

Redemptorist St. Gerard School

February 18, 2019

Weekly Parent Newsletter



This Week at a Glance

Monday, Feb. 18

Open House 9am-1pm

4th-8th Title I for ELA after school

Tuesday, Feb. 19

4th-8th Title I for Math after school

Wednesday, Feb. 20

4th-8th Title I for ELA after school

Thursday, Feb. 21

\$4 Smoothies

4th-8th Title I for Math after school

Friday, Feb. 22

Black History Program 9am

PK, K, 1st Fieldtrip

Saturday, Feb. 23

Math LEAP Academy 8am-10am

ELA LEAP Academy 10am-12pm

Black History Talent Show 1-4pm

Upcoming Events

- ◆ Family Night—Thurs., Feb. 28 5:30-6:30pm
- ◆ Mardi Gras Parade—Fri., March 1 @ 1pm

Beat the LEAP!

It's LEAP Crunch time!! We have 5 weeks until our LEAP testing begins. Please begin to stress the importance of this test with your child. Here are some of the things we are doing in and out of the classroom this week:

- Tips for parents on our weekly newsletter
- LEAP testing strategies and practice as part of every class for 3rd-8th grade
- Saturday LEAP Academy this Saturday—8am-10am Math; 10am-12pm ELA
- Practice problems—Problems of the Week

Tips for Tackling Multiple Choice:

- Read the directions carefully.
- Read the question, think of an answer, and then find it in the choices.
- Pay careful attention to negative words (underline them) in the question. These words can be distracters.
- Read all answer options before choosing one.
- Eliminate any answer that you know cannot be the correct one.
- Don't dwell on the ones you don't know. Mark the question, and then move on to the questions you do know. Go back to the ones you marked and try again at the end.

Registration for 2019-2020 School Year

Registration forms for 2019-2020 school are due by Feb. 28th. If you are planning to return to RSG next year, please make sure that you return the paperwork by the due date, next Thursday, Feb. 28th.

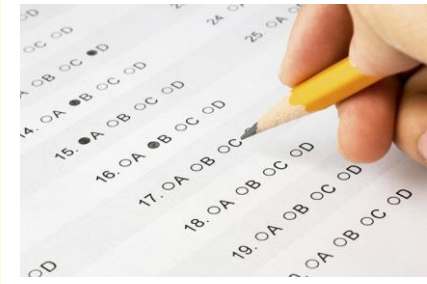
If you have a Kindergartener or a new student who would like to apply, please call the office to find out about ACE and ARETE scholarships available which can help with funding of tuition. We are not accepting any new Louisiana Scholarship students for the 2019-2020 school year,

but there are other scholarships available that cover partial tuition cost.

Please contact the office with any questions, and we will be glad to help.

If you know of anyone interested in applying for our Pre-K program for next year, they must apply online at EBRearlychildhood.com and submit the appropriate documents. Please have them contact Ms. Ashley Pizzolato in our office for more details.

Motivation Theme of the Week: Beating Test Anxiety



How often does your child say that they study hard for a test, but when the test is put in front of them, their mind goes blank? Or what about when they receive the test paper, their stomach starts to hurt, they start to sweat, and they feel like they are going to pass out? Many students feel this way before taking a test. It's called test anxiety. Often, it is what causes students to do so poorly on a test, even though they have studied hard for the test. It

causes the student to lose focus and harm their concentration. It is disappointing and defeating to many students, but there are ways to manage it before and during a test.

The Princeton Review states, "According to the ADAA, causes of test anxiety may include a fear of failure, lack of adequate prep time, or bad experiences taking tests in the past." Still, there are things you can do to lower your test anxiety.

10 Ways to Overcome Test Anxiety

1. **Be prepared**—you will feel confident for the test.
2. **Get a good night's sleep**—you should get 9-10 hours of sleep before testing.
3. **Eat a good breakfast**—stay away from sweets, but get some nutrients to give you energy
4. **Get to class on time**—feeling rushed creates more anxiety
5. **Have a positive mental attitude**—bring something of value to you and look at it right before the test.
6. **Read carefully**—read the directions thoroughly, read the question or statement completely, read all of the answers.
7. **Just start**—read the story, brainstorm for the essay, but just jump in!
8. **Don't pay attention to what other people are doing**
9. **Watch the clock**—the test is timed, so make sure you stay within the limits
10. **Focus on calm breathing and positive thoughts**

*"If you can't fly
then run, if you
can't walk then
crawl, but
whatever you do
you have to keep
moving forward."*

*-Dr. Martin Luther
King, Jr.*

Math Problem of the Week

A camel shepherd bought a caravan of camels. On his journey through the desert, he noticed that the camels all had a very bad disease and would be of no use for traveling any further. He returned to the seller and asked for new camels. The seller said, "I will gladly give you the same number of camels that you bought if you can tell me how many camels you started with." The camel shepherd could not remember exactly how many he had bought, but he knew it was less than 100. He remembered that if the camels walked:

- In rows of 2, one walked alone;
- In rows of 3, one walked alone;
- In rows of 4, one walked alone;
- And in rows of 5, one walked alone.

How many camels were in the caravan?

Show your thinking using pictures, words, or numbers.

**Note: Math problems are due every Friday and should be submitted to your math teacher. Awards given out Mondays.