

Parents'

Tips for Testing

Students will take a new state test this spring called the Smarter Balanced test.

It's not the same kind of test students are used to taking, so it will be an adjustment for them.

Our school will be sending out six "Parents' Tips for Testing" to help you help your student prepare for test time.

If you have questions about tests, please contact our school office. Thank you!



Tip #6: Sleep and eat

The Smarter Balanced test is longer than the old OAKS test. Students will need stamina to make it all the way through.

To help fortify them for the task, please be sure your students get plenty of sleep and start the day with a healthy breakfast. This is important every day, and especially so during the testing window.

If you need information about breakfast or lunch service at our school, please call our school office or check our website for information.

Foodservice information can also be found on the district website at:

www.salemkeizer.org/parents/school-breakfast-lunch

Find more information about preparing for the Smarter Balanced test, including practice test links:

www.skgradguide.com/doing/state-tests

