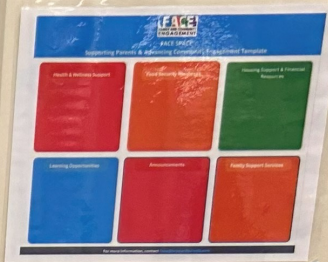


GAMER



Family
WESTCARE
PROVIDING SUPPORT FOR STUDENTS WITH SPECIAL NEEDS

BOOST YOUR STUDENT'S FOCUS WITH INNER EXPLORER!

Testing sessions can be stressful, but your child's school has a way to approach this time Explorer. This program uses short, interactive, 10- to 15-minute study-reinforcement practices to help students "reset" their focus, moving from stress to focus.

You can support your student at home by downloading the free Explorer Toolkit. Ask your teacher for just a few minutes a day to help your child stay calm, manage test jitters, and perform their best.

Breathe, Relax, Thrive
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MIDDLE SCHOOL TESTING SUCCESS: TOP TIPS!

1. CREATE A STUDY SCHEDULE
2. AVOID CHAMING
3. UNDERSTAND TEST FORMAT
4. USE PROCESS OF ELIMINATION
5. PACE YOURSELF
6. USE BUBBLES
7. REVIEW YOUR WORK
8. ACTIVE STUDY
9. STAY ORGANIZED

IEP/504 TESTING ACCOMMODATIONS

What Students Need To Know...

- BREAKS DURING RADIO FORMATS
- EXTENDED TIME
- PREFERENTIAL SEATING
- SHALL GO ON/EXIT ENVIRONMENTS
- READER TO READ
- ALTERNATIVE RESPONSE FORMATS

USING YOUR ACCOMMODATIONS CONFIDENTLY

- Accommodations are outlined in the IEP/504 Plan
- Know what supports you are entitled to
- Know how to request supports/accommodations
- Accommodations are designed to give equal access and to show what you know
- Speak up and ask questions to ensure your SUCCESS!

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TESTING PREPARATION TIPS FOR FAMILIES

Made-to-order tips can be very self-conscious. They need to feel confident without feeling judged at all.

- FOCUS ON: If you are nervous or worried, let them know. You don't always have to be the right answer just this time.
- TEACH BELL BREATHING: Tell them to take three deep breaths if they feel stuck on a question. It resets the brain.
- DIGITAL DETOX: Encourage them to put the phone away and use their bodies to help. Social media can make test stress feel much worse.
- BREAK IT DOWN: Help them study in about 20-minute bursts rather than trying to study for hours at a time.

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TOOLS FOR TESTS, SUPPORT FOR SUCCESS.

8 ways to prepare your child for standardized tests

1. Stay on top of homework
2. Get with your child's teacher
3. Review your child's work
4. Practice stress management
5. Encourage confidence
6. Test when you're ready
7. Celebrate accomplishments
8. Be realistic and calm

How to Help Your Child Prepare for Standardized Tests

Most test prep you can support your child before and after taking a standardized test. An ideal way you can support your child's learning habits is to help them get the most out of their test prep.

TESTING ACCOMMODATIONS

What Parents Need To Know...

- PARENTS SHOULD KNOW: Standard accommodations are listed in their child's IEP/504 plan. Accommodations provide access, not advantage. Supports should be used regularly in class, not only for testing. Accommodations should be provided consistently to all students.
- COMMON TESTING ACCOMMODATIONS: Extended Time, Small groups or alternate setting, Breaks as needed, Headset or earplugs, Alternative seating, Additional supports may only be used if written.
- HOW PARENTS CAN HELP: Talk with your child about their testing experience. Encourage your child to speak up about their needs. Make sure they are comfortable and have a safe space to test. Review their accommodations with them. Encourage them to speak up about their needs.

KEY REMINDERS

- If an accommodation is not provided on the day of testing, notify the ISE Specialist or Testing Coordinator.
- Changes to accommodations require an IEP or 504 team meeting.
- Questions are best addressed well before testing begins.

Accommodations level the playing field for students with disabilities. They help you succeed when they know.

Life Skills and Wellness Competencies in Broadband Schools

Life skills and wellness are key to a student's success and overall well-being. Broadband schools are designed to provide students with the skills and knowledge they need to succeed in the 21st century.

988 LIFELINE

If you need to talk, the 988 Lifeline is here.

At the 988 Bureau & Call Center, we understand that life's challenges can sometimes be difficult. Whether you're feeling overwhelmed, stressed, or in crisis, we're here to help. Our trained counselors are available 24/7 to provide support and resources. You're not alone.

Call 988, Text 988, Chat 988, or Visit 988lifeline.org