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Four tips to help Texas students succeed on STAAR
STAAR testing week starts tomorrow!

AUSTIN, Texas — State-mandated testing starts Tuesday, and the Association of Texas Professional Educators (ATPE) wants students to do well. While our association works hard to reduce the time and emphasis placed on high-stakes testing, ATPE offers these tips to help your child through STAAR testing week:

- **Sample Tests.** If students are feeling stressed, taking a sample test might ease their anxiety. The Texas Education Agency offers examples of the types of problems kids can expect to see. Visit <http://tea.texas.gov/student.assessment/staar/> to review.
- **Get plenty of sleep.** Experts say kids need between 10 to 11 hours of rest per night. A tired child cannot stay focused for hours on end. Try for an earlier bedtime the night before.
- **Eat a healthy breakfast.** Minimize their sugar and carbohydrate intake in the morning. Make sure your child has some protein to help keep their energy stable for longer periods of time.
- **Exercise.** The STAAR test is stressful, and the students' normal routine at school is different this week. Give them a mental break by letting them play after school. This will help burn off excess energy, and it is a great way to help kids sleep better at night.

With more than 100,000 members, ATPE is the state's largest educator association and the voice of public education. Best of luck to all Texas students who are testing this week, and our gratitude goes out to the educators and parents who are helping students succeed.

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The Association of Texas Professional Educators (ATPE) has been a strong voice for Texas educators since 1980. It is the leading educators' association in Texas with more than 100,000 members statewide. With its strong collaborative philosophy, ATPE speaks for classroom teachers, administrators, future, retired and para-educators and works to create better opportunities for 5 million public schoolchildren. ATPE is the ally and the voice of Texas public education.