Welcome to The Parent Post! This newsletter is published four times per year and sent home with students being served with Title I funds at Douglas County schools. These schools include Annette Winn Elementary, Beulah Elementary, Bright Star Elementary, Burnett Elementary, Chestnut Log Middle, Eastside Elementary, Factory Shoals Elementary, Lithia Springs Elementary, North Douglas Elementary, Stewart Middle, Sweetwater Elementary, Turner Middle and Youth Villages - Inner Harbour Campus. For more information, please visit dcssga.org or contact Patti Sullivan at (770) 651-2118 or email patti.sullivan@dcssga.org

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Tips for Strengthening Your Child’s Executive Function Skills
By: Dr. Shalanda Watts, ESOL Teacher, Sweetwater Elementary School

What are executive function skills? Executive function skills make up the brain’s self-management system. These skills allow individuals to reason, problem solve, comprehend what they read or hear; exercise self-control, make choices, practice discipline and control, be creative; and adjust to change or new information (Diamond, 2014). Strong executive function skills help you to remember and follow directions, avoid distractions, and manage your emotions. These skills are developed at a very young age in children. It’s important that children have a positive relationship with their caregivers, teachers, foster parents, peers, etc. because it helps them build strong executive function skills. Children are more likely to strengthen their executive function skills if the important adults in their lives support their efforts, model the skills, engage in activities that allow them to practice the skills, provide consistency in their life, and guide them from complete dependence to complete independence.

Caregivers can help their child develop and strengthen their executive function skills by establishing routines, modeling positive social behavior, creating reliable relationships, and playing games that strengthen these skills (“Executive Function and Self-Regulation,” 2015).

Children 5 years of age to 7 years of age should be given opportunities to play:

1. Memory games such as go fish and concentration.
2. Matching games like Uno and Crazy Eights
3. Strategy games like checkers
4. Games that require them to pay attention such as musical chairs, Red Light-Green Light; Duck, Duck, Goose, etc.

Children 8 years of age to 10 years of age should be given opportunities to play:

1. Organized sports such as softball, baseball, football, soccer, etc.
2. Strategy games such as Minecraft, checkers, and chess.

References

The GMAS is Coming!
By Maggie Brown, Teacher, North Douglas Elementary School

What is this GMAS test everyone is talking about? It is the test students and teachers prepare for throughout the school year. It is known as the Georgia Milestones Assessment Systems (GMAS). As stated by the Georgia Department of Education, “the purpose is designed to provide information about how well students are mastering the state-adopted content standards in the core content areas of English Language Arts, mathematics, science, and social studies” [https://www.gadoe.org](https://www.gadoe.org) (Georgia Department of Education). These assessments are designed to track the academic progress for the benefit of the child in grades 3-5 in elementary school. It is also extremely helpful in showing areas that need additional work or practice for each individual student.

Schools prepare students throughout the year for this assessment. Teachers utilize best practices in core curriculum that is outlined by the state. Scholars are also given several opportunities to practice applying their knowledge with practice assessments. Challenging questions and problems are provided throughout the year to encourage higher order thinking and problem solving. This combination is the best preparation that your child can receive.

This can be a stressful time for students if they are not prepared. Many schools provide supplemental preparation for GMAS. For example, North Douglas Elementary (NDES) provides a “Boot Camp Saturday”. Teachers meet with the students on Saturdays to assist in testing skills and application of content to solve problems. Students and teachers enjoy taking an extra steps to practice applying their knowledge and becoming better prepared for the assessment. Like many schools in Douglas County, NDES also provides additional tutoring in programs after school.

With testing quickly approaching, this is also a great time for parents to utilize the Parent Outreach Facilitator (POF) at their school. The POF can assist with providing resources through the Parent Resource Center. It is a great resource to help with preparation of the assessment. Parent, family, and community involvement in education correlates with higher academic performance. There are many resources located at the school that can assist parents in helping the students prepare for testing. This is also a great opportunity for parents, teachers, and students to meet for conferences to discuss what areas of study need more attention. Numerous studies show that involvement of all stakeholders provide a supportive community for our children. This support system directly correlates to the success of the student.

Another resource parents should take a look at is the Georgia Milestones End of Grade Study guides. These can easily be found at [https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/EOG-Study-Resource-Guides.aspx](https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Assessment/Pages/EOG-Study-Resource-Guides.aspx)

Most of all we must remember that students, teachers, and parents are a joint community. We must all work together to ensure the success of our children and schools. All stakeholders must take steps to stay informed and proactive in the school. Numerous studies show that involvement of all stakeholders provide a supportive community for our children. It directly correlates to the success of the student. However, always remember that tests are just one data point to help us understand a student’s abilities. Make sure your child knows this single snapshot will never define who they are as a person.

*Reference, Georgia Department of Education. (2020)*
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 [https://www.dcssga.org/](https://www.dcssga.org/) or scan this QR code to access the website with the resources listed.

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### Spring 2020 Georgia Milestones Testing Calendars

For more information on the upcoming Georgia Milestones testing, scan here to visit the Douglas County School System Assessment website.

