



How to help your child navigate this testing season?

It's officially spring. While that may mean warmer temperatures and flower buds, in many places across the country, it also means testing season. Many students are taking standardized tests at this time of year and some can feel overwhelmed by the lengthy exams. As a parent, you can play an important role in helping your children give their best performance on a test.

Check out these tips for a better testing experience:

The Night Before Testing:

1. Be sure your child gets to bed on time. Research shows that a well-rested child will perform better in school.
2. Help children resolve any immediate arguments before going to bed.
3. Keep your routine as normal as possible. Upsetting natural routines may make children feel insecure.
4. Mention the test to show you are interested but don't dwell on it.
5. Plan ahead to avoid rushing on the morning of the test.

The Morning of the Test:

1. Get up early to avoid rushing, and be sure your child is at school on time.
2. Provide a good breakfast for your child, but not a heavy one.
3. Have your child dress in something comfortable.
4. Be positive about the test. Acknowledge that tests can be hard and encourage your child to do their best.

After the Test:

1. Talk to you child about his/her feelings about the test and make sure you acknowledge their efforts.
2. Discuss what was easy and what was hard; discuss what your child learned from the test.
3. Explain that performance on a test is not a condition for you to love your child; you love your child for the person he/she is.

Dear Parents,

As we wrap up the last quarter we also prepare for our end of the year testing. Please help your child prepare by making sure they get a good night's sleep, eat a healthy breakfast, and arrive on time to school, writing your child a note of encouragement on testing days go a long way.

Thank you so much for your support!

CHARACTER COUNTS

MARCH CHARACTER COUNTS BREAKFAST



**In the month of April,
we recognize all the
pillars of character**

Each class honored one student for demonstrating all the pillars of character. Recipients of this award will receive an invitation and be honored with a character counts breakfast on Friday, April twelfth . We couldn't be more proud of the character displayed each day by our wonderful students. We look forward to celebrating all the pillars of character throughout the year. In the month of May, we will recognize the pillar of "Citizenship".

As always feel free to call or email us with any questions or concerns.