

7th Grade Newsletter-2026 Final Edition

Dear Families,

As we approach the final stretch of the school year, our students are preparing for the upcoming Virginia Standards of Learning (SOL) assessments. This is an exciting time for students to show all the growth and learning they've achieved this year.

Over the past school year, we have worked hard to build strong skills in reading, writing, math, science, civics and overall critical thinking. These tests are simply an opportunity for students to demonstrate what they already know.

How You Can Support Your Child at Home:

- Ensure your child gets a good night's sleep
- Encourage a healthy breakfast
- Help them arrive on time and ready to focus
- Remind them to try their best and stay confident

What We're Doing at School:

- Reviewing key skills and strategies
- Practicing test-taking techniques
- Providing encouragement and support
- Maintaining a calm, positive testing environment

Important Reminders:

- Avoid scheduling appointments during testing days if possible
- Encourage a positive mindset—confidence makes a difference!

Most importantly, we want students to feel proud of their effort. These assessments are just one measure of their progress, and we are already so proud of how much they've grown this year.

Thank you for your continued support throughout this journey

Warm regards,
Your 7th Grade Team

Ms. Jarrett
Mr. Hummill
Mrs. Cabbage
Ms. McCabe

Important Dates

April 27th- May 1st- Book Fair
May 4th- Reading SOL
May 11th- Math SOL
May 18th- Civics SOL
May 22nd- DARE Day
May 28th- 7th grade graduation at RCES at 9 am