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## A NOTE FROM THE ELEMENTARY SCHOOL OFFICE

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Dear parents,

This wonderful video was created by our elementary school counselors. I highly recommend you view it. I am sure you will find it as helpful as I did.

There are Chinese subtitles.

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*Dear parents,*

*We hope all is well with you and your family. To support you during this time, Ms. Hiromi and I created an 11-minute webinar video for parents on how to manage stress. As much as we care about the well-being of your children, we also care about yours. Ms. Hiromi and I hope you'll find the video to be informative and helpful; please watch it at your earliest convenience. We look forward to seeing your children, and we wish your family to stay safe and healthy.*

*Sincerely,*

*Mr. Frank & Ms. Hiromi*

*Here is the link to the video: [How to Manage Stress with E-Learning.pptx](#)*



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