



HELP YOUR CHILD BE READY FOR TESTING

A few simple routines can help students arrive calm, confident, and ready to do their best.

PLEASE AVOID	PLEASE CONSIDER
• Appointments during testing. Schedule appointments outside the testing window whenever possible. • Late arrivals or early checkouts. Missing part of a session may require make-up testing. • Phones and personal electronics at school. Please have students leave phones, smartwatches, earbuds, and other devices at home. • Late nights or rushed mornings. A tired or stressed student may have difficulty focusing. • Last-minute cramming. Keep the evening calm and follow your child's normal routine. • Over-scheduling the evening. Limit late practices, activities, and screen time before a testing day. • Unplanned absences. Please avoid vacations or optional activities during the testing window. • Major routine changes. Familiar meals, bedtimes, and morning routines can help reduce stress. • Adding pressure. Remind your child that the goal is simply to show what they know.	• A good night's sleep. Keep a consistent bedtime throughout the testing window. • A healthy breakfast. Choose something filling and familiar, and make sure your child is hydrated. • Arriving on time. Give your child enough time to settle in before testing begins. • Daily attendance. Being present each testing day helps your child stay on schedule. • Needed supports. Make sure your child brings their glasses or other approved learning supports. • Comfortable layers. Dress your child for the classroom and changing temperatures. • A restroom stop before school. A quick stop before leaving home can help prevent distractions. • Reviewing school messages. Check campus communications for schedules and any special instructions. • Sharing concerns early. Contact the school if your child is experiencing significant testing anxiety. • Positive encouragement. A calm reminder to take their time and give their best effort goes a long way.

BE PRESENT. BE PREPARED. DO YOUR BEST.

Thank you for helping make testing days successful for every student!