

# Burr Ridge CCSD #180

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Both district schools have earned honors as 2008 Illinois Spotlight Schools.

## ISAT TESTING March 2nd THRU March 5th, 2010 GRADES 3 - 8

### Getting Ready for the Big Day

There are a lot of things you can do on or immediately before test day to improve your child's chances of testing success. (*Look for an ALERTNOW message on Monday, March 1st as well*)

1. **Provide a good breakfast on test day.** Instead of sugar cereal, which provides immediate but not long-term energy, have your child eat a breakfast with protein or complex carbohydrates, such as eggs, toast, or a banana-yogurt shake. *All students will receive a healthy morning snack in their homerooms as well.*
2. **Promote a good night's sleep.** A good night's sleep before the test is essential. Try not to overstress the importance of the test. Doing some exercise after school and having a quiet evening routine will help your child sleep well the night before the test.
3. **Assure your child that he or she is not expected to know all of the answers on the test.** Explain that these tests measure things your child may not yet have learned in school. Putting forth a good effort is the best thing. Avoid threats or bribes, these put undue pressures on children and may interfere with their best performance.
4. **Keep the mood light and offer encouragement.** To provide a break on test days, do something fun and special after school – take a walk around the neighborhood, play a game, or prepare a special snack together. These activities keep your child's mood light—even if the testing sessions have been difficult – and show how much you appreciate your child's effort.
5. **Good attendance during this week is essential.** Please do not schedule any appointments during the mornings of this week. Attendance is very important. BEING ON TIME to school is also critical for all students. Thanks for working as a team with us.

Dr. Debbie LeBlanc and Mrs. Julie Bartell

**GOOD LUCK TO ALL STUDENTS WHO  
WILL BE TESTED NEXT WEEK!!**