



SHELBY COUNTY SCHOOLS

**MOVING
OUR STUDENTS
FORWARD**



TNREADY NEW STATE STANDARDS AND TESTING

A healthy student is a ready learner! | CSH Staff

Table of Contents

Parent & Teacher Letter

page 3

Quick Tips for Parents

page 4-5

Test-Ready Rest

page 6

Brain-Fuel Nutrition

page 6-7

Healthy-Mind Hydration

page 7

Physical Activity for Focus

page 8-10

Youtube Links

Page 10

Notes

page 11

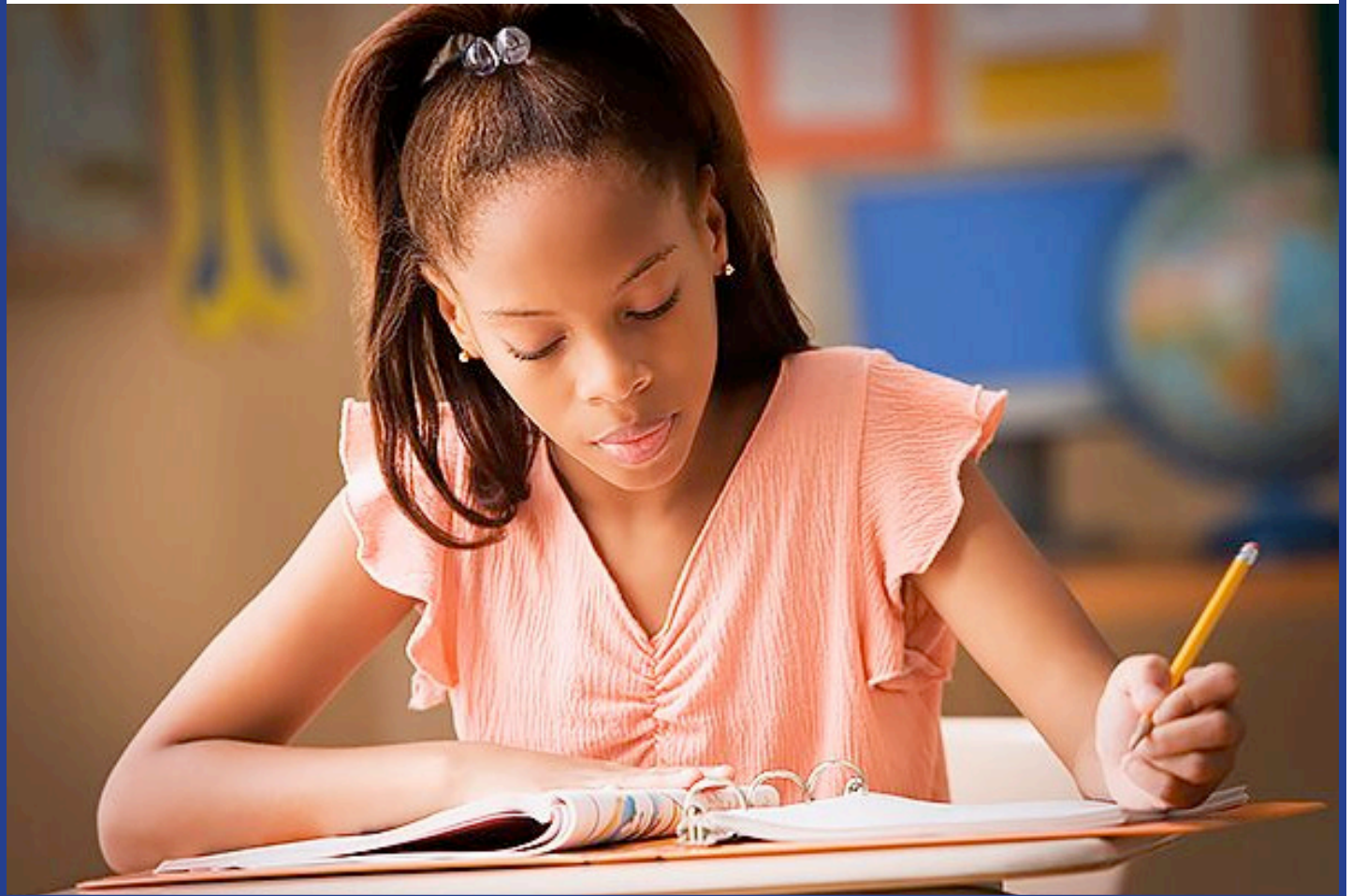


Dear Parents, Teachers, and Students,

It's that time of year again! Time for us to come together to ensure our students have the best opportunity to be successful on their TNREADY state exams. The Shelby County Schools Office of Coordinated School Health has prepared information and resources to make this process smoother by offering recommendations for nutrition, hydration, sleep, and physical activity. The following pages will offer strategies to help our students with adequate preparation for testing and that can be followed routinely to allow for improved health and academic achievement.

Remember: "Healthy Students Are Better Learners!"

- Coordinated School Health



Quick Tips for Parents: TN Ready Success

Leading up to the testing period:

- Practice Makes Perfect: help your child review and recall school work by reviewing their work with them, using study sheets sent home by teachers, reviewing homework and classwork, completing workbook exercises, flashcards, and even practice essay writing to help children build critical thinking skills.
- Start discussing the importance of your child giving their best effort during the testing, reading instructions, and asking questions as needed.
