

# Helping Your Children Do Their Best on the SOL Tests



CHURCHLAND ACADEMY ELEMENTARY

## Quick Tips for Parents



# Plan for Success



Set aside time every day for your child to do homework.



# Plan for Success



Review your child's homework.



# Plan for Success



Limiting the amount of time your child watches television and uses electronic devices provides more time for studying.



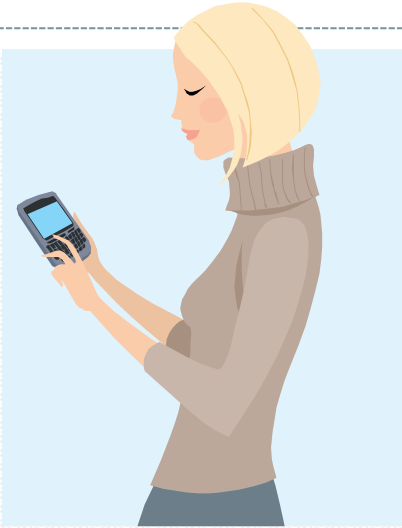
# Plan for Success



Set up a designated area for your child to study and have supplies ready that your child may need.



# Plan for Success



Know when the SOL tests are given and mark the dates on your calendar.

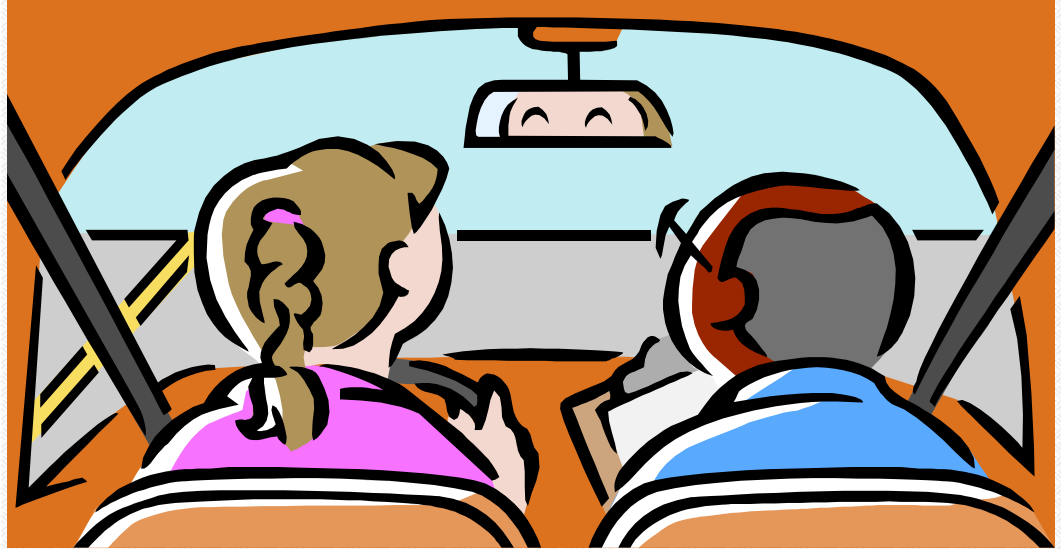
Schedule appointments for other days.

# Plan for Success



Display a positive attitude about the SOL tests.

Help your child understand that testing is a part of school and life.



# Plan for Success



Review your child's curriculum and/or the SOL blueprints (check these out under the parent's link, curriculum on our website). Talk to your child about what he/she is learning. Help your child learn.

Virginia Department of Education

VDOE: <http://www.doe.virginia.gov/>



# Plan for Success



Make sure your child understands the value you place on his/her achievement.



# Plan for Success



Encourage your child to stay relaxed and calm during the SOL tests. If your child gets nervous about tests, give him or her ideas of ways to stay calm.



