

Ms. Olson's

5th and 6th Grade

Week of April 9th - 13th



AZ Merit Testing make-up session this week. Only students who missed sections of the test will be pulled to complete the tests. A big **Thank You** to all our parents who got their kids to school on time. Our kids worked really diligently to do their best.

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 third 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.

5th Grade Math

- Reducing Fractions, Pt. 1
- Greatest Common Factor
- Properties of Geometric Solids
- Mean, Medium, Mode, and Range
- Converting Units of Capacity

6th Grade Math

- Arithmetic with Units of Measure
- Volume of a Rectangular Prism
- Proportions
- Order of Operations, Pt. 2
- Using Cross Products to Solve Proportions

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



Spelling List.

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.

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

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 : 4th - 6th Grade Opera Performance

May 24th: 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

