

# The Title I Parent Connection



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## Let's Get SOL Ready! How to help your child prepare.

### SOL Testing

Two words that may turn your student's world upside down are "standardized test". At the end of each school year, our students take state performance assessments known as SOL's (Standards of Learning). These tests are used to determine if your child is ready to progress to the next grade. It is very important that students prepare for the Standards of Learning (SOL) but it should not be a cram session. Parental involvement in a child's

study process has been shown to help children score higher than they would otherwise and can also help ease anxiety. Parents, you can help your child achieve success! Start by communicating with their teachers and **ask questions** about the upcoming tests. It is never too late to begin mapping out a game plan. Below are some strategies that can help your child on their big SOL test day.



### Test Prep Strategies

**Talk to the teacher** - If you are unsure as to which test your child will be required to take, ask the teacher as early as possible so that you have enough time to prepare. Ask additional questions such as:

- How should I help my child prepare?
- How will the test affect my child's promotion to the next grade?
- How much class time will be devoted to preparing my child for the SOL tests?
- Does the school provide additional opportunities for tutoring or remediation?

A decorative graphic with a blue border and a red and white polka-dot inner border. It contains five test prep tips, each with a large letter and a small illustration: R (Read the question carefully...), E (Examine every answer choice...), L (Label your answer...), A (Always check your work...), and X (X out answers that cannot possibly be correct...).

**R**ead the question carefully and then reread the passage or problem to find the right answer.

**E**xamine every answer choice before you choose your answer.

**L**abel your answer in the passage or in the problem.

**A**lways check your work.

**X** out answers that cannot possibly be correct.

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## Test Prep Strategies cont'd

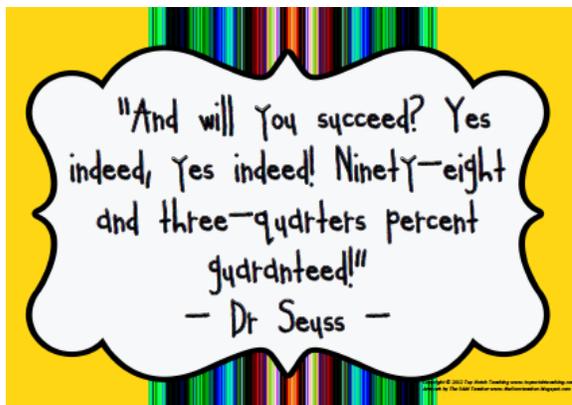
**Build good study habits** - Let's face it, there's no way around it--your child has to study. This includes completing homework assignments and turning them in on time. It is important that they attend school regularly keeping tardiness and absences to a minimum and have respect for school, the learning process, and teachers. Support your child as they work on homework and projects. You, too may also serve as a model by showing respect for the school and support for the educational process. Always encourage reading for enjoyment!

**Practice** - Build in practice test-taking as early in the school year as possible. Teachers can assist in this as well. Because all children have strengths and weaknesses, focus on the areas where improvement is needed. Help your child to become familiar with test-taking strategies, such as educated guesses versus leaving questions blank. The Virginia Department of Education has numerous online practice tests on their website to assist all grade levels. Go to:

[http://www.doe.virginia.gov/testing/sol/practice\\_items/](http://www.doe.virginia.gov/testing/sol/practice_items/)

**Be prepared on test day** - Have all necessary supplies ready to go the night before, such as sharpened pencils, erasers, and perhaps a calculator.

**Sleep and eat well** - Many teachers believe that the number one key to testing success is getting a good night's rest and eating breakfast in the morning. Make sure your child goes to bed early, is stress-free, and that you prepare a healthy breakfast the morning of the test. Don't forget to provide reassurance to your child.



### *Breakfast Matters*

What's the big deal about breakfast? It is essential to learning and especially key to test-taking. When you eat food in the morning you're giving your body essential vitamins and minerals that affect the way you concentrate, absorb information, and the way you function in class.



### *Breakfast Mini Pizzas*

- 1 large egg, beaten
- 2 tablespoons prepared marinara sauce
- 1 whole-wheat English muffin, split and toasted
- 2 tablespoons shredded Italian cheese blend
- 2 slices pepperoni (optional)

#### PREPARATION

Preheat oven or toaster oven broiler. Coat a small nonstick skillet with cooking spray and heat over medium-high heat. Add egg and cook, stirring often, until set into soft curds, 1 to 2 minutes. Spread marinara sauce on English muffin halves. Top with the scrambled egg, cheese and pepperoni (if using). Broil until the cheese is melted, 1 to 3 minutes.

#### NUTRITION

Per serving: 265 calories; 10 g fat; 30 g carbs; 4 g sugars; 16 g protein; 5 g fiber; 598 mg sodium.

