TEST YOUR BEST!

Each year, ASD students are provided opportunities to show what they know. When students show what they know, teachers and parents can partner to promote student success.

Here are some ways you can help your child prepare for a test:

➡ Talk to your child about testing. It's helpful for children to understand why schools give tests. For more information about the importance of taking the PEAKS test, visit **www.asdk12.org/peaks**.

➡ Encourage your child. Praise him/her for the things they do well. If your child feels confident, he/she will likely do their best on a test. Children who are afraid of failing are more likely to become anxious about test taking.

➡ Ensure your child attends school regularly. Testing days are important days to be at school on time to allow for the least stressful testing experience for your child. Avoid scheduling appointments on testing days.

➡ Help your child get a good night's sleep the night before a test.

➡ Eat a healthy breakfast the morning of a test. Hunger can distract a child from the task at hand. Many ASD schools serve breakfast. Learn more at **www.asdk12.org/studentnutrition**.

For more information regarding ASD's comprehensive assessment system, please visit the Assessment website,

www.asdk12.org/assessment

Source: U.S. Department of Education

Anchorage School District
Educating All Students for Success in Life