





## February DACS Dispatch, cont.

### How Can I Help My Child During Testing?

#### 1. Prioritize attendance and homework

Set aside dedicated homework time each night to make sure that your child is completing their assignments consistently throughout the year. It's also a good idea to periodically reflect on your family routine, and make sure you and your student are keeping a schedule that gets them to class on time every day. If your student is absent for a day, or has to miss a class period, check in with them to make sure they can make up what they missed.

#### 2. Communicate with teachers

Regular communication with your child's instructor can help you gain insight into his or her progress. Your child's teacher is also a great resource for test-preparation practice or strategies you can use with your child at home. Plus, they can keep you up to date on group study sessions or other opportunities for additional review that your child may benefit from.

#### 3. Talk to your child about test taking

Have open, ongoing conversations with your child to explain the benefits of testing, focusing on how it helps them, their teacher, their school, and other educators understand their strengths and weaknesses and figure out the most effective ways to teach. You can also use this opportunity to ask your students how they feel about testing, and offer reassurance or perspective if they have any anxiety around exams.

#### 4. Offer positive reinforcement

A little encouragement can go a long way in helping students walk into testing days feeling confident—which, in turn, can have a huge effect on their performance. Praise your child for the work that he or she does to prepare for testing, and share in his or her excitement when he or she has success with a new concept or skill.

#### 5. Support healthy habits

Sleep and nutrition can have a huge impact on your child's ability to focus and retain information. Well-rounded meals and a regular sleep schedule will help your child succeed in the classroom on a day-to-day basis. On testing days, it's especially important to make sure that your child gets a good night's sleep, starts the day with a filling breakfast, and goes to school with a water bottle to help stay hydrated.

#### 6. Give your child a study space

A comfortable, dedicated space for homework and studying can work wonders for your child's productivity. Make sure that your child's space is quiet, well lit, and stocked with the right materials, like a writing surface, pens, pencils, highlighters, scratch paper, a calculator, and any other tools that he or she might need.

#### 7. Keep testing in perspective

No single test is *that* important. Avoid putting too much emphasis on your child's test scores—doing so can make your child feel pressure that will ultimately only affect his or her performance negatively.

#### 8. Debrief after the test

After testing day has come and gone, talk with your child about his or her results and how he or she felt about the test. By discussing his or her answers, thought processes, and feelings, you can gain further insight into what he or she is struggling with and excelling at and then help him or her better prepare next time. Talking about testing can also help your child process the experience and overcome any anxiety that he or she might have had. *Adapted from EdMomentum.com*

### Did You Know?

Amanda Gorman is a poet who read one of her own poems at Joe Biden's inauguration as president of the United States on January 20, 2021. At 22 years old she is the youngest poet to have had this honor. Gorman was born in 1998 in Los Angeles, CA. She started writing poetry at a young age to cope with a speech impediment. Gorman had difficulty saying certain sounds in the English language, such as the sound for the letter r. Poetry gave her the opportunity to share how she felt and to practice saying words that are difficult for her. When Gorman wrote her poem, she looked to people who spoke about a country divided for inspiration. She read speeches by Frederick Douglass, Abraham Lincoln, Martin Luther King, Jr. She also found inspiration from Maya Angelou and Robert Frost since they also read at inaugurations in the past. Gorman's poem, "[The Hill We Climb](#)," is about hope, unity, and justice. She received praise from many people who heard her recite the poem.

## UNIFORMS

Students are required to be in the appropriate uniform daily. Light blue or dark blue DACS polos with navy or khaki pants, black or white socks with black/white shoes. PE days require the red DACS PE shirt with DACS blue joggers or shorts. DACS Jackets, hoodies, and sweatshirts are also acceptable during the winter months. Students who are not wearing the appropriate uniform will receive a warning, 2<sup>nd</sup> offense will result in a write up in Jupiter. Uniforms can be purchased at [www.frenchtoast.com](http://www.frenchtoast.com). Use the school code: **QS61SNV**





# DULUTH ADVENTIST CHRISTIAN SCHOOL

*invites you*

## Round Up

February 23, 2025  
1-3pm

**DACS Open House  
Pre-K - 8th Grade**

- *Tour the school*
- *Meet the teachers*
- *Review the curriculum*
- *Prizes & Discounts*



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DULUTH ADVENTIST CHRISTIAN SCHOOL

**EARN \$ OFF YOUR  
TUITION WITH A  
REFERRAL!!**

**IF YOU REFER A NEW STUDENT TO OUR  
SCHOOL, YOU CAN EARN \$200 OFF YOUR  
YEARLY TUITION...FOR EACH NEW STUDENT!**

**SPECIAL CONDITIONS APPLY**

*Special Offer*

CONTACT US 770-497-8607: [dacsisgreat@gmail.com](mailto:dacsisgreat@gmail.com)





**Pam Cleveland / 205-612-0961**  
 pamcleveland2@gmail.com  
 Lunch Cost \$5.00



- LUNCH PAYMENT OPTONS**
1. Cash
  2. Cash App: [\\$picleveland](#)
  3. Zelle: [pamcleveland2@gmail.com](mailto:pamcleveland2@gmail.com)
  4. Check Payable to Pam Cleveland



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Spaghetti Salad  
 Garlic Bread **3**

