

Ms. Olson's

5th and 6th Grade

Week of April 2nd - 6th



AZ Merit Testing this week. Beginning on Tuesday, April 3rd, AZ Merit Testing will occur in 3rd through 6th grade. **No Homework for Grades 3-6 this week. Please be on time!**

2-4-6-8
we know your tests
will be just
GREAT!

Memorization Project.

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

Now we are engaged in a great civil war, testing whether that nation, or any nation so conceived and so dedicated, can long endure.

AZ Merit Assessment Schedule

Monday: regular schedule
Special Class: ART
Tuesday: AZ Merit Testing in AM
(Not timed- students may work as long as needed)
No Special Class
Wednesday: AZ Merit Testing in AM
Special Class: PE
Thursday: AZ Merit Testing in AM
No Special Class
Friday: AZ Merit Testing - Make-up Sessions



Spelling List. (For the Week of April 9th)

amusement approve approval
available avoid banana biscuits
bottle bottom bruise bruised
change changeable chapter
chimney choir compete deceive
determine determined
determination discover discovery
discoveries electric electrical
electrician electricity err error

Phonograms. (For the Week of April 9th)

a e i o u p x z or ti ow ar
er ed ei gn ee wr ci ough

Test Taking Preparation

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

Strategies for Taking Tests

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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

