



GRANBURY ISD

FAMILY CONNECTION

SUCCESS ON THE STAAR TEST!

CREATED BY COMMUNITIES IN SCHOOLS

STAAR testing and finals are right around the corner! This can be a very stressful and overwhelming time for your student. Your child may be experiencing some testing anxiety or difficulties studying. This newsletter will cover some tips and tricks that can help you and your student conquer the season of testing.

COMMUNITY RESOURCES

LOCAL FOOD PANTRIES

- MISSION GRANBURY
- PEOPLE HELPING PEOPLE
- LOAVES AND FISHES
- BRAZOS RIVER ACRES

UTILITY ASSISTANCE

- RANCHO BRAZOS
COMMUNITY CENTER-
TUESDAYS 10AM-12PM



SURVIVING TESTING SEASON

HOW TO MANAGE STRESS THROUGH STAAR TEST AND FINALS

Ask your kids if they experience test-taking anxiety, and tell them that it's normal.

- Remind your child to stay positive during the test and to think positive thoughts like "I can do this!" Tell your child if he or she is feeling stressed or freezes up, to take a few deep breaths or to imagine a peaceful place like the beach or park. If you are anxious about your child's test, don't let them know it. Help your child learn how to relax

Go over the following test-taking tips with your child:

- Follow all written/verbal instructions carefully. · Read each question carefully.
- Identify key words and underline and highlight them. · Rephrase difficult questions - rewrite it in words that are easier for you to understand.
- Eliminate answers you know are wrong. If you have to guess, the process of elimination increases your chances of guessing correctly.
- Answer every question, even if you have to guess.
- Make sure all your answers have been transferred from your test booklet to your answer sheet correctly.
- If you feel nervous, take a few moments to relax. Take some deep breaths and clear your mind.

A pediatrician from Florida shares that she sees an increase in patients with stress-related symptoms around the time of testing, such as stomachaches and panic attacks, and even says that for some children the anxiety makes it difficult to get them to school (Simpson, 2016)

On the day of the test, make sure your child is rested, eats a good breakfast, and arrives to school on time.

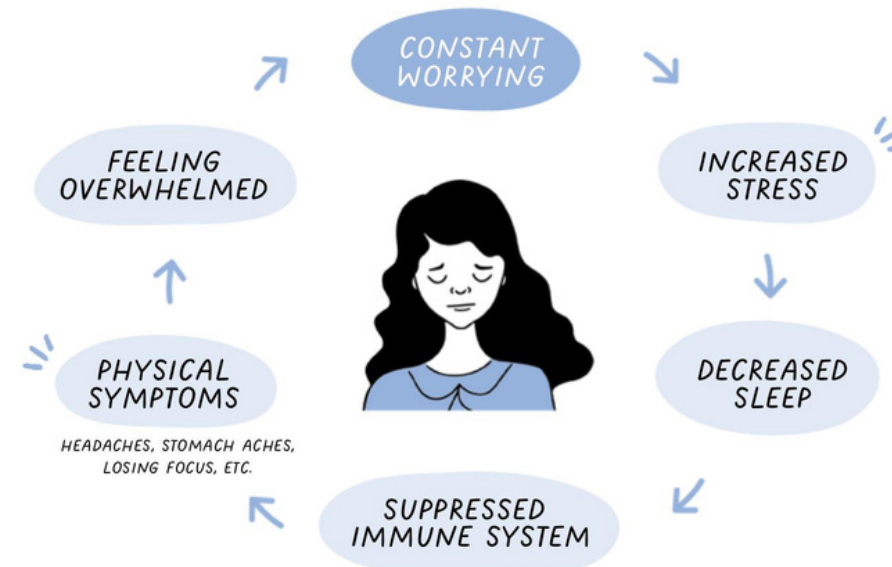
- Know testing dates, and be sure to not schedule any sort of appointment for those days. The night before, make sure that your child gets to bed early enough and gets a good night sleep. Adequate rest does make a difference! If your child is a restless sleeper, take them to do something active earlier in the day. Nutrition also influences how well children do on a test -make sure your child gets a good meal, but not too heavy of a meal. Send them off to school wearing comfortable clothing for long test-taking periods.

Have realistic expectations about your child's performance while encouraging their best efforts.

- Emphasize that the test is only one measure of academic performance, and does not determine a person's intelligence or worth. Tell your child that you will love them just the same, no matter how they do on their test, but that it is important to do their best.

TEACH YOUR CHILD TO TURN THEIR WORRY INTO "I WONDER"

Occasional worry is ok. But when **worrying becomes a habit**, it can have serious health effects on your child. When your child learns to turn their worries into "I wonder"... their mental and physical health improves and they become **more resilient**.



BREAK THE CYCLE BY HELPING YOUR CHILD TURN THEIR WORRY INTO "I WONDER"...

WORRY

- "I will feel embarrassed if I screw this up."
- "I won't know anyone and will have no one to talk to."
- "This is going to be too hard for me."
- "I don't want to ask a question because I feel stupid for not knowing this."
- "I won't have any friends in the new school."
- "I'm just not good at anything."

WONDER

- "I wonder what will happen if I try this and give it my best!"
- "I wonder if I can make some new friends or meet someone cool if I go."
- "I wonder if this will help me learn a new skill!"
- "I wonder if others have the same question as I do. They would be thankful I asked."
- "I wonder how many kids have the same interests that I do."
- "I know everyone has unique talents and abilities. I wonder what mine are."