If you need financial aid to help you pay for college, you must complete the Free Application for Federal Student Aid (FAFSA®) form. The 2019–20 FAFSA form will be available on Oct. 1, 2018. You should fill it out as soon as possible on or after Oct. 1 at the official government site, fafsa.gov. It'll be easier to complete the FAFSA form if you gather what you need ahead of time. Below is what you'll need to fill it out.

**Your FSA ID**—A FSA ID is a username and password that you can use to log in to certain U.S. Department of Education (ED) websites. Each student, and one parent of each dependent student, will need an FSA ID to complete the FAFSA process on fafsa.gov. We recommend creating your FSA ID early—even before you're ready to complete the FAFSA form—to avoid delays in the process.

1. **Your Social Security number**—You can find the number on your Social Security card. If you don't have access to it, and don't know where it is, ask your parent or legal guardian or get a new or replacement Social Security card from the Social Security Administration. If you are not a U.S. citizen, but meet Federal Student Aid's basic eligibility requirements, you'll also need your Alien Registration number.

2. **Your driver's license number**—If you don't have a driver's license, then don't worry about this step.

3. **Your 2017 tax records**—In case you didn't hear about the changes we made to the FAFSA process, beginning with the 2017–18 FAFSA form, we now require you to report income information from an earlier tax year. On the 2019–20 FAFSA form, you (and your parents, as appropriate) will report your 2017 income information, rather than your 2018 income information.

Since you'll probably already have filed your 2017 taxes by the time the FAFSA form launches, you'll be able to import your tax information into the FAFSA form right away using the IRS Data Retrieval Tool (DRT). (No more logging back in to update after filing taxes!)

Not everyone is eligible to use the IRS DRT; and the IRS DRT does not input all the financial information required on the FAFSA form. Therefore, you should have your 2017 tax return and 2017 IRS W-2 available for reference.

The IRS DRT is the fastest, most accurate way to input your tax return information into the
FAFSA form. To address security and privacy concerns related to the IRS DRT, the tax return information you transfer from the IRS will not be displayed on fafsa.gov or the IRS DRT web page. Instead, you’ll see “Transferred from the IRS” in the appropriate fields on fafsa.gov.

You cannot use your 2018 tax information. We understand that for some families, 2017 income doesn’t accurately reflect your current financial situation. If you have experienced a reduction in income since the 2017 tax year, you should complete the FAFSA form with the info it asks for (2017), and then contact each of the schools to which you’re applying to explain and document the change in income. They have the ability to assess your situation and make adjustments to your FAFSA form if warranted.

You cannot update your 2019–20 FAFSA form with your 2018 tax information after filing 2018 taxes. 2017 information is what’s required. No updates necessary; no updates allowed.

5. Records of your untaxed income—The FAFSA questions about untaxed income may or may not apply to you; they include things like child support received, interest income, and veterans noneducation benefits. On the 2019–20 FAFSA form, you’ll report 2017 tax or calendar year information when asked these questions. Find specific details for parents and students.

6. Records of your assets (money)—This section includes savings and checking account balances, as well as the value of investments such as stocks and bonds and real estate (but not the home in which your family lives). You should report the current amounts as of the date you sign the FAFSA form, rather than reporting the 2017 tax year amounts.

Note: Misreporting the value of investments is a common FAFSA mistake. Please carefully review what is and is not considered a student investment and parent investment to make sure you don’t over- or under-report. You may be surprised by what can (and cannot) be excluded.

7. List of the school(s) you are interested in attending—Be sure to add any college you’re considering, even if you haven’t applied or been accepted yet.

Even if there is only a slight chance you’ll apply to a college, list the school on your FAFSA form. You can always remove schools later if you decide not to apply, but if you wait to add a school, you could miss out on first-come, first-served financial aid.

The schools you list on your FAFSA form will automatically receive your FAFSA results electronically. They will use your FAFSA information to determine the types and amounts of financial aid you may receive.

If you add a school to your FAFSA form and later decide not to apply for admission to that school, that’s OK! The school likely won’t offer you aid until you’ve been accepted anyway.

You can list up to 10 schools at a time on your FAFSA form. If you’re applying to more than 10 schools, here’s what you should do.

