

Chattanooga Valley Middle School

Expect Academic Growth; Let Education help you Soar!

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January 2010



Grade 8 Writing Assessment

In compliance with Georgia law, 8th grade students will take the Grade 8 Writing Assessment on Wednesday, January 20. The test examines student mastery of the Georgia Performance Standards in writing and helps us improve curriculum and instruction. It is also useful in predicting how a student might be expected to perform on the High School Writing Assessment required in 11th grade.

Students will receive a prompt or topic statement and randomly be asked to write either a persuasive or expository paper on the assigned topic. Grades can range from 100 to 250+, and are categorized as exceeds (250+), meets (200-249), or does not meet (100-199) expectations. The outline and planning pages can be done in pencil, but the final draft must be handwritten in black or blue ball-point ink.

Students can prepare by reviewing the writing rubric they've been learning in language arts classes. Parents can help by ensuring their children are well rested, eat a healthy breakfast, have pens and pencils, and are present and on time for test day. Testing will begin first thing in the morning and will take nearly two hours, so parents are asked not to schedule medical appointments that morning. Test scores will be sent home with students later in the spring.

Parent Student Workshop

CVMS PTO and the Parent Center are planning a Parent / Student Workshop for Thursday, January 28 at 6:00. We will have an Author's Tea with Special Guest Speaker, Mr. Keith Robinson. Mr. Robinson is a self-published author of children's books from the Chickamauga area. Students will read original compositions.

The CVMS Parent Center is located in the main office. Lauren Walker is the Parent Involvement Coordinator. The hours for the Parent Center are Mondays and Wednesdays from 8:00 until 3:30. Volunteers can call the school during these hours for information. The PTO is a great way to be involved at CVMS.

STRESS BUSTERS

Early morning alarms, a day of switching classes, after school homework, sports practice...what isn't packed into a middle grader's schedule?

Help you child handle everyday demands with these ideas for taking the stress out.

Down Time

A few minutes to unwind after a long day can make evenings calmer. Together, brainstorm a few relaxing activities, such as reading magazines, listening to music, or playing with the dog. Get your middle grader to build at least one stress buster into every day.

Positive Thinking

Help your child look at stressful situations from different points of view. Encourage him to find the positive side and concentrate on that. Example: If he doesn't make the school soccer team, he'll have a chance to shine on the neighborhood team.

Mind over Matter

Teach your child a few anti-stress exercises. Suggest that she close her eyes and picture herself filling a balloon with her problems. She can breathe in deeply and exhale to "blow" the problems away. Or she could choose an imaginary place (beach, mountains) to escape to. Ask her to imagine what she sees, hears, smells, and feels.

Writing

Give you middle schooler a journal to keep next to his bed. If a concern (say, a fight with a friend) is keeping him awake, he can get his feelings out in writing. He can also jot down things he's grateful for. Reminding himself of the good things in his life can put his worries in perspective.