

2016 PARCC testing at Crestwood School

Ways Parents Can Help...

- Encourage your child to do well but don't pressure him/her. It is important for your child to stay relaxed for the test.
- Keep a positive attitude about the test.
- Mark down test days on your calendar so you and your child are both aware of the dates.
- Make sure your child gets enough sleep on the night before the test.
- Make sure your child gets up early enough so that he/she is on time for school.
- Talking about the test with your child can relieve stress about test taking.
- If your child has a high level of stress about the test, meet with his/her teacher and find out the best ways to help your child.

Visit www.crestwood.k12.il.us and click on the PARCC tab for more ways to help prepare your child for PARCC Testing.