



VIRTUAL
PREP ACADEMY
of Florida

Updates to Spring 2023-Face-to-Face Testing Information - Grades 3-8

April 5, 2023

Meeting Norms

- Thank you for joining us today. To be respectful of others, we will start on time.
- This meeting will be recorded and posted in the school's website to be shared with other parents; therefore, we ask you be mindful of sharing personal information.
- We also ask that you please:
 - Keep your microphone muted.
 - Be fully present and use the reaction buttons if needed.
 - Type your questions in the chat. We will go over them at the end.





Agenda

- 2023 Spring Testing Overview
- Expectations
- Technology
- Dropping Off/Picking Up Students
- Preparing for Testing
- Communications
- Survey Links

2023 Spring Testing Overview

State-Mandated Testing for Students in Grades 3-8 – In Person

Grade	FAST Reading	FAST Math	NGSSS Science*	EOC Civics
3 rd	X	X		
4 th	X	X		
5 th	X	X	X	
6 th	X	X		
7 th	X	X		X
8 ^{th**}	X	X	X	

* Paper-based Testing Only



3rd, 4th and 6th Grade Testing

Test	Segments/Sessions	Days	Minutes	Mode
FAST Reading	1	1	120	Computer
FAST Math	1	1	100	Computer

5th Grade Testing

Test	Segments/Sessions	Days	Minutes	Mode
NGSSS Science*	2	2	80	Paper-Based
FAST Reading	1	1	120	Computer
FAST Math	1	1	100	Computer

* Science assessments can only be administered from May 8 to May 19, 2023



7th Grade Testing

Test	Segments/Sessions	Days	Session Length (Minutes)	Mode
FAST Reading	1	1	120	Computer
FAST Math	1	1	100	Computer
Civics EOC	1	1	160	Computer

8th Grade Testing

Test	Segments/Sessions	Days	Minutes	Mode
FAST Reading	1	1	120	Computer
FAST Math	1	1	100	Computer
NGSSS Science	2	1	80 each (160 Total)	Paper-Based

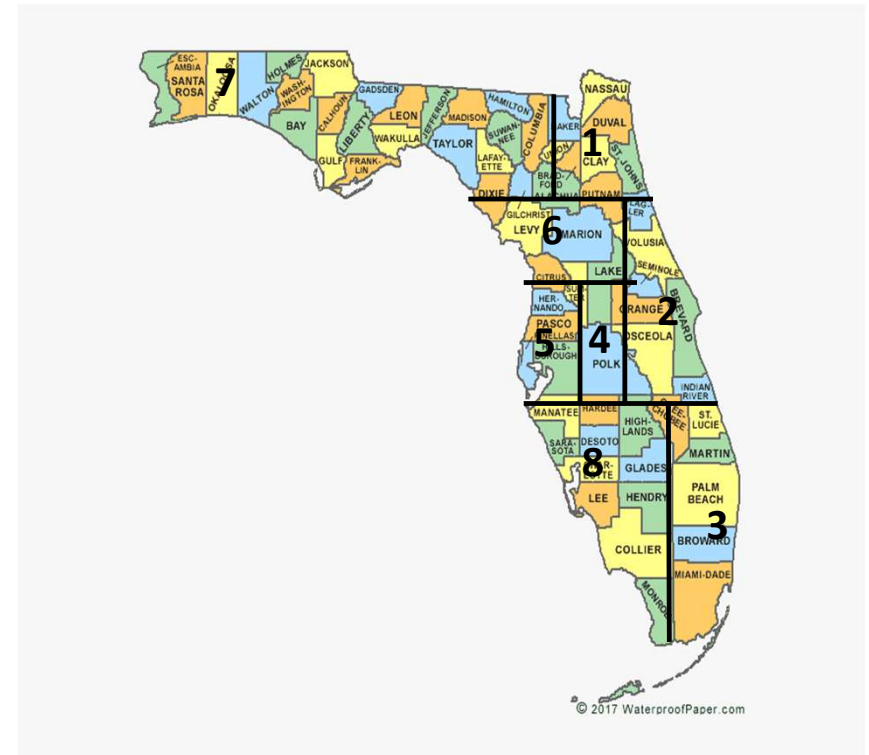
* Science assessment can only be administered from May 8 to May 19, 2023



