Welcome to The Parent Post! This newsletter is published four times per year and sent home with students being served with Title I funds at Douglas County schools. These schools include Annette Winn Elementary, Beulah Elementary, Bright Star Elementary, Burnett Elementary, Chestnut Log Middle, Eastside Elementary, Factory Shoals Elementary, Lithia Springs Elementary, North Douglas Elementary, Stewart Middle, Sweetwater Elementary, Turner Middle and Youth Villages - Inner Harbour Campus. For more information, please visit dcsga.org or contact Patti Sullivan at (770) 651-2118 or email patti.sullivan@dcsga.org

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Testing is... HARD

By: Shanate Porter, School Counselor, Youth Villages, Inner Harbour Campus

Tests can be hard for anybody. Think about it, we test for every milestone in our lives. For kindergarten, it’s to see if we have basic skills like writing your name, final exams to pass to the next grade, and tests to get in college, even tests to be certified professionals! The truth is we can’t get away from tests.

With the upcoming test season there are many ways to support your child, one of those ways is emotional support. According to Tim Zimmer in “The Effects of Standardized Testing on Teachers and Students” stress from standardized testing can lead to poor health and negative feelings toward school and learning, go figure right? With that being said, here are some ways to support your child during these times.

1. Watch what you feed them! During this time it would be natural for the kiddos to grab some junk food to make them “feel better”. Instead prepare foods that are rich in protein like turkey or chicken. Protein regulates hunger and produces serotonin “the feel good” chemical. Yogurt is another snack to give, the probiotics in yogurt reduces activity in the brain that handles stress.

2. Post inspirational quotes all over! Although we may feel that kids know they’re great, with all the preparation for testing they could feel not so great. So posting in the bathroom, on the refrigerator, in their lunch bags, could make a world of difference.

3. Extra free time. This may sound counterproductive but the less pressure they feel the more efficient they learn.

All in all the more emotional support that is given, the less stressful the students are and the better they perform.

For more information about the Georgia Milestones Assessment System on Georgia Department of Education website, please visit the following link:

https://goo.gl/QwmTHB
How Can we Help our Students Prepare for Testing?
Maggie Brown, STEM Teacher, North Douglas Elementary School

As GMAS, Georgia Milestones Assessment System, testing windows approach, many parents are concerned with the success of their children. Teachers and students share this concern. Testing expectations can be very stressful for all stakeholders. Our community should always work together to help children understand that the tests are important; however, they are not an absolute measure of student’s intelligence. These assessments are designed to track the academic progress for the benefit of the child. It is extremely helpful in showing areas that need additional work or practice with each individual student.

This is a great time for parents to utilize the Parent Outreach Facilitator at their school. Parent, family, and community involvement in education correlates with higher academic performance. There are many resources located at the school that can assist parents in helping the students prepare for testing. This is also a great opportunity for parents, teachers, and students to meet for conferences to discuss what areas of study need more attention. Numerous studies show that

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involvement of all stakeholders provide a supportive community for our children. It directly correlates to the success of the student.

Here are a few suggestions to help your child when facing high stakes testing:
- Discuss the tests they will be taking. It is helpful for the student to understand why tests are given.
- Stay involved in studies and school throughout the year.
- Attend parent involvement meetings.
- Always encourage your child.
- Utilize your Parent Outreach Facilitator and resources at school.
- Meet with your child’s teacher as often as possible to discuss needs and ask for suggestions of activities to improve their understanding of content.
- Make sure your child attends school regularly.
- Discuss relaxation techniques.
- While the test is important, avoid test anxiety. Refer to a measuring tool such as a ruler when discussing tests. This is a way for us to measure how teachers are teaching and how well the students are learning the content.
- Develop a regular sleep schedule to ensure adequate rest.
- Eat healthy and encourage good nutrition habits.
- Read with your child daily.
- Never diminish what they are going through; their perception is their reality.

We are a community and we must all work together to ensure the success of our children and schools. The National Education Association states, “When schools, parents, families and communities work together to support learning, students tend to earn higher grades, attend school more regularly, stay in school longer, and enroll in higher programs.” (NEA, 2008)

President Dennis Van Roekel of the National Education Agency also states, “Parents, families, educators, and communities – there’s no better partnership to assure that all students pre-K to high school – have the support and resources they need to succeed in school and in life.” (NEA, 2008)

Tests are just one data point to help us understand a student’s abilities. Make sure your child knows this single snapshot will never define who they are as a person.


