

would like to attend this get-together, please contact Kami Leonard, your Parent Involvement Coordinator!

atorl



## SEEDEFDAFS GARADT FEET SFACE DAD SCO

gest that good nutrition is related to improved attention and concentration.

DOD Help your children by encouraging a good night's rest before exams. Children who are tired will have difficulty focusing on their work.

Make the morning of test days pleasant. Stress will impair your children's ability to perform their best. Remind your children to dress comfortably, perhaps in layers, so that they are able to adjust to the temperature in the room.

Ensure that your children make it to school on time so that they do not miss any instructions and are allowed ample time to settle in and relax before the test begins.

DOD 3000 schedule dental or doctor appointments for testing days.

be too anxious about your children's test scores. Although it is important to let them know that the tests should be taken seriously, it is also important not to increase test-taking anxiety.

interest in what they are doing at school and helping them prepare for tests will certainly have a positive impact on them.





Adapted from Riverside County Office of Education - How You Can Help Your Child: Test-Taking Tips