#### Elementary School

<table>
<thead>
<tr>
<th>Date</th>
<th>Test (Grade)</th>
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<tbody>
<tr>
<td>Wednesday, April 15</td>
<td>Language Arts, Section 1 (5)</td>
</tr>
<tr>
<td>Thursday, April 16</td>
<td>Language Arts, Sections 2&amp;3 (5)</td>
</tr>
<tr>
<td>Friday, April 17</td>
<td>Math, Sections 1&amp;2   (5)</td>
</tr>
<tr>
<td>Monday, April 20</td>
<td>Science, Sections 1&amp;2 (5)</td>
</tr>
<tr>
<td>Tuesday, April 21</td>
<td>Social Studies, Sections 1&amp;2 (5)</td>
</tr>
<tr>
<td>Wednesday, April 22</td>
<td>Language Arts, Section 1 (3)</td>
</tr>
<tr>
<td>Thursday, April 23</td>
<td>Language Arts, Sections 2&amp;3 (3)</td>
</tr>
<tr>
<td>Friday, April 24</td>
<td>Math, Sections 1&amp;2   (3)</td>
</tr>
<tr>
<td>Monday, April 27</td>
<td>Language Arts, Section 1 (4)</td>
</tr>
<tr>
<td>Tuesday, April 28</td>
<td>Language Arts, Sections 2&amp;3 (4)</td>
</tr>
<tr>
<td>Wednesday, April 29</td>
<td>Math, Sections 1&amp;2   (4)</td>
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#### Middle School

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Wednesday, April 15</td>
<td>Language Arts, Section 1 (8)</td>
</tr>
<tr>
<td>Thursday, April 16</td>
<td>Language Arts, Sections 2&amp;3 (8)</td>
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<td>Friday, April 17</td>
<td>Math, Sections 1&amp;2   (8)</td>
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<td>Monday, April 20</td>
<td>Science, Sections 1&amp;2 (8)</td>
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<tr>
<td>Tuesday, April 21</td>
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</tr>
<tr>
<td>Wednesday, April 22</td>
<td>Language Arts, Section 1 (6)</td>
</tr>
<tr>
<td>Thursday, April 23</td>
<td>Language Arts, Sections 2&amp;3 (6)</td>
</tr>
<tr>
<td>Friday, April 24</td>
<td>Math, Sections 1&amp;2   (6)</td>
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<tr>
<td>Monday, April 27</td>
<td>Language Arts, Section 1 (7)</td>
</tr>
<tr>
<td>Tuesday, April 28</td>
<td>Language Arts, Sections 2&amp;3 (7)</td>
</tr>
<tr>
<td>Wednesday, April 29</td>
<td>Math, Sections 1&amp;2   (7)</td>
</tr>
</tbody>
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For more information about the Georgia Milestones Assessment System on the Georgia Department of Education website, please visit the following link: [https://goo.gl/QwmTHB](https://goo.gl/QwmTHB)
UPCOMING WORKSHOPS

Parents of children being served with Title I funds may attend any workshop, regardless of location.

Annette Winn Elementary School Parent Resource Center
3536 Bankhead Highway, Lithia Springs, GA 30122
(770) 651-3100

K-S Science Night
Tuesday, March 10, 2020 at 6:00 PM
Parents will have the opportunity to do hands-on activities in the classrooms as well as view science projects created by our students. Come and have a great time!

Beulah Elementary School Parent Resource Center
1150 Burnt Hickory Road, Douglasville, GA 30134
(770) 651-3300

Family Reading Night
Wednesday, March 18, 2020 at 6:00 PM
Be an ALL Star Reader! Families, please join us for a fun evening of reading activities, strategies and games. Learn how to be an ALL Star Reader with reading strategies and games that you can do at home and increase your love of reading.

Bright Star Elementary School Parent Resource Center
6300 John West Road, Douglasville, GA 30134
(770) 651-3400

Next parent workshop coming soon!
Visit the Parent Resource Center or see the next newsletter for more information.

Burnett Elementary School Parent Resource Center
8277 Connally Drive, Douglasville, GA 30134
(770) 651-3500

Next parent workshop coming soon!
Visit the Parent Resource Center or see the next newsletter for more information.

Chesnut Log Middle School Parent Resource Center
2544 Pope Road, Douglasville, GA 30135
(770) 651-5100

Literacy Night
Thursday, March 12, 2020 at 6:00 PM
Come out and experience a night with all your English Language Arts teachers. There will be different activities for all parents and students.

Eastside Elementary School Parent Resource Center
8266 Connally Drive, Douglasville, GA 30134
(770) 651-3800

Next parent workshop coming soon!
Visit the Parent Resource Center or see the next newsletter for more information.

Factory Shoals Elementary School Parent Resource Center
2375 Mount Vernon Road, Lithia Springs, GA 30122
(770) 651-3900

Next parent workshop coming soon!
Visit the Parent Resource Center or see the next newsletter for more information.

Lithia Springs Elementary School Parent Resource Center
6946 Florence Drive, Lithia Springs, GA 30122
(770) 651-4100

Academic Parent Teacher Teams Meeting 3
Monday-Tuesday, May 4 and 5, 2020 at 6:00 PM
Grades K, 1, 2 and 3 families will be trained to support children’s academic goals by linking home and school learning.

North Douglas Elementary School Parent Resource Center
1630 Dorris Road, Douglasville, GA 30134
(770) 651-4800

Next parent workshop coming soon!
Visit the Parent Resource Center or see the next newsletter for more information.

Stewart Middle School Parent Resource Center
8138 Malone Street, Douglasville, GA 30134
(770) 651-5400

Next parent workshop coming soon!
Visit the Parent Resource Center or see the next newsletter for more information.

Sweetwater Elementary School Parent Resource Center
2505 East County Line Road, Lithia Springs, GA 30122
(770) 651-4600

Testing Tips
Tuesday, March 10, 2020 at 9:00 AM and 6:00 PM
Hear from our counselor and assistant principal and others about how to support and prepare your child for the upcoming Georgia Milestones assessment. Learn how these scores impact your child’s future. We will also cover testing for GKIDS and CDAs. All parents attending will receive free student workbooks (while supplies last).

Turner Middle School Parent Resource Center
7101 Turner Drive, Lithia Springs, GA 30122
(770) 651-5500

Next parent workshop coming soon!
Visit the Parent Resource Center or see the next newsletter for more information.

Visit YOUR Parent Resource Center Today!