Dr. Martin Luther King Jr. once said, “Life’s most persistent and urgent question is, ‘What are you doing for others?’” The MLK Day of Service is an opportunity to honor his legacy and commit ourselves as citizens by volunteering in service to one another.

This year’s Day of Service project targeted the East Baton Rouge Parish School System (EBRPSS) to promote healthy lifestyles among students.

Kathleen Sarsfield, Executive Director of the Foundation for EBRPSS, and district staff worked with the leadership team at Ochsner to develop a service project that would benefit schools at all levels. Ochsner employees donated items and assembled “Manage Life Kits” (MLKs) – one for each of our 83 schools.

Students attend school daily to receive instruction while facing many challenges stemming from home life conditions that may lack the resources many of us take for granted. Our children often lack items needed to address simple hygiene and/or personal daily health needs. Youth hygiene and personal care are ongoing life management skills EBR public schools stress to all students, but current funding does not cover these necessities.

The Managing Life Kits (MLK) assembled and donated by Oshner will provide a resource for administrators and school staff to assist students with daily self-care and personal hygiene challenges. Having a MLK on-site will allow challenges to be dealt with quickly at school – thus reducing the need for parents to leave work or for students to miss school simply to address these needs.

Plans to replenish supplies are also in the works. In addition to the kits, Ochsner employees wrote thank you notes to EBRPSS teachers in appreciation of all their hard work to educate our children (in the spirit of MLK Day).
PARENT AND FAMILY TECHNOLOGY TRAINING

WHEN:
February 11th
4:30 p.m. – 6:00 p.m.

WHERE:
Tara High School
9002 Whitehall Avenue, Baton Rouge, LA 70806
Location on Campus:
Library/South Commons Area

- Vendors - Informational Sessions - Refreshments - Door Prizes

Join us for an evening of learning while becoming knowledgeable and tech savvy at the same time!

“THE PURPOSE OF TECHNOLOGY IS NOT TO CONFUSE THE BRAIN BUT TO SERVE THE BODY.”
-WILLIAM BURROUGHS

ALL FAMILIES ARE WELCOME

PARENT AND FAMILY ENGAGEMENT

VENDORS
State of Louisiana Department of Justice
Cyber Division
LA Healthcare Connection
Manners of the Heart
IBM - Tara High School
EBRPSS Technology Integration Department
Neighbors Federal Credit Union
East Baton Rouge Parish Library - Teen Services
Families Helping Families
Employ Baton Rouge
EBRPSS - ICARE

BENEFITING
The East Baton Rouge Parish School System Community
**NEW TO PARENT POWER**

EBR family and friends, I am pleased to introduce you to two of our partners in education that will have a dedicated page in this newsletter moving forward.

**Mission**

Our mission is to restore respect and civility in our society by equipping schools, encouraging families and engaging communities in respect-based Heart Education.

**Vision**

We envision a world where the attitude behind the action reflects respect.

**Core Values**

We strive to be people of INTEGRITY.
We treat others with RESPECT.
We CARE for each other and those we serve.
We seek CONTINUOUS IMPROVEMENT in all that we do.
We aim for EXCELLENCE.

**Energy Conservation Tips**

This month we introduce a new column featuring monthly energy conservation tips. School staff, employees, and students can use these tips to save energy at work, at school, and at home to help save money on utility bills.

These tips are being provided by the East Baton Rouge Parish School System’s Aramark Energy Management Team. Since their inception, the Energy Management Team has reduced the school system’s energy use by over 30%, and is helping keep the utility budget as low as possible.

The Team’s motto is “EBR Energy Wise! SEE. ACT. SAVE.” So, if you SEE energy being wasted, ACT to stop the waste, and SAVE energy as a result.

Jill Garner, Founder/Executive Director
763 North Boulevard
Baton Rouge, LA 70802
Office: (225)383-3235
Fax: (225)381-3090
mannersoftheheart.org

https://mannersoftheheart.org/families/family-resources#newsletters
How do you build your child’s trust? By keeping your promises. But you must accept your child’s understanding of a “promise.” A child’s definition of a promise is “But you said you would (fill in the blank)!” To a child, your yes is a promise...There is no distinction between an affirmative answer and a promise...it’s all one in the same.

“We’ll see” doesn’t mean no, it means “We’ll take another look at it.”

