

April 1, 2021

Estelle School News



One Band, One Sound, One School, One Score

"To become a high performing "A school"

To create an environment in which all teachers, staff members, and community stakeholders work collaboratively to ensure all students achieve success to become positive contributors in our society.

Administrative Message

Spring has officially arrived! With Spring comes LEAP testing as we move into the last few months of school. Statewide LEAP testing begins April 26, 2021 and will extend for the entire month of April and into May. Please make sure your children are well rested and arrive to school on time each day. Please do not schedule any appointments during the day while state testing is underway as the school will be under secure testing protocols. Students will need to turn off their cell phones during statewide testing and they must remain in the complete off position (not just on silent) during the entire school day while state testing is being conducted. Spring Break is April 2-6, 2021. Students will return to school on Wednesday, April 7, 2021. Interims will go home on Tuesday, April 27, 2021.

March Recap...

March is over but Spring Fever has begun. Students had Benchmark testing in March. Report cards went home on March 25th. We resumed our 2:10 pm dismissal on March 29th. Students are being prepared for LEAP testing that begins on April 26th.

Reminders...

Students should arrive no later than 7:20am. At 7:21am students are considered tardy. If students are dropped off, they should be dropped off at riders gate. Please be sure to follow flow of traffic in the rider's gate line. Please do not block driveways. A rider's gate pass is not needed to drop students off, only to pick students up in the evening. Only tardy students should be brought into the office in the morning. Please do not drop your child off in the parking lot in the front of the school. Please do not schedule any appointments during testing. Testing begins April 26th. Face masks are part of the uniform, please make sure your child has a face mask on before they come to school.

Inside this issue

Administrative Message.....	1
March Recap.....	1
Calendar.....	2
Social Worker Minute.....	2

Spring Break

Begins

April 2nd.

Students return

April 7th.

LEAP

Testing Begins

April 26th.

April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	Spring Break ²	3
4	5 Spring Break	6	7	8	9	10
11	12	Spring Pictures and K & 8th Grad Pictures ¹³	14	15	16	17
18	19	20	21	22	23	24
25	LEAP Testing Begins ²⁶	Interims Issued ²⁷	28	29	30	

Social Worker Minute by Ms. Rankins.....

Help Your Child Get Ready for Standardized Testing

It's LEAP testing season, and for many students, the process brings significant worry and anxiety. Testing in middle and high school can be especially stressful when students begin taking LEAP, end-of-course exams, which require passing grades as a requirement for high school graduation. Parents - you can give your kids some comfort, make testing a little easier, and help them do their absolute best by following the guidelines below.

Have conversations about the test. Make sure to discuss the test openly and in a positive way with your child, and encourage your child to do the best work possible. However, don't pressure them. Your child should be relaxed about taking the test, not stressed out. Ask your child how they are preparing for the test, and how you can help them to prepare. Reassure them by telling them that you are proud of their effort. **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. *(Take a minute and Google these breathing exercises with your child: Buzzing Bee, Smell the Flower, Roller Coaster, Blowing Bubbles, Balloon Belly and Hot Cocoa)* **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. **Encourage your child to study, and make sure they have a well-lit and quiet area to do so.** Regular study time can help your child prepare for the test and develop a routine to feel comfortable on test-taking day. **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. • Don't change your first answer unless you are pretty sure it was wrong. Most studies show that the first answer is usually correct. • Don't get stuck on one question. Skip it and come back to it later. • 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. • Use all your time. If you have extra time, go over your answers. • If you feel nervous, take a few moments to relax. Take some deep breaths and clear your mind. **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/uniform for long test-taking periods. Keep an eye out for test results and meet with your child's teacher to determine areas where your child can improve. **Keep an eye out for your child's test results and teach your child to learn from their mistakes.** Meet with your child's teacher to determine what areas your child need to improve in, and what sort of activities you can do at home to help them do better next time.