# C:\Users\ldessert\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\82MDE4EF\eagle-cartoon-flying-illustration-34699727[1].jpg *Principal’s April Newsletter 2019*

**Lynn Dessert, Principal Ashley Fullen, Assistant Principal**

*Dear Parents,*

*“Testing” time is here at our school. This affects students of every age. By helping your child be physically and mentally prepared for a test, you are helping them lower the feeling of anxiety that often follows. Test anxiety is a very common experience. This anxiety can prevent a student from being able to think, comprehend and learn.*

*Parents have the biggest positive impact on their children’s lives and how we handle our daily stress and how we respond to this stress teaches our children how to deal with tough situations. Research has shown that providing students with tools and strategies to deal with this overwhelming feeling can improve their ability to prepare and perform on tests.*

*Testing is used in schools for two main purposes. One is to find out how well an individual student is learning in the classroom. For instance, teachers can test how well a child is responding to reading instruction by using assessments that measure specific skills necessary for fluent reading.*

*The other purpose is to find out how well the school is meeting local and national benchmarks for student achievement. For this purpose schools use standardized tests, which will be administered in the April and May.*

*Thank you for continuing to support your student at home. For more information, call our main office at 508-669-4245.*

Here are some tips to share with your child:

* Get an adequate night’s sleep, 8-10 hours.
* Eat a nutritious breakfast and dinner.
* Listen very close to directions.
* Follow the strategies provided by your teacher.
* Take time to enjoy the completion of the test with your child that evening.
* Respond to any concerns your child has with encouragement and support. Emphasize that there are lots of ways to express what you know, and that these tests are just one measure.

**Important Dates:**

**April 2nd -Grade 1 -Creature Feature Night 4-6 in grade 1 classrooms**

**April 2nd -PTO Meeting in the library at 6:30**

**April 6th -Annual Town Election**

**April 8th -MCAS Grade 4 ELA**

**April 9th -MCAS Grade 3 ELA**

**April 10th -MCAS Grade 4 ELA**

**April 11th -MCAS Grade 3 ELA**

**April 15-19th -School Vacation Week**

**April 24th and 25th -MCAS Make-up**

**April 24th - Kite Day 9-11am**

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