

# Title 1 Tidbits April 2024



## Why is state testing so important?

Senate bill 380 requires that students take annual assessments to see if they are meeting the [Missouri Learning Standards](#), which are guidelines to what students should be able to know and do for their grade level.

Testing can be stressful for both the students and staff; here are few tips to help....

Be aware of the testing schedule & avoid scheduling appointments that can be done later.

Be certain that your child gets adequate rest ~

- Students can benefit by moving to an earlier bedtime the week before.
- Ditch the electronics at least an hour before bedtime. Charge them outside the bedroom if they are available, they will use them.

Eat breakfast, but not too much! You do not want your body to focus on digesting your food instead of helping your brain.

- Avoid foods that are high in sugar such as muffins.
- Drink water to avoid dehydration which can make you lose your concentration.
- Avoid caffeine, it can make you more jittery.

**Students in grades 3-8 will receive a free breakfast on the days they are testing.**

Be sure to come to school prepared ~

- Students will need headphones or earbuds while testing.
- Middle school students need to bring their computers and chargers each day.

Try to Relax and Breathe!

**Doing your BEST is more important than being the best!**

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