

# Give Me a Break

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For kids, evenings are meant for relaxation and recreation. They are for playing in the backyard with friends, for dance lessons and soccer practice. They are meant for sharing a meal with people we care about and then cuddling up on the couch for some TV before bedtime.

So I ask all of you teachers out there...what do YOU like to do in the evenings? Do you like it when you have to bring papers home to grade after a long day of teaching? More work after working all day? No? Well, guess what. Neither do kids. And there are so many reasons that we deserve a break from our normal homework – at least for a while.

We work hard. It takes a lot of effort to pay attention all day at school and learn all of the new things you are teaching us. Our brains are TIRED by the end of the school day. Reading, math, spelling, language, writing and so much more. We love to learn, but you can't expect us to keep up that level of thinking all day and into the evening and night.

And how can quality family time happen if we are doing homework every night? We only have a few short hours between the end of the school day and bedtime. Once our homework is done, there seems to be no real time left to hang out with our parents and siblings. Everyone says that family is the most important, so our time with them should be protected as much as possible.

Now think about the physical exercise that we AREN'T getting by sitting at a table for an hour or more each night doing homework. We should be active so that we can stay healthy. We don't get much movement at school each day, so the evenings are our only chance to get out and get the much needed exercise that doctors say kids need these days.

You can teach us all that we need during the school day, can't you? We have faith in you. Give us a break. We deserve it! Don't you think?