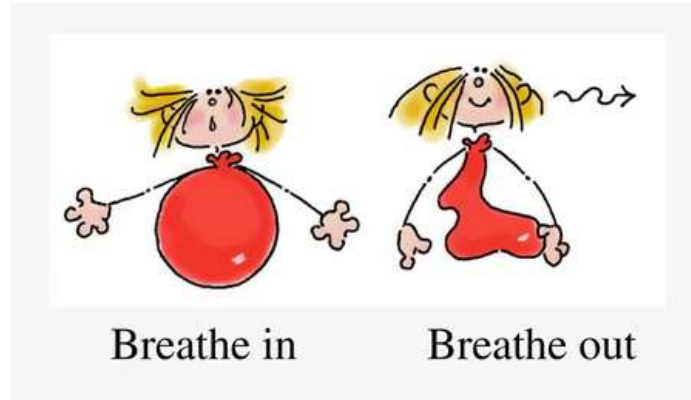


April



TIPS TO REDUCE ANXIETY IN CHILDREN BEFORE THE BIG TEST

It's that time of year where students prepare for the standardized tests! This month we will be talking to students about ways they can reduce testing anxiety as they prepare for the big test. We hope you have the opportunity to write your child an encouraging letter for the STAAR if you have a child in grades 3-5. All letters are due by Friday, April 12th and returned to the homeroom teacher. If you already did this then no worries. **Below are the dates for STAAR testing for grades 3-5 only.**

Counselor Contact



Mrs. Morris, M. Ed.
PK-Bilingual, K,2,4
972.600.3600
Evalcarcel@irvingisd.net

- **April 16 – Reading STAAR (3-5)**
- **April 23 – Science STAAR (5th only)**
- **April 30 – Math STAAR (3-5)**



Ms. Zepeda, M. Ed.
PK-Monolingual, 1,3,5
972.600.3600
Mzepeda@irvingisd.net

A few ways to help your child better prepare for the test are by:

1. **Providing positive self-talk.** Encourage your child to talk positively about how they will do and how awesome they are.
2. **Don't compare them.** They are special and unique, never compare them to others.
3. **Share the calm, not the chaos.** If your stress, your child is stressed too. Deep breathing is the No. 1 calming technique, so stay positive and take deep breaths.
4. **Get plenty of rest.** Make sure your child is in bed early.
5. Get things ready the night before to avoid rushing in the morning.
6. Avoid problems so he/she doesn't go to bed upset.
7. Make sure they eat a healthy breakfast and drink water.

Thank you for your continued support and partnership!