

Dear Parent,

Throughout the school year, your child will take many different types of tests. I want _____ to feel relaxed and confident in testing situations, and I need your help. Please explain that tests, including standardized achievement tests, are among the most important tools we have for helping children. A good test can identify a child's strengths and weaknesses and show where he or she needs extra help. At school, we talk about the purpose and importance of testing. And we practice various test-taking skills such as following directions and using time wisely. There are also some things you can do to help your child do better on tests.

Before a Test, Children Need:

- a full night's sleep
- a good breakfast
- comfortable school clothing
- a little understanding if they're anxious or upset

How to Talk With Your Child About Tests:

- Mention that you value tests because they are designed to help children learn better.
- Encourage your child to take the test seriously and do as well as possible, but reassure your child that he or she will not be in trouble for items missed.
- Never add pressure in the form of threats or rewards attached to test results. Do not make comparisons to siblings.
- Emphasize that every child is unique in terms of strengths and learning styles and deserves to be loved for that uniqueness.

Thank you for your help and support.

Teacher