



BUILDING HEALTHY HABITS

Supporting Your Child During State Testing Season

Hey families,

As we move into April, state testing season approaches. Many families wonder how best to support their children. While these tests are an important part of the school year, they don't have to be a source of stress. With a few simple steps at home, you can help your child feel prepared, confident, and calm.

Here are some ways you can support your child during testing season:

1. Create a consistent routine: keeping a regular schedule for homework, meals, and bedtime helps children feel more secure and focused. Having the same schedule can ease anxiety and improve performance.
2. Encourage practice, without pressure: if your child has access to practice questions or review materials, encourage short, low stress practice sessions. The goal is to build familiarity and confidence, not overwhelm them.
3. Prioritize rest and nutrition: a good night's sleep and a healthy breakfast can make a big difference in your child's ability to concentrate and stay energized during testing.
4. Talk about test taking strategies:
 - Take your time and read carefully
 - It's okay to skip a question and come back later
 - Do your best, perfection isn't the goal
5. Support their emotional well being: It's normal for children to feel nervous. Let them know it's okay to feel that way, and remind them that you are proud of their effort no matter the results. Encouraging words and a calm environment at home can make all the difference.
6. Keep an open mind: state tests are just one measure of your child's learning. They do not define your child's abilities, strengths, or potential.

Early Childhood - HRL Preschool

In our preschool classrooms, learning happens through play, exploration, and connection. Children are building important skills like communication, social-emotional awareness, reading and writing, in a fun and supportive environment.

At home, you can support your child by:

- Reading together daily
- Singing songs and rhymes
- Encouraging conversation
- Practicing counting and colors
- Keeping consistent routines

Resource Family Corner

We're here to support not just our students, but the whole family. Below are a few helpful resources you can explore:

- Academic support: check with your child's school about tutoring, after-school programs, or extra help opportunities.
- Mental Health & Wellness: Encourage open conversations and reach out to school counselors or community programs if support is needed.
- Community Resources: Local libraries, community centers, and family programs offer free activities and learning opportunities.

