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## A NOTE FROM THE HIGH SCHOOL OFFICE

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Dear High School Parents,

Greetings from the high school office. I hope this email finds all of you safe and sound during this period of uncertainty.

I want to take a brief moment to provide a few tips for how your student can be successful in the upcoming online environment that begins tomorrow, February 4.

- Encourage your child to get into a routine of doing school work on a daily basis during regularly scheduled school hours. Students should make a schedule and follow it Monday-Friday.
- Remove potential distractions (TV, etc) and provide a well lit environment where students can study.
- Ensure that your child takes regular breaks and gets some physical activity during this time. Grade 9 and 10 students have some great options that have been developed by our PE department, and grade 11 and 12 students should also make sure they get some exercise.
- Encourage your child to reach out when they need help. Teachers, counselors, and administrators will all be available to assist with any questions that come up during this time.

Thank you in advance for your support of your child during this period of online learning. Our belief is that while the current situation will be a challenge, we are confident that all of our students can continue progressing in their learning during this time.

Kind regards,

Kerry Timmerman  
High School Principal



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