



The Parent Post

Facilitating Family School Partnerships

Volume XIII, Issue 4 • May 16, 2022

Welcome to The Parent Post! This newsletter is published four times per year for students and families of the Douglas County School System. For more information, please visit dcssga.org or contact Patti Sullivan at (770) 651-2118 or email patti.sullivan@dcssga.org

Summer Learning Opportunities in the Douglas County School System

By Dr. Kacia Thompson, Director of Extended Learning, Douglas County School System

Are you looking for an opportunity to extend your child’s learning throughout the summer? Douglas County School System is excited to announce the Summer Learning plans for elementary, middle, and high school students.

Summer Learning can help ensure your child is ready to succeed next school year, and research shows that many students can fall behind over the summer.

At the Elementary and Middle School levels

What exactly is Summer Learning? It is Summer School with a new twist! The Summer Learning program is a nice mix of academics and fun in the areas of reading and math. Students will sharpen their reading, writing, and math skills to succeed in the next grade level.

Students invited to summer school will receive a letter and registration information from their school.

Elementary

Summer Learning will be from June 13 -30 from 8:00 am-12:30 pm, Monday to Thursday. All transportation and meals are included. It’s at no cost.

Middle

Summer Learning will be from June 13 -30 from 8:30 am -1:00 pm, Monday to Thursday. All transportation and meals are included. It’s at no cost.

At the High School level

High School students who receive an invitation can get a second chance to recover over the summer. High School Credit Recovery is an opportunity for high school students to retake a core high school credit course (math, science, ELA, or social studies). Students who were not academically successful can earn credit towards graduation.

If the students attend the College and Career Institute, Flex Academy, or Success Center, they will attend High School Credit Recovery at their base schools.

Credit Recovery will be June 1st-July 14th from 9:00 am-1:30 pm. The district will provide transportation and meals. Seniors will graduate on July 15th upon completion of the course with a passing grade.

Here’s a [list](#) of frequently asked questions for High School Credit Recovery.

Douglas County Teachers will supervise the programs and use a curriculum designed to help students get ready for the next grade or graduation.

Space is limited! Please send the registration form back if your child has an invitation to any program. For more information, please contact your child’s school.

For additional information and resources about extended learning, please scan this QR code:



Mr. Trent North
Superintendent

Douglas County
School System
Board of
Education

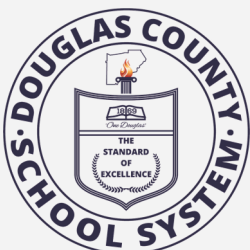
Ms. Tracy
Rookard
Board Chair
District Three

Ms. Michelle
Simmons
Vice Chair
District Four

Mr. Devetrian
Caldwell
District One

Mr. Glenn
Easterwood
District Five

Mr. D.T. Jackson
District Two



Vitamin S

By Sacheen Cassy, Media Clerk and Family Engagement Contact, Annette Winn Elementary School

Have you ever just felt worn out, tired, burned out...DONE? People often talk about moms and dads feeling overwhelmed, tired or shut down. Parental Burnout has been studied more closely these last few years. WedMD.com describes Parental Burnout as “a condition in which you’re so exhausted that you feel you have nothing left to give. The problem with parental [burnout](#) is that most people think that it is a normal part of parenting. What makes it worse is that burnt-out parents feel ashamed or guilty for being tired.” Now, imagine your child not wanting to do their most favorite things, not wanting to stop by your usual hangouts, not caring to complete household chores, or even visit with family and friends. Is your child unusually irritable, giving you a harder time than usual waking up and getting ready in the morning, exhibiting negative behaviors and having a bad attitude? You are not alone. Kids get burned out too! Especially now since we have not been able to go back to normal or actually know what normal is, kids are struggling to find and maintain consistent emotions about how they feel about a lot of things right now. Although we may not share our burdens with our kids, they feel and pick up on our stresses too. They often internalize them and make our stresses their stresses or somehow feel that they are a part of the problem. Parents, youth burnout is here and it is important to recognize the signs so you can have some tools ready to defend your household. Understood.org gives us a list of seven signs to recognize burnout in your child:

- | | | | |
|--------------------|------------------------|--------------------------|-----------------|
| 1. Procrastination | 3. Avoiding situations | 5. Negativity | 7. Irritability |
| 2. Apathy | 4. Anxiety or fear | 6. Trouble concentrating | |

