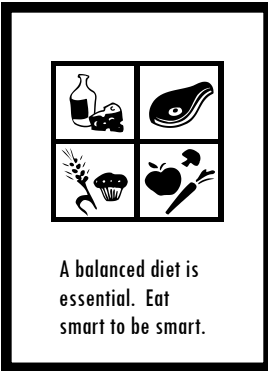


Nutrition Smart...



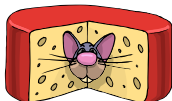
Research shows that eating a healthy breakfast is important every day, *not just on test days*. Students who eat a healthy breakfast score higher on standardized tests and they learn more on a day to day basis. **Healthy food fuels the brain** as well as the body. (<http://www.dpi.state.wi.us/dpi/dltcl/bbfcsp/tnperf1.html>).

Some breakfast foods are better than others, especially on high-stress days. Choose items that are higher in protein and complex carbohydrates like:



peanut butter, apples, bananas, cheeses, and whole grain breads and cereals. Milk is a powerful source of minerals the brain benefits from, while building strong bones and muscles. These foods curb hunger longer than starches and sweets.

Begin monitoring your child's breakfast habits now and make gradual changes, if necessary. Test week is not the time to make sudden changes in your child's diet.



INNOVATION,
CHOICE,
ACHIEVEMENT

Mission Statement:

Hillcrest Hawks will learn, create, perform, communicate, cooperate, explore and soar to their highest potential in an encouraging and enriching environment. Hawks will leave the nest seeking the adventure of life-long learning.

Hillcrest Test Dates:

Tuesday, March 1st

- Grade 4--Writing

Wednesday, March 2nd & Thursday March 3rd

- Grade 4--Writing Make-up Testing

Wednesday, March 30th

- Grades 1 & 2--SAT 10 Reading

Thursday, March 31st

- Grades 1 & 2—SAT 10 Math

Friday, April 1st-Wednesday, April 6th

- Grades 1 & 2--SAT 10 Make-up Testing

Monday, April 11th

- Grades 3 & 4— Reading Session 1
- Grade 5—Mathematics Session 1

Tuesday, April 12th

- Grades 3 & 4 Reading Session 2
- Grade 5--Mathematics Session 2

Wednesday, April 13th

- Grades 3 & 4--Mathematics Session 3
- Grade 5--Reading Session 3

Thursday, April 14th

- Grades 3 & 4--Mathematics Session 4
- Grade 5--Reading Session 4

Tuesday, April 19th

- Grade 5--Science Session 5

Wednesday, April 20th

- Grade 5--Science Session 6

Make-up tests April 12th-April 25th

HILLCREST ELEMENTARY SCHOOL

Tips to

Beat the FCAT!

Florida Comprehensive Assessment Test

FCAT Website:

fcatexplorer.org

HAWKS SOAR!!!



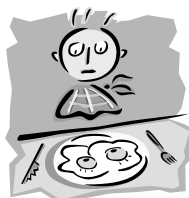
Home of the Hawks!!!

INNOVATION, CHOICE,
ACHIEVEMENT

Parent participation counts...

There are several things that you as parents can do to help your children score higher on the FCAT. It won't take much time, but following these simple steps can make a huge difference for your child:

Step 1: Encourage your children to do their very best. Let them know that you are proud of the effort they put into the job.



Students need a healthy breakfast high in protein.

Step 2: Make sure your children eat a **healthy breakfast** every morning. Refer to the back page for nutritious suggestions.

Step 3: Enforce a **bedtime** that ensures your children get enough rest each night.

Students get a chance to shine!

Follow the tips in this brochure to have success taking the FCAT.

Ways you can beat the FCAT...

- Eat a healthy breakfast every day.
- Go to bed on time every night.
- Answer every question, even when you're not sure of the answer. There is no penalty for guessing.
- Fill in bubbles completely and don't leave any stray marks.
- Keep a positive attitude. You can ACHIEVE if you BELIEVE!

In addition:

- Answer the questions you know first. Skip the ones you don't know and come back to them later.
- Make sure you are answering the right question in the right space on the answer sheet.
- Read the questions first, then read the reading passages. That way you know what you're looking for.
- Underline key information in the reading passages as you read. It will help you focus and make it easier to answer those important questions.

Your community is behind you. Just look what they're saying ...

"In order to be the best, you have to work harder than the rest."

Clint Wright, Ed.D., Superintendent of Lake Wales Charter Schools

"The Lake Wales Charter Schools Foundation is committed to assisting our schools in obtaining and implementing the latest technologies and strategies to help prepare Lake Wales students not only for the FCAT, but to prepare them for life as productive citizens. We are indeed a GREAT town committed to creating GREAT schools."

David Ullman, Lake Wales Charter Board Member