

Guidance Connection

March 2008 Newsletter

Mrs. Fazi, BES Guidance Counselor
724-459-8883, Ext. 4125

DATES TO REMEMBER



PSSA for grades 3-5 will be April 1 through April 4. Please try not to schedule any appointments during those dates.



May 2 "Career Fair" any parents that would like to participate and share information about their careers please call me.

In our busy schedules it is hard to find time to talk to our children about their day and spend time together. Try using this M-E-A-L approach:

Make the atmosphere pleasant. Focus on the positives.

Entertain each other.. Let the kids tell a joke, share funny stories.

Always give everyone a chance to talk. Ask questions. What is something you learned in school today? Tell me about the book you are reading?

Loosen up...use meal time as a time to relax, sit down and have fun.....

2008 resources for educators

Ways to help your child do better on tests

- Make sure your child gets a **good night's sleep** before every test.
- Encourage your child to eat the "Grab and Go" **breakfast** at school.
- Have your child **dress comfortably**.
- Make sure your child arrives to **school on time**.
- Send your child off to school with words of **praise and support**.
- Tell your child to **relax...**take slow deep breaths.
- Tell your child to **follow directions** carefully and **ask questions** if something is not clear.
- Remind your child to **check over answers** before turning in the test.
- **Encourage your child to always do their best!!!**

