



Dear Parents/ Guardians,

4<sup>th</sup> January, 2021

E-poster for Students and Parents

As the situation of COVID-19 remains severe, all schools have to continue to suspend face-to-face classes. This may possibly affect students' learning progress and their learning plans. And they may feel anxious and nervous when preparing for the examination. We suggest parents watch a series of video clips namely "Suspending Classes without Suspending Love in the Epidemic (For Parents)" from EDB YouTube Channel in the hope that they can learn how to handle negative emotions of children and assist them to maintain mental well-being. In addition, the EDB will continue to update the content of parent education website "Smart Parent Net" to assist parents to master the skills to mitigate the emotions of their children, for example, a themed article about understanding your emotions.

The EDB educational psychologists designed two e-posters for students and parents to encourage them to take a positive approach in handling exam anxiety. The hyperlinks are as follows:

1. Suspending Classes without Suspending Love in the Epidemic (For Parents) <a href="http://www.ltyschool.edu.hk/edbch.html">http://www.ltyschool.edu.hk/edbch.html</a>	
2. Parent Education Website "Smart Parent Net" <a href="https://www.parent.edu.hk">https://www.parent.edu.hk</a>	
3. A themed article about understanding your emotions <a href="https://www.parent.edu.hk/article/拆解情緒的密碼">https://www.parent.edu.hk/article/拆解情緒的密碼</a>	
4. E-poster for students: How to prepare for the examination <a href="https://www.edb.gov.hk/.../Res.../E-posters_for_students_Chi.pdf">https://www.edb.gov.hk/.../Res.../E-posters_for_students_Chi.pdf</a>	
5. E-poster for parents : How to encourage my child during the exam period <a href="https://www.edb.gov.hk/.../Reso.../E-posters_for_parents_Chi.pdf">https://www.edb.gov.hk/.../Reso.../E-posters_for_parents_Chi.pdf</a>	

Yours faithfully,  
Mr. Chan Chun Wah  
Principal