5. **Do you have** a regular time for family reading? You might set aside one evening a week.

How well are you doing?

Mostly *yes* answers mean you are strongly encouraging



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 multitasking, the longer their studies take.
- **Be a role model yourself.** Don't check your phone during family dinner or (especially) while driving.

SOURCE: K. Kowalski, "When Smartphones Go to School," Science News for Students, niswc.com/mid_smartphone.

LIFE HACKS FOR EBR PARENTS

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

life-hack

'lɪf ˌhæk/

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

Forget to put something in your Christmas card this season? Place the sealed envelope in the fridge for an hour. It will unseal it giving you a second chance to use it.

#989

1000LifeHacks.com

life hacks

Potatoes should be mashed using warm milk only. Cold milk will make your potato turn gray.

#996

1000LifeHacks.com

life hacks

If you're coughing uncontrollably, raise your hands above your head and it will stop!

#991

1000LifeHacks.com

life hacks

Phone charger not working? Use a toothpick to clean it out. Most of the time it's just filled with lint from being in your pocket. Pull it out and it'll work like new again.

#982

1000LifeHacks.com

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Early Dismissal	15
16	17 Early Dismissal	18 Early Dismissal	19 Winter Break No School	20 Winter Break No School	21 Winter Break No School	22
23	24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School	29
30	31 Winter Break No School					



EVENTS

- December 14th-18th—Early Dismissal (11:30 a.m. Secondary/12:45 p.m. Elementary)
- December 18th—End of 3rd Six Weeks/2nd Nine Weeks/1st Semester
- December 19th--31st—Christmas Winter Break

EBR



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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