



Unified School District

Muaj Cev Nqaj Dlaim Tawv Zoo. Muaj Kev Kawm Zoo. Muaj Tswv Yim Zoo. (Healthy Body. Healthy Learning. Healthy Mind.)



**Kev Paab Txhawb Nqaa Rua
Txuj Kev Noj Qaab Nyob Zoo
Rua Cov Tub Kamw Ntawv**

Taag nrho cov tub kawm ntawv yuav tau txais kev qha kawm sib txij sib npaug nyob rua huv cov kev ua kom paub txug txhua haiv tuab neeg, lug ntawm cev nqaj dlaim tawv, lug ntawm cov kev noj qaab nyob zoo xaav muaj hab muaj kev kaaj huv zoo fuab cua.



**Family & Community
Engagement**

Taag nrho cov tub kawm ntawv yuav tau txais kev paab cuam lug ntawm cov kev qha kawm hab kev paab cuam kws tau tsim lug qha kom paub hab kom cov tsev tuab neeg muaj kev sib koom teg ua hab lug ua paab pawg sib koom teg ntawm lub zej zog ib puag ncig.



**Tsev Neeg Kev Noj Qaab Nyob Zoo Lug ntawm cov
Virtual Series Lug (Family Wellness Virtual Series)**

Kev Tu Saib Tug Kheej rua cov Nam Txiv (Self Care for Parents)

Kev tu saib tug kheej tseem ceeb heev hab yuav tsi yooj yim lug ua vim cov nam txiv muaj ntau yaam lug cuam tshuam. Tuaj kawm kom paubb tu saib yug tug kheej, es koj txhaj le yuav tu saib tau koj cov mivnyuas zoo.

**Lug ntawm qhov Zoom
Nub Wednesday, Cuaj Hli Ntuj, tim 30, 2020
Thaum 6:00 p.m. - 7:15 p.m.**

Sau Npe Nuav: <https://www.eventbrite.com/e/117469910665>

**Los yog
Rov Qaab Ua Qhov Session Dlua**

**Lug ntawm qhov Zoom
Nub Wednesday, Kaum Hli Ntuj, tim 21, 2020
Thaum 6:00 p.m. - 7:15 p.m.**

Sau Npe Nuav: <https://www.eventbrite.com/e/117586188455>

*Ib phaab lug laav paub tas muaj tseeb tag nrug qhov Zoom link los yuav muaj muab xaa tuaj ib nub ua ntej muaj qhov kev ua nuav rua taag nrho cov tuab neeg kws tau sau npe nyob huv Eventbrite