# Plan for Success



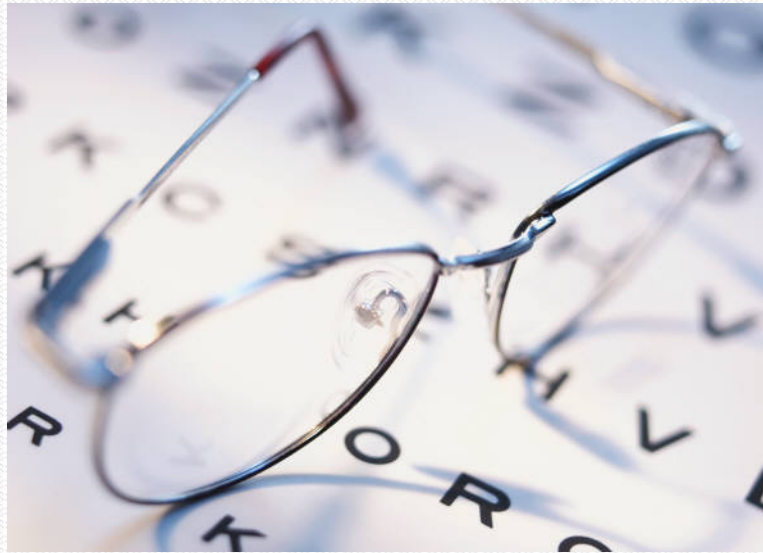
Make sure your child gets a good night sleep and eat a good breakfast before the SOL tests.



# Plan for Success



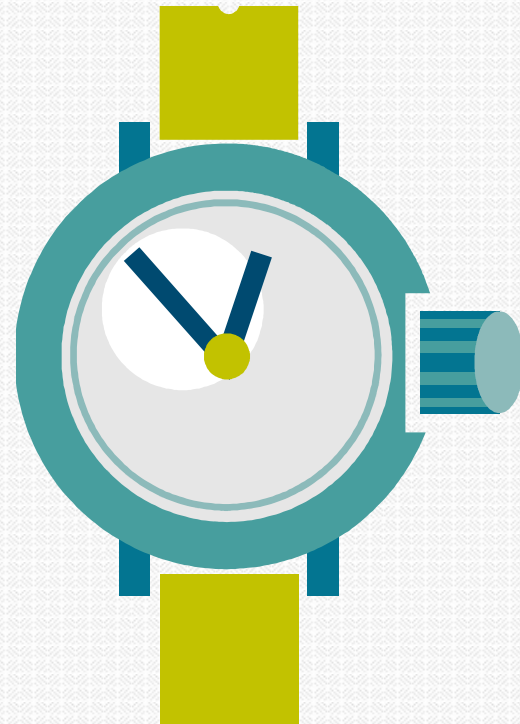
Remind your child to bring his or her glasses to school on all of the testing days. Also remind your child to dress comfortably and bring a light jacket or sweater.



# Plan for Success



Make sure your child is at school on time so that he or she won't feel rushed on the testing days.



# Plan for Success



Encourage your child to try hard and do his/her best every day in school.



# Plan for Success



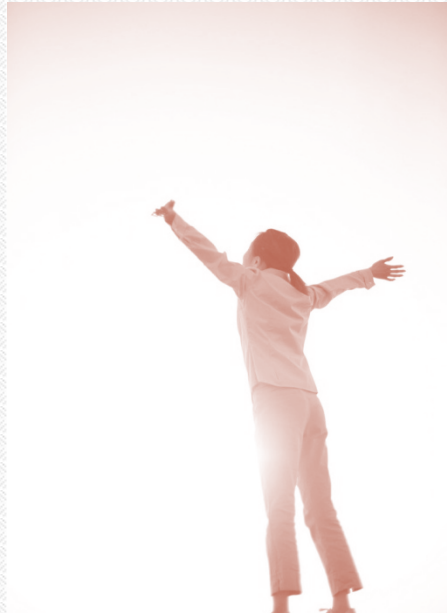
Ask your child's teacher about areas of strength and weakness. Ask for specific suggestions of how to help your child improve.



# Plan for Success



Help your child keep the test in perspective.  
It's one indication of student achievement – not the  
measure by how we determine whether or not your  
child is worthy.



# Plan for Success



Be your child's number one achievement cheerleader!

