



# Bronx Lighthouse Charter School

## BLCS Weekly Newsletter

*\*La Traducción en Español será enviada cada martes.*

Children are the proof we've been here... they are the best thing and the most impossible thing.  
-- Allison Pearson

April 28, 2014



### Greetings BLCS Families,

I would like to remind you that this week is TESTING WEEK for grade 3-8. Scholars will be taking the New York State Math Test. Parent /Teacher conference for grades K-7 will be held on May 7-8, 2014. We look forward to seeing you! **Please make sure you have signed up with your scholar's teacher for Parent /Teacher Conference.**

### Reminder: April Events

- **NEW YORK STATE MATH TEST** will be April 30, 2014 to May 2, 2014, for Grade 3- 8.
- **PARENT ASSOCIATION ELECTIONS** will be May 13, 2014! Come out and let your voice be heard!
- BLCS Parent Association presents a fundraiser: **Ladies Night Event** May 2, 2014 at 6:00pm: **HAS BEEN CANCELLED!**
- Sunday May 18, 2014, we will participate in the **AIDS Walk in Central Park**. We are looking for parents to support our scholars, so please join us in fight for a good cause. You can find out more information about the AIDS Walk below.

### GUIDE TO THE STATE TESTS!

#### HOW TO PREPARE YOUR SCHOLAR FOR TEST DAY

The State Math Test will be April 30, 2014 thru May 2, 2014. Here are a few reminders on how you can support your scholars during Testing Week:



### TIPS TO PREPARE YOUR SCHOLAR

1. **Eat it:** During testing week, make sure children are eating hearty meals both at night and in the morning. Meals high in protein will help students feel full through the morning so that they're able to concentrate better on the test. Students should consume protein-rich foods such as eggs, nuts, yogurt and cottage cheese for breakfast. Food such as spicy or fried food should be avoided as these tend to make the stomach heavy and could cause some discomfort. Before and during the exam, drink enough water to keep hydrated, as dehydration may cause you to lose focus or feel tired during the test.
2. **Sleep on it:** Making sure your child gets a good night's rest will help them better focus on materials and think more clearly through test questions
3. **Talk about it:** Talking to your child about the test and what it involves can help relieve some of the stress inherent to the process.
4. **Not a know-it-all:** Reassure your children that they're not expected to know everything that appears on the test. Encourage them to simply do their best and work hard through the testing.
5. **Practice the process:** Standardized tests are designed to be comprehensive, so cramming the night before won't do much good. However, parents can give their kids test-like practice questions or writing

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assignments to work through at home. That way they'll be more familiar with the test's format and more confident going into it.

6. **Make it fun:** Surprise your child with something to boost morale or to alleviate stress, like a testing survival kit - a small package of healthy goodies your child can take to school.

## STUDY HALL PREP

We are working to improve student work habits during "study time", instead of sending all homework home, every other week study hall will be reserved for the homework of a dedicated subject. Teachers will assign homework that can be completed within 45 minutes without a computer, but instead of giving the work to the scholars, they will give the work to Ms. Nye (Library Teacher) to hand out and collect in study hall. The homework will be due at the end of study hall and anything incomplete or not handed in at that time will be considered late and graded as such. This is not creating an extra assignment for kids, but simply saving the regular homework for study hall. This will start on **May 5, 2014**.

## AIDS WALK TEAM

Last year CPA students participated in the AIDS walk, and this is a great opportunity to get more staff and families involved. This is a great event to rally your families behind. On Sunday May 18, 2014, we will participate in the AIDS Walk in Central Park. If you registered last year, then you have probably been receiving emails from AIDS Walk NYC. You can register through the link provided in the email. For first time walkers, here's how you register:

1. Go to <http://www.aidswalk.net/newyork/participate/form-or-join-team> and select "Join a Team"
2. Once the new window/tab opens up, select "Join a team" and then find our team (**Bronx Lighthouse CPA - 7082**) on the drop down menu
3. You'll be asked to create a username and password; then click continue
4. Next you'll complete a series of questions and then you're set once you answer them.



## STUDENTS' PERSONAL ITEMS

Parents' reminder that unauthorized items found on scholars will be removed by BLCS Staff; BLCS Staff is not responsible for lost personal items. This means that scholars should not carry unauthorized items with them to school. Please refer to the School handbook and we encourage scholars to comply with the uniform policy, healthy snacks policy, and other school wide policies.

## SCHOLAR WORKSHOP: GOOD TOUCH VS. BAD TOUCH: YOUR BODY BELONGS TO YOU

We are coming to a close, regarding our mini workshop on Good Touch vs. Bad Touch. Ms. Amicy will be completing her final workshops this week. You can continue the conversations at home with your scholars about appropriate touching and reinforcing the importance of appropriate touch with our scholars.

SHINE on,

Ms. Canton

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