

March 1, 2013

Dear Atlantic Middle School Families,

The very busy month of March is upon us! I know our students are ready to meet and exceed the challenges ahead of them this month. We have been working as a school all year to prepare our students to do their very best on the MCAS assessments. You can also help prepare for testing: encourage your child to read outside of school, practice writing essays, make math part of everyday life (cooking, gardening, games). Remember to check all homework assignments and your child's agenda book. Help organize your child's school bag and notebooks. Also, you can review and practice MCAS questions from home. Copies of previous MCAS questions are on the Department of Elementary and Secondary Education website: www.doe.mass.edu/mcas. As we make the final push to MCAS, remember that formal testing is a necessary part of the educational process. We have wonderful students who take responsibility for their learning and want to do well. The Atlantic staff will continue to work together to provide for the academic needs of every child. Both staff and students are ready for the "March Madness" to begin. MCAS, here we come!

Testing ABCs ... Attendance, Breakfast, Confidence, Sleep

Attendance – Students need to be present and prompt everyday. Students are more comfortable taking tests with their classmates as opposed to on their own during a make-up session.

Breakfast – A healthy breakfast will maintain a student's energy level throughout the morning. Research has shown that a breakfast high in fiber, protein, and fruit/juice stimulates brain activity.

Confidence – "If you think you can, you're right." Students have been working hard all year and should feel confident about their ability. Students should want to do well on tests and should always try their best, but they should never be stressed out.

Sleep – The American Academy of Pediatrics recommends ten hours of sleep per night for school aged children. Get a good night sleep every night but especially a night before an important test.

Sincerely,

Maureen C. MacNeil
Principal
Atlantic Middle School

