



**October 2023**  
**PACE Homeschool**  
**Newsletter**

**Dates to Remember**

- |                                       |   |
|---------------------------------------|---|
| Oct 9 <sup>th</sup> -15 <sup>th</sup> | MAP Testing                               |
| Oct 18 <sup>th</sup>                  | ALC Fall Activity<br>12:30-2:30pm         |
| Oct 20 <sup>th</sup>                  | MLC Meet your new<br>teacher 1:00-3:30pm  |
| Oct 31 <sup>st</sup>                  | Quarterly Grades Due                      |
| Oct 31 <sup>st</sup>                  | Purchase Requests<br>and Receipts Turn In |

# Teacher Tip of the Month by: Maria Riedel, School Counselor

## Mastering Test Anxiety

Symptoms of test anxiety are different from person to person, some include sweaty hands, feeling lightheaded, tension in shoulders and neck, and knots in your stomach. When these feelings occur it is easy to focus on them versus the test itself which can lead to more anxiety and stress. To help manage these feelings and help your student do their best they can in testing situations I am including some strategies they can practice.

- Figure out how the body feels when stressed/anxious. Recognizing your body's response to stress will help you understand when you are starting to become anxious/stressed.
- Deep breathing. By focusing on breathing students are moving their minds away from what is making them anxious and working on focusing on noticing their body and breath.
  - Example practice: "Make sure you are in a comfortable position. Close your eyes and focus on taking deep breaths in through your nose counting slowly as you inhale to 5. Hold your breath for another count of 5. Slowly exhale as you count to 5." Repeat as needed.
- Practice positive statements: Most students are prepared for the test they feel anxious for but their anxiety gets in their way. It is important to remind ourselves of our abilities.
  - "I know this material."
  - "I am calm."
  - "I am prepared."
- Study: the best way to be prepared is to know your material. Find time in the day to review notes or read the summary of a textbook before you take a test or quiz. Don't stay up for hours cramming before a test, this has been proven not to be effective.



For many, dealing with test anxiety will be an ongoing battle but with proper use of the above strategies you will be able to manage your feelings.

# Happy Birthday to...

Maryanne

Leihiany

Willow

Anna

Makya

Kiara

Timothy

Francesca

Kaiden

Tully

Lillian

Akylas

Felicia

Maximus

Skyler

Oakley

Amelia

Maddison

Colevin

Delaney

Karlie

Amira

Tyler

Sydney

Maia



The background is a white surface decorated with various Halloween-themed illustrations. There are several orange pumpkins with carved jack-o'-lantern faces, some of which are also depicted as balloons. White ghost figures with black eyes and mouths are scattered throughout. There are also white skulls, bones, and small black and orange striped circular objects. The overall theme is festive and spooky.

**MLC Meet & Greet**  
**Oct 20<sup>th</sup>, 1:00-3:30pm**

**Come meet your new teacher  
and see the new MLC office.**

**We will have cupcakes and  
juice boxes.**