

SOL Test Tips for Parents

SOL testing will begin May 1, 2019. Below are some tips for parents to help prepare your child for the upcoming assessments. Please see the back of this form for a schedule of the SOL test dates.

Here are some tips on how you can help your student do their best:

- ☆ Encourage your child to do their best and keep a positive attitude about the tests. A student who is relaxed will be able to concentrate more on simply doing his/her best.
- ☆ Make sure your child gets plenty of rest the night before the test and eats a healthy breakfast in the morning.
- ☆ Help your child keep the SOL tests in perspective. It is an important test, but is only ONE WAY to measure his/her achievement. Speak with your child about all the ways he/she excels personally and academically.
- ☆ It is important that your child is present during the testing window. Please ensure your child arrives to school on time on the days they are scheduled to take an SOL test. Students will be more relaxed if they arrive on time. Additionally, SOLs are a standardized test, so if your student misses the directions, he/she will not be able to join the testing group and will need to make-up the test at a different time.
- ☆ All electronic devices must be turned off and put away during testing. This is extremely important to help limit distractions during testing. *Students will not be able to have access to any personal electronic devices on test days so it may be a good day to leave devices at home.*

Spring 2019 SOL Testing Schedule

Wednesday, May 1	7 th Grade Civics; 5 th grade Science
Thursday, May 2	4 th grade VA Studies
Tuesday, May 7	5 th & 7 th grade Reading
Wednesday, May 8	4 th & 6 th grade Reading
Thursday, May 9	3 rd grade Reading
Tuesday, May 14	5 th & 7 th grade Math
Wednesday, May 15	4 th & 6 th grade Math
Thursday, May 16	3 rd grade Math