How Can Students and Parents Help During Testing?

**Students: do your “student job”:**
Students can help prepare for STAR testing in a variety of ways. Students need to remember that the test covers learned material. The information on the test will look familiar and will align with the material that teachers have been teaching this school year. Students who put forth the daily effort to do their “student job” of attending and participating in class, asking questions, completing work to the best of their ability, completing homework and turning in timely classroom reports, projects, and assignments as directed by their teachers, often find that their efforts are reinforced by their ability to demonstrate proficient or above learning on the CST.

**Parents: affirm confidence and remember...your children have been taught well:**
Parents can help their child by affirming confidence, encouraging their child to do his/her personal best and to put forth the effort and focus required to do well.

**Make sure students get an adequate night’s rest:**
Parents can also make sure that each child gets a good night’s rest. We recommend that all students be in bed by 9:00 p.m. on testing nights. Research shows that being rested increases focus, stamina, and endurance, which will support your child as he or she listens to directions, reads passages, and analyzes and solves problems.

**Make sure that students have breakfast and are at school before the 8:05 bell:**
Parents can also help by making sure that their child eats a nutritious breakfast. After a night’s rest, your child’s body needs energy and rehydration. In addition, please plan to have your child at school each morning before the 8:05 bell. This will give your child a chance to relax, visit with friends, get a drink, and use the restroom prior to testing.

**Understand that we cannot interrupt testing:**
Please understand that students who arrive after the 8:10 “instruction” bell will not be allowed to interrupt testing. Instead, late students will be escorted to a room for quiet work and will have to make up testing on another day with a different teacher. All students test better in their own classroom, with their friends and their regular teacher. Please help us by making sure that your child arrives on campus prior to the 8:05 bell.