- Communicate with your child daily about what he or she is learning in school.
- Provide a regular, quiet place to study and do homework, limiting TV, texting, computer games, and other distractions.
- Start getting children to bed early enough to get 9-10 hours of sleep per night.



The night before:

- Make sure your child gets to bed early. Research shows that children who regularly sleep at least 9 hours per night perform better in school, are happier, suffer fewer accidents and are less likely to develop weight or emotional issues later on in life.
- Plan ahead for clothing, supplies, medication, snacks, after school care/activities to lower stress on the morning of the test.

The morning of the test:

- Get up early to avoid rushing and have your child at school on time with proper supplies.
- Have your child dress in something comfortable.
- Be positive about the test. Acknowledge that tests can be hard, and some anxiety is normal. Explain that



doing your best is what counts.

- Provide your child with a good breakfast but not a heavy one. Students who eat a healthy breakfast and get the bulk of their calories from healthy food sources perform better in school and on tests, are more alert, and have the energy they need to get through the day.

- Breakfast that contains protein & complex carbohydrates:



- o Eggs
- o Peanut butter on toast
- o Oatmeal
- o Milk
- o Fruit
- o Cheese



- Cut back on sugary drinks :

- o No sodas
- o No Kool-Aid
- o No sweet tea
- o No sweetened juices



- Instead serve:

- o Water
- o Milk
- o Flavored, unsweetened water

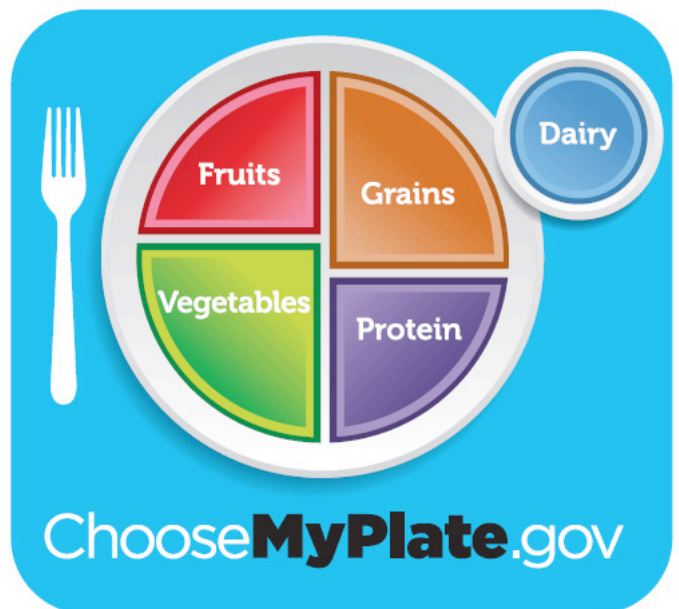


- Replace unhealthy snacks with the following SMART SNACKS:

