

Important March Dates:

7: Spring Pictures

8: Miles of Smiles

11: Daylight Saving Time Begins-Move clocks ahead 1 hour

14: PTO meeting 6:30 p.m.

15: Board meeting 7 p.m.

16: End of 3rd Quarter

16: No School-Teacher's Institute

22: Evening Parent/Teacher Conferences

23: Morning Parent/Teacher Conferences

23: No School

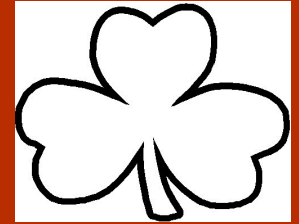
29-30: No School Spring Break

April 2: No School Spring Break



What's Happening

DC Elementary Newsletter



MARCH 2018

Ms. O Memorial Trivia Night

Proceeds used for purchase of school supplies for DCES students



Dallas City Elementary School

Starts at 6:00 p.m.

Please be present and registered by 5:45 p.m.

Pre-registration Deadline is Wed. March 21st

Free Mulligan for Pre-registered Teams

Maximum 8 people per team

\$10 per person

Snacks and Refreshments will be available for purchase

Hosted by Family of Nancy Olson a.k.a. "Ms. O"

Parent Teacher Conferences

Parent/Teacher Conferences will be held March 22 and 23. All parents are encouraged meet with your child's teacher(s) about the progress being made in school. No appointment necessary for parents of junior high students. Please come visit!



March 22 from 3:30 pm-6:30 pm

March 23

Emergency Make Up Days

We have used four emergency/snow days that must be made-up. **Therefore, we will be in session May 23, 24, 25 and 29.** The tentative last day of student attendance is May 29. If we must use another emergency day, another change will be made to the calendar.

Test Taking Tips for Parents

Preparing a student for a Testing Session

- Make sure your child gets an ample, normal amount of sleep the night before the test 2
- Mark testing days on your calendar to help remind you and your child when the testing will take place and plan your preparations.
- The student should eat a nutritious and filling breakfast. Avoid high sugar cereals which can make the student hyper and/or unfocused.
- Set aside time each night prior to the test for several weeks to review the concepts that will be covered
- Work with teachers and administrators at your child's school to find materials to work on at home in preparation for the test.
- Make sure the student is on time the day of testing.
- Set a backup alarm to avoid the possibility of oversleeping.
- If you child is sick please contact the school immediately to inform them.



Working with Students who are anxious about testing

1. Try not to put too much pressure on the student. Reinforce that as long as they worked hard in preparation and did their absolute best you will be proud of them.
2. Have the child visualize success. Encourage them to rehearse what it will feel like to get a good score on the test.
3. Work with them to focus on breathing. Stress is often caused by insufficient oxygen to the brain. Work with the student to take time before the test begins to take a number of deep, cleansing breaths, exhaling slowly. Focusing on breathing by taking some time when stress levels rise helps to focus the mind during testing.
4. Encourage your child to review the night before the test, but avoid cramming. Cramming is rarely if ever effective. A longer, more systematic schedule of short reviews will prepare the student better.
5. Try to use positive language when talking about expectations of the test. Do not overinflate the student's expectations but also try to avoid negative wording (e.g. replace "you are going to fail this test if you don't study" with "if you don't study you aren't going to pass this test.")
6. Plan for a fun outing or treat for your child after the test has been completed.
7. Keep a positive attitude about testing in general around your child and emphasize their ability to demonstrate what they have learned rather than the consequences of not passing .