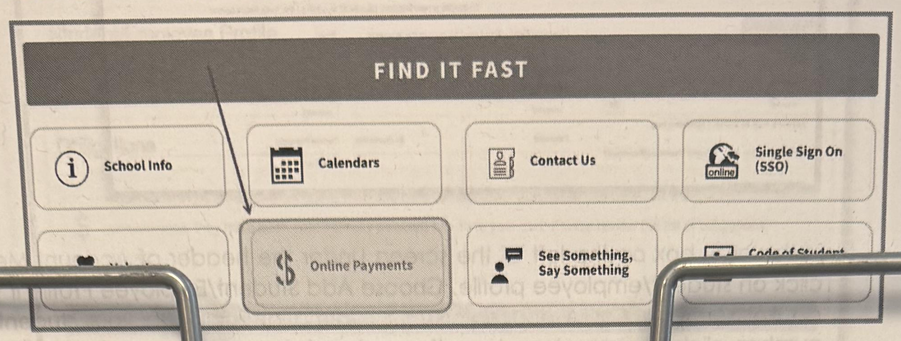
HOW TO PAY STUDENT OBLIGATIONS INSTRUCTIONS

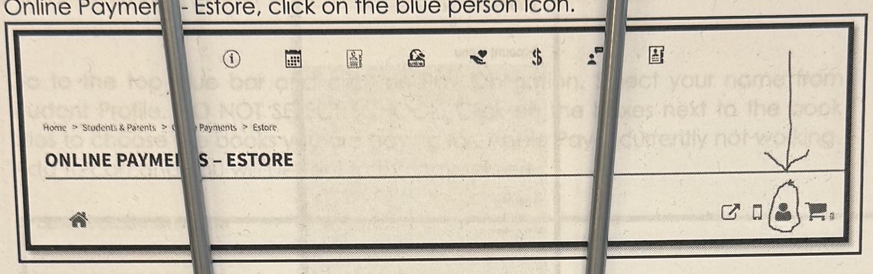
Computer Access Instructions

1. Go to your school's website. Example: https://www.browardschools.com/piper

2. Scroll down until you see a section called Find It fast. Click on Online Payments.



3. You will be taken to your school's Online Payments – Estore. Under the heading Online Payments – Estore, click on the blue person icon.



4. You will see a screen that looks like the following. You will either sign in with an existing account or under New User, Create an account

Making Test Time Easier

Resources Support KMHF Partnerships About Us

< School (/mental-health-resources/school)

July 2025

Helping Kids with Test Anxiety

Whitney Raglin Bignall, PhD En Español (/es/mental-health-resources/school/helping-kids-with-test-anxiety) Copy Link

Article Summary

- Test anxiety impacts many kids and can cause physical symptoms (like nausea or headaches), trouble focusing or wanting to avoid the test. It's more common in kids with learning challenges, mental health conditions or perfectionist tendencies.
- Learn about four ways to help a child with test anxiety by talking to them, establishing a plan, strategizing relaxation methods and challenging thoughts.
- On the day of a test, take a few minutes to review the plan, remind them of the calming tools they have practiced and offer encouragement. The goal is to build confidence and resilience.

ACTIVITY

- Making Test Time Easier

Feeling nervous or stressed before a test is normal and it's actually helpful for our success. Pre-test stress is what motivates us to focus and prepare for the test, helping kids excel.

However, for some kids, the stress can be so much that it keeps them from being able to prepare for or perform on the test. Those kids may have test anxiety. Test anxiety can negatively impact the score and grades, causing additional stress and challenges.

Test Anxiety?

Signs of

Testing Tips for Families

MIDDLE
HIGH

SCAN THE QR CODE TO ACCESS ALL YOUR SCHOOL MEAL RESOURCES IN ONE PLACE!

- MEAL BENEFITS APPLICATION
- ADD FUNDS TO YOUR STUDENT'S MEAL ACCOUNT
- WHAT'S ON THE MENU / MEALVIEW
- SPECIAL DIETS & ALLERGIES FORM
- HIRING LINK
- SOCIAL MEDIA PROFILES
- OUR WEBPAGE

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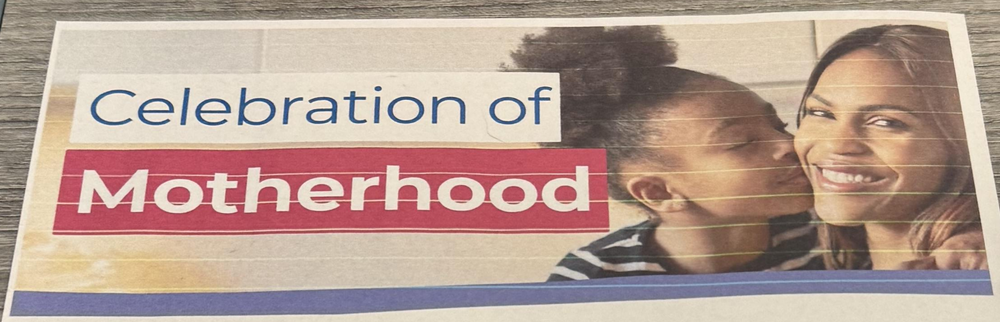
DEAR PARENTS:
WHAT IS STUDENT



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