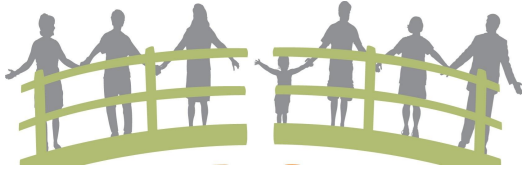


# The St. Martin Parish Parent and Family Engagement Connection

## Home & School

"TOGETHER WE CAN MAKE A DIFFERENCE"



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## Ways to Help Your Child with Test Taking

The season for high stakes testing is rapidly approaching. In many schools and homes stress levels are beginning to rise. These tests are important, but remember, it is just one test. Many students will face far more challenging tests with possible serious consequences. Parents divorce. The death of a family member. Homelessness. Chronic illness or injury that prevents them from participating in a favorite activity or sport. Persistent bullying and harassment. Temptations to use drugs, alcohol, and tobacco. And the list goes on. Yes, absolutely, educators and families want their students to pass the tests. But as mentors, role models, and parents we desire our children to excel in the tests of life. Success is spelled - Perseverance. Resilience. Forgiveness. Empathy. Purpose-driven. Goal-oriented. Compassion. Integrity. These essential character traits are not often printed in a curriculum or lesson plan, because they are more often caught than taught. It is up to us adults to demonstrate these traits daily. When we fail, be tenacious and try again. When we wrong others, including our children, genuinely apologize. When we are wronged, be quick to forgive. When we see a person in pain, be ready to listen and show tenderness. When we see others struggling, understand their need and share what we have. Students can read about great men and heroic women, but the impact is more powerful when they see it lived out in the people they trust and respect. Perhaps the greatest gift we can pass on to our children are practical life skills. They will read it in our facial expression. They will hear it in our tone of voice. They will emulate our body language. In 2019 let's teach our children how to spell success.

**Test-taking TIPS**

**Preparing for a Test**

- Keep up with regular class work and assignments. Take notes.
- Start reviewing a few days before the test.
- Make lists, rhymes, or pictures to organize and remember information.
- Use a "buddy system" to study. Teach the information in your own words to a classmate.
- Get a good night's sleep, and eat a healthy breakfast and lunch.

**Taking a Test**

- If possible, sit in a place where you will be the least distracted.
- Read and follow the directions very carefully. If you don't understand something, ask.
- Scan the test to see the types of questions. Pace yourself.
- If you don't know an answer, skip the question and return to it later.
- When you finish, use any extra time to check your work.

Prepare for a test, it will help you do your best!

### How To Reduce Test Anxiety

**Positive self-talk...**  
"I can do this!" "I know the material!"  
"I have practiced this!"  
"I am smart and capable!"

**Visualization...**  
Close your eyes and picture yourself doing well on the test. This will boost confidence!

**Muscle relaxation...**  
Begin at your toes. Tighten and clench them for three seconds, and then release. Work your way through all the muscles in your body until you've tensed and relaxed them all.

**Deep Breathing...**  
This is a great anxiety reliever. Sit up straight and put your hands on the top of your head. Breathe in a full breath through your nose for five full seconds. Hold that breath in for five seconds. Then breathe out for seven seconds. Repeat until you feel better.

**Get silly...**  
There are many silly methods to relax before a test.  
• Think of something funny (What if your whole class showed up for the test in their underwear!)  
• Get out all the wiggles -- dance, shake, and move around.  
• Raise your hands up above your head! It will help you to feel victorious.  
• Force a smile or laugh. This will help you feel better.

## Stressed out?

Learn how the body responds to stress—and healthy ways to cope

CLICK HERE!

<http://oomscholasticblog.com/post/junior-scholastic-offers-kids-tips-relieving-stress#.XG15d-wfcAs.gmail>