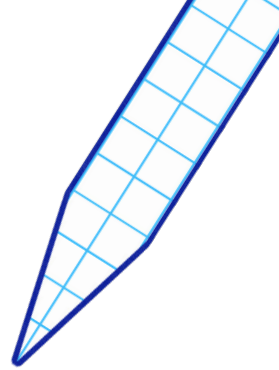




5 Tips for State Test Success

Help your child perform their best!

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1. **Get moving.** Physical activity helps kids focus and relax.
 2. **Sleep well.** 7-9 hours of sleep each night will keep your kid bright and alert on test day.
 3. **Eat a good breakfast.** Hunger can be distracting. Start test day with a balanced breakfast.
 4. **Pack healthy snacks.** Make sure the second half of their day is successful with a healthy lunch box.
 5. **Stay positive!** Encouragement goes a long way. Let your child know you believe in them!

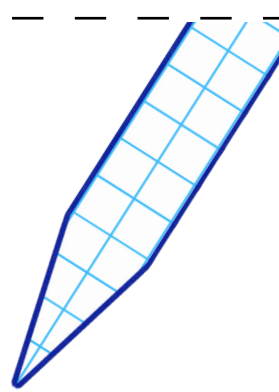
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