

Counselor's Corner – Lori Donaldson – 706-283-4700,
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April is here! And with the end of the year approaching it is time to look at what's ahead. April and May are exciting months filled with lots of fun activities, but we also need to focus on our upcoming MAP Test. Here are some positive strategies to help your child do their best on the test. **1. Stay on top of homework.** Slow and steady progress throughout the year is a good way to prepare. Trying to cram for the test at the last minute isn't very effective. **2. Talk with your child's teacher.** Get frequent progress reports to find out whether your child understands the material. The teacher can also explain why the class is being given certain assignments. **3. Read with your child regularly.** This is a good way to expand your child's vocabulary. Read anything that interests your child, Given that many state tests now emphasize nonfiction, you also may want encourage kids to read non-fiction books. Ask questions about what you've just read together. That will give you insights into how much progress your child is making in reading comprehension. **4. Use relaxation techniques.** Long before test day, teach your child how to stretch, breathe deeply, and stay calm. Practice using these strategies so your child feels comfortable using them on test day. Explore ways to help your child stay positive. **5. Be calm and upbeat.** If you seem worried, your child will likely pick up on that and worry even more. So stay calm and be supportive. The week of the test, try to make sure your child gets plenty of rest., the day of the test, make sure your child has a good breakfast. Tell them to try their best and use the strategies they have learned. Send them off by saying, "You're going to do just fine."

~ Geri Colman Tucker



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ECPS- **Elbert County** **Primary School**

Classroom Guidance Lessons

April -Courage

May - Creativity

Group Lessons

Spring - Respect