



February 2017 Teacher Newsletter

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

Testing

When it comes to testing, preparation is essential to reducing students' testing anxiety. In addition to preparing students in the classroom, it is important to share important testing dates with parents. It also is helpful to send home sample test questions and provide test-taking tips, such as those found at <http://www.testtakingtips.com/parents/>.

Don't forget to encourage students to do their best. Hold testing pep rallies or make encouraging videos. Set a positive tone for testing. Most importantly, make the learning real, relevant and fun for students. Read <https://teach.com/what/teachers-change-lives/teachers-motivate/> for more info.

Once you receive your students' test scores, use the information to differentiate instruction and provide additional information to parents.

Consider asking yourself the following questions about testing.

- How can I prepare my students for upcoming tests?
- What information about testing can I share with my students' parents?
- How and when will parents receive their child's test results?
- How will I use test results to help my students?

Managing Stress

For many students, stress can accompany testing. Incorporating stress-reducing strategies, such as breathing techniques, in your classroom can help alleviate stress associated with testing. Helping students learn good organization methods also reduces stress. Be sure to talk to your students about the importance of exercise, healthy eating and rest.

If you see signs of stress, talk with your student, your student's parent or a school counselor. The school's counselor will be able to assist you in providing support for the student and resources you can share with parents. A good resource you can share with parents is available at <http://kidshealth.org/en/parents/stress-coping.html>.

Consider the following questions as you prepare to help your students cope with stress.

- How can the school counselor help students who are stressed?
- What resources about managing stress can I share with my students and their parents?
- What stress coping activities can I utilize with my students?
- How can I manage my stress so I can be the best teacher possible?