

February 14, 2014

Third Grade Families,

The Illinois State Board of Education (ISBE) has announced a modified ISAT testing window March 10–March 21. Therefore, instead of testing during the first week of March, we will schedule testing for the second week.

Third Grade students will complete the 3 reading and 3 math sessions on Tuesday through Thursday (March 11–13). Students in 4th & 7th grades will complete the two science sessions on Friday, March 14. Make up tests will be given during the week of March 17–21.

Below is a copy of our Third Grade ISAT testing schedule.

ISAT CALENDAR 2014

March 11 – Reading Session 1 – 9:00–9:55
– Math Session 1 – 12:45 – 1:45

March 12 – Reading Session 2 – 9:00–9:55
– Math Session 2 – 12:45 – 1:45

March 13 – Reading Session 3 – 9:00–9:55
– Math Session 3 – 12:45 – 1:45

Thanks so much!

☺ Mrs. Jones

*Check the following pages for test-taking tips and strategies!

RELAXATION STRATEGIES

DEEP BREATH

1. Take a deep breath.
2. Hold it for about 3 seconds.
3. Then, let it out all at once. As you let it out, let your jaw relax, your shoulders relax and think "calm."
4. Let your teeth remain slightly apart, with enough space between your front teeth to fit a pencil.

EQUALIZED BREATHING

1. Take 4 seconds to breathe in and 4 seconds to breathe out. Count "1 one-thousand, 2 one-thousand, 3 one-thousand, 4 one-thousand."
2. Do this 4 or 5 times.

ABDOMINAL BREATHING

1. Put one hand on your chest and the other hand on your belly button.
2. Now, breathe so that only the hand on your belly moves - as you breathe in, the hand moves out and moves in as you exhale. The upper hand on your chest does not move.
3. Watch your hands as you breathe and see if you can breathe with only the lower hand moving.

IMAGINE

1. Think of a place that you find peaceful and relaxing...and take a trip there now! It can be real or imaginary.
2. Get into a comfortable position and close your eyes.
3. Focus for a minute on your breathing.
4. Now go to your special place. Think about it...see the place, smell it, hear all the sounds, feel it all around you...
5. Stay in your favorite place and focus on your breathing.
6. When you are ready, you may return slowly...
7. Take a minute to open your eyes and readjust, as you feel reenergized and refreshed!

SIMPLE STRETCHES

GENTLE HEAD ROLLS

1. Gently roll your head in a circle about 3 times to the right and 3 times to the left.
2. Roll slowly and gently.

SHOULDER ROLL

1. Raise your shoulders as if trying to touch your ears with them.
2. Then, move your shoulders back and let them drop.
3. Up, back, down, and around. Do about 5 of these.
4. Keep your jaw relaxed and breathe easily while doing these.

ARMS UP AND BACK

1. Put your arms up over your head and interlace your fingers.
2. Now turn your palms toward the ceiling and include two moves; push up toward the ceiling and push your arms lightly back.
3. Feel the stretch in your upper arms, shoulders, and upper back.

STAND AND REACH

1. Stand with your feet about shoulder-width apart.
2. Put your arms up over your head and interlace your fingers.
3. Turn your palms toward the ceiling and stretch, trying to reach the ceiling.
4. On your toes and...stretch!
5. Now, holding your arms and hands the same way, lean to your left until you feel a good stretch up your right side; hold it for 5 seconds.
6. Then lean to your right, feel the stretch and hold.
7. Now, lean forward, reach, and hold.
8. Then, just hang towards the floor, letting all your muscles loose.
9. Bend your knees as you straighten up.

DESK STRETCH

1. Slide your chair back from the desk far enough so that when you lean forward your head is just short of the desk.
2. Then put your arms on the desk with elbows just off it.
3. Lean forward with your head below the desk and feel the upper arm, shoulders, and upper back stretch.

HELPFUL TIPS

THE NIGHT BEFORE...

- Go to bed on time.
- Solve any problems that you are having with your family or friends before the day of the test.
- Talk to your parents about any concerns or worries that you might have about the test.

The morning of the test...

- Eat a good breakfast.
- Dress in layers so that you can take layers off or put them on, depending on the temperature of the room.
- Bring a nutritious snack to school, even if you normally don't. Avoid salty foods that may make you thirsty later on while testing.
- Bring a water bottle to school the day of the test. Water makes up more of the brain (with estimates of 90%) than of any other organ of the body. Drinking some water before and during the test can help "grease the wheels." Drinking water is very important before any stressful situation, such as tests!
- Think of what you will do to relax after you get home from school.
- **THINK POSITIVE!**

TEST TAKING STRATEGIES

MULTIPLE CHOICE QUESTIONS

- Read the question and all answer choices before marking anything.
- Do not change your answers unless you are very uncertain about your first answer choice...trust your first instinct!
- Try to answer every question. Make the most intelligent guess you can if you are unsure of an answer.

PROCESS OF ELIMINATION

- If you are stuck on a question, get rid of any answers that you know are wrong.
- If you can eliminate some of the wrong answers, your chance of choosing the right answer is much greater.

EXTENDED RESPONSE - writing

- Read the question first! By doing this, you will know what you are looking for as you read!
- Read the article or story twice so that you are sure that you found all of the clues.
- Remember...JUICY writing!!!
 - Restate the Question
 - Example
 - Example
 - Example (find as many as you can)
 - Conclusion

EXTENDED RESPONSE – MATH

- Make a bulleted list or a t-chart to help organize your thoughts

What I Did	Why I Did It

- Show all of your work!
- Label EVERYTHING! Label! Label! Label!

MATH

- When using scratch paper, double check to make sure that you have copied the problem correctly from the test booklet!
- Line up the numbers correctly (ones, tens, hundreds) when you are adding or subtracting.
- If your answer does not match one of the choices, reread the problem, recopy the numbers, and try solving it again.

CHECK YOUR WORK

- If you finish early, check to make sure you have answered all of the questions.
- Double check your answers to see if you made any "silly mistakes."
- Check to make sure that you have filled in the bubbles completely and that you have erased any extra marks well.

PACE YOURSELF

- Don't spend too much time on any one question. Do your best and then move on.

RELAX

- If your arm gets tired during testing, it is probably due to the grip that you have on your pencil. Relax the grip and give those muscles a break!
- Go through a relaxation strategy or two. Do not do anything that will disturb others.
- Remember, it is okay not to know everything! The test will have some difficult questions on it. Not all of the questions are supposed to be easy. Just do the best you can!

KIDS' TIPS FOR TEST SUCCESS

- "I answer the questions I know first and skip over the ones that I don't know. Then I go back to finish them later." - Carlos, grade 2
- "I try to listen to my teacher's instructions carefully and read all the directions. Then I don't make silly mistakes." - Michaela, grade 5
- "Even when I think I know the right answer, I read all the answer choices anyway. I don't want to miss anything." - Angelica, grade 6
- "If I finish early, I look over my answer sheet to make sure no question has two answers and there are no stray marks." - Matt, grade 7