“How, I’ll have to think about it” doesn’t mean no, your child assumes you are thinking about it. A child cannot distinguish the grey in our answers, because their world is black and white...right or wrong...As it should be. We’re the ones who teach them otherwise.

To your child, you promised that you would...

- Be on time to pick them up from school or sports practice.
- Take your son fishing this Saturday morning rather than your standard golf game with your buddies.
- Serve heart-shaped pancakes for breakfast one morning.
- Fill your families’ book sacks and briefcases with love notes.
- Leave a Valentine with chocolate for the mailman.
- Take your coworkers old-fashioned children’s cards with a sweet treat.
- Surprise your friends with a card left at their door.
- Take along a bag of hugs and kisses to share with everyone you meet.
- Prepare a special supper of everyone’s favorites foods, even if the selections don’t go together.
- Leave the television off for the evening and enjoy one another’s company.
- Read an old classic book aloud before bedtime.
- Give out real hugs and kisses and “I love you” as you tuck everyone in for the night.
- Make heart-shaped grill cheese sandwiches to accompany soup one night for supper.
- Learn your family members’ love language through Gary Chapman’s Love Language Test: https://www.5lovelanguages.com/2018/06/the-five-love-languages-defined/
- Write each family member a love letter, expressing all the ways that make them special!
- Write love notes on sticky notes and put them everywhere!!

Teaching moments come everyday at every age, easy ones, like those above and hard ones, too: The wailing two year old who wants to know who’s really in charge, “Mom or me?” The five year old who refuses to eat his supper and demands an alternate menu. The eleven year old complaining because she can’t go to the PG-13 movie with her friends. If you’ve made the decision ahead of time to raise respectful children regardless of what difficulties come along, the way to handle each of these situations is clear.

The two year old finds out Mom is in charge when Mom, without raising her voice, stands her ground without giving in. The five year old understands that Dad is head of the table when he’s excused without supper. The eleven year old discovers that complaining will not change a “rule of the house.”

Building your child’s trust leads to a deep connection and deeper love through the years.

The sentiment of a classic song from the sixties is just as true today: “What the world needs now is love, sweet love. No not just for some, but for everyone.”

SOURCE: Manners of the Heart
LOVE, LOVE, LOVE

Did you know the more love you give away, the more you have to give?

None of us can love perfectly, but we can strive to love better. I promise if you’ll worry more about loving others than others loving you, you’ll soon discover the indescribable joy of giving love away. Don’t worry, you won’t run out…love renews itself when we love without expectation of return, especially within our families.

Beneath the mound of disappointments, the moments of anger, and the stress and strain of living together, love is the thread that can hold a family together, if you choose love. Love isn’t just an emotion, it’s a choice.

You can choose to love when you’re disappointed. You can choose to love when you’re angry. You can choose to love when you don’t feel love. When you choose to love regardless of the circumstances, love unlocks hearts hardened from everyday life.

Parents, your children learn how to love by the way they are loved. A child, whose heart is filled with the love of parents, doesn’t need to look in the world for his/her heart to be filled.

Busy schedules and too many toys empty a child’s heart. Time, discipline, and words of affirmation fill a child’s heart.

**Time** Listening, talking, and working on projects together convey love to your child. Disneyworld is remembered, but the little everyday touches make a lasting imprint on your child’s heart.

**Loving discipline** A child who is not disciplined grows up resenting parents who didn’t love them enough to train them to be responsible. Our children count on us to teach them, guide them, and train them in the habits that will lead to success.

**Words of affirmation** A child who is demeaned with words that attack their being rather than their behavior develop bitterness and rebellion. A child responds to our words, either positively or negatively. A child’s attitude toward others is shaped by the interactions our child has with us.

SOURCE: Manners of the Heart
A Wise Approach to Saving Energy

Top 3 Ways to Save Energy with Computers and Electronic Devices

How about a New Year’s resolution that will actually save you money! Put your computers, monitors, home office equipment, classroom smart boards, and other electronics on an energy diet. Take steps to trim energy use and keep more money in your pocket. ENERGY STAR(*) estimates that using these features will save up to $30 a year on a typical household’s electricity bills.

1. Unplug electronics, or turn off the power switch when not in use. Or, use a power strip and use the switch on the power strip to cut all power to the device to avoid “vampire” loads.

Vampire loads can be devices and appliances that continue to draw a small amount of power when they are switched off.

