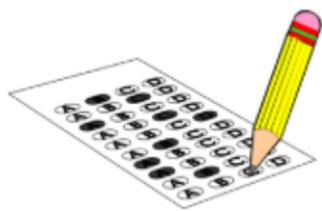


# ESL NEWSLETTER

## HARMONY SCHOOL OF EXCELLENCE

NOVEMBER-DECEMBER, 2019



### Teach your child how to become a more confident test-taker

Test anxiety often comes from self-doubt. If your child doesn't think she will succeed on a test, she probably won't. To help her become more confident before a test:

- Take off the pressure. Tell your child that tests just show the teacher what she's learned so far, and what she needs help with.
- Make sure your child knows what the test will cover. Encourage her to listen carefully when her teacher talks about the test—and to ask any questions she may have.
- Avoid last-minute panic. Your child should begin to study several days before the test. Cramming the night before a test rarely works.
- Teach efficient studying. Help your child focus on the material she hasn't mastered yet.
- Help your child connect new material to information she already knows. These connections can help her recall the material during the test.
- Encourage positive self-talk. If she gets stuck during a test, she can quietly say to herself, "I know this. The answer will come to me."
- Remind your child of her strengths.
- Help your child visualize success. Have her close her eyes and picture herself answering the questions correctly.

### Here's how to make the most of your parent-teacher conference

Preparation is the key to a successful parent-teacher conference. Here's how to get the most benefit from your meeting:

#### Before the conference:

- Make a list of things you'd like to tell the teacher, such as your child's favorite subjects and activities, difficulties in school, medical needs and any sensitive issues.
- Make a list of things to ask the teacher about, such as your child's work habits, attitude, behavior, strengths and weaknesses.
- Let your child know you are having a conference. Ask if there's anything you and the teacher should discuss.

#### During the conference:

- Be on time. Teachers have many conferences, and a five-minute delay can throw off the schedule.
- Listen carefully and take notes about your child's progress.
- Be positive. Remember: You and your child's teacher both want what's best for your child.
- Make a plan with the teacher to address any concerns and schedule a time to follow up.

#### After the conference:

- Let your child know how the conference went.
- Start with positive comments. Then, talk about any suggestions the teacher made—and how you plan to help your child carry these out.
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Below are some state ELL resources:

[https://tea.texas.gov/Academics/Special\\_Student\\_Populations/Bilingual\\_ESL\\_Education](https://tea.texas.gov/Academics/Special_Student_Populations/Bilingual_ESL_Education)  
<http://elltx.org/Home/ParentsAndFamilies>



**¡Colorín colorado!**

A bilingual site for educators and families of English language learners

<https://www.colorincolorado.org>

Colorín Colorado is the premier national website serving educators and families of English language learners (ELLs) in Grades PreK-12. Colorín Colorado has been providing free research-based information, activities, and advice to parents, schools, and communities around the country for more than a decade.



#### APP recommendation: VOA Special English Listening

This free app has several reading and audio resources that provide students for opportunities to practice English in domains of listening and speaking through stories, articles, and reports from Voice of America.

<https://apps.apple.com/us/app/voa-special-english-listening/id1097696999>

#### Upcoming Events in our campus:

- Thanksgiving holiday: November 25-29
- STAAR EOC retest (for grades 9-12): December 10 – 13
- District Assessment (grades 3-11) December 9 - 19
- Last day of school:
- Winter holiday: December 20 – January 6
- First day of 2<sup>nd</sup> semester: January 7