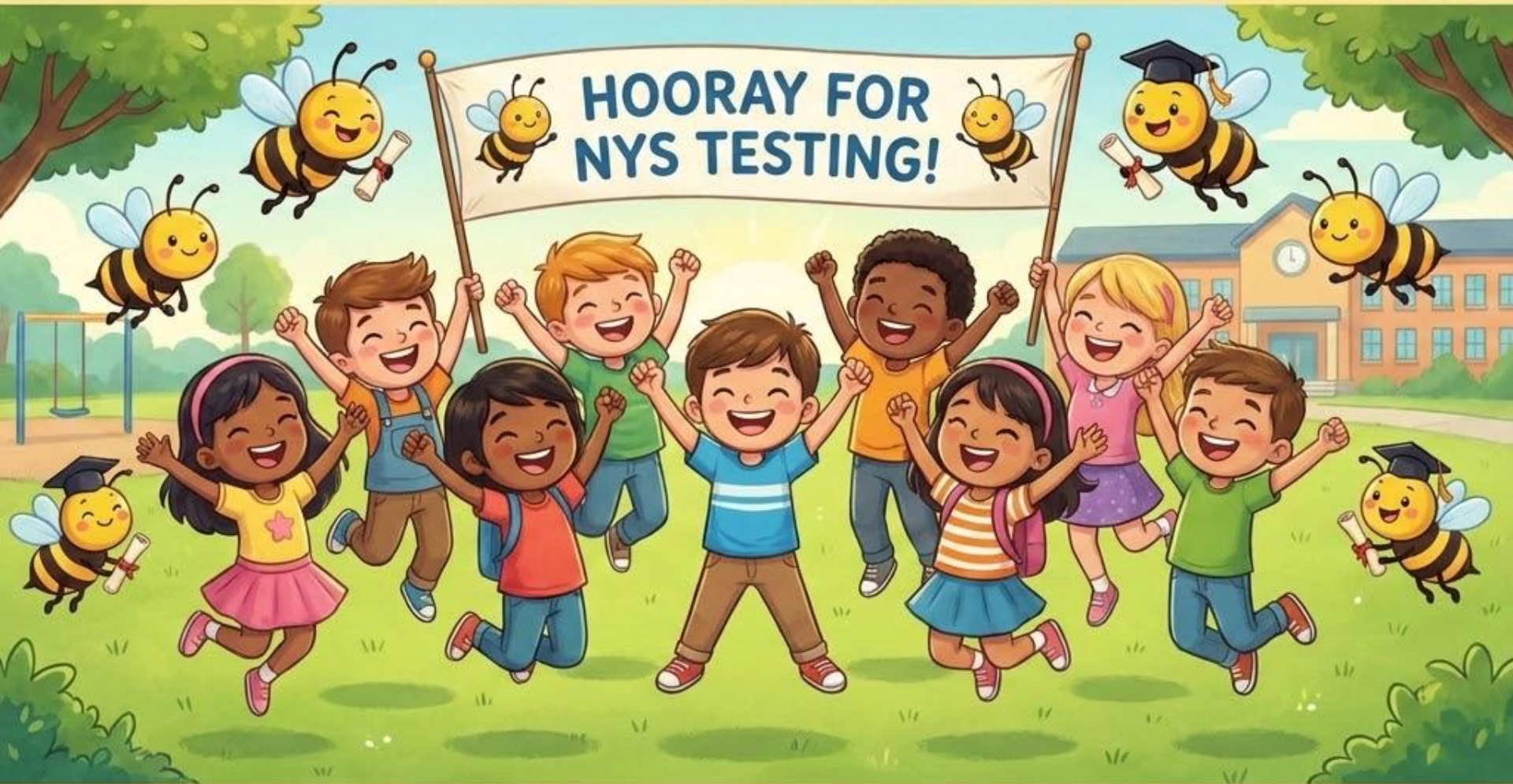


# NYS TESTING 2026



# YOU GOT THIS!!!!



## 1. Deep Breathing

Calm your nervous system with focused breaths.



## 2. Positive Talk

Replace "I can't" with "I am prepared."



## 3. Visualization

Imagine yourself answering questions confidently.



## 4. Time Management

Scan the test first and pace yourself wisely.



## 5. Brain Dump

Write down formulas or dates as soon as you start.

# WHAT IS LEFT TO DO?

## Confident Learners and Calm Minds



# ATTENDANCE AND MONTHLY SHOUT OUTS

## Student of the Month

MARCH 2026

[VIEW NOMINEES](#)



## Attendance Tracking

Keep track of daily attendance and celebrate consistency.

[OPEN RECORD](#)

YOU GOT THIS!!!