Testing Regions

Testing Regions Based on Student Location

- **#1 Northeast** - Duval, Nassau and Flagler
- **#2 East Central** – Lake, Orange, East Osceola, Volusia
- **#3 Southeast** – Palm Beach, Broward, Miami-Dade
- **#4 West Central** – Southwest Osceola, Polk
- **#5 West Florida** - Hernando, Hillsborough, Manatee
- **#6 North Central** – Alachua, Marion
- **#7 Panhandle** – Escambia, Okaloosa, Walton
- **#8 Southwest** – Sarasota, Lee, Collier



Testing Schedule

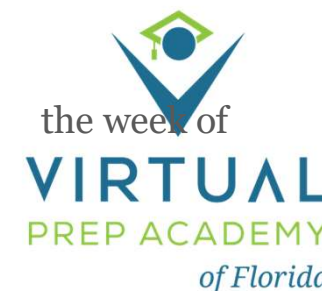
- **Week 1:** May 1-5 – Small Groups and Individual Testing, Escambia, Walton, Palm Beach, Dade, Hillsborough, St. Lucie
- **Week 2:** May 8-12 –Regions 5, 6, 7 and 8, and Panhandle
- **Week 3:** May 15-19- Regions 1, 2, 3 and 4
- **Week 4:** May 22-26 – Make-up testing
 - Kissimmee Office, by appointment only
 - Parents are responsible for transportation



Testing Schedule – Weeks 2 & 3 Sample

Testing Week	Day A	Day B	Day C	Day D
9 AM-12:30 PM	NG SSS Science 5 th Grade Day 1	NG SSS Science 5 th Grade Day 2	Reading 3 rd to 8 th Grades	Math 3 rd to 8 th Grades
	NG SSS Science 8 th Grade	Civics EOC 7 th Grade		
12:30 – 1:00 PM	BREAK			
1-3 PM	Extended Time Accommodation /Make-ups	Extended Time Accommodation /Make-ups	Extended Time Accommodation/ Make-ups	Extended Time Accommodation /Make-ups

- Make-up tests will be scheduled by appointment only during the testing week
- Make-up testing not completed during the select testing week will take place May 22nd at the V Prep FL Office in Kissimmee



Expectations

- Contact information for at least **three** (3) adults who have permission to pick up child must be provided to school registrar. Please complete the ***Student Contact Form*** @ <https://forms.office.com/r/fCEWUV8qaa>
 - Parents/Learning Coaches are responsible for driving and picking up student to and from testing centers on time.
 - Testing locations may be approximately 20-50 miles from home.
- Transportation should not be a barrier for testing.** If you have any questions regarding transportation, please contact your teacher or the assigned testing center lead team.



Expectations

- Appropriate student Dress Code will be required. We recommend long pants, shirts without inappropriate pictures/words, closed toed shoes and a light jacket (it may get cold).
 - Make sure your student eats a healthy breakfast prior to arrival.
- Appropriate student behavior is expected at all times.
- **Parents are not allowed in the testing room.**
- Snacks and drinks will be provided.
 - Please complete the Student Health Information Form @ <https://forms.office.com/r/SchVJVgdqK>
- We are not allowed to give medication to students.



Expectations



- No cell phones, smart watches, digital glasses or any other forms of technology are allowed during testing.
- If a student brings their cell phone, it will be taken away and stored until testing is completed.
- Not following technology requirements will invalidate the assessment.

