

# Parent February Newsletter

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While regular wellness checkups are important for evaluating your child's physical health, it is also important that your child's academic growth and progress undergo a regular evaluation. Schools use standardized tests to measure students' academic achievement and growth. These tests measure whether students are meeting grade-level expectations and if they are on track to be college and career ready. Teachers and parents can then use the test results to adjust instructional strategies and practices to meet the educational needs of students.

There are many ways you can help your child improve his or her performance on tests. If your child has struggled with a particular subject area in the past, you may be able to help him overcome some of the difficulty by providing assistance at home or school. This extra practice can boost your child's confidence by test day. You can find additional resources at <http://www.arkansased.gov/divisions/learning-services/assessment/act-aspire>.

Some children also experience test anxiety. Help your child overcome test anxiety by keeping a positive attitude about the tests. Encourage your child to do well, and try practicing test-taking skills at home in short, focused sessions.

Also be sure your child gets enough sleep and eats a healthy breakfast each day. These little things do make a difference, as they help test scores accurately reflect your child's academic achievement.

Consider asking your child's teacher the following questions about testing:

- What do I tell my child about state testing?
- What can I do to limit test anxiety?
- How can I help my child be prepared for testing?
- When will I receive my child's results?
- What will I learn about my child from the testing results?
- When does my child need to take the ACT or SAT?
- Is my child on track to be eligible for scholarships?

## **National School Counseling Week**

Your child's school counselor is a great source of information. Consider the following questions:

- Do I know who my child's school counselor is?
- What kind of assistance can my child's school counselor give me or my child?
- When should I contact my child's school counselor?

Counselors work hard to ensure your child's academic, career, personal and social needs are met. The first week of February is National School Counseling Week. Please thank your child's school counselor for all she does to assist students at your child's school. Regardless of whether your child is in elementary, middle or high school, the school counselor can provide support with solving problems and making good decisions that will influence your child's future.



<http://www.arkansased.gov/divisions/communications/my-childmy-student>