



ITBS To Do List

Parent Recommendations



**ITBS tests will be
taken from
Monday, March 1
until Friday,
March 12.**



GET A GOOD NIGHT'S SLEEP

It is important to make sure your child goes to bed early the night before taking a test. The rest will help them concentrate better during the test.



EAT A HEALTHY BREAKFAST

Food helps energize the child that morning for the test. They will not be able to focus on the test as well on an empty stomach. Also, eating sugar in the morning may wake them up quickly, but they will also quickly become tired. Eating a balanced breakfast is very important and one is served here at school every morning!



BE ON TIME TO SCHOOL

Many tests begin early in the morning. Being on time to school by 8:10 ensures that your child will have plenty of time to settle in and feel calm when the test begins.



PRACTICE TESTS CAN HELP

Each child received a practice test booklet. These booklets have similar questions to those seen by your child on ITBS. Completing these booklets will help build your child's confidence for test day.



PRAISE AND ENCOURAGE

Your child loves to hear words of encouragement from you! Take a minute and write a short note to them that they can read during the test. Remind them to do their best. The teachers will allow them to have these notes at their desks!



DON'T WATCH THE CLOCK

Remind your child that some tests may have a time limit but it is important to do your best on each question. The tests are not designed to get every question right, so take your time and don't rush through it!



REVIEW THEIR SCORES WITH THEM

Show your child that the test is important to you as well by reviewing their scores with them when they are returned to you. Explain to them what they mean and subjects they did well in and some they more need to work harder on for next year! They look to you for guidance!



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