Technology

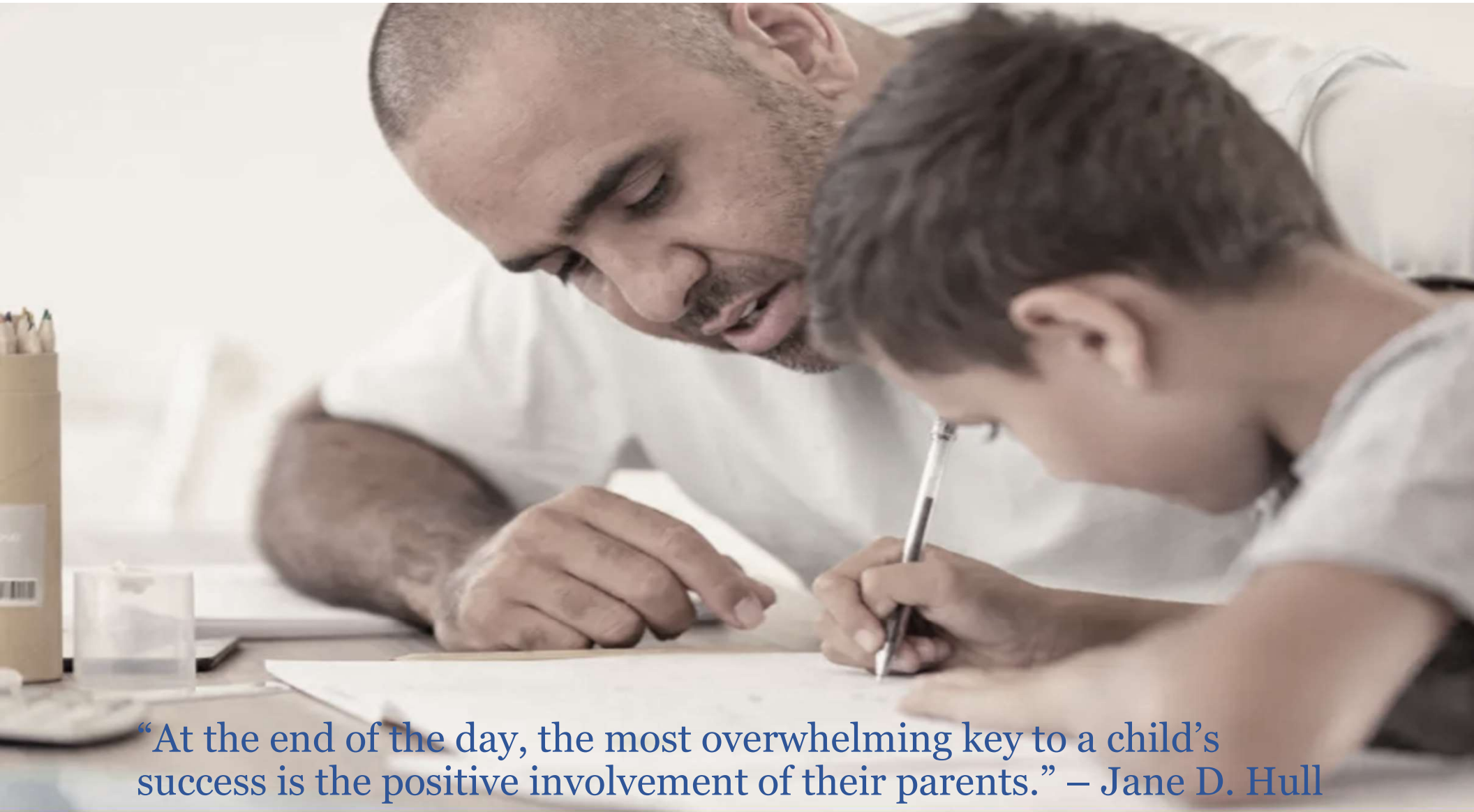
- **Students are required to bring their laptops and chargers to the testing center their first day of testing.**
- Laptops will be kept throughout the testing period and will be returned to students the last day of testing according to student testing schedule.
- Earbuds will be provided for all students.
- Calculators will be provided, only if required.
- All laptops are required to download secured browsers.



Dropping Off/Picking Up Student



- Only parents, learning coach and emergency contacts are allowed to drop-off/pick-up a student. A driver's license or an official picture id is required.
- **Parents are not allowed in the testing room.**
- Student must be dropped off and picked-up on time. ***If a child is not picked up within 30 minutes of end of testing session, we are required to contact law enforcement.***
- The name and contact information of the Regional Testing Lead and Assistant will be provided for each testing center. This is the person to contact in case of any emergency.
- If for any reason we experience technical difficulties and testing is delayed, we will send a blast e-mail/text to all parents. Please check your phones.



