

# STAR Standardized Testing Update

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## CLASSES TO BEGIN STAR TESTING (STUDENTS IN GRADES 2-6 ONLY)

Most teachers and grade levels have scheduled STAR testing from Tuesday, May 3<sup>rd</sup> through Wed., May 18th to provide as much review as possible prior to taking these standardized tests. Your child's teacher will have a specific schedule for her class if you wish to contact them, however, most testing is complete by lunchtime each day. ALL tests are untimed so students do not need to worry about time constraints.

Below are reminders once more for things you can do as parents/guardians to help create a positive test experience. We appreciate your support in helping your child be calm, on time, well fed, and in a positive frame of mind during our testing weeks!

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**Thank you in advance for helping to promote a positive testing environment for your child. Following are a few additional tips to aid in helping to provide a climate for a positive testing environment:**

<u>On nights before testing:</u>	<u>The morning of testing</u>	<u>After the test</u>
<ul style="list-style-type: none"><li>•Make sure your child doesn't go to bed angry</li></ul>	Have your child get up early enough to avoid hurrying. Being on time for school is Important	Reward your child for trying hard on the test. You might treat him or her to a special dinner or other reward
<ul style="list-style-type: none"><li>•Plan ahead to stay away from problems before the test. For example, it would help to avoid talking about major problems that might upset your child and affect his/her performance on the test</li></ul>	Have your child eat a good breakfast - but not a heavy one. Don't force a child to eat, though. If he or she is very nervous, too much food could cause illness. Be sure your child has a nutritious lunch.	Talk with your child about what was learned from the test What could he or she do differently on the next test?
<ul style="list-style-type: none"><li>•Keep the rules/routine of the house. Stopping normal discipline or upsetting the usual routine may confuse your child. This may affect your child's performance the next day</li></ul>	Have your child dress in something he/she likes and is familiar. Being comfortable is important. New clothes or new shoes that pinch are distracting	Talk with your child about what can be done between now and the next time a test is given such as trying harder with homework or listening more closely in class
<ul style="list-style-type: none"><li>•Consider talking about the test to reassure and encourage your child. At the same time, don't dwell on the subject. You might try to practice some <u>timed</u> tasks to help prepare.</li></ul>	Don't appear unconcerned about the testing. While your child needn't be afraid of tests, he/she needs to understand their importance.	When you get the test results be careful not to compare his/her performance with others
<ul style="list-style-type: none"><li>•Let your child know that you know tests can be hard</li></ul>	Be positive when you send your child to school.	Please don't hesitate to discuss any questions you have with your child's teacher or school

## **THANKS FOR YOUR HELP IN CREATING A POSITIVE TESTING ENVIRONMENT!**

*We have encouraged our students to dedicate their tests to someone as research has shown this to have a positive effect on scores. Bottom line is that we think our Lake Forest students are the best, #1 in fact, and wish them much success in **all** they do!*

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