



STAFF: ALISA WINTERS, SITE COORDINATOR  
MR. DENNIS, MRS. TESSNER, MRS. JACKSON, MS. ROBIN  
MR. WOOLSTON,

# HMS S.P.A.R.K.S.

## Coordinator's Corner

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Welcome back! I am excited for the start of another fabulous new year and I hope everyone else is too. The HMS SPARKS program will begin without transit transportation on September 16th and transportation will begin on September 30th. This year, we will be running Monday thru Thursday from 3:36 - 5:36. The extra 20 minutes each night will be a terrific change from last year giving us the opportunity to work longer with students each evening.

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**HMS SPARKS is on the web! Check us out at [hmssparks.weebly.com](http://hmssparks.weebly.com)**

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### FYI

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Attendance is a very important part of our program. Students are expected to stay for the entire length of program and attend all 4 days. If your child is picked up please try to wait until 5:36 to sign them out. If you have any questions about this policy please feel free to contact me.

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We will continue to serve dinner as well as an afternoon snack during PM SPARKS. Students really seem to be enjoying the majority of the items served and are also introduced to some new foods that they may not normally have the chance to experience.

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**We welcome comments, questions and suggestions. Please feel free to contact me anytime.**

Office Phone: 630-5039  
SPARKS Cell: 387-1941  
Email: [awinters@cgresd.net](mailto:awinters@cgresd.net)

Don't forget to check out the S.P.A.R.K.S. Advisory Board and leave us a comment, question or suggestion.

We would love to hear from you!

<http://sparksadvisory.edublogs.org/>

## Schedule of Events

**September 3rd** - First day of School

**September 16th** - First day of SPARKS without transit transportation

**September 30th** - First day of SPARKS with transit transportation

### Upcoming Events

**October 7th** - NO SCHOOL

**October 17th** - Lights On Afterschool

SEPTEMBER 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day	3 First day of School	4	5	6	7
8	9	10	11	12	13	14
15	16 First day of SPARKS	17	18	19	20	21
22	23	24	25	26	27	28
29	30 SPARKS Transportation begins					

## Parents Corner: PARENT TEST-SUPPORT STRATEGIES

**MEAP testing will begin soon. Below are some tips to help your child do their best!**

### *Testing Day*

- See that your child is rested and eats breakfast.
- See that your child arrives at school on time and is relaxed.
- Encourage your child to do the best work possible.
- Do not remove your child from school on test days for appointments.

### *TEST ANXIETY*

Students may experience anxiety about tests and may experience heightened anxiety before a testing situation. A certain degree of test anxiety is normal and may help students prepare more effectively, work more efficiently, and remain focused during testing. Too much anxiety, however, can negatively affect performance. The following strategies may assist students, parents, and teachers in reducing test anxiety.

### *Parent Strategies for Reducing Test Anxiety*

- Discuss the test openly and in a positive way.
- Have realistic expectations of your child's performance while encouraging his/her best efforts.
- Emphasize that the test is only one measure of academic performance.
- Emphasize that test scores do not determine a person's worth.