TIP: To be considered for state aid, several states require you to list schools in a particular order (for instance, you might need to list a state school first). Find out whether your state has a requirement for the order in which you list schools on your FAFSA form.

* If you’re a dependent student, you will need this information for your parents as well.
New Mobile App to Complete the FAFSA Form

There's a new, easy, and secure way to complete the Free Application for Federal Student Aid (FAFSA) form. Use the myStudentAid mobile app to complete the 2019-2020 form and explore Department of Education resources. The app provides a customized experience based on whether you are a student, parent, or preparer. You can also view your federal student loan and aid history, get contact information for Federal Student Aid (FSA) contact centers, and more.

Get the myStudentAid App

Click Here for the App
The Louisiana AFL-CIO will be awarding three $1000 scholarships at the 64th Annual Convention in March.

All contestants must have their application materials postmarked by January 11, 2019, and mailed directly to Ms. Julie Cherry at the Louisiana AFL_CIO Scholarships, P.O. Box 3477, Baton Rouge, LA 70821. **Please note:** The postmark deadline cannot be extended.

To be eligible to enter this essay contest, all contestants must be high school seniors residing in the State of Louisiana whose parent/step parent is a member of an affiliated local union in good standing with the Louisiana AFL-CIO.

An essay is required for consideration in this competition. The topic of the essay is “How Do Unions Help Workers in Today’s Economy?”. The rules are as follows:

1. Contestants are expected to use encyclopedias, textbooks, the Internet, biographies, bulletins, newspaper articles, the AIL Labor Letter, reports of private organizations or governmental agencies, personal interviews with union personnel (other than parents), and other research materials deemed appropriate as sources of information. Research materials should be properly cited and documented.

2. The contestant’s application must include the following:

   A. A one page cover sheet showing the student’s name, address, phone number, name of school, name of parent who is a union member, and the complete name, local union number and telephone number of the local union of which the parent is a member.

   B. All applicants must submit an essay of 1,500—2,000 words on the topic. **DO NOT put your name on the essay!**

   C. A current copy of the applicant’s high school transcript.

The scholarships will be awarded primarily on the basis of the essay’s worthiness, but the required information will be considered as well. Essays will be judged on the basis of the ideas presented and developed, the quality and pertinence of the reference information employed, and the overall clarity and originality of the essay. The scholarships are offered by:

AMERICAN INCOME LIFE INSURANCE COMPANY, Sponsoring the Emile J. Bourg, Sr. Scholarship Award

THE LOUISIANA AFL-CIO, Sponsoring the Victor Bussie Scholarship Award, Sponsoring the Gordon Flory Scholarship Award

LOUISIANA OFFICE
429 Government Street
P.O. Box 3477
Baton Rouge, Louisiana 70821-3477
Phone: (225)383-5741
Fax: (225)383-8847
The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu. The tips and resources below will help you learn about steps you can take to protect yourself and others from flu and help stop the spread of germs.

1. **Get Vaccinated.** The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. There are several flu vaccine options for the 2018-2019 flu season.

   Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### Preventing Flu at Work and School

**AT SCHOOL**
- Find out about plans your child’s school, child care program, or college has if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Make sure your child’s school, child care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.

**At Work**
- Find out about your employer’s plans if an outbreak of flu or another illness occurs and whether flu vaccinations are offered on-site.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.
What a difference a year makes! Your 4-year-old isn't a toddler anymore, but a full-fledged preschooler. Like many parents, you may be wondering what developmental milestones to be watching for, particularly as you anticipate kindergarten in the not-so-distant future. Keeping in mind that every child develops in his or her unique way, here are some of the key milestones you may observe:

**Reading Development:**
- Understands the idea of what a word is in print — and that words and sentences are read from left to right
- Holds a book correctly and turns pages front to back
- Has memorized some favorite books and can recite them along with you.
- Knows some upper- and lowercase letters, and understands that letters stand for sounds (“B makes the buh sound”)
- Can recognize his name and some familiar words in signs around them (such as “stop”)
- Can identify whether or not two words rhyme, or whether they start with the same sound