Resources for Parents of English Learners!
The Douglas County School System has posted new resources for parents of English Learners on our website. Our goal is to provide effective outreach to parents of our English Learners and to assist them in being involved in their child’s education. Please visit [https://www.dcsga.org/](https://www.dcsga.org/) or scan this QR code to access the website with the resources listed.
**UPCOMING WORKSHOPS**

Parents of children being served with Title I funds may attend any workshop, regardless of location.

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**Annette Winn Elementary School Parent Resource Center**  
3536 Bankhead Highway, Lithia Springs, GA 30122  
(770) 651-3100

**K-5 Science Night**  
Monday, March 11, 2019 at 5:30 PM

Parents will have the opportunity to do hands-on activities in the classrooms as well as view science projects created by our students.

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**Beulah Elementary School Parent Resource Center**  
1150 Burnt Hickory Road, Douglasville, GA 30134  
(770) 651-3300

**GMAS Pep Rally/Testing Tips**  
Tuesday, March 5, 2019 at 5:30 PM

Come get pumped up for the upcoming GMAS (Georgia Milestones)! We will learn some essential test-taking tips that will leave you and your child feeling confident in their success on this important test.

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**Eastside Elementary School Parent Resource Center**  
8266 Connally Drive, Douglasville, GA 30134  
(770) 651-3800

**Next parent workshop coming soon!**  
Visit the Parent Resource Center or see the next newsletter for more information.

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**Factory Shoals Elementary School Parent Resource Center**  
2375 Mount Vernon Road, Lithia Springs, GA 30122  
(770) 651-3900

**Science Night**  
Thursday, March 14, 2019 at 5:30 PM

Parents will participate in an engaging Science lesson in their child’s classroom as well as receive resources to assist students with the concepts at home.

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**Beulah Elementary School Parent Resource Center**  
1150 Burnt Hickory Road, Douglasville, GA 30134  
(770) 651-3300

**STEAMING and SOARING Above the Rest**  
Friday, May 10, 2019, scheduled during lunch times

We will focus on Science, Technology, Engineering, Art and Math. We focus on these areas not only because the skills and knowledge in each discipline are essential for student success, but also because these fields are deeply intertwined in the real world and in how students learn most effectively.

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**Bright Star Elementary School Parent Resource Center**  
6300 John West Road, Douglasville, GA 30134  
(770) 651-3400

**Testing Tips**  
Tuesday, March 12, 2019 at 9:00 AM and 6:00 PM

Hear from our counselor and other about how to support and prepare your child for the upcoming Georgia Milestones assessment. Learn how the scores impact your child’s future. We will also cover testing for GKIDS and CDAs. All parents attending will receive free students workbooks (as long as supplies last).

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**Stewart Middle School Parent Resource Center**  
8138 Malone Street, Douglasville, GA 30134  
(770) 651-5400

**Social Studies International Night**  
Wednesday, March 6, 2019 at 6:30 PM

Come to Stewart Middle School and learn about the Social Studies department curriculum with a night filled with food, performances, crafts, mini-lessons, music and raffles.

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**Burnett Elementary School Parent Resource Center**  
8277 Connally Drive, Douglasville, GA 30134  
(770) 651-3500

**GMAS Fireside Chat**  
Wednesday, March 13, 2019 at 8:30 AM

Parents will receive information about how to help their children prepare for the GMAS as well as the implications towards promotion and retention.

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**Sweetwater Elementary School Parent Resource Center**  
2505 East County Line Road, Lithia Springs, GA 30122  
(770) 651-4600

**Testing Tips**  
Tuesday, March 12, 2019 at 9:00 AM and 6:00 PM

Hear from our counselor and other about how to support and prepare your child for the upcoming Georgia Milestones assessment. Learn how the scores impact your child’s future. We will also cover testing for GKIDS and CDAs. All parents attending will receive free students workbooks (as long as supplies last).

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**Chestnut Log Middle School Parent Resource Center**  
2544 Pope Road, Douglasville, GA 30135  
(770) 651-5100

**Literacy Night**  
Thursday, March 7, 2019 at 6:00 PM

Parents and Students will have the opportunity to participate in some games and activities. Parents will be informed on what their student is learning in their classes. Parents and Students will learn important information about Literacy Night. Come out and see what Literacy Night is about!

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**Turner Middle School Parent Resource Center**  
7101 Turner Drive, Lithia Springs, GA 30122  
(770) 651-5500

**Next parent workshop coming soon!**  
Visit the Parent Resource Center or see the next newsletter for more information.

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**Visit YOUR Parent Resource Center Today!**