



McKenzie County Public School District No. 1

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Dear Watford City Middle School Parents & Guardians,

As state testing approaches on April 8th, 9th, 10th, 15th, and 16th, we want to ensure that your child is fully prepared to do their best on these important assessments. State testing is an opportunity for your child to demonstrate what they have learned throughout the school year and to showcase their academic abilities. To help your child feel confident and prepared for testing, we have put together some tips and resources that you can use at home.

1. **Encourage a Good Night's Sleep:** Adequate rest is crucial for optimal performance on any test. Make sure your child gets a good night's sleep the night before the test.

Encourage them to wind down before bedtime, and try to limit electronics use in the hour leading up to bedtime.
2. **Eat a Healthy Breakfast:** Breakfast is the most important meal of the day, especially on test day. Ensure your child eats a healthy and balanced breakfast that will provide them with energy and focus for the test.
3. **Come Prepared:** Attendance is crucial, as having to do make-up testing can cause added stress when classes must be missed to complete testing. Please help students ensure that they bring their charged Chromebook, charger, and headphones.

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4. **Review and Practice:** Practice makes perfect. Help them review important concepts and skills. You can also find practice tests and sample questions online to help your child become more familiar with the test format and types of questions by clicking [here](#).
5. **Manage Stress:** State testing can be stressful for students. Encourage your child to take breaks and engage in relaxation techniques such as deep breathing, stretching, or visualization to help them manage their stress and anxiety.
6. **Provide a Positive Environment:** It is important to create a positive and supportive environment for your child during testing. Offer words of encouragement and praise for their hard work and effort. Avoid adding extra pressure or expectations.
7. **Attend to Basic Needs:** Ensure that your child has everything they need for testing. Dress them comfortably and ensure they are not too hot or cold during testing.

We hope that these tips will help you prepare your child for success on state testing day. Please do not hesitate to reach out if you have any questions or concerns.

Thank you for your support.

Sincerely,

Noelle Green

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