

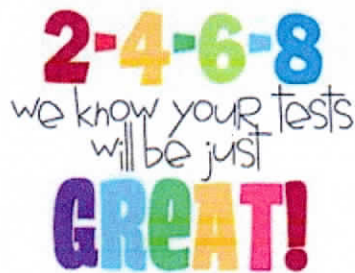
Week of April 5th - 9th



AZ Merit Testing this week.

Beginning on Tuesday, April 6th, AZ Merit Testing will occur in 3rd through 6th grade.

No Homework for Grades 3-6 this week. Please be on time!



AZ Merit Assessment Schedule

Monday: regular schedule
Review

Tuesday: AZ Merit Testing in (Not
timed- students may
work as long as needed)

Wednesday: AZ Merit Testing

Thursday: AZ Merit Testing

Friday: AZ Merit Testing -
Make-Up Sessions



Spelling List. (For the Week of April 12th)

List A: latter machine mirror mistaken
moist peculiar revere rinse series similar

List B: Lincoln longitude machinery
moisture opportune persevere
reproached reverent rinsed similarity

List C: longitudinal magazine North
America occasionally opportunity Pacific
Ocean perpendicular reverence
sequence similarities

Phonograms. (For the Week of April 12th)

a e i o u au ie kn di eo igh ge
oy ou ck sh ci sc eau dge

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).

Some snacks will be provided.

"You have brains in your head, you have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..." – Dr. Seuss