

Guidelines

Colonial Heights Middle School Guidance Newsletter

March 2019



8th Grade Writing SOL Tests

Eighth graders will be taking the English-Writing portion of the SOL tests on March 20th and 21st. 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 20th, 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.

Parent-Child Communication

TIP #2 – Gather Kid Information

Probably the most important step toward asking good questions is to be attuned to your kids' studies, schedules, victories, challenges, and friends. Talk to teachers. Watch and listen while your kids interact with friends. Discuss daily schedules and, most important of all, catch them doing things right and compliment them on it.

Knowing what's going on in your children's lives makes you a better conversationalist because it allows you to ask specific questions and prepares you to truly listen to the answers.

For example, you may have noticed your daughter hasn't mentioned or heard from her best friend Jane for several days. You might ask her, "What's new with Jane?" By staying attuned to kids' lives, you'll never be at a loss for good questions.



"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." --Dr. Seuss, *The Lorax*

