



# COUSIN SUNNY

April 30, 2010

## 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](http://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](http://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.

### <http://www.cappex.com>

This web site is a great new tool for juniors to explore their college options. View college profiles and reviews for over 3,000 colleges. Discover scholarships, tuition and financial aid details.

## 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](http://www.actstudent.org)

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

## OPPORTUNITIES

**Paint The State Contest** – Put your imagination into action and present your own powerful message about the realities of methamphetamine use. One Idaho teen will take home \$6,500. Registration forms are due by **June 18<sup>th</sup>**. Register at [www.paintthestateidaho.org](http://www.paintthestateidaho.org).

**2011 Miss Idaho Teen USA Pageant** – Nearly \$67,000 in cash, scholarships and prizes was awarded to last year's Miss Idaho Teen USA. Entrants must be 14-19 years old. More information is available at [www.pageantsnw.com/www.missidahousa.com](http://www.pageantsnw.com/www.missidahousa.com). **Deadline: May 15th**

### **Engineering Camps at Boise State** –

June 11<sup>th</sup> - 12<sup>th</sup> – e-Girls is a free overnight program for girls currently in 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> grade. Workshops led by Society of Women Engineers professionals and college students.

**Deadline: May 1st**

**Navy ROTC Scholarship** – These scholarships are valued at up to \$180,000 each, depending on the school selected, and can be used at over 160 of the top colleges. They cover full tuition, books, fees, uniforms, and a monthly stipend of up to \$400 for a bachelor degree. To get an application go to: <https://www.nrotc.navy.mil/>.

**Summer of Academic Refinement (SOAR)** – SOAR is a five-day college preparation program which prepares and informs students of the educational benefits and expectations at Brigham Young University. SOAR provides ACT preparation, admissions and college success information, and an introduction to Multicultural Student Services. Register online at: <http://soar.byu.edu> before May 1<sup>st</sup>.

**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.

**Northwest Youth Corps** – NYC is an organization dedicated to getting kids active, outside, and engaged with the natural environment. NYC teaches youth how to solve problems, work as part of a team and meet a challenge head on. Go to [www.northwestyouthcorps.org](http://www.northwestyouthcorps.org) to learn about NYC's summer programs.

**Pratt Summer Pre-College Program** – If you're interested in exploring the possibility of studying art, design, architecture, creative writing, or critical and visual studies you may want to consider attending this program. The pre-college curriculum consists of four classes, as well as lectures and cultural and social events. Students select an elective course in their area of interest. The Elective and Foundation courses are credit bearing (2 credits each) and upon completion of the program, students earn four elective college credits. Register online at: [www.pratt.edu/prostudies](http://www.pratt.edu/prostudies).

**Haywire Robotics** – Children ages 10 and up will build and program VEX robots, as well as learn what it means to be part of a team. Applications are available in the Counseling Center.

- July 12<sup>th</sup> – 16<sup>th</sup>  
College of Technology (Building 51)  
\$200 for the five days