**Physical Development:**
- Can walk heel-to-toe and run
- May be able to climb jungle gyms at the playground (but needs close supervision!)
- Can kick a ball
- Can stand on one foot for four or five seconds
- Can draw simple shapes, use scissors, and string beads
- Can dress, undress, and brush teeth

**Language Development:**
- On average, a 4-year-old knows about 4,000 to 6,000 words, but don’t start counting! If your child’s vocabulary is increasing — and she shows an interest in learning and using new words — she’s on track!
- His sentences are getting longer (4 to 5 words) and may have more variety (“Grandma got me that, didn’t she?”)
- Can listen to details and retell a story

**Emotional Development:**
- Still has difficulty sharing but is beginning to understand taking turns
- Wants to please friends (and maybe you too!)
- May be quick to get angry but tries to control it or express it through words
Different Learning Styles

Learn what different learning styles your child possesses and how to best nurture them.

No particular learning style is “better” than another, and most people have a mix of a few different learning styles. Because of that, it’s important for parents and educators to help kids exercise different learning styles, not just the ones that match them best. Reinforcing strong learning styles help build a child’s confidence, while addressing weaker learning styles help enhance overall development.

(Sometimes different learning styles are confused with “multiple intelligences” and “learning modalities,” but these are different concepts altogether.)

While learning styles often come with different labels, they are generally grouped under four categories, based on combinations of “sensing”, “intuitive”, “feeling”, and “thinking.”

Discuss different learning styles with your child’s teacher for a richer assessment of how he learns, and ways that you can help him really shine at home.

**Sensing-Thinking**

This child learns best when faced with tasks that involve direct instruction and details. She will often thrive with work that calls for memorization, and may enjoy competitions or other situations that give her the chance to complete a project from a planning phase through completion. She usually appreciates activities that require observation, description, and categorizing items and ideas. To help strengthen this learning style, have your child organize and build things, and place items in order.

**Intuitive-Thinking**

This child learns best when he studies independently, compares and contrasts ideas, and is engaged in problem-solving activities. He might like games that allow him to analyze information and examine possibilities, as well as those that call for questioning, arguing, and debating. Projects that involve inquiry, like essay-writing, will really spark this learner’s interest. It’s important to allow the child with this learning style to research and develop ideas, and have enough time to examine and prove them.

**Intuitive-Feeling**

This child’s ideal world is a place in which she can predict outcomes, use her imagination, and come up with ideas. She will likely enjoy outside-of-the-box thinking and grow from activities that allow her to explore possibilities through speculation. This learner will often thrive during open-ended discussions and in situations where she can develop and articulate original solutions to problems. To help develop this learning style, encourage activities that use imagery and metaphor, like poetry and art projects.

**Sensing-Feeling**

This child often learns best when within groups of people and when he feels connected to others. He loves team games that involve role-playing and sharing personal points of view. You can promote this learning style by giving him chances to describe his feelings about people and himself in given situations. Also explore activities that enable him to teach others. Peer-
Can your teen balance school and a job?

Parent Quiz

Part time jobs can help teens explore career interests, gain experience and earn some money. But they shouldn’t interfere with schoolwork! Is your teen prepared to balance school and a job? Answer yes or no below:

1. Has your teen shown you that he can manage time responsibly?
2. Have you set ground rules for having a job? If his grades suffer, he will have to quit.
3. Have you set a limit on the number of hours your teen can work each week?
4. Have you helped your teen make a plan for saving some of the money he earns—for college, for example?
5. Have you discussed the responsibilities that go with both school and a job—like timeliness and commitment?

How well are your doing?
Mostly yes answers mean you are preparing your teen for the realities of balancing work and school. For each...
A collection of life hacks, tips and tricks to optimize your life.

**life·hack**

ˈlīfˌhak/

*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.

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**life hacks**

Rusty nut, bolt or screw that won’t budge? Pour some cola on it and dry it off. May take a few times but the rust will come off completely.

#898

1000LifeHacks.com

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**life hacks**

Cut your frozen pizza before you put it in the oven. It’s just as easy to cut, won’t make a red saucy mess, and you will also get better heat distribution, meaning no more cold centers!

