

Bronx Lighthouse Charter School

Lower Academy Principal's Newsletter

April 4, 2012

Dear Families,

As we approach Spring Break, it is extremely important to remember that the New York State tests begin on Tuesday, April 17th. Over the break, it is essential that scholars complete at least two hours of work each day. Scholars should spend at least 30 minutes on reading homework and activities and 30 minutes on math homework and activities. In addition, scholars should spend 45-60 minutes on Study Island. The website for Study Island is: <http://www.studyisland.com>.

Once the tests arrive, here are some important reminders to help prepare your scholar for success:

- It is essential that all scholars are here on time every day during the testing time. Tests are the first item of business on those days and if they miss the instructions, they will not be able to take the test.
- Scholars need to have a solid breakfast that contains protein and carbohydrates to sustain them throughout the significant testing period. Make adjustments to your morning schedule so that your scholar can have breakfast at home or here at school.
- Sleep is so important for attention and energy, especially with longer tests. Third and fourth graders should be getting 9 to 10 hours of sleep each night. Although 9 to 10 hours may seem like a lot, even an extra hour can make a huge difference.
- Schedule some relaxation time for students during the evenings of the testing period. Homework will be light during these times, so make sure students have an opportunity to relax.
- Reassure scholars that they will do well as long as they try hard, listen to directions, and read carefully.

With everyone working together, we can create a successful test period for our scholars!

Shine On!



Meghan Kimpton
Lower Academy Principal

We prepare our students for college through a rigorous arts-infused program.