

Attention Parents & Guardians...

It's test time!



tips FOR PARENTS

Here are three simple tips to help your child do his/her best on test day!

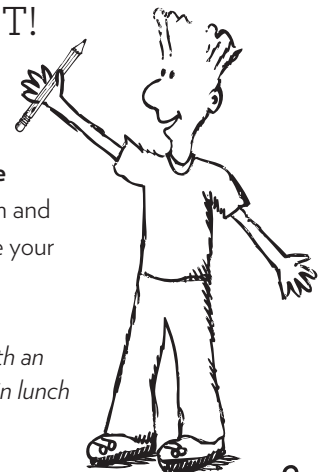
- 1 Prepare for test day the night before**
(So your child doesn't feel rushed in the morning)
- 2 Go to bed early to get a good night's sleep**
(8 ½ to 11 hours is recommended)
- 3 Eat a healthy breakfast**
(Choose fruits & whole grains over sugary foods)

encouragement...

KIDS LOVE IT & NEED IT!

Surprise your child with a special note from you (and NED, their friend who reminds them to **Never give up, Encourage others and Do their best!**) Your enthusiasm and praise for doing his/her best can help reduce your child's test anxiety and boost confidence!

Cut out the NED notes below, personalize with an encouraging message on the back, and place in lunch box or school book!



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I just wanted to say...
★ I am so
PROUD
★ of you!

I know you'll do YOUR best on the test!



Never give up • Encourage Others • Do your best®



You are a test-taking
Champion!



Way to go and
show what you know!



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