



Do Your Best Parent Newsletter

Longer Version:

This month, Soul Shoppe is teaching a workshop on how to “**Do Your Best**” in any challenge. Since our school is in the midst of test preparation, Soul Shoppe will show students how to Be Smart, Be Strong, and Be Ready.

We know that you parents always do an amazing job of taking care of your children, and testing time is a time to pay special attention to your child.

You can help your child Do Their Best during testing time by:

- Helping them get to bed on time for a **good night's sleep**
- Providing a **nutritious breakfast**—especially on the morning of tests
- Laying out everything that is needed **the night before** a test (pencil, eraser, calculator)
- Not scheduling **doctor/dentist appointments** or trips during testing time
- **Arriving at school on time**, calmly, and stress free.
- **Celebrating** with your child after a testing day! (go to a park on the way home, give extra hugs and compliments)
- Expressing **confidence** in your child
- Encouraging kids to take the tests **seriously**

With the concerted effort of families, students, teachers, and administrators, we are certain that the test-taking experience will be positive for your child as well as for the whole school. We expect everyone to succeed!

“A problem is a chance for you to do your best.”
- Duke Ellington

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