



Dear Parent/Guardian:

Next week your child will be taking standardized achievement tests in our school. Testing is a vital part of education and helps guide us as a school to evaluate the effectiveness of our instructional program and to plan instruction for your child. Since these tests are important, the following factors that will affect your child's test performance should be considered:

1. Be certain your child goes to bed early. Adequate amounts of rest for the following day will be a big factor in providing for mental alertness.
2. Eat a good breakfast and lunch. This will give your child the energy needed to think clearly.
3. Avoid using foods and beverages that are high in sugar content. Sugar has been proven to produce hyperactivity in children and lessen concentration time. Avoid candy consumption.
4. Discuss this upcoming test with your child. Stress its importance and give motivation, but minimize your child's stress/anxiety level about the testing process.

We hope that by following these suggestions your child's test performance will be optimized.

It is important to remember that standardized testing is only one indicator of your child's ability. Other assessments, projects, report cards, and teacher and parent input are all valid ways of determining the growth of your child.

Thank you for all you do.

Sincerely,