

## COUNSELOR'S CORNER

### Spring has Sprung!

Spring is here! Despite our recent snowstorm, signs of spring are all around us- warmer temperatures and sunny days are forecasted, leaves and flowers are beginning to bud, and our children are ready to get outside and play!

In school, springtime also means it is time for testing. Second, third, and fourth graders will be taking tests throughout the month of April and in the beginning of May.

Your child has worked hard this year and learned a lot. The purpose of a standardized test is for students to show what they know and for educators to use the results to help guide their future teaching. In preparation for testing, teachers are helping children by giving practice tests and familiarizing students with testing procedures. Also, I did lessons last month on ways to help deal with worries and anxieties- especially for testing.

At home, you can also help your child be prepared for testing:

- Establish a routine of getting 10-12 hours of sleep every night beginning now so that your child's body and brain are well rested.
- Use positive language about testing- encourage them to do their best!
- Wear comfortable clothes on the day of testing.
- Eat a healthy breakfast. Avoid sugary foods and drinks. Choose foods like fruit, whole grains, and protein so that your child will be well nourished and ready to think!
- Make sure that your child arrives to school on time. You can lay out everything you need for school the night before testing. Also, please avoid making any outside appointments or planning vacations on testing days.

### Spring 2013 Testing Schedule

- **April 10th-19th: 2nd Grade Stanford Test**
- **April 22nd: 3rd & 4th Grade OAA (Reading)**
- **April 23rd: 3rd & 4th Grade OAA (Math)**
- **April 25th-May 3rd: 4th Grade Stanford Test**

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April



### Testing Tips:

- Wear comfortable clothes
- Eat a healthy breakfast
  - Get plenty of sleep
  - Think positively and tell myself, "I can do it!"
- Be on time for school
- Take a deep breath

Happy Spring  
Break!

Parents! Don't forget to print the bookmark for your students!