

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, Delhi

MY SUMMER TIME...

(2019 - 20)

KINDERGARTEN

Dear Parents,

Adopt a Plastic Free Lifestyle

*Plastic pollution all around
Layers above and underground
All at sea, at every mile
Sea birds and mammals eventually die
The time has come to make amends
Its upto us to see how it ends
Come let's cease plastic pollution; Let this be our resolution.*

Queen Mary's School, Northend aims to measurably reduce plastic pollution starting from school and eventually around the world. In continuation to our efforts to 'Beat the Plastic' the students and all our dear Parents are advised the following-

*As a planet protector your mission is to improve world around you by producing less waste. Planet protector must help other people to learn how to **Refuse, Reuse, Reduce, Recycle**.*

PLASTIC POLLUTION is emerging as a top threat to mankind. Each one of us needs to work together and change our habits to reduce plastic footprints.

- Prepare a list of the common plastic products that you use in your daily life. Try to reduce the usage of these plastic items by switching to an option which is more Environment friendly. Encourage your families and friends also to reduce the use of plastic and opt for a 'Plastic free lifestyle'. Compare the amount of plastic usage at your home each day.*

It is our utmost responsibility to take care of our planet Earth, appreciate its beauty and be grateful for the innumerable gifts of life that it has always given us.

Together we can!



"GOD IN HEAVEN, HEAR OUR PRAYER. KEEP US IN THY LOVING CARE."

MAKE IT MONDAY - Encourage English conversation at home by choosing any one object from your surroundings and enabling your ward to say a few lines on it for effective language development.

TALENTED TUESDAY – Imbibe the following skills in your child for her social development.



- Greeting with a Smile when someone comes to your house.
- Answering the phone call with a polite 'HELLO', also asking ' May I know who is calling?'
- Sharing things with siblings.
- Encourage your child to respect and help the elders at home.



WATER FUN WEDNESDAY - Preserve nature by watering plants at home. Beat the summer heat by having a blast in the splash pool for gross motor development.

THOUGHTFUL THURSDAY- Show your creative side by pairing up with your child in a similar color dress and making one snack of that color. For eg; RED SNACK TIME- WATERMELON MOCKTAIL etc.

FOODIE FRIDAY – 'Yummy Yummy In My Tummy'. Let your little one help you in preparing lemonade, sandwiches and salads for the development of her fine motor skills.

SUPER SATURDAY – Inculcate the following Life skills in your child enabling her to become independent .

- Zipping/Unzipping the school bag.
- Buckling/Unbuckling the shoes. _____
- Flipping pages of a book.
- Proper toilet training.



SMILING SUNDAY - Go for an outing with your family for the socio-emotional development.

- Visit to the Zoo, Doll Museum, Railway Museum etc.
- Watch an animated movie.
- Watch cartoons like Peppa Pig, Sesame Street for encouraging English conversation.

SWEET REMINDERS

"Technology improves the lives of people who can avoid being dominated by it and forced into debilitating addictions to it."

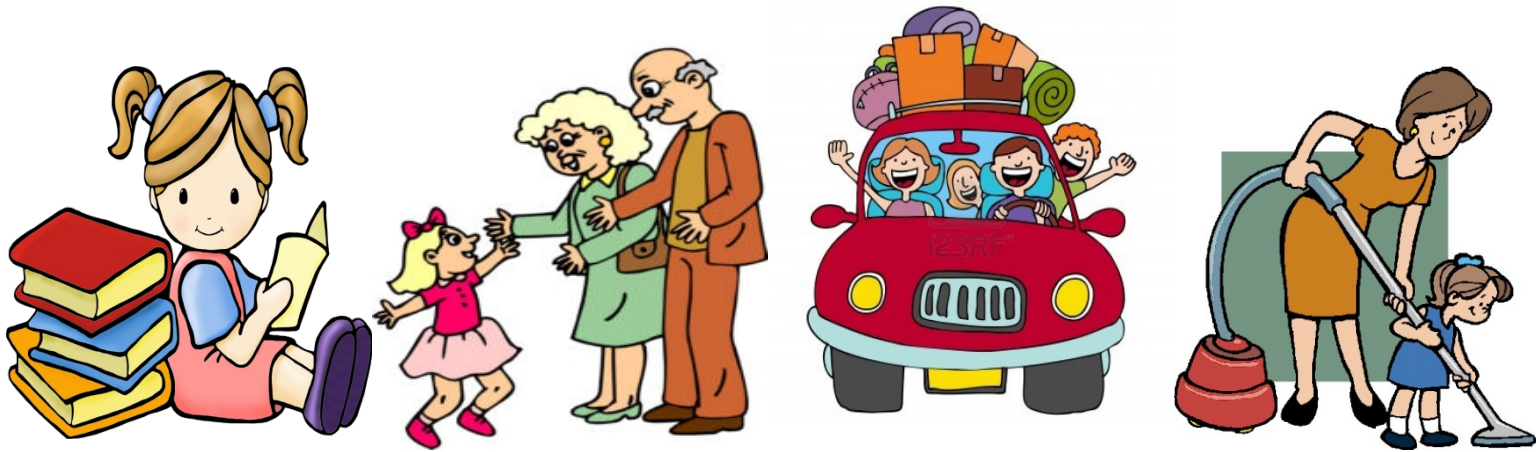


Frank Kaufman

*Spend time with family and close friends. Create special family moments and 'Give Technology Rest!'
Unplug from technology this summer and experience the benefits of hours of healthy fresh air and sunshine.*



1. **Father's Day- 17th June'19** : With the help of your mother, make a beautiful card for your father.
2. **International picnic day- 18th June'19** ; Plan a picnic with your friends and family.
3. **International yoga day- 21st June'19** ; Learn few Yoga Asanas.
4. Participate in little household chores with your mother.
5. Help your grandparents in things that they need and also like to do.
6. Read picture books and listen to bed time stories with your parents.



**Happy
Holidays!**