



# QUEEN MARY'S SCHOOL, NORTHEND

[A minority institution run by the Helen Jerwood Memorial Education Society of the Diocese of Delhi, Church of North India]

**Model Town-III, Delhi-110009**

## MY SUMMER TIME...

(2024 - 25)

Class I to V



*In summer's embrace, the world aglow,  
Golden sunbeams dance, a radiant show.  
Fields of green, kissed by the breeze,  
Whisper secrets among the trees.  
Children laugh, their spirits soar,  
As endless adventures they explore.*



Dear Parents,

Greetings !

Summer Vacation is synonymous with relaxed mornings, long hours of playing, going for picnics, exploring new places and enjoying family time, while learning new things. Children can do a lot more and make their vacation more interesting and meaningful.

Following are few suggested activities for making summer time more fulfilling and a great learning experience for our children-

**Read daily:** Create a daily reading schedule for her to follow, where she will read newspaper headings and her favourite stories. This will help her in developing strong vocabulary and enhancing her language skills. Also, she will be updated regarding the latest happenings in the world.



**Discover her creativity:** Let her imagination soar as you engage her in creative activities such as observing the surroundings, expressing her thoughts through creative writing or storytelling. Encourage her to create masterpieces that reflect the beauty and wonders of this beautiful planet Earth.



**Limit screen time:** Use technology as a tool. Increased screen time affects our health negatively whereas increased physical activities helps in our growth and maintaining a healthy lifestyle. Prioritise physical activities like playing outdoor games or participating in drawing, colouring and painting sessions, going for nature walks and appreciating the beauty of nature.



**Yoga, an ancient art :** Yoga connects the mind and body. It helps us meditate, relax and maintain a healthy balance between mind, body and soul. We celebrate YOGA DAY on 21st June every year, which comes as a reminder to include Yoga in our routine. Practice different asanas like *Taar asana*, *Vriksh asana*, *Trikon asana* , *Vajra asana* and others taught in school and maintain a healthy regime.



**Games are important :** Play different games with them like Hide and Seek, Football, Ludo, Chess and other board games to enhance their decision making skills. Games like these help in developing spontaneity, increasing the IQ and presence of mind which strengthens the mental health of a person.



**Values for Life :** Engage your daughter in learning things that will bring her closer to Humanity. Teach her the values for life that will help her in becoming a good human being.



**Outreach Endeavour:** Donate toys, clothes or books to those in need. Thank God for your parents, your family, and learn to be empathetic by connecting yourself with the society.



**Stay Hydrated and fuel Your Body:** Drink plenty of water to stay hydrated, especially during outdoor activities. Share the importance of a balanced diet with her and train her to eat a balanced diet rich in fibre, carbohydrates, proteins, calcium etc. Include a variety of fruits, vegetables and whole grains in her everyday diet to energise her body for optimal performance.



**Communication Skills:** The ability to communicate effectively is crucial in every area of life. Good communication skills enable us to comprehend and make ourselves clear to others while sharing and receiving information. Encourage your daughter to converse effectively in English and her mother tongue or any language of her choice. You may choose any one object from your surroundings every day and motivate her to speak a few lines on it.



**Spend quality time together -** Quality time is time you spend with your children, giving them your undivided attention, doing tasks that they like to do. Making a meaningful connection with children is important and can be a simple priority to incorporate into your daily schedule. This will have lasting impacts on them as they grow into contributing adults in the future.



**Here are some simple tips for spending quality time with your children:**

- Train them to greet all elders in the morning and during the day.
- Create some routine rituals, such as picking and reading a short story before bedtime.
- Reinforce positive behaviours with your praises.
- Take time away from technology and spend time listening and talking to them.
- Share memories of your childhood with them to strengthen the family bond.
- Go for morning walks together and talk about her likes and dislikes, discuss global issues like climate change and inculcate various moral values in her through your actions.

**As we embrace the joy of summer, may each day be filled with laughter, love, and boundless possibilities. Let us dwell in the beauty of this season and cherish the memories we create together.**

**With warmest wishes for a summer filled with sunshine and smiles.**



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