

Relax. Rest. Then, do your best!



The state assessments for students in grades 3-8 are coming soon. Here are some tips to help your children do their best.



Get enough sleep.

Make sure your child gets 8-10 hours of sleep per night. A good night's rest helps ensure children have the energy and stamina to make it through the test.

Eat a healthy breakfast.

Start the day with a meal that includes complex carbohydrates and protein, at home or at school, before the test.

Exercise. Physical activity helps improve attention and how

quickly students process information. Exercise leading up to test day can be excellent mental preparation.

Relax and have fun the night before. Instead of "cramming," encourage your child to do something enjoyable the night before a big test—whether it's playing a board game or enjoying an outdoor activity as a family.

Write it down. Suggest your child write about their test stress for 5-10 minutes. Getting it all down on paper can be an empowering way to frame positive thoughts as well, such as "I did a really good job on the ELA practice test."

Think positive. Help your child practice this: When you start to feel stressed, take slow, deep breaths and think of something that makes you happy for 10-20 seconds. Children can use this technique in the middle of a test to regain focus if they feel stressed.

Do your best. Let your child know there may be questions they don't know the answer to. Suggest they skip these questions and revisit them later when they can perhaps spend a little more time on them.

Why do students take state assessments?

- The assessments help to evaluate each student's mastery of content and skills in specific subject areas.
- Student scores are analyzed by schools over the summer and as the school year begins to plan instruction for students
- They help the District to measure progress by students and schools toward meeting achievement goals.
- The tests are one tool among many that give teachers important information about where students are on the path toward college and careers.
- They are required by state and federal laws that hold school districts accountable for student achievement.



NYS Testing Dates

English Language Arts

April 14-16

(Make-up dates: April 17, 20, 21)

Mathematics

April 22-24

(Make-up dates: April 27, 28, 29)

Testing times are 60-90 minutes daily, depending on grade level and subject.