



13 May 2024

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It's testing season!



May is a wonderful time to reflect on all the academic and non-academic things that students have learned over the course of the school year. The end of the school year also means that we are in testing season! Students in grades 3-8 take North Carolina End of Grade (EOG) exams. High school students enrolled in Math 1, Math 3, English 2 and Biology take state End of Course (EOC) exams. Additionally, all high school courses culminate in a final exam and/or final project.

[Click here for the Pioneer Springs testing schedule.](#)

You can help testing go well by volunteering to be a proctor



We want you to proctor the EOGs and EOCs

We need you for testing! When you volunteer to proctor state tests, you are helping us keep as many instruction staff members in non-testing classrooms as possible.

To volunteer you just need to complete a quick virtual training, which is being offered at 10am on Tuesday on pioneerzoom.com. Questions? Email Glenda (glendac@pioneersprings.org).

IMPORTANT DATES & ITEMS TO NOTE

- 18 & 19 May: [Alice in Wonderland](#)
- 8-24 May: [Authors' Teas](#)
- 15-29 May: [EOG/EOC schedule](#)
- 17-18 May: 1st grade camp out at PSCS
- 21 May: K Step Up celebration, 1pm
- 22 May: 5th grade Step Up celebration, 1pm
- 23 May: 8th grade Step Up celebration, 1pm
- 29 May: Class of 2024 Graduation
- [Register here for Summer Camps!](#)
- [Academic & Events Calendar](#)

How to talk with your student about exams

Exams help teachers and school leaders understand what students have learned this year, and to plan for learning next year. As you talk with your student about exams, remind them that reflecting on learning and planning for learning is the reason for testing, and that their job is to show-off all of the phenomenal things they have learned! Here are some more things you could discuss with your student:



- Acknowledge that testing takes a lot of effort-it requires showing everything you learned, and it takes a lot of stamina!
- It's normal to have big feelings about testing, and students are capable of regulating their feelings by taking deep breaths, and by reminding themselves of the amazing things that they know
- Celebrate your student's academic strengths, and how proud you are of those strengths
- Remind your student that tests are designed so that no one knows all of the answers-if your student encounters a question and does not know the answer, they should eliminate the choices they know are wrong, take their best guess, and then revisit the question after they have finished the rest of the exam
- Blank answers are marked incorrect on both EOGs and EOCs, so mark an answer for every question, even if you are unsure
- When talking about testing, show interest, but do not dwell on testing

These question cards offer great prompts for family conversations about testing.

What to do the night before and morning of the exam

TIPS TO PREPARE FOR STATE TESTING

- GET A GOOD NIGHT'S SLEEP
- EAT A HEALTHY BREAKFAST
- COME TO SCHOOL ON TIME
- KNOW YOUR TESTING LOCATION
- BRING A BOOK TO READ
- HAVE A POSITIVE ATTITUDE

FROM YOUR SCHOOL COUNSELOR

Set your student up for success by ensuring they have a good night's sleep and a smooth morning. Here are some important tips:

- Follow your regular routine the night before the test-young people do best when they follow their regular routine
- Eat a protein rich dinner so your student's brain is fueled!
- Put your student to bed at their regular time, so that they get a good night's sleep
- Offer a protein rich breakfast the morning of the exam to stave-off hunger
- Have your student wear comfortable clothes
- Make sure your student has a novel to read after testing is done
- Plan to arrive to school well before 8:30 so that your student does not feel rushed, and can ease into exam day

What to expect: a typical testing day



For students in grades 3-8, this is what a typical testing day is like:

8:00-8:30 morning drop-off, get settled into the day

8:30-8:45 morning mindfulness, get grounded and focused

8:45-9:00 testing set-up, get seated and prepared

9:00 testing begins

9:00-noon-ish testing

Around noon, testing ends, lunch, reflection and academic time

For students in high school, this is what a typical testing day looks like:

8:00-8:30 morning drop-off, get settled into the day

8:30-11:43 short morning mindfulness followed by EOC or course exam

11:45-3:20, students attend the rest of that day's academic courses