2. Use sleep mode and power management features whenever available.

Spending a portion of time in low-power mode not only saves energy, but helps equipment run cooler and last longer.

3. Unplug battery, laptop, tablet and cell phone chargers when the batteries or devices are fully charged or the chargers are not in use.

These chargers continue to draw a small amount of power when plugged into an electrical outlet, even when the battery-operated device is not connected.

Read more...

(*) ENERGY STAR is a U.S. Environmental Protection Agency voluntary program that helps businesses and individuals save money and protect our climate through superior energy efficiency. Learn more about ENERGY STAR.

This energy conservation tip is provided by the East Baton Rouge Parish School System’s Aramark Energy Management Team. For more information please contact us at 225-226-3723, or savoie-don@aramark.com.
Why is 2020 a LEAP Year?
Learn how LEAP years keep our calendar accurate

2020 is a leap year! Find out why and what this means, and see when the next leap year will be. Plus, we’ll explain why leap years are necessary and share the fun folklore surrounding them.

WHAT IS A LEAP YEAR?

Simply put, a leap year is a year with an extra day—February 29—which is added nearly every four years to the calendar year.

Why Are Leap Years Necessary?

Adding an extra day every four years keeps our calendar aligned correctly with the astronomical seasons, since a year according to the Gregorian calendar (365 days) and a year according to Earth’s orbit around the Sun (approximately 365.25 days) are not the exact same length of time. Without this extra day, our calendar and the seasons would gradually get out of sync.

Because of this extra day, a leap year has 366 days instead of 365. Additionally, a leap year does not end and begin on the same day of the week, as a non-leap year does.

HOW DO YOU KNOW IF IT’S A LEAP YEAR?

Generally, a leap year happens every four years, which, thankfully, is a fairly simple pattern to remember. However, there is a little more to it than that.

Here are the rules of leap years:

A year may be a leap year if it is evenly divisible by 4. Years that are divisible by 100 (century years such as 1900 or 2000) cannot be leap years unless they are also divisible by 400. (For this reason, the years 1700, 1800, and 1900 were not leap years, but the years 1600 and 2000 were.)

If a year satisfies both the rules above, then it is a leap year.

Why Is 2020 a Leap Year?

2020 happens to follow the rules of leap years:

2020 divided by 4 equals 505 with no remainder. 2020 is not a century year, so it does not need to be divisible by 100 or 400. Therefore, 2020 abides by the rules of leap years and will have an extra day added to it: Saturday, February 29.

WHEN IS THE NEXT LEAP YEAR?

A leap year occurs every four years.

<table>
<thead>
<tr>
<th>Year</th>
<th>Leap Day</th>
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<tbody>
<tr>
<td>2020</td>
<td>Saturday, February 29</td>
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<tr>
<td>2024</td>
<td>Thursday, February 29</td>
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<tr>
<td>2028</td>
<td>Tuesday, February 29</td>
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<tr>
<td>2032</td>
<td>Sunday, February 29</td>
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WHY DO WE NEED LEAP YEARS?

The short explanation for why we need leap years is that our calendar needs to stay aligned with the astronomical seasons.

One orbit of Earth around the Sun takes approximately 365.25 days—a little more than our Gregorian calendar’s nice, round number of 365. Because the calendar does not account for the extra quarter of a day that the Earth requires to complete its orbit around the Sun, it doesn’t completely align with the solar year.

Because of this .25 difference, our calendar gradually gets out of sync with the seasons. Adding an extra day, aka a “leap day,” to the calendar every 4 years brings the calendar in line and therefore realigns it with the seasons.

Without leap days, the calendar would be off by 5 hours, 48 minutes, and 45 seconds more each year.

After 100 years, the seasons would be off by 25 days! Eventually, the months we call February and March would feel like summer months in the Northern Hemisphere.

The extra leap day adjusts this drift, but it’s not a perfect match: Adding a leap day every four years overcompensates by a few extra seconds each leap year, adding up to about three extra days every 10,000 years.

WHAT IS A LEAP DAY? AND A LEAPLING?

A “leap day” is the extra day in the leap year: February 29.

A “leapling” is a person born on a leap day.

