

# Saint Anne Catholic School

Week of September 16<sup>th</sup> - 20<sup>th</sup>



## WELCOME CRUSADERS

It is Terra Nova Testing week. It is time to sharpen those #2 pencils! We know from experience that teachers evaluate students, but Standardized test are yet another tool that is used to evaluate how students in a given class or school perform in relation to other students. Since the same test is given to a large number of student throughout the country, the results give school personnel a common yardstick or "standard" of measure to determine whether school programs are succeeding, as well as a "snapshot" of the skills and abilities of all its students.

### MONDAY, September 16<sup>th</sup>

- Terra Nova Testing Starts, Grades 2-8
- Flag and Prayer led by 6<sup>th</sup> Grade

### TUESDAY, September 17<sup>th</sup>

- Soccer Game vs. SVS at Saint Viator

### THURSDAY, September 19<sup>th</sup>

- Soccer Game vs. SCS at Saint Francis

### FRIDAY, September 20<sup>th</sup>

- 8:30am School Mass led by NJHS
- NJHS Induction Ceremony will occur at Mass
- Terra Nova Testing ends
- Pizza with the Priests

## TEST TAKING STRATEGIES FOR PARENTS AND STUDENTS

- **Promote a positive attitude**

Kids need to take tests seriously and be strategic, but also feel confident and mentally prepared. Parents can help children feel prepared for the test by encouraging children to visualize success on test day.

- **Eat well, exercise, and rest**

Foods high in protein, and water help to stimulate the brain. Exercise, such as stretching and walking, helps to supply the brain with oxygen. Eating a healthy breakfast before school, particularly on the day of the test, gives the body the fuel it needs to maintain long periods of concentration. Eight hours or more of sleep is best.

- **Plan enjoyable and relaxing activities**

Trying to squeeze a little more preparation in immediately before the test is not advised because it can lead to feeling overwhelmed. Studying the day before or day of the test leads to increased anxiety and should be avoided. Instead, plan enjoyable activities to feel relaxed and ready.

## ACCELERATED READER WEEKLY CHAMPIONS

Mrs. Allen's Eighth Grade class won the AR Trophy last week for the most students who took at least three quizzes.



Please stop by the office to pick up your Fun Fair Raffle Tickets and sign up for volunteer service hours. The top seller and top selling class will be awarded with a prize.

