



## Mountain View High School Tea Time Club

### Mission Statement

Tea Time is a forum for Chinese parents to meet once a month to discuss and to learn more about:

- Mountain View High School's graduation and college entrance requirements;
- how to navigate through the American school system by understanding transcripts, GPA, AP vs Honors, etc.,
- how to support your own child as he/she grows up in a multi-cultural environment (Chinese and American cultures),
- and the parenting skills to give you support through struggles with a teenager.
- how to improve yourself in all areas, physically and spiritually.

### 使命宣言

Tea Time 是個屬於中國家長的聚會，每月一次討論學習：

- MVHS 畢業及申請大學所需科目和學分；
- 藉由認識成績單、GPA、AP 及 Honors 等來深入瞭解美國學校系統；
- 如何幫助支持您在多文化環境中成長的孩子；
- 教導與青少年對抗的您一些為人父母之道；
- 在身體、心靈各方面讓自己變得更好。

## Tea Time of April, 2019!

**RSVP Required. Parents bring a dish as a ticket.**

**Date:** April 12th (Fri) 11:30 - 2:30

11:30 – 1 Lunch (Students/Parents/Guests)

1:00 – 2:30 Social (parents)

**Place:** Mountain View High School Faculty Lounge  
(Next to Cafeteria)

**This Month's Topic & Speaker:**

**Mental Health and Related Resources**

**By Ms. Huong Vo, MVHS Administrator**

**What to bring:**

- Your best Chinese dish or desert or fruits 一道拿手菜餚、點心或水果
- Your student and one guest 您的孩子及一位同學朋友