

Guidelines

Colonial Heights Middle School Guidance Newsletter

March 2018



8th Grade Writing SOL Tests

Eighth graders will be taking the English-Writing portion of the SOL tests on March 21st and 22nd. Students will write to a prompt on Wednesday and will complete the multiple-choice/technology-enhanced portion of the test on Thursday, which will run on a **backwards day** schedule. Both portions of the test will be administered online. Parents can help ensure their children will perform their best by seeing that they *get a good night's sleep* the night before the test, *eat a good breakfast*, and *arrive at school on time*.



Students who experience test anxiety can reduce their stress by taking long, deep breaths and by tensing and then relaxing their muscles before and during the test. Before the test, students can practice visualizing themselves answering questions correctly, writing quickly and confidently, and completing the test successfully (professional athletes use this positive visualization technique all the time!). *Good luck, 8th graders!*

Write On!



Sixth and seventh grade students will take a practice SOL writing test on March 21st, the same day the eighth graders write to a prompt for the writing SOL test. This practice test will help familiarize students with the form and expectations of the actual writing test they will take as 8th graders, and they will receive valuable feedback to help them improve their writing skills.

Habits of Happy People

Adapted from

"11 Habits of Supremely Happy People"

by Dr. Travis Bradberry



Keeping in mind that **happiness that lasts is earned through your habits**, here are the last two habits on Dr. Bradberry's list, compiled through his research:

Habit #10 - Happy people do things in person. Happy people let technology do their talking **only when absolutely necessary**. The human brain is wired for in-person interaction, so happy people will jump at the chance to drive across town to see a friend or meet face-to-face—because it makes them feel good!

Habit #11 - Happy people have a growth mindset. People's core attitudes fall into one of two categories: a fixed or a growth mindset. With a fixed mindset, you believe you are who you are and you cannot change—which creates problems when you're challenged, because challenges then make you feel hopeless and overwhelmed. **People with a growth mindset believe that they can improve with effort**—which makes them happier because they are better at handling challenges and difficulties. They also outperform people with fixed mindsets because they embrace challenges, treating them as opportunities to learn something new.

NJHS News: No NJHS meeting this month.

Change the way you **look at things** and the things you look at **change**.

