

Quick Tips for Parents: TCAP Success

Leading up to the testing period:

- Practice Makes Perfect: help your child review and recall school work by reviewing their work with them, using study sheets sent home by teachers, reviewing homework and classwork, completing workbook exercises, flashcards, and even practice essay writing to help children build critical thinking skills.
- Start discussing the importance of your child giving their best effort during the testing, reading instructions, and asking questions as needed.
- Communicate with your child daily about what he or she is learning in school.
- Provide a regular, quiet place to study and do homework, limiting TV, texting, computer games, and other distractions.
- Start getting children to bed early enough to get 9-10 hours of sleep per night.



The night before:

- Make sure your child gets to bed early. Research shows that children who regularly sleep at least 9 hours per night perform better in school, are happier, suffer fewer accidents and are less likely to develop weight or emotional issues later on in life.
- Plan ahead for clothing, supplies, medication, snacks, after school care/activities to lower stress on the morning of the test.



The morning of the test:

- Get up early to avoid rushing and have your child at school on time with proper supplies.
- Have your child dress in something comfortable.
- Be positive about the test. Acknowledge that tests can be hard, and some anxiety is normal. Explain that doing your best is what counts.

- Provide your child with a good breakfast but not a heavy one. Students who eat a healthy breakfast and get the bulk of their calories from healthy food sources perform better in school and on tests, are more alert, and have the energy they need to get through the day.

Breakfast that contains protein & complex carbohydrates:



- o Eggs
- o Peanut butter on toast
- o Oatmeal
- o Milk
- o Fruit
- o Cheese



Cut back on sugary drinks :

- o No sodas
- o No Kool-Aid
- o No sweet tea
- o No sweetened juices



Instead serve:

- o Water
- o Milk
- o Flavored, unsweetened water

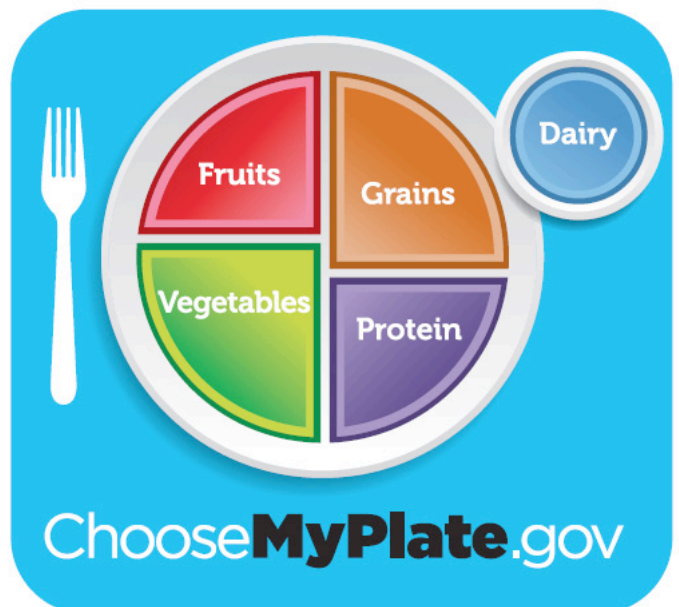


Replace unhealthy snacks with the following SMART SNACKS:

- o Fresh fruit
- o Nuts
- o Veggies with ranch dip or something similar

References:

Kids Health
 Center for Science in the Public Interest
 USDA.gov
 NEA.org [National Education Association]
<http://www.siouxcityschools.org>
 Scholastic.com



Test-Ready Rest

Over the years many people have boasted about how well they function on just a few hours of sleep. "Six hours of sleep is plenty for me," or "It only takes four hours of sleep for me to do my best." This is FALSE, FALSE, FALSE!

The Centers for Disease Control and Prevention, CDC, recommends the following

- School-aged children: At least 10 hours per night
- Teens: 9-10 hours per night
- Adults(including the elderly): 7-8 hours per night

Use the following tips for a successful night of sleep:

- Maintain sleep schedule
- Establish a relaxing bedtime routine
- Limit television, video games, and other electronic distractions before bedtime
- Avoid big meals close to bedtime
- Avoid caffeine
- Maintain a peaceful bedroom environment
- Be a role model

References:

Mayo Clinic

Sleep Foundation

Centers for Disease Control and Prevention www.CDC.gov



Brain-Fuel Nutrition

Quick tips to beat the morning rush and still eat a healthy, test-ready breakfast:

Breakfast (Parents):

- Eggs and whole wheat toast or breakfast potatoes
- Banana with peanut butter and a whole grain waffle
- Oatmeal with berries
- Greek yogurt with fruit and a granola bar
- Breakfast smoothie with yogurt, fruit, spinach, and chia seeds

Snacks (Teachers)

- Fresh produce
- Cheese sticks and whole wheat crackers
- Trail Mix
- Pre-popped popcorn
- Dried fruit
- Unsweetened applesauce
- Hummus with vegetables



References:
American Journal of Clinical Nutrition
Kids Health
Choose MyPlate

Healthy-Mind Hydration

Water:


- Helps the body digest and dissolve food, vitamins, and minerals and put them to use in the body
- Helps to delivering much-needed oxygen to the cells
- Supports regulation of body temperature
- Enables the brain ample ability to focus fully

Mild Dehydration (Not enough water):

- Tiredness
- Dry Skin
- Headaches
- Constipation
- Dizziness

Check out this short video from Alliance for a Healthier Generation for 7 tips to drink more water:
<https://www.youtube.com/watch?v=QFSGMt1-baE>

References:
Mayo Clinic
Alliance for a Healthier Generation

BODY WEIGHT ÷ 2 = 


Divide your body weight in half

THEN

divide by 8

to find the # of cups of water

you should drink each day

 ÷ 8 = 