- o Fresh fruit
- o Nuts
- o Veggies with ranch dip or something similar

References:

Kids Health
Center for Science in the Public Interest
USDA.gov
NEA.org [National Education Association]
<http://www.siouxcityschools.org>
Scholastic.co



Test-Ready Rest

Over the years many people have boasted about how well they function on just a few hours of sleep. "Six hours of sleep is plenty for me," or "It only takes four hours of sleep for me to do my best." This is FALSE, FALSE, FALSE!

The Centers for Disease Control and Prevention, CDC, recommends the following

- School-aged children: At least 10 hours per night
- Teens: 9-10 hours per night
- Adults(including the elderly): 7-8 hours per night

Use the following tips for a successful night of sleep:

- Maintain sleep schedule
- Establish a relaxing bedtime routine
- Limit television, video games, and other electronic distractions before bedtime
- Avoid big meals close to bedtime
- Avoid caffeine
- Maintain a peaceful bedroom environment
- Be a role model

References:

Mayo Clinic

Sleep Foundation

Centers for Disease Control and Prevention www.CDC.gov



Brain-Fuel Nutrition

Quick tips to beat the morning rush and still eat a healthy, test-ready breakfast:

Breakfast (Parents):

- Eggs and whole wheat toast or breakfast potatoes
- Banana with peanut butter and a whole grain waffle
- Oatmeal with berries
- Greek yogurt with fruit and a granola bar
- Breakfast smoothie with yogurt, fruit, spinach, and chia seeds

Snacks (Teachers)

- Fresh produce
- Cheese sticks and whole wheat crackers
- Trail Mix
- Pre-popped popcorn



- Dried fruit
- Unsweetened applesauce
- Hummus with vegetables

References:

American Journal of Clinical Nutrition
 Kids Health
 Choose MyPlate

Healthy-Mind Hydration

Water:

- Helps the body digest and dissolve food, vitamins, and minerals and put them to use in the body
- Helps to delivering much-needed oxygen to the cells
- Supports regulation of body temperature
- Enables the brain ample ability to focus fully

Mild Dehydration (Not enough water):

- Tiredness
- Dry Skin
- Headaches
- Constipation
- Dizziness

Check out this short video from Alliance for a Healthier Generation for 7 tips to drink more water:
<https://www.youtube.com/watch?v=QFSGMt1-baE>

References:

Mayo Clinic
 Alliance for a Healthier Generation

BODY WEIGHT ÷ 2 =

Divide your body weight in half

THEN

divide by 8

to find the # of cups of water you should drink each day

÷ 8 =



Physical Activity for Focus

This year we've included several online resources and activity sheets to help you get your students focused, in the classroom or at home.

FitWizard offers K-12th grade teachers free, printable, in-classroom activities. You can Find Activities by grade level, subject, length of activity, and intensity. <http://fitwizard.org/>

GoNoodle's short desk-side physical activities — also called brain breaks — help teachers manage their classroom and improve student performance. <https://www.gonoodle.com/>

Take a deep breath: Deep breathing helps elite athletes and Navy SEALs retain their focus, and it also helps relieve test-stress.

For 6 total breaths, have students:

- Breathe in slowly (4 count)
- Hold for 4 seconds
- Breathe out slowly (4 count)
- Hold for 4 seconds

Stretching: Loosen up test tension by leading students in stretches. Have students hold each stretch for 15-20 seconds:

- Reach for the sky
- Touch toes
- Arm circles
- Neck circles
- Knee to chest
- Quad stretch



Brain-Teasers

Wake up body-brain coordination with these physical activity brain-teasers.