#858

1000LifeHacks.com

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**life hacks**

Store your NATURAL peanut butter upside down. This will distribute all the oils evenly so you don’t get that gross liquid on the top when you open it.

#895

1000LifeHacks.com

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**life hacks**

Get permanent marker on your body? Go over the mark with a highlighter, it will rub right off.

#890

1000LifeHacks.com
Art Gone Wild

Art Gone Wild is back! Pick up your paints, pencils or crayons and let our tigers, rhinos, birds and more inspire your wild piece. All final submissions will be displayed at the Zoo during key dates of ZooLights (December 7th and 8th). Submissions are due by Friday, November 23, and can be dropped off at either the Baton Rouge Zoo or BREC.

Categories
Alligator (Child up to 2nd Grade)
Eagle (Child Grades 3rd - 6th)
Giraffe (Child Grades 7th - 12th)
Tiger (All Adults)

Eligibility: Artwork to be entered must be 2-D and drawn/painted entirely "by hand." Acceptable media are oil, acrylic, oil pastel, soft pastel, water media, dry media (such as soft pastel, pencil, colored pencil, ink, charcoal etc.) or hand-pulled prints. No digitally enhanced or created artwork, no giclees and no photography will be accepted. The maximum size accepted is 18” x 24”.

All Zoo and Aquarium subject matter is eligible. Preference for grand prize winner will be given to artwork of animals currently on exhibit.

Entry Fee: Your entry is free, but submissions are limited to one per person.

Deadline: All submissions must be delivered to specified locations by noon on November 23, 2018.

Drop off locations:
BREC's Baton Rouge Zoo/3601 Thomas Rd./Baton Rouge, LA 70807
BREC Main Office/6201 Florida Boulevard/Baton Rouge, LA 70806

Rules and Requirements:
- The entrant must create the art
- Entries may be made on 18” x 24” or smaller canvas/paper (including matte)
- Submissions are limited to one per person
- Art is not required to be mounted
- Art must be weather-proofed prior to submission. All entrants may be exhibited outdoors during ZooLights. It is assumed that entry is ready for outdoor display upon receipt. (Hint: plastic wrap or sheet protectors work great!)
- Each submission must have an official entry I.D. form securely attached to the back of the art. Form should include entrant's name, address, phone number, email address, date of entry and eligible category.

The Zoo and Friends of the Zoo are not responsible for lost, late, illegible, damaged, incomplete, misdirected or postage-due mail of entries.

Judging: Fans determine the winners in each category. Votes will be cast in-person at ZooLights the weekend of December 7th and 8th. These in-person votes will determine the First, Second and Third Place winners in each category.

Art submissions will be on display at ZooLights December 7th and 8th, so visitors may vote for their favorites in person. A panel of jurors, chosen from the professional community, will judge the entries to determine the grand prize winner. All decisions made by voters and by the panel are final. Contest winners will be notified by December 31, 2018.

Returns: Entries and any applicable prizes will be available for pick-up at the Zoo January 2nd - 4th. Art remains the copyrighted property of the artist; however, BREC's Baton Rouge Zoo and Friends of the Baton Rouge Zoo reserve the non-exclusive right to use the art submitted to the contest for publicity, advertising, promotional, educational and other purposes without obtaining further permission and/or compensation. The Baton Rouge Zoo and Friends of the Zoo will attempt to give credit to the artist when possible. A signature on the registration form constitutes acceptance of these terms.

Winners' Prizes and Publicity: A first, second and third place winner will be awarded within each of the categories. The judges will select a grand prize winner from all of the winning entries. The winning entries along with the grand prize winner will be featured in the Spring 2019 edition of Wild Times, on the Zoo's Facebook page and online at brzoo.org. The Grand Prize Winner will receive an Honorary Keeper membership to the Zoo, behind the scenes tour for the winner and 3 guests and a collectible ornament. 1st place winners will receive a Household membership to the Zoo and a collectible
### November Events

- **November 1st**—End of the 2nd Six Weeks
- **November 6th**—Election Day (No School/All Employees Off)
- **November 19th-23rd**—Thanksgiving Holiday (Students, 9, 10, and 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, 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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