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**DEPUTY SUPERINTENDENT**

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February 17, 2026

TO: All Principals

FROM: Saemone Hollingsworth  
Chief Student Services Officer

VIA: Dr. Angela R. Fulton  
Deputy Superintendent

SUBJECT: **TESTING TIP FLYERS**



Please inform your parents about the [Testing Tips Flyers](#) via Parent Link.

**Parent Link**

**Testing Tip Flyers for Families**

As testing season approaches, Broward County Public Schools has created **Testing Tip Flyers** to help students manage stress and build confidence. These age-appropriate resources offer simple strategies students can use before and during tests, while also providing parents with conversation starters to support well-being at home. **The Testing Tip Flyers can be found on the Parents and Families webpage for Broward Schools.** We encourage families to review the flyers together and help students choose strategies that work best for them.

**What's Included:**

We have developed specialized "Testing Tip Flyers" divided by level to ensure every student has strategies that work for them:

- **Elementary Schools:** Focuses on "Superpower Breathing" and building the courage to try their best.
- **Middle Schools:** Introduces organizational tools like "Brainstorming" and "Study Chunks" to help students manage their workloads.
- **High Schools:** Focuses on advanced tactics like "Strategic Sequencing" and the "25/5 Rule" to maximize focus and maintain a healthy perspective.

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These resources are designed to support everyone in helping students manage stress and build confidence. Teachers can display them in classrooms or use them as quick 5-minute discussion starters to help students pause, reflect, and reset.

- **For Students:**  
These resources help students pause, reflect, and practice strategies to manage stress, build confidence, and stay focused throughout the day.
- **For Parents:**  
These resources support families in reinforcing healthy coping skills at home and encouraging conversations about stress, emotions, and self-confidence.
- **For Teachers:**  
These resources can be displayed in classrooms or used as quick 5-minute discussion starters, giving students time to pause, reflect, and reset during the school day.

The flyers can be found on the Parents and Families District webpage. We encourage you to explore these tools to help navigate the season with ease.

If you have any questions, please contact **Belinda Daise, Supervisor of Life Skills & Wellness, School Counseling, via email at [belinda.daise@browardschools.com](mailto:belinda.daise@browardschools.com) or 754-321-1675.**

ARF/SH/DHS:ll

c: BCPS Cabinet  
Regional Directors