

Testing Days: Things for Families to Avoid

Testing days can be stressful for students, but families can help by creating a calm and consistent routine. Please keep the following reminders in mind during testing events.

Avoid staying up late the night before.

A good night's sleep helps students stay focused, alert, and ready to learn.

Avoid skipping breakfast.

A healthy breakfast can help students maintain energy and concentration throughout the testing session.

Avoid scheduling appointments during testing.

Please make every effort to have your child present for all scheduled testing sessions.

Avoid arriving late.

Students need to arrive on time so they can settle in and begin the school day calmly.

Avoid creating anxiety about the test.

Please avoid telling students that a test is difficult or that they must earn a certain score. These conversations can create unnecessary stress.

Avoid putting pressure on test scores.

Encourage your child to focus on reading carefully, thinking through each question, and giving their best effort.

Avoid making major changes to your child's normal routine.

Keeping regular bedtime and morning routines can help students feel prepared and comfortable.

Avoid sending unnecessary items to school.

Please follow all school guidelines regarding electronic devices and personal belongings during testing.

What Families Can Say Instead

Remind your child to:

- Get a good night's sleep.
- Eat breakfast.
- Arrive at school on time.
- Read each question carefully.
- Take their time and do their best.

- Stay positive and believe in themselves.

Thank you for partnering with us to help our students approach testing with confidence, focus, and a positive mindset.