Burrito Bowl  
 Chips / Salsa **4**

Pizza Salad  
 Fruit **5**

Vege Steak  
 Mash Potatoes  
 Vegetables  
 Roll **6**

Hot Dogs  
 Bake Beans  
 Chips **7**

Mac & Cheese  
 Vegetables  
 Apple Crisp **10**

Soft Tacos  
 Corn  
 Cookies **11**

Meatball Sub  
 Chips  
 Fruit **12**

Teriyaki Chicken  
 Fried Rice  
 Broccoli  
 Spring Roll **13**

Vege Burger  
 Carrots  
 Chips **14**



Pizza Salad  
 GoGurt **19**

Chicken Fettuccine  
 Salad  
 Rolls **20**

FriPat Burger  
 Chips  
 Fruit **21**

Cheese Ravioli  
 Salad  
 Garlic Bread **24**

Nachos  
 Fruit **25**

Vege Meat Sub  
 Chips  
 GoGurt **26**

Chili Macaroni  
 Salad  
 Garlic Bread **27**

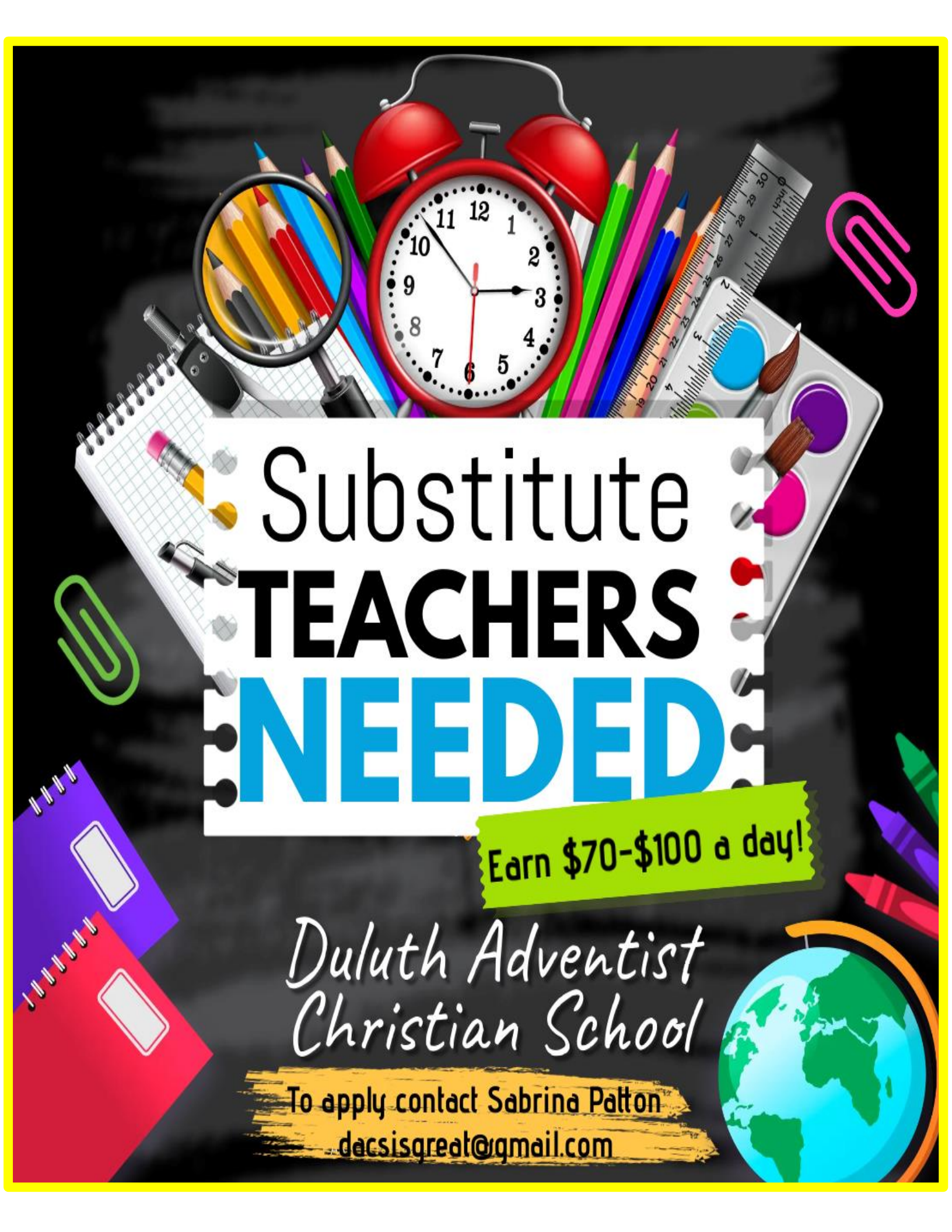
DacChicken Sandwich  
 Chips  
 Fruit **28**



Announcement from 8<sup>th</sup> Grade: Don't forget to order a Vale-gram for your kids!

DACS kids, don't forget to order your Vale-grams for your friends, your siblings, and your teachers!





# Substitute **TEACHERS** **NEEDED**

Earn \$70-\$100 a day!

*Duluth Adventist  
Christian School*

To apply contact Sabrina Patton  
[dacsisgreat@gmail.com](mailto:dacsisgreat@gmail.com)