It is important to note that as parents, we want to protect our children by finding the root cause of these feelings, which may lead to finger pointing or blaming. Unfortunately, finding that root cause can sometimes be much harder than perfecting your grandmother’s recipe for Spanokopita (see recipe below). Often your child cannot articulate why they are feeling the way that they are or where it is coming from. Our kids are still developing recognition and coping skills. Some are even trying to navigate through all of this while experiencing pre-puberty or puberty changes. If used correctly, Vitamin S (Self-care) can not only improve your mood, but your overall health. The prescription is free and can be found right in your own home. Take some time to talk to your child about the importance of Vitamin S. Self-care can be as simple as a weekly bubble bath, family pillow fight day, or ten-minute walks in the neighborhood a few days a week. Self-care activities should not turn into budget breakers because it might not be as easy to maintain. Choose or create activities that you can do regularly and easily. Have your child(ren) make a list of simple things they can do to relax while you come up with a list of things you can do as a family. Put these ideas in a jar, make your own bottle of Vitamin S or create a Relax-A-List to post somewhere for everyone to easily access. Here are some ideas to get you started...

Daily to a few days a week	Weekly or every other week	Monthly or every other month
Warm Bubble Bath 10 minute walk Mediation Yoga Relaxing Coloring books Draw using different mediums Read for 10-15 minutes Listen to music Take a nap Watch cartoons Simple knitting or weaving projects (like rex-lace) Exercise Dance-offs Blow bubbles Sidewalk chalk art Play volleyball with a beach ball Make a house of cards	Family Pillow Fight Stargazing People watch at the park or city area Swing Go swimming Watch a movie Board Game night (Twister, checkers/ chess, Trouble, Uno...) Make S’mores or bake cookies Fly a kite Make Sunday Sundaes Make recycle art Read and act out a book together Do a puzzle Make origami with old papers, magazines or colorful paper Eat dinner together (no TV, no devices, set the table and have conversations) Gardening (slap on some sunscreen and get some Vitamin D – pulling weeds is an excellent stress reliever)	Make a new recipe together Look at old photos or old albums Picnic Visit a Farm or go fruit picking Take a hike Dance in the rain (this may be your child’s most memorable activity) Family Karaoke Go for a family drive or sightseeing Volunteer at a local animal shelter Have a photo contest (Allow your kids to use a device to take random pictures around the house, neighborhood or while you are out. You will be surprised what you will see through the eyes of your child). Camp out in your yard, porch or some outdoor area and take an outdoor nap Buy fresh fruit and make a homemade fruit pie Water balloon fight Make Spanokopita! (see recipe below or here)

Continued on page 3

Some DOs and DON'Ts:

DO model self-care routines. This lets your children know that you need them as well.

DON'T do activities that are centered around technology or devices. We all need a break from technology as well since our kids are using it much more than they were two years ago.

DO try something more than once. It may not be successful the first or second time. Go for the three-strike rule.

DON'T set high expectations for finished products or results. This is supposed to be relaxing.

DO take pictures of your family activities and post them on the refrigerator, bathroom mirrors or around the house.

DON'T make it a habit of picking expensive activities because then your kids will expect expensive activities all the time.

DO encourage your child to have their own relaxation activities and rituals by themselves. They get tired of their siblings and even their parents sometimes. Allow them to tell you when they are doing their personal self-care so you know not to disturb them during that time.

DON'T make family chores a relaxation activity for the family. While it might be relaxing for you, it may not be for your spouse or 12 year old who is not ready to get rid of some toys they are still attached to.

DO allow your child and other family members to give input on the activity list.

DON'T force your child to tell you what's bothering them. Give them some time to think about it and always have an open door.

DO encourage being consistent with your self-care routines and activities.

DON'T take away the self-care activities as punishment for misbehavior. They still need to decompress especially after a hard day.

Spanokopita (Greek Spinach Pie)

INGREDIENTS

3 tablespoons olive oil
1 large onion, chopped
1 bunch green onion, chopped
2 garlic cloves, minced
2 lbs spinach, rinsed and chopped
1/2 cup fresh parsley, chopped
2 eggs, lightly beaten
1/2 cup ricotta cheese
1 cup feta cheese, crumbled
8 sheets phyllo dough
1/4 cup olive oil

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x9 inch square baking pan.
Heat 3 tablespoons olive oil in a large skillet over medium

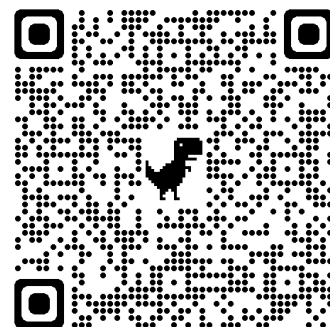
heat. Sauté onion, green onions and garlic, until soft and lightly browned. Stir in spinach and parsley, and continue to sauté until spinach is limp, about 2 minutes. Remove from heat and set aside to cool.

