

LEBANON TOWNSHIP SCHOOL DISTRICT

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May 13, 2020

Dear Parents,

Psychologist and “Unselfie” book author Michele Borba appeared on The Today Show this morning with helpful information for parents and their children. Many tips were given for those battling burnout and stress during quarantine with their families. “Battling Burnout Relieving Stress for Parents & Kids” was discussed. Please see link below for additional information:

<https://www.today.com/video/how-to-battle-burnout-and-relieve-stress-83406917574>

Enjoy the sunshine today and thank you for all you do to help us succeed.

Sincerely,

Patricia A. Bell