“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of their parents.” – Jane D. Hull



Preparing for Testing

- Positive Self Talk! Use a positive world wall: write positive quotes and words on sticky notes and place in room/bathroom, on agenda, cell phone, etc.
- Think positive thoughts: “I am safe,” “I am ok,” “I can relax,” “I am brave” and “I’ve got this!”
- Journaling: express any worries in writing to get off mind
- Talk with family, counselor and teachers about any concerns
- Practice self-care

Preparing for Testing



- Establish a study schedule
 - Put days and times on calendar
 - Use shorter, more frequent periods
 - Build in extra days at the end
- Have a specific, quiet place to study
- Turn off phone/social media
- Schedule relaxation time prior to testing

Preparing for Testing- Day of Exam

- Get a good night's rest and eat a healthy breakfast (with protein) & stay hydrated
- Arrive at testing location early to avoid any last-minute stress
- Manage your testing time
 - Estimate time per section
- Use all of the time given
- Don't worry if others finish early

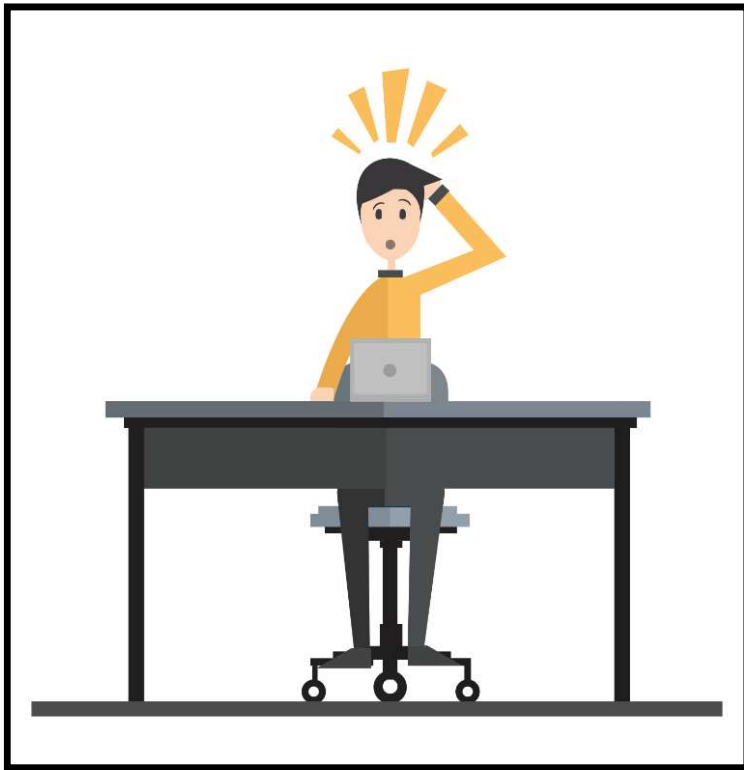


Techniques to Reduce Test Anxiety

- **Deep Breathing Exercise:** Slowly take a deep breath...hold for a count of 4. Slowly exhale through the mouth for a count of 8. As you inhale, say to yourself: I AM... As you exhale, say to yourself: RELAXED. Repeat. If your mind wanders, come back to the awareness of your breathing and to the words: I AM...RELAXED
- **Guided Imagery:** Visualize a peaceful, relaxing time or place. What do you see? What do you hear? What are the smells? Remember how you felt in that place-relaxed and peaceful.
- **Desensitization:** Students can describe their anxiety and the feelings it causes or write down one thing that causes them to be anxious. While relaxed, visualize what is causing the anxiety. Repeat several times until visualizing it no longer creates the same anxiety.

