

Ms. Olson's

5th and 6th Grade

Week of April 16th



**Memorization Project.** Our class will be memorizing "The Gettysburg Address" as part of our American History goals. From now until May, we will learning sections of the speech together in class. The next section is as follows:

*We are met on a great battle-field of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.*

#### 5th Grade Math

- Cumulative Test 16
- Multiplying Fractions and Whole Numbers
- Using Manipulatives and Sketches to Divide Fractions
- Transformations
- Finding a Square Root

#### 6th Grade Math

- Cumulative Test 16
- Area of a Circle
- Finding Unknown Fractions
- Using Proportions to Solve Ratio Word Problems
- Estimating Square Roots

**Water Bottles.** Students are encouraged to bring water bottles now that the weather is turning warm.



#### Spelling List.

entered exact exceptions favor  
favorite favorable fought fuel  
genuine growth handful hardly  
hymn investigation involve  
involved lily lilies mass massive  
medal metal medicine ninety  
realize reign severe slip slipped  
sneeze

#### Phonograms.

a e i o u y h g d aw oo  
wh sh ui ck eo igh eau eigh  
augh

#### Writing. Cause-and-Effect Writing

**Science.** How does a microwave oven cook food?

**Social Studies:** Map Skills/National Park Project

#### Upcoming Events.

May 7th: 5th and 6th Grade Grand Canyon Trip

May 8th : K-6 End of Year Music Concert

May 15th: 4-6th Opera/Band Concert

May 30th: Awards Assembly/Last Day of School

## Strategies for Taking Tests

### **The Night Before . . .**

#### **Get a good night's sleep**

the night before the exam

#### **Don't go to the exam with an empty stomach**

Fresh fruits and vegetables are often recommended to reduce stress.

Stressful foods can include processed foods, artificial sweeteners, carbonated soft drinks, chocolate, eggs, fried foods, junk foods, pork, red meat, sugar, white flour products, chips and similar snack foods, foods containing preservatives or heavy spices

#### **Take a small snack, or some other nourishment**

to help take your mind off of your anxiety.

Avoid high sugar content (candy) which may aggravate your condition

### **During the test:**

- Read the directions carefully
- Budget your test taking time
- Change positions to help you relax
- If you go blank, skip the question and go on
- If you're taking an essay test and you go blank on the whole test, pick a question and start writing. It may trigger the answer in your mind
- Don't panic - when students start handing in their papers. There's no reward for finishing first

### **Use relaxation techniques**

**If you find yourself tensing and getting anxious during the test:**

**Relax; you are in control.**

Take slow, deep breaths

**Don't think about the fear**

Pause: think about the next step and keep on task, step by step

**Use positive reinforcement for yourself:**

Acknowledge that you have done, and are doing, your best

**Expect some anxiety**

It's a reminder that you want to do your best and can provide energy

Just keep it manageable

**Realize that anxiety can be a "habit"**

and that it takes practice to use it as a tool to succeed