SOURCE: The Old Farmer’s Almanac
“Bringing the students, programs and places of the East Baton Rouge Parish School System into FOCUS”

Please click on the links below to access EBR TV news segments:

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<tr>
<th>SCHOOL/FEATURED NEWS SEGMENT</th>
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<td>MLK Day of Service Project by Ochsner and the Foundation for EBRPSS</td>
<td><a href="https://www.youtube.com/watch?v=aT8SUzdSKW0">https://www.youtube.com/watch?v=aT8SUzdSKW0</a></td>
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<td>BR FLAIM Celebrates Chinese New Year</td>
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<td>Audubon Elementary Celebrates the 100th Day of School</td>
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<tr>
<td>Eric Alexander teaches Master Jazz Class to EBR Students</td>
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<tr>
<td>Highland Elementary Tree Dedication</td>
<td><a href="https://www.youtube.com/watch?v=ULREBXhxuuU&amp;t=4s">https://www.youtube.com/watch?v=ULREBXhxuuU&amp;t=4s</a></td>
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<tr>
<td>White Hills Elementary partners with Taylor Porter Law Firm: Read for Success Program</td>
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<td>Mad City Money at EBRPSS</td>
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EBR, help us to help you tell your story. Please click on the link below to Request Media Coverage:

https://docs.google.com/forms/d/e/1FAIpQLSc9V6hm7O_qcwDpzOzBdxYSGHGF71cx8fQGay6Xn_24ITIPEA/viewform
Healthy Hydration

If you’re looking to feel better, more energized and be a better version of you in the new year, make a new year’s intention that focuses on healthy hydration. In addition to having more energy, being properly hydrated can help to improve your mood and concentration. (1) Not sure how to fit more water into your day? Try one of these tips:

• Use colorful rubber bands as a cue. In the morning, wrap five or six rubber bands around the top of your reusable water bottle. Each time you finish the bottle, move a rubber band to the bottom of your bottle. The visual reminder will help to keep you on track.
• Create mental triggers. For example: every time you sit down at your desk at work take a drink, take a sip during every TV commercial break, you get the idea!
• Set a timer on your phone for every 30 or 45 minutes to remind you to take a drink.
• Take your reusable water bottle with you everywhere you go; running errands, to a friend’s house, to work, to book club, to the doctor’s office.
• If you get bored with plain old water, infuse it with fresh fruits, veggies, and herbs to add flavor without added sugar or artificial ingredients.

Use these 3 simple steps for infusing water:

• Wash all fruits and veggies before slicing and dicing.
• Add your desired ingredients to your reusable water bottle and then fill with cold water.
• For best flavor, refrigerate for at least one hour. Note that some fruits and herbs will infuse more quickly than others.

Try experimenting with sparkling, seltzer or unsweetened coconut water as the base.

The flavor combinations are endless. A few favorites include:

• Pineapple + Lemon + Pomegranate
• Blueberries + Lime + Mint
• Orange + Cinnamon Sticks + Clove

And don’t forget about 100% juice! In additional to being hydrating. 100% juice contains vitamins to help keep your body humming. If you like drinks with a little fizz, combine 100% juice with seltzer for even more refreshment.

Pineapple Grapefruit Spritz

Serves: 2

• 8oz pineapple juice
• 3oz grapefruit juice
• 6oz sparkling or seltzer water

Combine juices and water in a pitcher. Serve over ice and garnish with fresh grapefruit and rosemary sprigs.

*Recipe courtesy of Dole Packaged Foods.

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

life·hack

ˈlɪfˌhak/
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**

If you feel like you’re going to vomit, start humming. It’s nearly impossible to gag while humming.

#909
1000LifeHacks.com

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**life hacks**

Man Hack: Wearing a red shirt makes women find you more attractive. Many studies have shown that that women are culturally and biologically attracted to men wearing red.

#910
1000LifeHacks.com

---

**life hacks**

While filling your bath, drop in 5-10 green tea bags. Soaking in this will detox your body, relax you, and give your skin a bountiful amount of minerals!

#923
1000LifeHacks.com

---

**life hacks**

When an eighteen wheeler starts flashing his hazard lights on the highway, it means he’s slowing down faster than normal because of congestion or an accident up ahead so make sure to stay back.

#914
1000LifeHacks.com
February 2020

- February 18th—End of 4th Six Weeks
- February 19th—Early Dismissal:
  11:30 a.m Secondary/12:45 p.m. Elementary
- February 24th & 25th Mardi Gras Holiday
  (No School for Student or 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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