Notes from the Counselors:

Finishing the year off strong!
As we enter our final quarter of the year, we want to remind parents and students to finish the year off strong! It can be easy for students to give up on school and focus mostly on the fun activities we have planned for the end of the year. Students can become distracted and fall behind on their school work. We don’t want students who have been working hard all year mess their grades up in the end. Also, students who have been struggling can still catch up in these last weeks. Here are some tips for helping your student finish strong:

- **Monitor your student’s grades on IC** - Sit down for 5 minutes with your child and log on to IC and review any missing assignments or zeros.
- **Encourage your student to seek help** - Most teachers are available before/after school and during lunch. Teachers cannot know a student needs help if he/she doesn’t speak up.
- **Have a calendar at home that students can cross off the days** - This will give them a visual record of finishing a goal and how close they are to the end of the race.

As always, the counselors are here to help in any way we can. Enjoy your Spring Break!

~The Counselors

It’s Testing Time!
Smarter Balanced (SBAC) Testing begins on Thursday April 9. These tests are taken to assess each student’s achievement and progress of meeting the expectations set by Common Core State Standards in English and Math. Results will help teachers check students’ progress and create a more relevant curriculum based on students’ needs. Here are some tips to help best prepare your child for the upcoming tests.

**TEST TAKING TIPS!**

1. **Keyboarding:** The tests are computerized and will require proficient typing skills. Students who are uncomfortable typing should practice typing for at least 30min. a day. Keyboarding skills will help students produce longer, more detailed answers.

2. **Reading Directions:** Many questions on these exams have more than 1 part and require students to perform multiple tasks (i.e. cut & paste, highlight or underline). Students should practice reading directions out loud, discussing what the directions ask, and completing the task correctly to prepare.

3. **Parental Support:** Help your child out by making sure they eat nutritiously and get plenty of sleep each night. This is especially trust during testing time. Students will be sitting for extended periods of time and will need to have energy to stay focused and on task.

4. **Practice:** There is still time to log on and take a practice test at home: [http://californiatac.org/practice-and-training/index.html](http://californiatac.org/practice-and-training/index.html)

Important Dates

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SAVE THE DATE!
San Francisco
National College Fair
Saturday, May 2nd
1:30-4:30pm
@ Cow Palace
Find a college for your future!
For more information, please see:
http://www.nacacnet.org/college-fairs/SpringNCF/Pages/San-Francisco.aspx

University of California: Davis
Location: Davis, CA (15 miles west of Sacramento)
School Colors: Aggie Blue and Aggie Gold
Mascot: Mustangs
Sports: 10 men’s/13 women’s NCAA Div. I
Campus Size: 27,728 undergrads
Popular Majors: Agricultural & Environmental Sciences, Biology, Engineering, and Letters & Science.
Staff Alumni: Ms. Ng

“I will be haters, there will be doubters, there will be non-believers, and then there will be you, proving them wrong.”

Counselor Tool Box

Responsible
Social
Networking

Instagram, Twitter, SnapChat, YouTube, Kik, etc. have become an integral part of our lives. 80% of teens use some form of social media. Growing up online has its benefits, it’s a great way to stay connected with others - but it also poses new risks. Between cyberbullying, oversharing and giving into peer pressure, a child’s misuse of a social network can become a serious problem. As a parent, you can set a positive example for your child by teaching them how to use social media responsibly & respectfully.

- Familiarize yourself with popular social platforms to get a better understanding of how each works. Create your own profile on these sites and apps to experience the networks firsthand.
- Talk to your kids about the dangers and consequences of social media. Discuss real-life situations in which social media can pose harm, like stories in the news about cyberbullying or how posting pictures can affect your future career.
- Set a time limit for how long your child spends on social media during the week. You could also set specific times for you and your child to go online together and practice social media safety. But don’t set rules that are too strict, where your child feels they need to hide information from you.