How to Help Your Child Reduce Test Stress

It’s normal for kids to feel a little nervous before a big test, but some kids get so anxious that it affects their health, their attitude, and their grades. Test anxiety has become more common as schools have put more emphasis on standardized testing. All types of students can get stressed out, including those who usually get good grades. Here are some signs that a child is overly worried about tests:

- Doesn’t want to go to school, especially on test day
- Cries over small things during the days leading up to a test
- Changes eating and sleeping patterns in the days before a test
- Won’t complete even simple homework assignments
- Is distracted and unable to focus
- Puts herself down or calls himself “stupid”
- Has an upset stomach or a tension headache before a test
- Performs well on practice tests but not on the real test

Schools are increasingly judged on their test scores, making everyone involved overly anxious, says Joseph Casbarro, a former New York principal and school system administrator. As standardized test scores became powerful numbers, driving student promotions to the next grade, a school’s reputation, and even real estate prices, he observed that most students began experiencing stress to some degree.

To help kids, parents, and teachers understand where stress comes from and how to alleviate it, Casbarro wrote the book *Test Anxiety and What You Can Do About It*. He says it’s in everyone’s best interest to help kids feel less stressed.

Here are some of Casbarro’s suggestions for helping kids overcome test anxiety.

**Look in the mirror.** “Parents should ask themselves, ‘Am I the prime contributor?’” Some parents unwittingly heap stress on their kids by talking frequently about tests and sending the message that they measure their child’s worth in terms of grades and test scores. “Parents think so much of their child’s future hinges on tests and performance,” Casbarro says. “Parents think if they don’t push their kids they are being irresponsible.”

**Understand your child’s learning style.** Some kids need more intervention from Mom and Dad, often because they have a hard time focusing on material for more than a few minutes. And while some kids are motivated to study hard because they want good grades, others respond to a more immediate reward like the opportunity to watch a TV show if they study for their test and demonstrate to a parent that they know the material.

**Help your child with study skills.** You can’t take the test for your child, but you can teach him how to prepare. “Doing well on a test begins well before test day,” Casbarro says. Teach your child to reduce distractions and avoid cram sessions. If your child is struggling to find a way to learn vocabulary words or facts, help her make flashcards or come up with a game. If your child doesn’t always know what the homework assignment is, work with her on using an organizer.

**Rethink the homework routine.** Parents often insist their children complete their homework right after school. But some kids are burned out and exhausted at that time, Casbarro says. “That may not be the best time for homework.”

2014 JUMP ROPE FOR HEART RESULTS

Jump Rope for Heart is a National Educational Fundraising Program that is sponsored by the American Heart Association. Jump Rope for Heart engages students in jumping rope while raising funds to support lifesaving heart and stroke research. It also supports the development of educational materials to teach the importance of heart health and staying fit. Students ask friends and family for donations and receive thank you gifts based on the amounts they raise. This educational program teaches physical fitness and promotes the value of community service to students and their families. Healthy lifestyles can help prevent heart disease and stroke which is our Nation’s #1 and #3 killer. Eating healthy, choosing nutritious foods, being physically active, staying tobacco free and maintaining a healthy weight and blood pressure are all part of a healthy lifestyle.

I would first and foremost like to thank everyone who participated in the success of this year’s Jump Rope for Heart Event. Students, parents and staff all contributed and I am so proud of everyone’s efforts. Everyone did a FANTASTIC job.

Our Nash family raised a grand total of $12,123.00 from Kindergarten through Fifth Grade in the fight against Heart Disease and Stroke. This is the highest amount we have ever raised in our seven years of involvement in this fundraising program. Nash Elementary has raised over $50,000.00 for the American Heart Association in those seven years. What an accomplishment to be proud of.

Thank you for your continued support of this program at Nash Elementary.

Mr. Dummer    Physical Education Teacher

Birthday Book Club

The Nash PTA is excited to bring back the Birthday Book Club! The Birthday Book club is a great opportunity to help out our school library and at the same time honor the birthday of your child (or any other occasion). It’s simple! Purchase and new hardcover book at your favorite book store or during the Scholastic Book Fair and deliver it to the librarian. Please be sure to include the form that will be sent home. The book you donate will be identified with a label on the inside cover with your child’s name and birthday. They will be the first one to check the book out.

Questions? Contact the Birthday Book Club Chairperson, Tracy Brown at 412-8958 or chadandtracy1@gmail.com.
(Left) Meet Kylie!!
~Kylie is a 5th grader!
~Kylie said she thinks her family is going to see her cousins in Tennessee over Spring break
~Soon after she said they’re definitely going to see the Grand Canyon. I’m jealous!

(Below) Meet Anthony!!
~Anthony is in the 2nd grade!
~Anthony was very excited to be interviewed for the newsletter 😊
~Anthony will be spending his Spring break playing with his cousins outside and riding their bikes.
~Love the enthusiasm to play outdoors!

(Above) Meet Noah!!
~Noah is in the 5th grade!
~Noah’s answer was very sweet and almost made me cry
~For Spring break Noah’s dad is coming from Virginia to get him and his family to spend Spring break together.
~Noah went on to tell me his dad is in the military. What a fantastic way to spend your break!

