



DeSoto Independent School District



Dear Parents,

It's almost that time again – standardized testing is right around the corner. DeSoto ISD will be administering the STAAR test next week – see schedule below. You play an important role in your student's success and showing the state of Texas they are ready for the next grade level or the future. As you know, we have been hard at work preparing and reinforcing the skills necessary for students to demonstrate their learning. Even though this assessment is a snapshot –a single day perspective – it is important that our students have every advantage to do their best. We don't want to cause test anxiety, rather we want our students to be confident they are prepared and have the knowledge and skills they need. Here are some ways in which you can help set your student up for success:

The night before the test:

1. Make sure your student goes to bed on time and gets a good night sleep. There is research that shows that students who got at least seven hours of sleep for high school and nine hours of sleep for elementary each night before testing scored 10% higher than those students who got less sleep. On average students had an increase of 8.5 points on their overall score.
2. Be positive and confident in the fact that you know your student will do their best.
3. Discuss a test that you have had to take in your life and how you approached it (driver's license, teacher or professional exams, etc.). Life is full of tests, we all have them in and out of school.
4. Plan ahead to avoid conflicts on the morning of the test.

The morning of the test:

1. Get up a few minutes early to avoid rushing and make sure your student arrives to school on time.
2. Have your child eat a nutritious breakfast at home or school. There is a strong correlation between eating breakfast and memory and cognitive functioning.
3. Have your student dress in layers so they can take a sweater off/on if they get hot or cold.

After the test:

1. Talk to your child about how they feel they did on the test.
2. Discuss what was easy and what was hard: discuss strategies they used (taking a mental break, forming pictures in their mind of lessons, taking notes, etc.).
3. Remind them performance on one test does not define them, it is just an opportunity to demonstrate what they have learned and what they still need help with.

Thank you for all that you do as we all strive to: "Prepare each student academically and socially to be a problem solver and productive citizen in a global society."

Tuesday – April 10	Wednesday – April 11	Thursday - April 12	Friday – April 13
English I STAAR EOC	Gr. 5 & 8 STAAR Reading	English II EOC	Make Up Testing
Gr. 4 & 7 STAAR Writing	Make Up Testing	Make Up Testing	
Gr. 5 & 8 STAAR Math			