



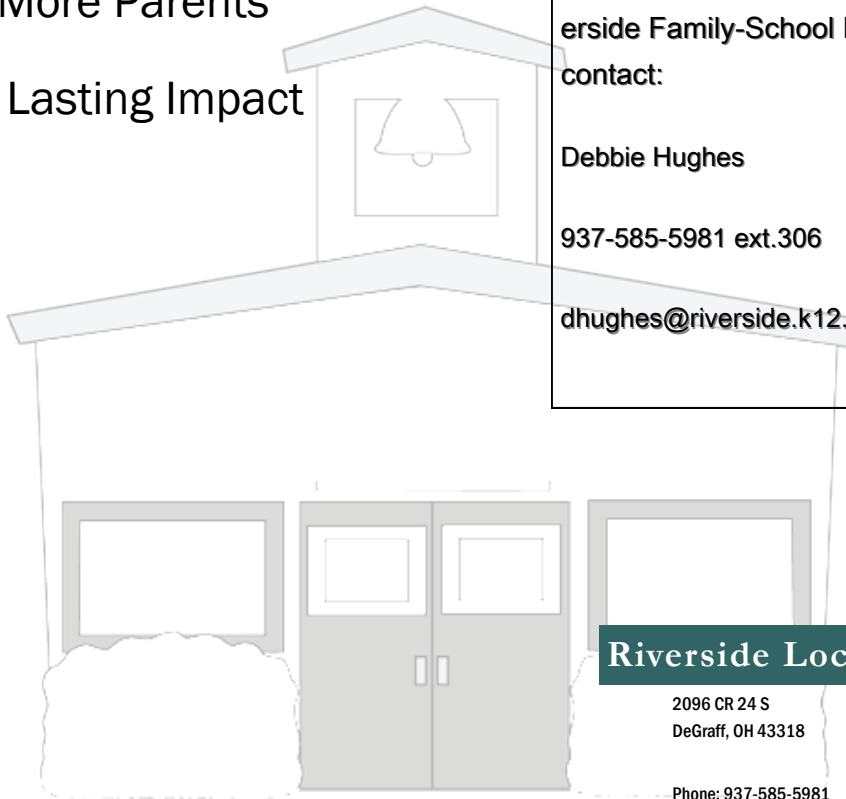
**Riverside
Family-School
Partnership**

Goals:

Improve Student Achievement

Involve More Parents

Make a Lasting Impact



Riverside Family-School Partnership believes there is no substitute for committed, deep and meaningful Family and Community Engagement in student learning. We work to enrich the learning lives of children and remove non-academic issues that are barriers to learning. We help parents support learning at home to increase student achievement.

If you would like to volunteer with the Riverside Family-School Partnership, please contact:

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OVERCOMING TEST ANXIETY

**Riverside
Family-School
Partnership**



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**"Joining Riverside School District with
its families and community to**

Tel: 937-585-5981

Upcoming OAA's

The Ohio Achievement Assessments are given to students in grades 3-8. The subjects that will be tested by grade levels are:

Grade 3: Reading, Mathematics

Grade 4: Reading, Mathematics

Grade 5: Reading, Mathematics,
Science

Grade 6: Reading, Mathematics

Grade 7: Reading, Mathematics

Grade 8: Reading, Mathematics,
Science.

Testing Dates:

Tuesday, April 23, 2013: Reading

Thursday, April 25, 2013: Math

Tuesday, April 30, 2013: Science

CONFIDENCE TRUMPS TEST ANXIETY

Most people feel some type of test anxiety just by hearing the word "test". According to Merriam-Webster Online Dictionary, anxiety is "an abnormal and overwhelming sense of apprehension and fear often marked....by self-doubt about one's capacity to cope with it."

The key to overcoming test anxiety is confidence. Confidence is built with knowledge, practice, and a good attitude. Just as you, the parent, helps your child gain confidence in a sport through practice, you can also do the same with test anxiety. Knowledge, attitude and practice are the key. Help your child understand that the information their teacher is teaching them is information they will need to know for the test.

HELPFUL HINTS BEFORE THE TEST

- DO SOMETHING FUN AND RELAXING BEFORE TEST-DAY
- BE SURE YOUR CHILD GETS A GOOD NIGHT'S SLEEP BEFORE A TEST
- BREAKFAST IS VERY IMPORTANT
- GET UP EARLY AND ARRIVE TO SCHOOL ON TIME - TRY TO AVOID RUSHING

