

WALT WHITMAN MONTHLY



Test Anxiety: A Recipe for Success!

Dear Walt Whitman Families:

“Anxiety is a basic human emotion consisting of fear and uncertainty that typically appears when an individual perceives an event as being a threat to the ego or self-esteem (Sarason, 1988). In some instances, such as avoiding dangerous situations, anxiety can be helpful. However when taken to extremes, it may produce unwarranted results.

One of the most threatening events that causes anxiety in students today is testing. When students develop an extreme fear of performing poorly on

an examination, they experience test anxiety. Test anxiety is a major factor contributing to a variety of negative outcomes including psychological distress, academic underachievement, academic failure, and insecurity (Hembree, 1988). Many students have the cognitive ability to do well on exams but may not do so because of high levels of test anxiety. Because of the societal emphasis placed on testing, this could potentially limit their educational and vocational opportunities (Zeidner, 1990).

Test anxiety is composed of three major components: cognitive, affective,

and behavioral. Students who experience test anxiety from the cognitive perspective are worriers lacking self confidence. They may be preoccupied with negative thoughts, doubting their academic ability and intellectual competence (Sarason & Sarason, 1990).”

To read the full article visit:

http://www.education.com/reference/article/Ref_Helping_Cope_Test/

~Mr. Snyder, Principal



Fifth Grade Circus

The “Greatest Show on Earth” came to Walt Whitman. Fifth grade students showed off their talents in BIG ways! It took much dedication, discipline, and hard work to put the show together in just one week. As the clowns took the stage in costumes and face paint, laughter filled the gymnasium from their creative skits. We were dazzled by the acrobats who showcased their incredible balance and flexibility, while the pedalos kept the audience on the edge of their seats. Next up, the diablos and devil sticks took center stage. The audience was so impressed by how easy they made it look. With feathers on fingertips and plates spinning through the air, the crowd was mesmerized by the skillful performers. The fifth grade set and achieved goals together during Circus week. Through cooperation and team work, it was a show-stopping performance.

By Ms. Steinberg & Mrs. Tyler, Fifth Grade Teachers



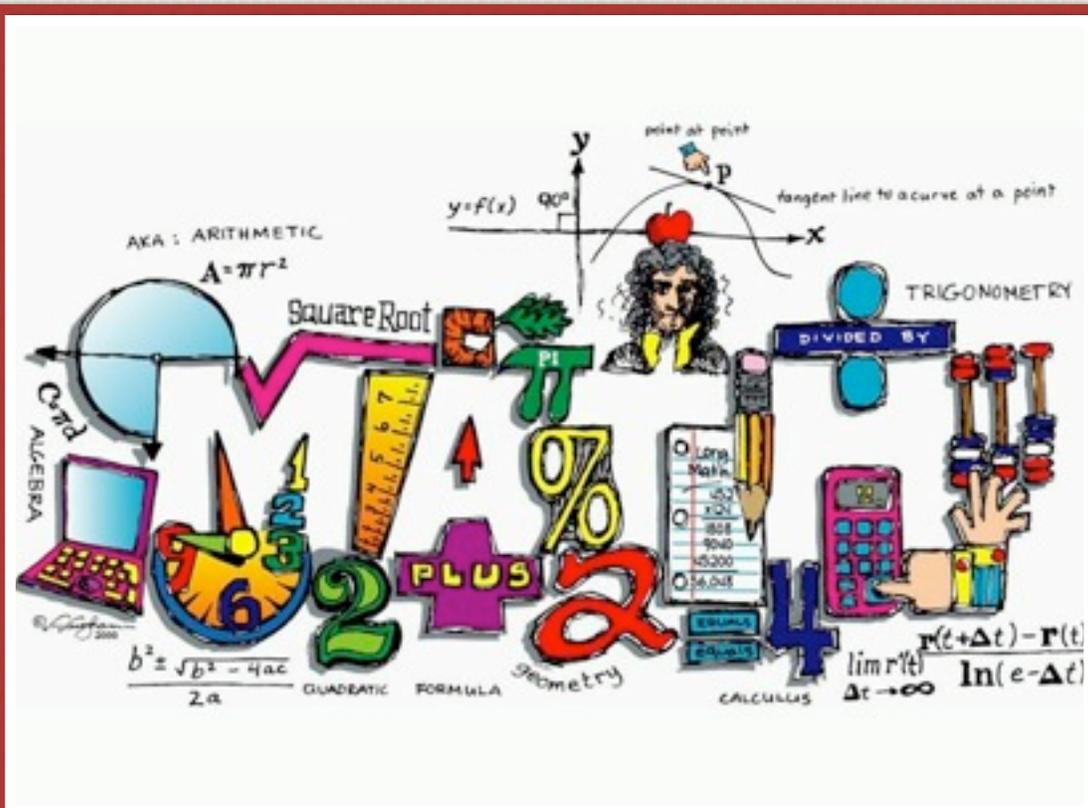
Unlocking the Key to Make Math Easier!

In this digital age, we often find ourselves wondering why our children need to learn math facts. The answer is easy: it helps build your child's confidence in their most basic math skills. Automaticity of math facts free up their memory and allow them to use effort and attention to problem solve and learn new concepts and skills.

Learning math facts can be effortless and fun! Practicing facts while driving in the car, playing a game with a deck of cards or dice, playing Flash Card War, using Touch Points, or using finger tricks are all effective ways to foster the automaticity of facts! Touch Points and finger tricks help students apply a visual to the math fact. Most importantly, highly motivating Apps can be downloaded to an iPod, iTouch, iPad, iPhone, or Android by simply searching "Free Math Fact Apps."

Ask your child about the various strategies they have learned at school. Daily exposure and practice is the key to developing the building blocks for math and can help your child turn, "Math is boring!" into "I love math!"

By Ms. Candace Nupp, Special Education Teacher



Celebrating Lunar New Year

Happy Lunar New Year!! This year is the Year of the Horse and the New Year's Day fell on January 31st. First grade students have lessons on Lunar New Year and its importance in Chinese culture. They are learning how Chinese celebrate Lunar New Year through stories and art projects. Students are crafting the New Year banners and zodiac wreath. They are also learning lion dance and creating their own lion masks. Students are enjoying, experiencing and gaining knowledge about Lunar New Year.



Let's practice customary good luck words for Lunar New Year

Happy New Year: 新年快乐 xinnian kuaile

Wishing you good fortune: 恭喜发财 gongxi facai

By Mrs. Cheng, Chinese Teacher



Small Things, but BIG Ideas

The third graders have been thinking very small thoughts. So small that we can't see what we are learning about. We have been studying and experimenting with nanotechnology.

Nanotechnology is truly amazing. Did you know that scientists are working on building a nano-robot that could be injected into your body? After it enters your body, it can find the problem and fix it! It is smaller than a red blood cell! We celebrated the Lunar New Year with a dragon parade. The third graders made dragon puppets with Mrs. Schroder and we chanted throughout the halls. Loud noises keep the bad luck away! We have learned so much about the Chinese culture, it felt like we were actually in China! Mathematics has been lots of fun because we are working with

fractions. We see fractions in a whole different light. We are beginning to put the pieces together to get the entire concept. Since many of our nonfiction reading books are written on such a high level, we have taken a close reading approach when faced with the challenge of understanding what was written. We are able to break down each paragraph to make sense out of it. It might take us longer, but we are now reading smarter!

By Mrs. Gustafson & Mrs. Trembley, Third Grade Teachers



Spirit Week...Crazy Hair & Creative

JUMP ROPE FOR HEART

