



Penn Elementary SOL Internet Resource Sheet

As your student prepares for the SOL tests, Penn Elementary suggests these websites to support SOL review and preparation

Gentle Reminders:

- **On the Week of the Test:** Minimize anxiety! Even a well-prepared student can feel pre-test anxiety. Encourage students to relax. Reassure them that it's natural to feel a little nervous about the tests.
- **The Day Before:** A good night's sleep the night before is most important. Test scores can be greatly affected when a child hasn't gotten enough rest.
- **Test Day:** A good breakfast the morning of the test is a terrific brain booster; nutrients help to stimulate the brain.

- [SOL Practice Test \(TestNav 8\)](#) – Virginia Department of Education Website
- [SOL Pass](#) – Social Studies and Science - school password is penn
- [Jefferson Lab](#) math and science
- [Reading Comprehension Passages](#) grades 3-5, Multiple Choice

3rd Grade

- [Grade 3 Reading Comprehension](#) can highlight text!
- [IXL Math](#)
- [Rags to Riches--Reading](#)
- [Study Island](#) – Student Should have their own login

4th Grade

- [Grade 4 Reading Comprehension](#) can highlight text!
- [Social Studies and Science review games](#)
- [Study Island](#) – Student Should have their own login
- [Quizlet –Virginia Studies](#)
- [Virginia Studies Flash Cards](#)

5th Grade

- [Grade 5 Reading Comprehension](#) can highlight text!
- [Rags to Riches--Science](#)
- [Social Studies and Science review games](#)
- [Study Island](#) – Student Should have their own login
- [5th Grade Science Review](#)