

Counselors' Corner

Volume 15 March 25–April 8



Upcoming Events



NO SCHOOL – MARCH 31

EID AL-FITR – MARCH 30

CESAR CHAVEZ DAY – MARCH 31

INCLUSIVE PLAY DATE – MARCH 31

INTERNATIONAL NIGHT – APRIL 4

KIKER COMET CLASSIC – APRIL 5&6



STAAR Testing Dates

Reading/LA (3rd–5th) – April 8th

Science (5th) – April 16th

Math (3rd–5th) – April 23rd



Do You Follow Us?



Cesar Chavez Day

Cesar Chavez Day is a U.S. federal commemorative holiday, proclaimed by President Barack Obama in 2014.[1] The holiday celebrates the birth and legacy of the civil rights and labor movement activist Cesar Chavez on March 31 every year.



Cesar Chavez (March 31, 1927 – April 23) 1993) was an American farm worker, labor leader and civil rights activist, who, with Dolores Huerta, co-founded the National Farm Workers Association (later the United Farm Workers union, UFW).



Tackling Testing Anxiety

- Engage in regular physical exercise and maintain a balanced diet
- Use good study habits and strategies
- Manage time effectively
- Organize material to be studied and learned
- Use a step-by-step approach to build a strategy and not get overwhelmed
- Manage outside pressures (success/failure consequences, peer pressure, competitiveness, etc.)
- Review past performance on tests to improve