Dear Mountain Lion Families,

AzMERIT state testing is right around the corner! This test is used in several ways to benefit your child’s educational journey and here are a few examples:

1. It is used as an instructional tool to support personalized learning,
2. It identifies the state standards that your child has mastered or not,
3. It determines placement for advanced classes like High School Algebra for 8th grade students.

Since this is an online assessment, we encourage students to bring their own earbuds. If your child does not own earbuds or headphones, they will be provided with one while testing.

Attendance is VITAL and encouraged. Please review the testing schedule below.

**April 4** - 3rd, 5th, and 7th grade Writing
**April 5** - 4th, 6th, and 8th grade Writing
**April 11** - 3rd, 5th, and 7th grade Reading Part 1
**April 12** - 3rd, 5th, and 7th grade Math Part 1
**April 13** - 3rd, 5th, and 7th grade Reading Part 2
**April 18** - 3rd, 5th, and 7th grade Math Part 2
**April 19** - 4th, 6th, and 8th grade Reading Part 1
**April 20** - 4th, 6th, and 8th grade Math Part 1
**April 24** - 4th, 6th, and 8th grade Reading Part 2
**April 25** - 4th, 6th, and 8th grade Math Part 2

As a parent, you can help your child feel less stress and confident when preparing for the test. Here are a few ways to help:

**THE PHYSICAL**

**Get them fed.** The more nutritiously your children eat, the better they will do in school. Properly fueled and with stable blood sugar levels, their concentration is enhanced. Always give them a healthy breakfast while cutting back on high-sugar cereals, pastries, and undiluted juices (which can have the same sugar content as sodas.) Most kids are ravenous after school, so before they settle down to study, provide a healthful, non-junk food snack to carry them through to dinner.

**Get them moving.** Exams cause stress, but, sports, exercise, and dancing can relieve it. Physical activity that gets students completely away from academics for a few hours each day can actually help them perform better on tests.
Get them breathing. Teach your kids a simple breathing exercise that you’ll do with them once or twice a day and in times of stress (as in right before a test): Take a deep breath, hold to the count of three, then exhale slowly through the nose to the count of 10.

Get them to bed on time. Elementary and middle school children need up to 10 hours of sleep each night to do their best in school. They also need to curtail the excitement from video games, television, movies, and texting for at least 30 minutes before sleep.

THE MENTAL

Practice their confidence. Ask the teacher or principal if there are practice tests or worksheets your child can work on at home before the big day. These can help your children get used to how the questions are worded and how to properly fill in test sheet bubbles.

Put piecework into action. Pre-exam cramming does not work. In fact, four 15-minute periods of study are actually superior to one continuous hour when it comes to memory retention. Therefore, see to it that your child preps for tests in small bursts, in some small way, every day.

Unplug already. When it comes to distracting videos, television, telephones, or social media (basically anything with a screen or speakers that’s not directly related to school work), study time is the time to turn the devices off.

THE EMOTIONAL

Offer super support. As much as you value good exam grades, it’s more important that kids understand that your love and respect for them is not dependent on their test scores.

Review results together. Once the graded exam comes back, sit with your child and review what went right, what didn’t, and how to do better next time. This is not the time for you to lecture. Subtly prompted, your child should do most of the talking.

Thank you for your partnership and support.

Gail Miller, M.Ed.  Connie Wolford, M.Ed.
Principal  Assistant Principal

*Testing Tips taken from the NAESP’s Report to Parents: Helping Your Child Test Preparation, RP 31:8
Attention 8th Grade Families!

We Cordially Invite You

To the

8TH GRADE SEMI-FORMAL DANCE

Celebrating the Class of 2022

Hosted by PTA, Student Council, & 8th Grade

Thursday, May 17th at 5:00-6:15 p.m.

Mountain View School
18302 W Burton Ave

Dinner for student and two family guests will follow

6:00-7:00 p.m.
**Parent Portal**

We highly encourage all parents and guardians to create their parent portal account now. Once created, you will have access to your child’s attendance record, current grades, and links to pay online for field trips, athletics, etc. Each parent can have their own account and can see all of their children from one account. You will need one of your student’s ID numbers to sign up. You can find this on the census verification form that will go home, or you may contact the front office.

**Office Reminders**

Please remember that the office is not permitted to call a student down to wait for a parent/guardian in the office prior to the adult’s arrival on campus. The parent/guardian must be present, and the office staff must check your identification. This is for the safety of all students. Thank you for your cooperation!

Our office is latex free! Please do not bring latex balloons to campus!

**Contacting Teachers**

If you need to contact your child’s teacher, you can find their email on the “Teacher Pages” portion of the Mountain View website. You may also call the front office to be transferred to their classroom before or after school. Once students begin arriving at 8:40 a.m., all phone calls will be transferred to the teacher’s voicemail. If you wish to meet with your child’s teacher, please make an appointment beforehand. Thank you.

**Privacy Issues**

The front office often deals with issues involving the Family Education Rights and Privacy Act (FERPA). We are respectfully asking that parents limit their time waiting in the front office area to 5 to 10 minutes during school hours so that the privacy of other parents and students is not violated. We appreciate your help in this.

**Stay Connected** - Visit our [website](#)!