Finger-Thumb

Put your fists together. Point your index finger on one hand and stick your thumb out on the other hand. Now switch... and switch again... How fast can you go?

Blink Challenge

Try to blink one eye while snapping on the opposite side's hand 15 times in a row. Alternate eyes. (In other words, blink your left eye while simultaneously snapping with your right hand and then blinking your right eye while snapping with your left hand.)

Challenge

Hopping with the opposite foot can be substituted for snapping or ADDED for an additional challenge.



Fun Energizers

Get students' bodies moving and have some fun with these short energizers.

Chair Roller Coaster

Direct students to sit down and balance on their seats without the use of their hands or feet (engaging core muscles). Teacher or student leader acts out the actions to simulate being on a roller coaster while students follow along in balanced position:

- Harness on – Pull imaginary harness over shoulders
- Climbing – Hold on to imaginary harness and lean back
- Turns – Mix in a variety of “turns” by leaning arms to one side, then the other, start slow and get faster
- Drop – Both hands up and scream, shake arms
- Repeat – Turns, Climbs, Drops
- Finish – Lift harness off of shoulders.
- Exit – Everyone stands up, grabs their belly, and acts like they are sick

Everybody Conga!

Have students line up, placing their hands on the shoulders of the student in front of them. Start some music and lead students around the classroom.

Write Your Name

Using your index finger as an imaginary pencil, write your name in huge cursive in the air. Now repeat using different body parts as your pencil—elbow, knee, toe, belly button, head. Don't forget to make sure all your i's are dotted and t's are crossed!

Rainstorm

Have students follow your lead; begin by having students very lightly rubbing their hands together, then lightly snap, slap their thighs, slap their thighs and stamp their feet (the rainstorm is at its peak!). Then stop stomping their feet, just slap their thighs, return to lightly snapping, rubbing their hands and stop. Do each action for 20 seconds.

