

## DELIA MEMORIAL SCHOOL (BROADWAY)

Notice to Parents / Guardians3<sup>rd</sup> March 2022

Dear Parents / Guardians,

**Online Healthy Emotions Workshop for Parents**

Under the outbreak of COVID-19, everyone, especially parents, guardians and caretakers, faces so many uncontrollable factors happening in our daily lives. That uncontrollable situation may make us feel sad, distressed, confused, or angry. However, it's normal and natural! Apart from keeping hygiene and good health, it's also important for us to take care of our emotions and mental health during this moment.

In order to provide more useful emotion regulation and stress management skills, our school social workers, Mr. Chan and Ms. Chung, are going to organize an online workshop for parents/guardians. If you are interested, please feel free to show your intention. The details of the online parent workshop are as follows,

Date:	19 <sup>th</sup> March 2022 (Saturday)
Time:	10:30 a.m. – 11:30 a.m.
Format:	Zoom <i>*To join a talk, click the link at the time advertised. The link of this online workshop would be delivered after your reply.</i>
Topic:	Emotion Regulation and Stress Management under COVID-19
Speaker:	Mr. Chan and Ms. Chung (School Social Worker)

You will also get a \$100 supermarket coupon after finishing the online workshop and the feedback form. It is hoped that the online workshop could provide some useful emotional support for parents/ guardians under today's circumstances. Seats are reserved on a **first-come-first-served basis**. Please return the reply slip to General Office **on or before 11<sup>th</sup> March 2022**. We hope you are able to join us! Thank you for your kind attention. Keep calm and stay healthy.

Yours faithfully,




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 K.C.Lo  
Principal

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**Reply Slip (PN\_2122\_131)**
**Re: Online Healthy Emotions Workshop for Parents**

Date: \_\_\_\_\_

Dear Mr. Lo,

Thank you for the arrangement of the activity. I \*will / will not take part in this online workshop. (If you will take part, please provide your contact mobile phone number. The school will send you the online Zoom link to you later.)

Name of your child/ wards: \_\_\_\_\_ Class: \_\_\_\_\_( )

Signature of Parent / Guardian: \_\_\_\_\_

Name of Parent / Guardian: \_\_\_\_\_

Contact mobile phone number of Parent / Guardian: \_\_\_\_\_