



CARDINAL MIDDLE SCHOOL

16175 Almeda Dr., Box 879
Middlefield, OH 44062

Phone: 440-632-0261 x4000
Fax: 440-632-0294
www.cardinalschoools.org

It is that time of year again! State testing begins next week. The AIR test is given each Spring and measures how well students are meeting state learning standards. The goal is for each student to score proficient or higher in the areas tested.

State assessments are important, but students also should not take them so seriously that they stress out over them. The results of the assessments do not factor into a student's grade. Results are only one of several measures used to determine how well students are doing, and they help us to know how well students are progressing.

Students will be taking the AIR test in the morning from 7:30 to 10:10 based on the schedule below:

Spring Testing at CMS

- | | |
|-----------------|-----------------------------------|
| ❖ April 10 & 12 | Grade 5 & 6 State Testing ELA |
| ❖ April 17 & 19 | Grade 7 & 8 State Testing ELA |
| ❖ April 23-27 | ELA Make-ups |
| ❖ April 23 & 24 | Grade 5 & 6 State Testing Math |
| ❖ April 26 & 27 | Grade 7 & 8 State Testing Math |
| ❖ May 1 & 3 | Grade 5 & 8 State Testing Science |
| ❖ May 7-11 | Math & Science Make-ups |

Students and staff have been working hard in preparation for the assessments. To ensure the best possible results on the test, please make note of the following test taking tips (see the back of this page):



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For the Body

- Get a goodnight's sleep.
- Get up a little bit earlier to avoid rushing the morning of testing.
- Pick out your clothes the night before to avoid wasting time.
- Wear comfortable clothes/something that makes you feel confident.
- If you wear glasses, clean them and don't forget them.
- Eat a good breakfast, but do not overeat.

For the Mind

- Realize that no one gets every answer correct on the AIR test.
- Make a commitment to do YOUR best.
- Think positively about the test.
- A positive attitude counts double.
- Recognize and accept anxious feelings. Use positive self-talk to get through those normal feelings.
- Do not get discouraged because of difficult test items.

For the Test

- Actively listen to directions when given and carefully read directions on the test.
- If you don't understand something, ask questions before the test begins.
- Eliminate answers you know don't make sense, then check remaining responses for keywords.
- Narrow your choices down to two answers, but if you still cannot decide, make an educated guess.
- When you finish, check flagged questions for completion before submitting your test.