Laughter Break Stress-Buster

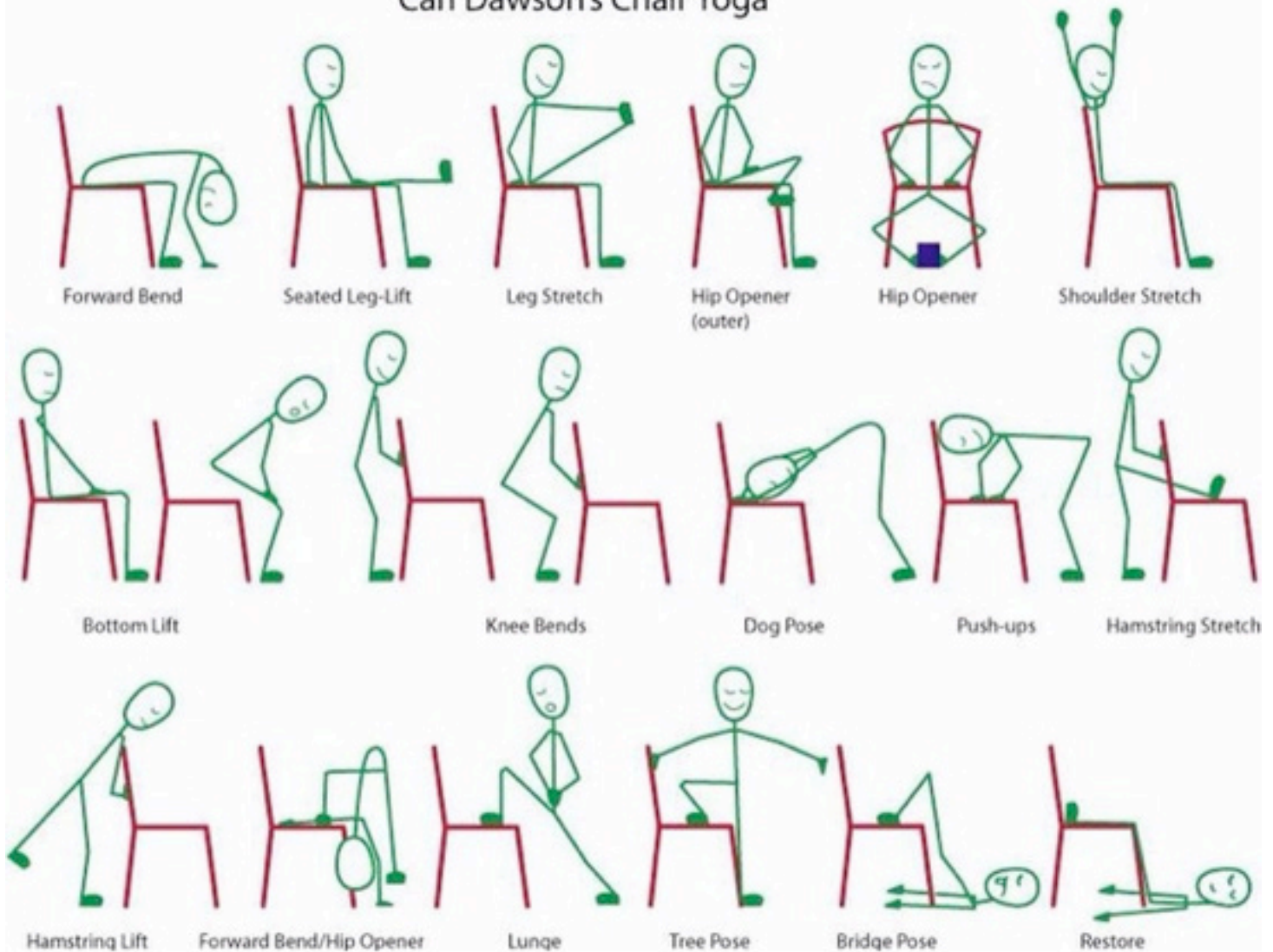
Have one student begin laughing (“fake it until you make it” is ok here). Join in yourself and watch how contagious laughter becomes in the classroom. If some don't participate, tell them to fake it. It will catch on. Cut it off at 3 minutes because it is hard to stop laughing on cue. This is a fun abdominal exercise.

The Wave

Have students form a circle. Have a student start the traditional wave motion (raise arms as second student immediately follows, like you see at a sports event). Have the same student now do a different action to start the wave, like getting in a squat position. Have the same lead student lean left and everyone follow, then lean right. To add more action/ activity, begin a second or third simultaneous wave each time.



Carl Dawson's Chair Yoga



YouTube links:

Elementary Level Grades

Just Dance-Frozen: <https://www.youtube.com/watch?v=DOqeeYGtgLs>
 Just Dance-Happy: <https://www.youtube.com/watch?v=OIPiBK3uTI0>
 Just Dance-The Fox: <https://www.youtube.com/watch?v=UU0AtBzAIYY>
 Just Dance-Macarena: <https://www.youtube.com/watch?v=x87B1pjR3H0>

Secondary Level Grades

Just Dance-Dark Horse: <https://www.youtube.com/watch?v=ftInH66FgRc>
 Just Dance- Happy: <https://www.youtube.com/watch?v=OIPiBK3uTI0>
 Just Dance- Wake Me Up: <https://www.youtube.com/watch?v=YWZA0ztD2RI>
 Just Dance- Shake It Off: https://www.youtube.com/watch?v=db_TPuIF79Q
 Just Dance- Gangnam Style: <https://www.youtube.com/watch?v=QPqOWA2GyBc>
 Just Dance- Problem: <https://www.youtube.com/watch?v=SGqSBqp8zKc>

Resources:

<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/pep/brainmind.pdf>

Colorado Initiative
 American Heart Association

Notes

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