



February 2017 Parent Newsletter

www.arkansased.gov/divisions/communications/my-childmy-student

Testing

Testing is a part of every student's school year. Test results help teachers identify areas of growth and areas that need additional focus for each child in their classroom. These scores also help parents see their child's successes and areas that need improvement. To help your child prepare for state tests this spring, mark your calendar with the dates at the following

link: http://www.arkansased.gov/public/userfiles/Learning_Services/Student%20Assessment/2016/Testing_Calendar_2016_2017_2.pdf. Your child's school can provide more specific dates.

As a parent, you can help your child prepare for the testing season by making sure school attendance is a top priority in your home. Prior to the testing day, make sure your child gets plenty of rest, eats a well-balanced breakfast and feels confident about the day. To learn more about state tests, go to <http://www.arkansased.gov/divisions/learning-services/assessment>.

Consider asking yourself or your child's teacher the following questions.

- How can I prepare my child for upcoming tests?
- How and when will I receive my child's test results?
- How will the test results affect my child's academic progress?
- How will the school use my child's test results?

Managing Stress

All students experience stress in and out of school. Stress, however, can have a direct impact on your child's academic achievement. Identifying when your child is stressed is important to helping him or her navigate stressful situations. The following resources provide helpful information:

- <http://www.scholastic.com/parents/resources/article/social-emotional-skills/8-warning-signs-your-child-under-too-much-stress>
- <https://www.verywell.com/signs-your-teen-is-stressed-out-2611336>
- http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx.

Don't forget to keep the lines of communication open with your child and your child's teacher.

Consider the following questions as you prepare to help your child deal with stressful situations.

- How does stress impact my child's academic progress?
- What behaviors should I look for that indicates my child is stressed?
- How can I help my child manage stress?
- What resources does the school have to help students manage stress?