



**31<sup>st</sup> of March 2020**

**Dear Parents,**

**It is with great pleasure that we are beginning a new channel of communication for our school unit with you, the parents and at the same time we apologize for the delay, which was due to the time it was needed in order to take all the necessary steps to create our website.**

**First of all, we wish that you are all well and all of us to have the strength, the responsibility and the patience to overcome these difficult times.**

**Through our website and aiming the school to be supportive to you and your children, you will have the opportunity to take advantage of the activities that will be posted so that you can work at home creatively.**

**Through the creative use of children's time at home, it is paramount to ensure a stable and emotionally secure family environment that is capable to overcome any children's concerns, uncertainties and fears.**

**In this effort, remember that it's important ...**

- ✓ You parents, to be in a good psychological state so that you can manage children's reactions and help them.**
- ✓ To Avoid the constant flow of negative news that increases stress!**
- ✓ To Maintain a routine in your daily routine. This will lead to stability and security.**
- ✓ To Adopt hygiene rules, a healthy diet and exercise routine**
- ✓ Not to lie to children or hide the truth about why schools are closed and why WE HAVE TO STAY AT HOME !!**
- ✓ To teach children the value of collectivity, responsibility, and compliance with the rules. Take advantage of the whole situation with the necessity of staying at home and explain to the children that there are actions in life that we can do and actions we cannot do. That is, called LIMITS. And explain that, by protecting ourselves, we are protecting other human beings and vice versa (collective level).**

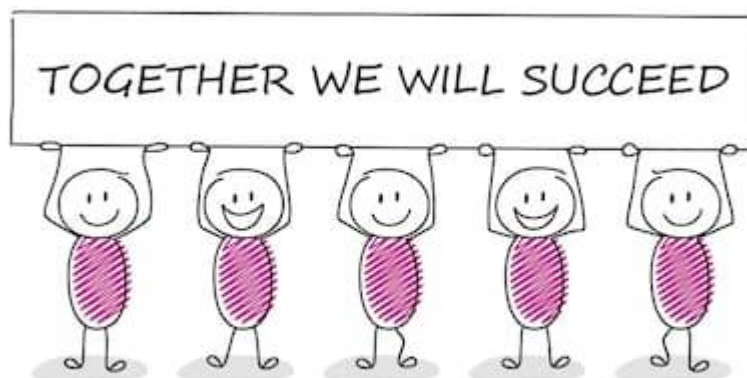
**At these difficult moments, we would like to assure you that, as a school unit, we will support you and be close to your children, even by distance.**

You can contact with us, through our e mail:  
[nip-potamos-germasogeias1-lem@schools.ac.cy](mailto:nip-potamos-germasogeias1-lem@schools.ac.cy)

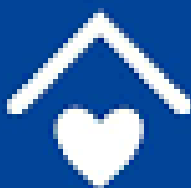
We will be glad if you send us drawings and others works of your children.

Yours sincerely,

Natasa, Maria, Laoura



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**Όλοι Μαζί θα τα  
καταφέρουμε  
#ΘαΤαΚαταφερουμε**

