

**Tappahannock Elementary School**  
**SOL Testing Information Spring 2019**

Dear Students and Parents:

It is once again time to begin the state Standards of Learning (SOL) tests. High stakes testing can cause anxiety and stress for students. Encourage your child to relax, take their time and select their answers carefully. Students pass SOL tests by scoring a 400 or higher. Virginia allows students who fail a test, but come close to passing, by earning at least a 375, to take the test a second time. If students score between a 350 and 374 the first time they take the SOL test, they may get the opportunity to retake the test, if school based data indicates they can pass. Students scoring below a 350 will not have the opportunity to retake an SOL test.

There are several things parents can do to encourage strong student performance.

1. Encourage your child to take their time and answer each question carefully
2. Encourage your child to study SOL review information recommended by the classroom teacher
3. Make sure your child gets a full night's sleep
4. Make sure your child eats dinner and breakfast and is hydrated
5. Send your child to school with positive words of encouragement
6. Express to your child that you are proud of them and expect them to do their best

Please refer to the testing schedule on the back of this handout for more information about SOL testing dates. If possible, please avoid scheduling appointments when your child has an SOL test. The SOL test schedule is subject to change.

