



Ms. Olson's

5th and 6th Grade

Week of May 23rd

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

*It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us — that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion — that we here highly resolve that these dead shall not have died in vain — that this nation, under God, shall have a new birth of freedom — and that government of the people, by the people, for the people, shall not perish from the earth.*



**Monday, May 21st.** We are offering an **optional** class on adolescent growth and development. The boys and girls will participate in the program separately to increase their comfort level. We will have a special guest, Dr. Jennifer Oneil Haley, who will answer student questions. A signed permission slip will be required prior to student participation. This is an excellent opportunity to open communication with your maturing, naturally curious children,

**Tuesday, May 22nd.** Franklin will be hosting a book fair. We have a large collection of new and used books. The cost will be \$1.00 per book. (Less than used bookstore prices!) Please consider sending your child with money to participate. Money raised will go to buy needed supplies.

**May 24th and 25th.** Fifth and Sixth grade students who have demonstrated good behavior, will be working with volunteers to build a laptop from refurbished, donated computers. They will be able to take these laptops home.

**May 28th - NO SCHOOL MEMORIAL DAY**



**May 29th and 30th are both early release days (12:30 p.m.)**

**May 30th: LAST DAY OF SCHOOL  
AWARDS ASSEMBLY  
EARLY RELEASE: 12:30 P.M.**

## **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



