



Dear Parents,

Tonight we are entering the blessed (and for some, feared) period of Spring Break.

Dreaded, it can be for those who, among you, continue to work and at the same time juggle with how to occupy your little darlings during this period. Let me give you some advice:

Keep a structure: have your breakfast together, then a little family gym time (children will feel better and so will you!) and then your work time. That means an hour really dedicated to what you have to do for your job. Children must understand it.

They will have an hour in their room to (re) discover their games, toys and books. It can also be an opportunity to bring back to their bedroom all the toys that have gradually settled into the living room! As I said, this hour is yours; children do not have access to your workspace and must respect this time. They will try to balk and make you feel sorry at first, but stay firm: they will quickly find something to do! Obviously, tablets, consoles and TV stay with you...

An hour, you may say, is absolutely no time to do all that I have to do! I hear it; you will need to prioritize what is really necessary and essential and plan to do the rest later. Repeat the exercise in the afternoon, after lunch.

Here is a short video to accompany you:

<https://www.youtube.com/watch?v=iMCmICk-Wdw>

Then, between two periods of exercise, there will be your children who will be delighted to see you again!

For those who have been forced to take paid holidays, who have been placed on partial unemployment or who are simply on vacation, my only advice: take your time! Take the time to appreciate that your children join you in the morning in your bed, with their book, while you start/finish the famous book mentioned at the beginning of the confinement - you know, the one that was waiting for you on your bedside table ... Take time to teach them things of everyday life which, once the confinement is behind us, will free moments for you: lay the table (children can start very young), empty the dishwasher, peel the vegetables (no, a vegetable peeler is not a dangerous tool!), sorting the laundry, making their bed, vacuuming their room, gardening, ... I'm sure you have lots of ideas yourself.

But whatever your situation, psychologists say with all seriousness, find a moment (15/20 minutes a day) for you all alone, isolated from others: your bedroom, the bathtub,... and have a good time (5 lives of Candy Crush, a new page from the book mentioned above, 45 pieces in the 10,000 piece puzzle offered by Uncle Roger 10 years ago, the sorting of your screws by size and utility,...). Each family member has this right, this duty and everyone else must respect it.

Like all teachers, I will try to implement all these beautiful principles and will be delighted to see you again, even virtually from April 20.

Take good care of yourself and your loved ones,

Caroline Forgues