



ISTEP + St. Mary Cathedral School Parent Information – Spring 2016

The first round of ISTEP+ and IREAD3 testing for Grade 3 will take place in March.



APPLIED SKILLS ASSESSMENT: 2/29/16 - 3/11/16 (We will test the week of March 7th.)

- **Paper and pencil administration** - This test has open-ended questions that the students answer by writing complete sentences in their booklets. English Language Arts and Math subjects are assessed.

I-READ ASSESSMENT: 3/14/16 - 3/18/16

- **Paper and pencil administration** - This is a test that assesses reading skills. Third graders must pass this test in order to move to the Fourth grade.

MULTIPLE CHOICE ASSESSMENT: 4/18/16 - 5/6/16

- **Online administration** - This assessment will be taken in the computer lab. Third grade students are tested in Math and English/Language Arts. They click on the best answer after reading ALL choices.

What is ISTEP+?

The **Indiana Statewide Testing for Education Progress Plus (ISTEP+)** measures what students know and are able to do at each grade level (beginning in third grade) in core academic subjects. Based on *Indiana's Academic Standards*, ISTEP+ provides a learning check-up designed to make sure students are on track and to signal whether they need extra help. The test measures English/Language Arts and Math. The assessments consist of two major components, the Applied Skills Assessment (open ended with pencil and paper) and the Multiple-Choice Assessment (online).

- The website listed below provides a valuable review for your child:

<http://www.doe.in.gov/assessment/istep-released-items-and-scoring-notes>

- This website will allow your child to practice taking an online test:

<http://download.pearsonaccessnext.com/IN/in-practice-tests-links.html>

The teachers have been preparing the students so they know what to expect when taking the tests. They also practice test taking strategies all year. They will explain why the tests are given, how they are set up, and why they should not feel anxious but should always read every item and do their best. The tests are timed and will be spread out throughout the day and the test window to lessen any anxiety.

How can parents help?

BE REASSURING - Let your child know they can do it! Be understanding if they say it is hard. Please stress that as long as they are doing their best, that is all that is expected of them. A positive “can do” attitude will enable students to try hard and do their best.



BE AN ISTEP+ COACH - Advise your child to read carefully and to listen to all directions. Remind your child not to leave blanks if they have time. Even if the student is unsure of an answer, there might be some points for trying...but **DO NOT** put down any old answer without a good reason. If enough time is left, **ALWAYS** go back and double-check your answers.



SLEEP - Make sure your child gets plenty of sleep. Even though we try to prepare the students for the tests, it still may be a stressful time for some children. Getting enough rest will help and as we all know, getting enough sleep helps to prepare our brains and our bodies. Sleep is closely linked to learning and memory ability, which can both affect school performance. Keep in mind that sleep deprivation accumulates, so an hour less each night is almost like losing a full night of sleep after a week. Experts agree that getting enough sleep is as important as a whole-some diet and exercise to maintain good health. These are the recommended hours per age of child:



- ◆ Age 3 - 6 recommended sleep is 11 - 13 hours per day
- ◆ Age 7 - 12 recommended sleep is 10 - 11 hours per day
- ◆ Age 13 - 18 recommended sleep is 9 hours per day

NOURISHMENT - Research has shown that a good breakfast is extremely important in the morning. It has been proven that kids who eat breakfast have an easier time learning AND behave better at school. It is important to remember to stay away from sugar, and to be sure that protein is an important part of that breakfast. A healthy lunch is also important to maintain focus in the afternoon. Teachers will also be allowing the students to have an extra snack during testing time. They will be sending home more information when the time comes.



LIMIT TV - Studies show that children who watch less TV score better than those who watch more than 3 hours of TV.



GET PHYSICAL - Give your child plenty of opportunity to exercise after school. Exercise helps the brain to work and increases focus! Students have been working hard at school and need to have a chance to release their energy.

PRAISE YOUR CHILD - Student who feel good about themselves and their abilities will feel more confident and less anxious when taking a test.

If you have any questions or concerns, please don't hesitate to contact your child's teacher. Together we can make the testing experience as positive as possible, and even have some fun during the process!