

## How to help your child with testing Anxiety (Preparation for our NYS Exams)

A Parent Workshop with the Department of Mental Health



**Tuesday, March 12, 2019 @ 9:00AM**

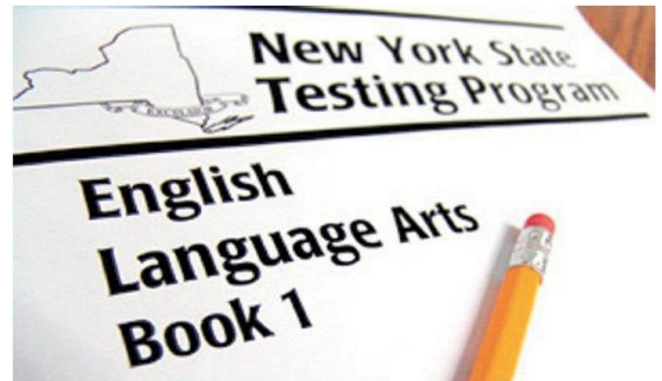
**The George J. Ryan Middle School 216Q**  
64-20 175 Street  
Fresh Meadows, NY 11365

### Agenda

Studying techniques  
Helping your child cope with anxiety  
Best ways to talk to your child about anxiety  
How to recognize when your child is anxious

**Continental Breakfast Provided**

**REGISTRATION IS NECESSARY TO ENSURE ADEQUATE SPACE FOR ALL.**



## ELA State Exam Parent Workshop

Hosted by: Mrs. Harts & Mr. Hogya

**Session 1: Tuesday, March 19, 2019**  
Time: 9AM – 10AM

**Session 2: Wednesday, March 20, 2019**  
Time: 6PM – 7PM

During this workshop, we will discuss:

- The Common Core State Standards
- Advice for talking about the Standards/Exam with your child
  - This year's testing details
- Strategies for helping your child achieve success
  - Additional test strategies and tips

Question? Please contact our Parent Coordinator Mr. Nichols at [Jnicholshillian2@schools.nyc.gov](mailto:Jnicholshillian2@schools.nyc.gov)

## **NYSESLAT Exam Workshop for ENL Parents!**

Hosted by: Mr. Scheno, Ms. Yonk, & Ms. Yusupov



**1st Session: March 28th, 2019**  
Time: 9:00 AM to 10:00 AM Location: Room 116  
**2nd Session: March 28th, 2019**  
Time: 5:00 PM to 6:00 PM Location: Room 116  
**3rd Session: April 2nd, 2019**  
Time: 2:45 PM to 3:15PM Location: Room 116

During this workshop, we will discuss:

- NYSESLAT Levels
- Format of the test
- Important dates to remember
- Test day procedures
- Additional resources and websites for test preparation

Questions? Contact Parent Coordinator Mr. Jordan Nichols  
[Jnicholshillian2@schools.nyc.gov](mailto:Jnicholshillian2@schools.nyc.gov)

## **March Madness**

Check out all of the **Parent Workshops** planned at Ryan this month, We'd love to see you there! .

If you have any questions feel free Mr. Nichols at

[Jnicholshillian2@schools.nyc.gov](mailto:Jnicholshillian2@schools.nyc.gov)