In a medium bowl, mix together eggs, ricotta, and feta. Stir in spinach mixture. Lay 1 sheet of phyllo dough in prepared baking pan, and brush lightly with olive oil. Lay another sheet of phyllo dough on top, brush with olive oil, and repeat process with two more sheets of phyllo. The sheets will overlap the pan. Spread spinach and cheese mixture into pan and fold overhanging dough over filling. Brush with oil, then layer remaining 4 sheets of phyllo dough, brushing each with oil. Tuck overhanging dough into pan to seal filling.

Bake in preheated oven for 30 to 40 minutes, until golden brown. Cut into squares and serve while hot.

Title I Parents: Your Input is Needed!

The Douglas County School System Title I Department is in the process of reviewing and revising the district's Parent and Family Engagement Plan. This plan will establish the district's expectations for parent and family engagement and how the district will carry out the federal and state parent and family engagement requirements. Parent input into the revision of this plan is requested and required. To review the draft version of the plan and to provide input, please scan the QR code or follow the link. <https://forms.gle/dw1KLLMzoGnZtuSf6>



Learning Fun in the Summertime

By Julie King , ESOL Teacher, Annette Winn Elementary School

As the end of the year approaches, it is time to celebrate all that our English Learners have accomplished! Students have made so much progress in reading, writing, understanding, and speaking English. Even though school ends on May 25, we do not want our English Learners to stop learning! Your child can continue to make progress while enjoying the summer break.

- ◇ English Learners will still have access to Lexia, Flocabulary, and Nearpod. If you have a computer or tablet and internet access, these programs are a great way for your child to build reading skills and increase vocabulary. Just 1 hour each week is enough to help your child to be ready for next year.
- ◇ There are many free online activities that can help your child retain the skills that he or she has learned in school. [Abcya](#), [Starfall](#), and [Teach Your Monster to Read](#) are excellent choices for elementary school students. Older students (and even adults) can use [Duolingo](#) to work on English skills. [Khan Academy](#) is a great site to help students learn new skills or practice the skills they learned this year.
- ◇ Reading is so important! Reading to or with your English Learner and discussing books is the best way to help your child. Encourage your child to read. The Lithia Springs Public Library and the Douglas County Public Library are excellent resources for FREE books. They also offer story time and other activities during the summer.
- ◇ Summer is a great time to make writing fun! Your child could write a letter to a friend or family member, write a story, or keep a journal of summer activities. Ask your English learner to write a grocery list!
- ◇ Spend time talking with your child. We want your child to be a Multilingual Super Hero! Encourage your child to have conversations in his or her first language as well as in English.

Help your students spend some time learning, but make sure they have time to relax and play! We hope that all our English Learners will have a safe summer full of sunshine and fun. We look forward to seeing you on August 3, 2022, for the first day of school!

Resources for Parents of English Learners!

The Douglas County School System has posted new resources for parents of English Learners on our website. Our goal is to provide effective outreach to parents of our English Learners and to assist them in being involved in their child's education. Please visit our website [here](#) or scan this QR code to access the website with the resources listed.



JOB OPPORTUNITIES WITH SCHOOL NUTRITION AT THE DOUGLAS COUNTY SCHOOL SYSTEM

Are you looking for work in Douglas County? Click [here](#) for more information and to go to the School Nutrition section of the Douglas County School System website!

Summer Meals

**are available at no cost
to children 18 & under**

Summer Meals Locations 2022		
HOT Food/Open to Public	Breakfast Time	Lunch Time
June 1-July 14, 2022 (Monday-Thursday) (Closed July 4-8, 2022)		
Bright Star Elementary	8:00-8:30	11:30-12:00
June 13-30, 2022 (Monday - Thursday)		
Annette Winn Elementary	8:00-8:30	11:30-12:00
Beulah Elementary		
Bill Arp Elementary		
Bright Star Elementary		
Burnett Elementary		
Chapel Hill Elementary		
Eastside Elementary		
Factory Shoals Elementary		
Lithia Springs Elementary		
Mason Creek Elementary		
Mirror Lake Elementary		
New Manchester Elementary		
Sweetwater Elementary		
June 13-30, 2022 (Monday - Thursday)		
Mason Creek Middle	8:30-9:00	12:00-12:30
Turner Middle		
June 13-30, 2022 (Monday - Thursday) (Cold Meals)		
Lithia Springs High	8:00-8:30	12:00-12:30



**For more information,
please call 770-651-2300**

This institution is an equal opportunity
provider.

