



*Visitation Inter-Parish School
exists to create a Catholic learning environment
that nurtures the total person in a family-like atmosphere.*

Friday, September 30, 2011

Dear Parents, Guardians, and Teachers:

The week of October 3 – 7 Visitation students in grades one through eight will be taking the Olsat Eight cognitive and Stanford Ten achievement standardized tests. Whole class testing will be done in the mornings. Make-up testing can be done anytime during the day that week as well as Monday and Tuesday (October 10 and 11) of the following week. I deliver the tests to the grading center in Columbia Wednesday, October 12. Here are a few things that parents can do to help their children be successful during testing:

- Make sure students are getting plenty of sleep.
- Have students eat a healthy breakfast with little sugar.
- Send a healthy snack like fruit or peanut butter crackers—even in the upper grades. Please do not allow students to bring candy or high sugar snacks because the sugar high followed by a blood sugar crash is detrimental to their ability to concentrate.
- Students will need to have at least two number two pencils and a good eraser (pencil top erasers are the best).
- Encourage your students to take the testing seriously and to do their very best.
- Remind students to read the questions and possible answers carefully.
- Remind students that they are smart and can do very well on the tests.
- Remind your students that test taking is an important skill to develop in our society.
- If your student suffers from test anxiety, please review a few techniques for settling their nerves:
 - a. Remember that mom and dad and grandpa and grandma love them no matter what
 - b. Say a quick prayer and know that God helps those who will let Him
 - c. Take a slow deep breath in, exhale while blowing out all of your fears or worries, then don't let those thoughts back in—just concentrate on the test, only think about what you need to do on the test.

Teachers are doing some reviewing with students and also work on test-taking skills. Hearing the same advice from parents/guardians and teachers is good for students.

Seventh and Eighth Graders will not go to Loaves and Fishes for Christian service Wednesday because of the standardized testing schedule. The Health Dept. will offer influenza vaccines Tuesday, October 4. Be sure to return the basketball player and coaches sign up forms for Grades 5-8 PALS Monday, Oct. 3. Superintendent Don Novotney will present School Advisory Board Training Thursday, October 6, from 7:00-9:00 P.M. in the school. School Board members from surrounding Catholic schools are invited.

Thank you to the drivers and chaperones for the Grade 6-8 field trip to the Top 20 Training in Westphalia Tuesday, the Kindergarten through Grade 3 field trip to the Happy Hollows Pumpkin Patch Thursday, and the Grades 4-8 field trip to the Bridal Cave Monday, October 10.

The year is flying by! First Quarter ends Friday October 14. Parents and guardians, thank you for your commitment to our faith, you families, your parishes, and our school.

Blessings!

Principal Linda Stuckenschneider