~Coming to you from their playground and their halls, the students of Nash speak out!

~Nash- tional news will be brought to you monthly bringing to you the latest news straight from the hearts and minds of our children.
~Each month will be new questions, different students, and new...news.

~Question of the month: Spring is here at last! How are you spending Spring break??

(Right) Meet Angelina!!
~Angelina is in the 2nd grade!
~Angelina is also hoping for some nice Spring break weather! She has plans to go swimming!
~When her friend reminded her the Easter Bunny will be coming during break, her face lit up and said she’ll also be visiting and getting her picture taken with the Easter Bunny 😊
Milk Top Collections

Prairie farms milk caps can be donated to our school. Look for both plain and flavored milk, gallon and half gallon sizes. Each cap earns our school 5 cents!

Also remember to send in all Milk Moola milk tops, caps and labels from ‘Natures Touch’, ‘Kwik Quenchers’, and ‘Glazers’ Donuts. These can all be found at all Kwik Trip stores. Be sure to family and friends for help! Any questions, please contact Lesa Vijesurier @ lesa_vijesurier@yahoo.com

My Coke Rewards

Grab your favorite Coca-Cola beverages and get My Coke Rewards codes. Codes can be found on 14 Coca-Cola brands: Coca-Cola, Coke Zero, Diet Coke, Sprite, DASANI, POWERADE, Minute Maid, Fanta, Barq’s, Fresca, Pibb, Mello Yello, FUZE and Seagram’s.

Where to find codes: *Under caps *Inside tear-off on 12-pks *On multi-pack wraps

Any questions? Email Lesa Vijesurier at: lesa_vijesurier@yahoo.com

DON’T FORGET NASH ALSO COLLECTS SODA CAN RING PULL TABS!!

These are being donated to support the Ronald McDonald Charities. The money they bring in will help support families and pay for accommodations at the Ronald McDonald homes while their loved ones are receiving treatment. It also helps fund the building of additional homes. Please help Nash support this fantastic and much needed organization. It is something that requires such little effort and makes such a big difference. Collection tub is located outside the office. For more info visit http://www.rmhckc.org
Would You, Could You, at the Fair?

It’s that time again where we will be having our Spring Book Fair in the Library! Note we will also be open on Reading Night on April 10th from 6-7:30pm.

We are also in need of volunteers who are willing to volunteer to help by working at the book fair. Even an hour or two would be a great help!

Please contact Lesa Vijesurier at
lesa_vijesurier@yahoo.com for further details.
OUT TO EAT EVENT

Applebee’s Restaurant
6950 75th St, Kenosha

April 14th ALL DAY

Please see attached flyer that MUST be given to your server at time of payment.

Be sure to spread it around to your friends and family!

Family Reading Night

"Save the Date!" Our next Family Reading Night will be a "Book Exchange!"

Please join us on

Thursday April 10th (6:00-7:30PM) in the Nash library.

You are invited to bring in two gently used books and in return you may pick out one book to take home! The extras will be donated to Nash classrooms or the Nash school library. We will have a teacher conduct story time, creative projects, free reading time (A/R quizzes), and several chances to win a raffle prize for your participation! On the way out, you will receive a snack and a Texas Roadhouse "free kid meal" book mark!
During Spring Recess EVERYTHING (with exception of gym shoes) will be removed from the boot hook areas. Any items left behind will be donated to Women’s and Children’s Horizons. There are many hats, boots, scarves, snow pants and much more still at Nash totaling THREE 55 GALLON BAGS full of lost and found. If you would like to go through these items, please contact a Nash custodian before Spring recess.

April Calendar

April 8-16.................................................................Book Fair in Nash Library 8a-4p
April 10.................................................................Family Reading Night in Nash Library
April 18-25.............................................................Spring Recess
April 28...............................................................KUSD PTA Council Meeting @ ESC Building @ 6p

May 5-9.................................................................Teacher Appreciation Week
May 6.................................................................PTA Meeting in Nash Library 6:30p

May newsletter
Have something you’d like to submit for the newsletter?
Submit to: dDaniel1978@gmail.com

Charles W. Nash PTA
Meetings are the first Tuesday of each month in the Nash Library at 6:30 P.M.
President- Lynda Bogdala
Vice Pres.- Angela Konicki
Secretary- Lacy Lindstrom
Treasurer- Steve Retherford

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National PTA Headquarters
1250 N. Pitt Street
Alexandria, VA. 22314
Toll Free (800) 307-4PTA
Fax: (703) 836-0942
Email: info@pta.org
Website: www.pta.org
On April 14, you can help support Charles Nash Elementary School by doing what you love, Eating at Applebee’s!!!

When you Dine-in or order your food Carside To Go at Applebee’s in Kenosha on this special day, present this flyer & we’ll donate 15% of food sales from the guest check of all redeemed flyers to Charles Nash Elementary School.

So enjoy yourself and eat well for a good cause!

KENOSHA APPLEBEE’S
6950 75th Street
262-942-7190