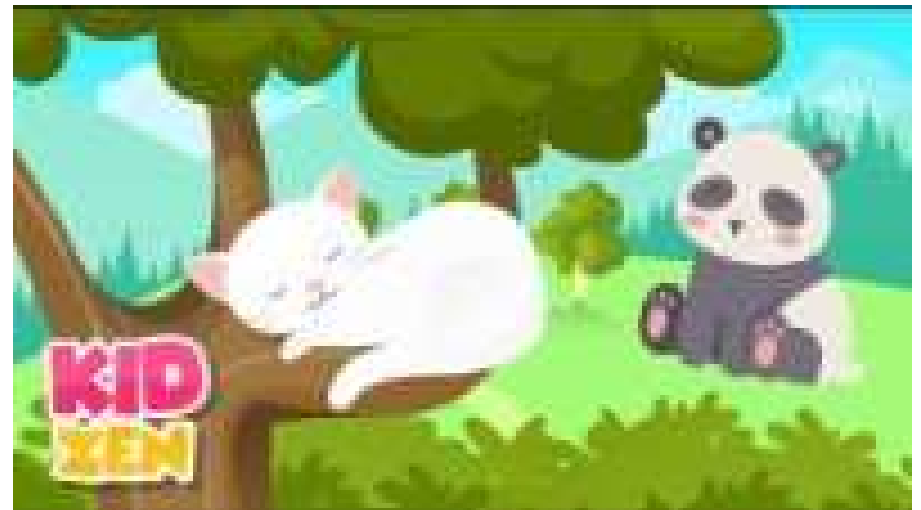


Anxiety During the Exam



- Use a short version of relaxation
- Visualize
- Take 2 minutes for deep breathing
- Stretch Muscles
- Use positive statements
 - **Think and talk positively!**
Replace negative thoughts with positive. I have the ability to do well on this test!

Sample Relaxing Videos For Home



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Communication Central



Before Testing

- Teacher
- School Communications Plan
 - Canvas Page
 - Tuesday Telegrams
 - School Website
- Correspondence: Letters, emails, and texts with student- specific testing information

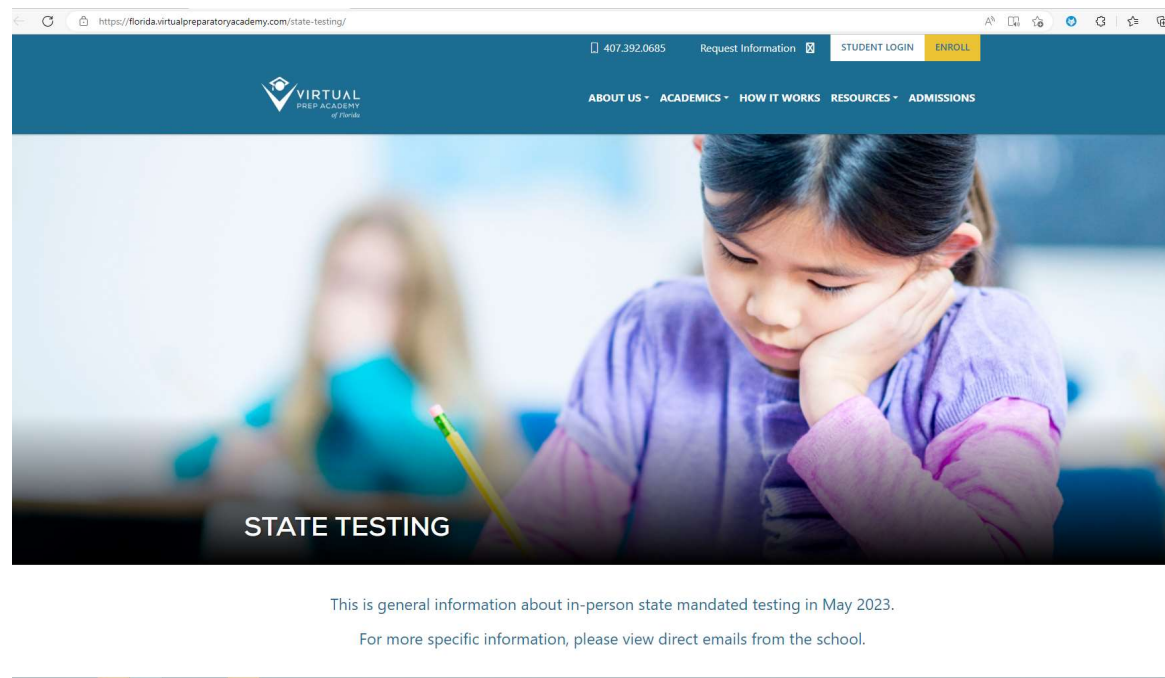
During Testing

- Testing Center Lead and Assistant*
- Welcome Table
- Electronic Communication

*More information will be provided



School Communication Plan



Webpage Link: [State Testing - Virtual Preparatory Academy of Florida](https://florida.virtualpreparatoryacademy.com/state-testing/)



