

MALVERN SCHOOL DISTRICT TEST TAKING TIPS

When a test is to be given, parents can help by making sure their children:

- Get plenty of sleep the night before the test
- Have breakfast on the morning of the test
- Go to school on time on test days
- Dress comfortably
- Know parent thinks he/she will do well on the test
- Know parent understands the test is important.

Please call your child's school counselor if you have questions about testing.

Attendance Makes a Difference

Teachers cannot teach students who are not in school. There's strong evidence that regular school attendance can result in significant test-score gains.

So remember:

- Make sure your child is in school every day.
- Don't schedule non-emergency medical appointments during school hours.
- Don't take your child out of school for a family trip or activity.
- Don't allow your child to be tardy.

Being Physically Ready for Tests

Getting ready for a high-stakes exam requires more than just studying. Your child must be physically fit, too. Don't forget the following as your child prepares for exams:

- Breakfast – Get your child in the habit of taking time for a nutritious breakfast every day. Even toast and a piece of fruit will provide body and brain energy.
- Sleep – Get your child into a regular sleep routine. Most children need at least eight hours of sleep each night.
- Exercise – Encourage your child to exercise every day. Exercise increases oxygen to the brain and helps with thinking and memory.