



Dear Parents,

“Testing” time is here at our school. This affects students of every age. By helping your child be physically and mentally prepared for a test, you are helping them lower the feeling of anxiety that often follows.

Test anxiety is a very common experience. It can cause physical problems such as upset stomach or headaches as well as fear, anger, or even depression.

This anxiety can prevent a student from being able to think, comprehend and learn.

Parents have the biggest positive impact on their children’s lives and how we handle our daily stress and how we respond to this stress teaches our children how to deal with tough situations. Research has shown that providing students with tools and strategies to deal with this overwhelming feeling can improve their ability to prepare and perform on tests.

Here are some tips to share with your child:

- Avoid cramming.
- Get an adequate night’s sleep, 8-10 hours.
- Eat a nutritious breakfast and dinner.
- Listen very close to directions.
- Follow the strategies provided by your teacher.
- Take time to enjoy the completion of the test with your child that evening.
- Discuss the test results with your child and make positive suggestions.

Confidence in test taking skills can really cause your child to have less test anxiety and ultimately show what he/she has learned.

School Health: The Importance of Weight

From the moment a child is born, weight is important.

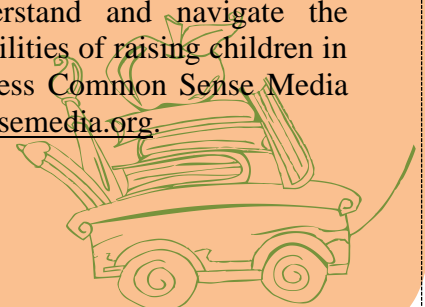
Parents and doctors continue to keep an eye on weight as a child gets older. Doctors will measure height and weight at a child’s checkup and compare it to what it was at the last visit. Doctors want to be sure children maintain a healthy weight because weighing too much, or too little, can be a problem.

Being overweight or obese means there is more body fat than is healthy. We all have some body fat, but an excess of fat can affect a child’s health and ability to run, walk, sleep, as well as how the child looks and his or her self-esteem. The long term effects of being overweight or obese can lead to chronic health conditions such as asthma and type 2 diabetes.

One of the best ways children can stay at a healthy weight is to be active and to eat healthy. Childhood is the time to set habits for a lifetime of health.

Technology

Common Sense Media is our go-to site for helping make responsible media choices. It’s a fantastic resource for both educators and families. Here is their mission: Common Sense Media helps families make smart media choices. We offer the largest, most trusted library of independent age-based and educational ratings and reviews for movies, games, apps, TV shows, websites, books, and music. Our Parent Concerns and Parent Blog help families understand and navigate the problems and possibilities of raising children in the digital age. Access Common Sense Media at www.commonsensemedia.org.



Discover ways to build family time into your daily schedule

To reach their full potential in school and in life, kids need frequent, meaningful, undivided attention from parents. But finding quality time to spend together can be challenging.

Here are some ways to build more family time into your busy schedule:

- Turn off the TV. Simply limiting TV time can result in several hours of free time each week.
- Volunteer. If your child is involved in a club, team or other group activity, offer to help out. This is a great opportunity to spend time together.
- Get moving. It's important to squeeze exercise into your routine. Be active as a family—go for walks, play tag or kick a soccer ball.
- Write it on the calendar. Treat family time like an appointment. If you can, schedule some one-on-one activities that appeal to each child.
- Gather for dinner. Sit-down meals help kids and parents connect and can lead to great conversations. Strive to have at least one family meal every day.



Celebrate the month of April with these fun learning activities

April may bring showers — but it also brings many days of learning opportunities. Here are some fun things you can plan to do with your child:

April 2 is International Children's Book Day and Hans Christian Andersen's birthday. This day is designed to inspire a love of reading. Head to the library and grab some books!

April 13 is the birthday of Thomas Jefferson. Go online to learn more about this president. Take a virtual tour of his home Monticello at explorer.monticello.org.

April 17 is income tax deadline day. Talk about the purpose of taxes. Practice calculating percentages with your child.

April 22 is Earth Day. As a family, think of something you can do to protect the earth. Perhaps you could plant a tree or set up a recycling station at home.

April 23 is the day Shakespeare's birthday is celebrated. Ask your child to write a scene for a play and act it out with friends or family members.

April 26 is the birthday of John James Audubon, who was known for his studies, drawings and paintings of North American birds. Encourage your child to draw pictures of the birds she sees.

April 30 is International Jazz Day. Find a radio station that plays jazz and listen to it with your child. Then each of you can describe how the music makes you feel.

