



MARCH 2-12 IS *ILLINOIS STANDARDS ACHIEVEMENT TEST (I.S.A.T)* TESTING

Greetings:

Marya Yates' teachers and the entire staff are working diligently to provide the best instructional program for our students and our students are striving to exceed Illinois Learning Standards. The Standards are challenging, however, I am confident that all of our students will do well on this Assessment. As always, your support is needed:

Getting Ready for the Big Day

There are a number of things you can do on or immediately before test day to improve your child's chances of testing success.

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.
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. They are to put forth their best effort and answer each question.
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 weeks of testing, attendance is very important. Being on time is also very important. The test sessions are scheduled to begin at certain times and classes will not be interrupted once they have started.
6. **Remind your child to listen carefully.** Students need to listen to their teacher's instructions and read the directions and each question carefully.

Finally, for additional support, students may access two of District 159's technological support programs (*A+ and Study Island*). These programs are aligned to the Illinois Learning Standards. Our students are extremely familiar with these programs and have been working with them all year. Good Luck to our Students!

Thanks for your continued support!

Dr. L. Woods