

HOLLAND TOWNSHIP SCHOOL DISTRICT

Mrs. Stephanie Snyder, Superintendent & Supervisor of Special Services
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May 3, 2024

Dear Parent(s) or Guardian(s):

May is NSLA season (New Jersey Learning Assessments). Our 3rd and 4th graders will take the state assessment (ELA & Math) the week of May 6 and May 13.

- Stress is your enemy, but sleep is your friend.
- Begin at least a week before the test with a set bedtime which will give your child enough sleep. The night before is too late.
- Let your child know that the test is important to show what they have learned as well as help you and their teachers move them forward.
- Nutrition is important. Eating fish, lean protein, dark fruits and veggies, and lots of water will help your child's brain function at it's peak. Eating complex carbohydrates for breakfast in the morning will help your child have steady energy throughout the test.
- Read. Every. Day.
- Read with your child. Stop and ask questions about what you have read.
- Have your child write about what they have read. This is a frequent practice in school and builds stamina. (Be sure to set the expectation that they are writing in complete sentences!)
- Listen to books on tape or non-fiction documentaries. Often students are asked on standard tests to compare/contrast or combine information from 2 sources. Ask questions and write about what you have learned.
- Review homework with your child.
- Encourage your child to do all of the problems, even if they are not assigned (building stamina)
- When a problem states to explain, encourage complete answers. Answers should include: equations for all steps and why. (i.e. I multiplied because the story says that there are 4 equal groups of 7 players.)
- Review tests to better understand your child's strengths and weaknesses.
- Make thinking and talking about math fun. Bring it into the real world in things you do every day. (i.e. while folding laundry, have your child tally the colors of the clothes being folded. Make a graph showing the colors and talk about the results. Cook and bake together and encourage measurement. Draw up a schedule to decide how much time is needed to complete tasks.) Review the practice tests provided online at:
- [NJ Assessments Resources Center](#)
- Be sure to use the appropriate grade level for your child. Moving up or down a level could lead to more stress. Build your child's confidence!

Sincerely,



Stephanie Snyder
Superintendent