

Life School Thursday Exchange

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March 2010

*****New Enrollment*****

The new enrollment period will begin February 22nd and go through March 12th. If you have a sibling that you are trying to enroll, let the registrar or the person accepting your application know that you are submitting an application for a Life School sibling.

Life School News

Spinal Screenings Notification

Spinal Screenings will be March 9th for all 6th graders. Girls are requested to wear a bathing suit top or sports bra. If an exemption form is needed for religious reasons please see the nurse to pick one up.

NCLB Report Card

Included in this Thursday Exchange is our parent addressed letter explaining our NCLB report card. You can find the report at <http://www.lifeschools.net/about/accountability-rating> as well as ask for it in the front office.

TAKS

Below are the 2010 TAKS days. Please note that on these days boxed lunches will be served.

- Tuesday, April 6
– 5th Math
- Wednesday, April 7
– 5th Reading
- Tuesday, April 27
– 3-4th, 6-7th Math
- Wednesday, April 28
– 3-4th, 6-7th Reading
- Thursday, April 29
– 5th Science

No Cells Phones During TAKS TESTS

Students will need to leave their cell phones at home or turn them in to the teacher before class starts. Cell phones turned in to the teacher will be returned at the end of the day. Any student caught with a phone during the test will receive an automatic detention. If a student uses a phone or if it rings during the test they will receive a zero on their TAKS test, so it is imperative that each students cell phone stays home or gets turned in to the teacher.

****Please turn in picture orders by Monday, March 22.**

****Class Pictures have been rescheduled for April 22.**

*****Due to the snow day and power outage, Life School Red Oak will have school on April 2nd and 5th!!!*****

Calendar of Events

- March 15-19 Spring Break
- March 23 Family Math Night 6:30-7:30 (Parent Night)
- April 2 & 5 Life School Red Oak will be open

Test Anxiety

You're not the only one! It's true. I have it too. I can't remember too much of how I tested when I was in elementary school, but I certainly remember how I felt while taking tests in Jr. High, High School, and College.

Give me a study guide and I'll "kill it", but hand me a standardized test and my anxiety goes through the roof. I studied every night, was incredibly responsible, and would have to be extremely ill to stay out of school. So I was ready to take the test, but as soon as I began to read the first few questions, all knowledge would escape me. It's like the words were mixed up on the page where the sentences didn't make sense. I would begin to sweat, feel clammy, and anxious about failing the test. Sometimes I would even get to the point of tears.

As a young student I never knew how to overcome the anxiety to actually perform for the test. But in time I learned I needed to "calm" myself before beginning the test. When everyone else would rip the first page open, as if it was an Olympic race, I would put my head down, close my eyes, and put myself at ease. I learned to pace myself. About every ten questions I would put my pencil down, look out the window, and ease my mind. About half way through a long test I'd take a restroom break. About two years ago I took my principal certification exam. I began to feel anxiety and had to force myself to go through a "calming" period after reading the first couple of questions.

It's amazing how my scores began to increase when I didn't allow my anxiety to rule my brain. Testing continues even after these young years. Learn about yourself and be willing to make adjustments for your own success. I did it. You can too!

Sandi Massey, Assistant Principal