

HEALTHY THINKING

TIPS FOR TESTING

APRIL 24 - MAY 4



PSSA STANDARDIZED TESTING

The annual Pennsylvania System School Assessment is a standards-based assessment which provides a better understanding of student performance through the proficiency of the testing. In Pennsylvania, every student in grades 3 through 8 is assessed in English, Language Arts, and Math and every student in grades 4 and 8 is additionally assessed in science.

RECHARGE THE BRAIN

Exercise and practicing mental health techniques can improve test performance by increasing student engagement, focus, confidence and healthy thinking by reducing and managing the symptoms of stress.

RESOURCES

<https://www.education.pa.gov>

<https://www.sutterhealth.org>

<https://www.cdc.gov/physicalactivity>

<https://www.sleepfoundation.org/how-sleep-works>

CALL US FOR MORE INFO



814 - 874 - 6670



<https://www.eriesd.org/cleveland>



REST & RECOVERY

When you sleep, your body undergoes a series of changes that are important to your overall health. Sleep allows the brain and body to slow down and engage in processes of recovery, promoting better physical and mental performance the next day and over the long-term.



BE ACTIVE & EXERCISE

Regular physical activity is one of the most important things you can do for your health! Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.



EAT & THINK HEALTHY

A healthy, well-balanced diet can help us think clearly and feel more alert. It can also improve concentration and attention span. To boost your mental health, eat plenty of fruits and vegetables, foods rich in omega-3 fatty acids, dark green leafy vegetables, and nuts, seeds are also excellent brain foods.