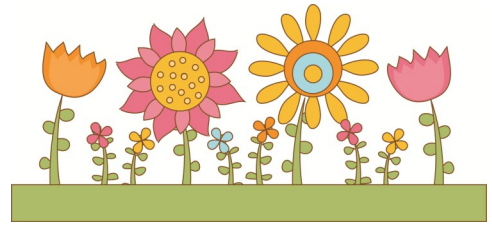


DELTA MIDDLE SCHOOL

April Newsletter



Upcoming

Events

5th Grade field trip

April 24th

6th Grade Immunizations

April 25th

Spring Break

There will be no
school from

**April 14th – April
18th**

due to spring break.

School will start again
on April 21st.

RISE Testing

Students will soon begin RISE testing. As the school year is coming to a close, it is important that your student end the year feeling good about what they have learned and accomplished this year. We want them to do their very best on these new RISE tests. Students have already had some experience with the new format because teachers have prepared them by working on benchmark tests and interim tests in class. Parents can log on to the Millard School District home page and learn more about the new RISE tests there. As with all end of level testing, here are some great tips to help your student do their best:

The night before:

- Help your child get to bed on time. Research shows that being well-rested helps students do better.
- Help children resolve immediate arguments before going to bed.
- Keep your routine as normal as possible. Upsetting natural routines may make children feel insecure.
- Mention the test to show you're interested, but don't dwell on it.
- Plan ahead to avoid conflicts on the morning of the test.

The morning of the test:

- Get up early to avoid rushing.
- Be sure to have your child at school on time.
- Have your child eat a good breakfast but not a heavy one. Research shows that students do better if they have breakfast before they take tests.
- Be positive about the test. Acknowledge that tests can be hard. Explain that doing your best is what counts. The important thing is to make your child comfortable and confident about the test.

After the test:

- Talk to your child about his or her feelings about the test, making sure you acknowledge the effort such a task requires.
- Discuss what was easy and what was hard; discuss what your child learned from the test.
- Discuss what changes your child would make if he or she were to retake the test.
- Explain that performance on a test is not a condition for you to love your child. You love your child just for the person he or she is.