Social Media

 Virtual Preparatory Academy of Florida
6d · 🌐

🔥 We are now 5 weeks away from testing! Visit our website: fl.vprep.com and check out this video for additional information: <https://www.youtube.com/watch?v=UgeEornC0ic>



The graphic features the Virtual Preparatory Academy of Florida logo at the top. Below it, the text "TESTING TELEGRAM" is written in a bold, sans-serif font. In the center is a large orange calendar icon with the number "5" and the word "WEEKS" in a bold, sans-serif font. Below the calendar icon, the text "UNTIL IN-PERSON TESTING" is written in a bold, sans-serif font. At the bottom, there is a line of text: "For more info and updates, visit our website. (florida.virtualpreparatoryacademy.com)".

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(florida.virtualpreparatoryacademy.com)

 Virtual Preparatory Academy of Florida
15h · 🌐

Parent University session coming on Wednesday, April 5th at 5:30 PM!
You will be able to meet with school administration to hear more about the upcoming state testing.



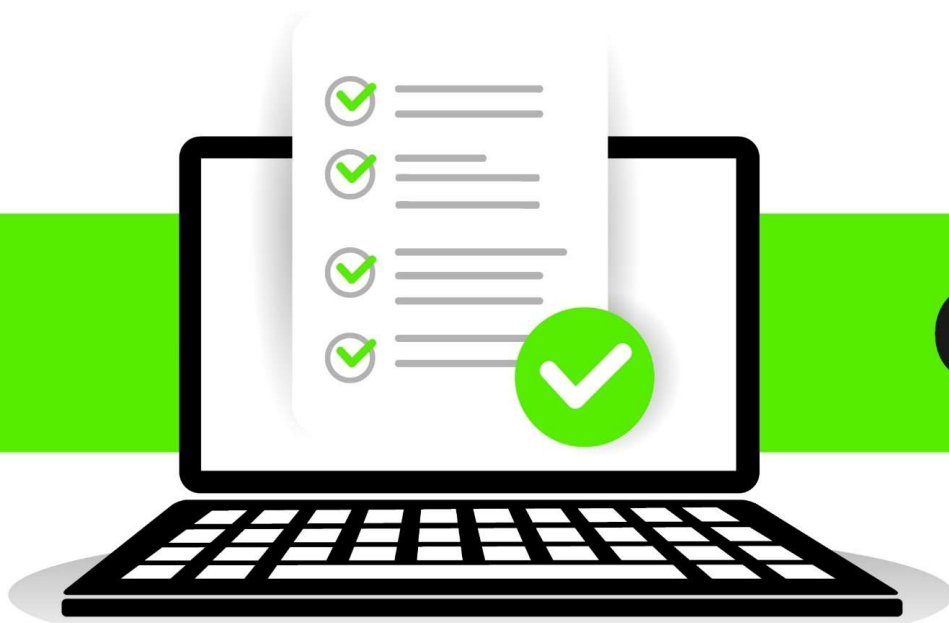
The graphic features the Virtual Preparatory Academy of Florida logo at the top. Below it, the text "PARENT UNIVERSITY" is written in a large, bold, sans-serif font. Below this, the text "Join us for our next Parent University on" is written in a smaller font, followed by "April 5th at 5:30pm." in a bold, sans-serif font. Below this, the text "Important information will be shared regarding in-person state mandated testing. Check you email for the link!" is written in a smaller font.

PARENT UNIVERSITY

Join us for our next Parent University on
April 5th at 5:30pm.
Important information will be shared
regarding in-person state mandated testing.
Check you email for the link!



Please Complete the Following Forms



ONLINE SURVEY

Student Contact Info Form @ <https://forms.office.com/r/fCEWUV8qaa>

Student Health Info Form @ <https://forms.office.com/r/SchVJVgdqK>



- Picture of attendees to post in the April Newsletter!

SMILE!!



- Questions?
- If later on you think of other questions, please send email to info@vprepfla.org

Thank you for attending! Have a great evening!

VPA of FL Team

- Brenda Santiago, Head of School
- Jerisha Rivera, Operations Manager
- Laura Gilbert, Student Services Coordinator
- Joanna Ernst, ESE Coordinator
- Tonya Dix, ESOL Coordinator
- Betty Ammann, School Counselor
- Daniela Sanjuro, Registrar

