

A P R I L 2 0 1 8

THE NEW



iRTCA

RESEARCH TRIANGLE CHARTER ACADEMY

New Day. New Way. New Results.

Getting Ready For the BIG Test

EOG Preparation and Parents

Testing season is upon us and the stakes are high as state-mandated testing helps to determine whether students are promoted to the next grade. Parents want their children to succeed; therefore the stakes are high for them as well. With knowledge of the purpose of the test and a few helpful tips on testing success, parents can rest assured that they have done their part in preparing their children for these important assessments. - See more at:

<http://www.wilmingtonparent.com/kids/school-age/helping-kids-prepare-for-eog-testing/#sthash.A23xm4tS.dpuf>

In the weeks prior to testing, parents can do the following:

- Allow your child to practice “endurance” reading. The reading portion of the EOG requires focus and stamina, as there are many passages and question to get through. If your child loves to read, he probably won't be stressed by this portion of the test. However, for children that have a hard time sitting down to read for ten minutes, push them to read for longer periods of time.
- Ask your child questions about what they are reading. Try to get them to explain the plot and describe characters' actions.
- Encourage calculator use and make sure that your child is using the calculator appropriately to solve math problems. The calculator is only helpful if it is used correctly.
- Review strategies for solving math problems. Pose a problem and see how many different ways your child can solve it. This encourages higher order thinking skills.

The week of testing, parents can:

- Be aware of the testing schedule and make sure that your child is at school on time on testing days.
- Make sure that your child has gone to bed on time the night before so they are well rested.
- Serve a healthy breakfast including protein so that your child is not hungry during the testing session.
- Encourage students to listen to and follow all directions given by the test administrator. If they have questions, they need to be addressed before testing begins.

High stakes testing can be taxing, but with positive reinforcement children will be inspired to do their best!

- See more at:

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Principal Muhammad

RTCA Administrative Team
Here to serve you and your family!
Wayne Muhammad, Principal
Jill Fischer, K-2/Specialist/Title III
Wintre Shaw, 3-5/SPED
Jamila Bowser, 6-8/Intervention
JacQuetta Williams, Social Worker
Tyishia Edwards, Office Administrator
Shannon Tabron, Registrar

HAPPY APRIL!!

April's Moral Focus Compassion



Dates to Remember for April/May ☺


April 16 – Spring class pictures
 April 17 – Spring music concert
 April 26 – Board Meeting
 May 1 – K-8 EOG Night
 May 3 – Math I EOC

EOG Testing Dates

May 31 – Grades 3-5, 8 Reading EOG
 June 1 – Grades 3-5, 8
 EOG/EOC/NCFE Math
 June 4 – Grades 6-7 EOG Reading
 June 5 – Grades 6-7 EOG Math
 June 6 – Grades 5,8 EOG Science

K-2 Parents, K-2 scholars do not take the actual End of Grade (EOG) tests, however they do have benchmarks and end of year testing that is equivalent to the upper grades. One of our data sources to determine reading progress and proficiency is Mclass. The following is an easy to read guide for reading expectations throughout the school year.

Mclass Reading Level Expectations K-3

	Beginning of Year Expectation End of 1 st Quarter	Middle of Year Expectation End of 2 nd Quarter	End of Year Expectation End of 4 th Quarter
	Level	Level	Level
Kindergarten PC = Print Concepts RB = Reading Behaviors Levels A-D	RB	C	D
1 st Grade Levels E-J	D	G-H 23 wpm	J 47 wpm
2 nd Grade Levels K-M	J-K 52 wpm	L 72 wpm	M 87 wpm
3 rd Grade Levels N-P	M 70 wpm	O 86 wpm	P 100 wpm

**Fluent words per Minute (wpm)

Dean Fischer, K-2

Contact Us!

Research Triangle Charter
Academy

2418 Ellis Road, Durham NC 27703

Office hours:

M-F: 7:45AM-4:00PM

(The office is closed daily for dismissal
from 2:30-3:45)

Phone: 919.957.7108

Fax: 919.287.2216

www.researchtrianglecharteracademy.com



BRAIN FOODS



Without a healthy diet, it is difficult to concentrate, pay attention, remember and learn. This is especially critical to a child's success in school, and the back-to-school season is the perfect time to make some healthy changes to your entire family's diet and be sure that everyone is getting enough brain food! Eating foods with folate, omega-3 fatty acids and tryptophan are some of the best ways to get the nutrients you need to your brain. Here are some of the best brain foods that you can eat to optimize your brain function:



Whole Grains

folate, B6 and thiamine; enhance memory and focus



Eggs

choline and protein; boost memory, concentration and energy levels



Nuts

omega-3 & 6 fatty acids; balance serotonin levels, boost mood



Berries

high levels of antioxidants; boost brain function



Seeds

omega-3 & 6 fatty acids, Vitamins A and E; improve mood and brain function



Wild Salmon

rich source of omega-3 fatty acids; improve mood, memory and concentration



Avocados

healthy fats that boost concentration and brain development



Tomatoes

lycopine (a powerful antioxidant); helps improve brain function



Red Cabbage

polyphenols (powerful antioxidants)



Spinach

folate; increases memory and concentration



Green Tea

catechines and polyphenols; boosts dopamine levels to increase memory and concentration



Bananas

Vitamin B6, potassium and folic acid; increase serotonin and boost mood



Dark Chocolate

antioxidants and flavonoids; stimulate increased blood flow to brain resulting in improved memory and concentration



Dry Beans

Vitamin B5, folic acid and magnesium; improve brain function

Add as many of these foods as possible into your diet to make healthy changes. You will notice a difference in your ability to pay attention, concentrate, remember and learn—and you will feel better and more energized, too!