



# QUEEN MARY'S SCHOOL, NORTHEEND

[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...

(2022 - 23)

Class I to V



*“Thanksgiving is a joyous invitation to shower the world with love and gratitude.”*

- Amy Leigh Mercree

The Roman philosopher Cicero thought, Gratitude is not only the greatest of the virtues, but the parent of all of the others. Saying ‘thank you’ is the simplest form of expressing gratitude which means, ‘I appreciate you’.

Virtues are the positive teachings that help us follow the right path in life. A person who imbibes good values is a responsible individual capable of demarcating right and wrong. In today’s world, it is imperative for us to teach our children the importance of values. Values such as honesty, loyalty, reliability, efficiency, consistency, compassion, determination, and courage helps in character building.

Focus your child’s attention towards life values by showing her your real life practice of these values. Children always look up to their elders as their role models and it is important for us to give them these life lessons as a part of our daily routine.

- Each day is a new day that brings **hope** and innumerable reasons to **thank** God for His countless blessings.
- Mutual **Respect** teaches our children the importance of relationships.
- **Appreciate** the birds and the animals, the flowers and the trees, the lakes and the streams, and the sun that rises and sets over them each day.
- Teach children to be more **considerate** of others, more mindful of how they can help one another, this will develop an attitude of **empathy** in them.





***During the Summer Vacation, engage your daughter in learning new things which will bring her closer to Humanity and the ones which will help her in taking good care of her physical and mental health-***



- A regular intake of healthy foods in our diet boosts our immunity. So, eat healthy to stay healthy. Increase the intake of fruits and liquids to keep the body hydrated. Exercise with her daily to enhance her Physical and Mental growth through Yoga, Aerobics, Exercises and different Board games.



- To generate a sense of responsibility, assign small tasks to her. This will not only boost her confidence but will teach her the skill of management. Observe her approach and guide her, if required, to make small decisions on her own.



- Reading good story books, drawing and colouring, observing Science and Mathematics in nature will make her knowledge more real to which she can connect. This will develop Listening skills, Writing skills, skill of Narration, Expression, observation and fine motor skills.

**Symmetry in Nature**

***As a school, our primary aim is to develop positive thinking in our students. It leads an individual to success as they develop an attitude that helps them think that they can achieve their goals without being fettered by the problems that cross paths with success. Positive thinking is achieved through determination, perseverance, self-confidence, and hard work and a positive mind anticipates happiness, health, joy, and a successful outcome of every situation and action and works wonders like magic.***

*Happy Vacation!*



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