



COUSIN SUNNY

January 29, 2009

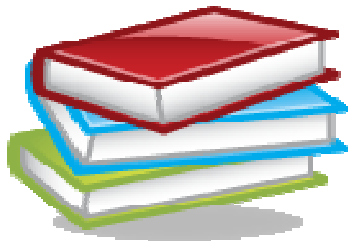
WAYS BUSY PARENTS CAN HELP CHILDREN SUCCEED ON TESTS

Attendance Makes a Difference – Teachers can't teach students who aren't in school. And there's strong evidence that regular school attendance can result in significant test-score gains. So remember:

- **Make sure your child** is in school every day.
- **Don't schedule medical appointments** during school hours.
- **Don't take your child** out of school for a family trip or activity.
- **Don't allow your child** to be tardy. Have your child get ready the night before so he can get to school on time.

Good Health = Good Test Scores – Getting ready for a big exam requires more than just studying. Your child must be physically fit, too. So don't forget the following as your child prepares for big exams:

- **Breakfast.** Get your child in the habit of taking time for a nutritious breakfast everyday. Even toast and a piece of fruit will provide body and brain energy.
- **Sleep.** Get your child into a regular sleep routine. Then stick to it! Most children need at least eight hours of sleep each night.
- **Exercise.** Encourage your child to exercise every day. Exercise increases oxygen to the brain and helps with thinking and memory.



READ FOR SUCCESS



A child who can read well is more likely to succeed in school and do well on standardized tests. Here are some reading skills that are important for test success and ways you can help at home:

Comprehension – Comprehension is more than just being able to recognize and pronounce words- it’s about making sense of what the words say. Standardized tests often measure comprehension by asking students to find the main idea. To help your child find the main idea:

- **Use the newspaper.** Cut out a short article. Then cut off the headline. Ask your child to read the article and write a headline that summarizes the main idea. Compare your child’s headline to the newspaper’s headline.
- **Use nonfiction.** Nonfiction writing is about real people, places and things. Many standardized tests use nonfiction text for reading comprehension. So ask your librarian to help your child find interesting nonfiction books to read. Then ask your child to tell you the main idea of a paragraph or a chapter from a nonfiction book.

Reading Rate – Reading rate is the speed at which a child reads. Since most standardized tests are timed, it’s important for your child to have a good reading rate. Just remember, it doesn’t help your child to read faster if your child doesn’t also have good comprehension. Here’s how you can help:

- **Schedule reading time every day.** Research shows that kids who read every day are more likely to read faster.
- **Have your child read silently.** Sometimes a child reads slowly because she is whispering the words aloud.

Vocabulary - The more words your child knows, the more likely he is to do well on standardized tests. So help you your child:

- **Learn a new word every day.** Find words in the books your child is reading or ask the teacher for a list. Each morning help your child write a new word on a file card. Write the definition on the back. At dinner have family members try using the word in a sentence. At the end of the week, review all the cards.
- **Have a “newspaper scavenger hunt.”** Ask your child to underline new words in an article. Then look them up together.



INFORMATIVE WEB-SITE

www.fastweb.com

This company is an excellent source of scholarship information, but does not sell name lists to web-based advertising companies.

www.tuitionfundingsources.com

This source of scholarship information is funded by the Pepsi-Cola Bottling Company. Name lists are not sold to private advertising companies.

<http://www.eligibilitycenter.org>

NCAA Clearinghouse – Juniors planning on playing college sports need to register.

ACT TEST DATES

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Test Site Code</u>
December 12, 2009	November 6, 2009	Highland Code 165-080
February 6, 2010	January 5, 2010	ISU Code 009-180
April 10, 2010	March 5, 2010	ISU Code 009-180
June 12, 2010	May 7, 2010	Highland Code 165-080

High School Code: 130-498 HHS Test Center Code: 165-080

Register online: www.actstudent.org

Cost is \$32.00 (No Writing) \$47.00 (With Writing)

OPPORTUNITIES

Girls' State – There will be a meeting February 1st to provide more information about Girls' State. Girls' State is a week long leadership training program that teaches young women how to be informed and engaged citizens. Eligibility to attend is limited to girls currently enrolled in their junior year of high school and who plan to graduate in 2011. Contact the Counseling Center for more information.

Landmark Volunteers – Volunteer this summer for two weeks in the Sawtooth Mountains of Idaho. Landmark Volunteers is a non-profit organization providing summer community service opportunities for high school students. Applications are in the Counseling Center.

Summer Leader Seminar – The United States Military Academy will host two Summer Leader Seminars. The seminars provide outstanding high school juniors the exciting opportunity to gain a better understanding of the academic, physical, military, and leadership development programs at a service academy. Apply at www.Admissions.WestPoint.edu/. **Deadline: April 1st**

- May 29th – June 4th
- June 5th – June 11th

Boise State University's – Science Competition Day is February 27th at Boise State. Compete for two 4-year, full fee scholarships worth over \$18,000 each. Go to <http://coen.boisestate.edu/sciday/> for more information. This opportunity is for Juniors and Seniors.

The Fountainhead Essay Contest – 11th & 12th graders interested in entering this contest, please visit www.aynrandeducation.com. **Deadline: April 26th**

The Anthem Essay Contest – 9th & 10th graders interested in entering this contest, please visit www.aynrandeducation.com. **Deadline: March 20th**

Idaho National Laboratory Student Action Team Internship Opportunity – The INL offers an eight week summer program that gives high school students an opportunity to learn from INL's scientific and technical experts. All interested students must apply at www.inl.gov/careers and apply specifically for posting number 5013. **Deadline: March 1st**

Idaho Sneak Peek – For high school juniors starting the college search process. For more information visit: www.uidaho.edu/sneakpeek.

- April 23rd