



Partners in Learning

March 2009 E-newsletter #3

www.parents.tulane.edu

Dear Tulane Family,

March brings the excitement of Spring Break escapes along with the anxiety about mid-term results which begin around March 11th. As we begin to wrap up the academic year, understand that your student may experience many emotions due to the end of the semester. Throughout this e-newsletter, you will find supportive resources for you as you continue your partnership with the Tulane Community.

If you are in need of your own escape, remember that New Orleans will be hosting events such as the [New Orleans Jazz and Heritage Festival](#) and the [French Quarter Festival](#) during the month of April. Also, New Orleans is hosting the [Tour de Lis](#) and the [31st Times Picayune Crescent City Classic](#). All of these events also provide many volunteer opportunities. What a great way to visit New Orleans, enjoy the culture, and volunteer all at the same time.

In addition to all of these festivals, Tulane, is gearing up for Commencement 2009. Many special guests will attend the Commencement of the "Katrina Class". For more information about these special guest, please go [here](#).

As always, if you at anytime have any questions, please do not hesitate to contact the Office of Parent Programs at 877-TUP-WAVE or parents@tulane.edu.

Sincerely,

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Assistant Director, Office of Parent Programs and Student Transitions



Important Dates

March 20th: Undergraduate [Housing Applications](#) Due at 5pm



April 10-13: Easter Break. The [halls](#) remain open.

May 1-9: [Final Exams](#) for students

May 10: [Residence Halls](#) close at 10 am.

Your Input Is Needed

Tulane is considering offering a [Kosher Meal Plan](#).

Please go to the following survey and answer the 1 question survey

https://www.surveymonkey.com/s.aspx?sm=pS2lUhmh2zpLaopBJH0kIq_3d_3d



Spring Break and Your Partnership



March marks a time of excitement for students (Yeah! Spring Break) and worry for parents (Ohhh... Spring Break!). Tulane students will soon be traveling to a myriad of destinations for fun, relaxation and good times.

- Before you agree to fund any spring break trip, be sure to ask your student to give you the names of people going on the trip as well as names and numbers of hotels. Even better, give your student a prepaid calling card and designate a time where he/she checks in with you every day. Stress to your student how important this check-in will be for your well-being. Make sure your student knows that you won't call the friends unless they miss a scheduled check-in (and follow that rule!). For more information about safe traveling go [here](#)
- Since you know where they'll be staying, you could send ahead a safety care package. Include sun screen, snacks, a gift card for a nice meal, a small first aid kit, and a prepaid phone card. It's a good way to make them know you're concerned about their safety and eliminates any excuse for them not checking in with you (such as my cell phone died).
- Discuss the dangers of alcohol abuse. Remind them that while laws in some international countries vary, you expect them to follow the laws of the U.S. It's also important to talk about alcohol poisoning and how to respond appropriately by calling 911. Talk to them about the signs of alcohol poisoning (i.e., slowed breathing, and cold clammy, pale (or bluish) skin and semi-consciousness). For more information about alcohol poisoning go [here](#).
- Stress the importance of staying connected to whatever group they are traveling with. Make sure their friends have a buddy system in place and keep track of each other. It's also important they keep some identification with them at all time and an emergency contact card that has information for the people they are traveling with as well as your information.

Finally, let them know you trust them to make the best decisions and to represent themselves well. By keeping the conversations lines open you and your child will have a much better Spring Break experience.

Special Note: The United States Department of Travel has issued Travel Alerts to some popular Spring Break destinations. Please visit [here](#) for more information.

Enjoy! Scott Tims, Director of Wellness and Health Promotions at mtims@tulane.edu



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Currently, you are on the Office of Parent Program listserv to inform you of upcoming events. If you do not wish to receive this information, you may leave the list at any time by sending a "SIGNOFF PARENTS2012-L" command in the body of an email to LISTSERV@TULANE.EDU. Be aware your removal from this listserv may mean that you will not receive any pertinent information regarding your role as a Tulane Parent.