



QUEEN MARY'S SCHOOL, NORTHEND
MODEL TOWN III, DELHI.



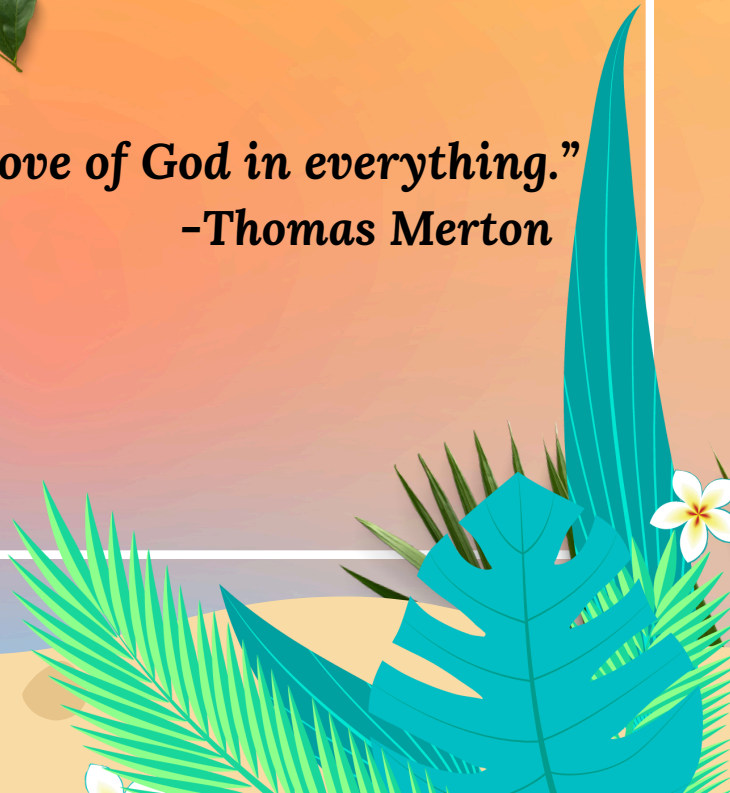
MY SUMMER TIME



2025-2026

CLASS 1&2



"To be grateful is to recognize the love of God in everything."
-Thomas Merton






*The sun is high, the skies are blue,
The days are long, adventures new.
No morning bells, no classroom walls,
Just open fields and waterfall calls.*


*Flip-flops slap on sandy shores,
Ice cream drips and laughter soars.*

*Books unread beneath a tree,
Time to dream and just be free.
Campfire tales and starry skies,
Fireflies dance as moonlight flies.*

*Ocean waves and mountain air,
Every moment light and rare.*



*So pack your bags and leave your cares,
The world awaits beyond the stairs.
For summer's here—let joy ignite,
A season pure, a heart's delight.*





Dear Parents,

Summer Holidays are an excellent time for students to relax, rejuvenate and engage themselves in various activities of interest that foster learning and creativity. It gives them the opportunity to spend quality time with their loved ones and learn life skills in practical ways.



Following are some activities suggested for making this summer time more engaging and enriching for our children-

- **Prayers are powerful** - Before you start your day spend a few minutes praying to God. Thank him for a new day, for your family and friends and for all the blessings that he has bestowed upon you.
- **Tales of wisdom** - The power of storytelling lies in the ability to connect and involve children in learning life skills in an easy and interesting way. It enhances knowledge, creativity, understanding and imagination. Narrate good stories with moral that evokes their emotions and pass down knowledge, experience and wisdom. Help your daughter read picture books of her choice on a daily basis. This will foster emotional intelligence, promote learning and build communication skills.

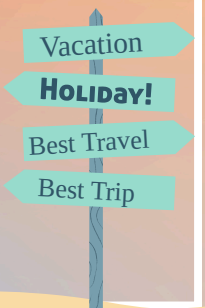




- **Appreciate the beauty in Nature** - Appreciate the gifts of nature around you. Observe the vibrant colours of sunrise, chirping of birds early in the morning, the flowers blooming and the whispering of butterflies. You will feel a deep sense of gratitude which will be a source of encouragement to protect and preserve the environment for the future generations to enjoy. During this break plant saplings, take care of them and watch them grow. Click pictures and share with the teachers in school.



- **Vacation Time, Family Time** - Vacation gives us the opportunity to spend quality time with our family, friends and relatives. Spending time together helps children develop social and emotional skills like communication, empathy and bonding. Visit your relatives, create lasting memories by enjoying meals, playing games, and spending wonderful time together.





- **Watch what you eat** - A healthy diet is necessary for our physical and mental well-being. A balanced diet provides essential nutrients to our body, boosts our energy level and strengthens our immune system. This vacation take a conscious note of what you eat and thank God for the food on your plate. Pray before you eat. Take small portions and finish everything. Make sure you do not waste food.
- **Balance your Screen time** - Children are becoming technology dependent now-a-days. As parents, plan their Screen time properly and always prioritize physical activities over digital activities. Be careful and make sure that children surf the internet only when needed and that too under your supervision. Technology is a tool, teach them to use it judiciously.
- **Maintain a healthy routine** - Devote time for physical games and exercises regularly. Help children perform small Yoga asanas. Protect them and yourself from the scorching heat of sun by wearing hats, sunglasses and sunscreen while moving out of home. Take plenty of liquids like lemon water, coconut water and keep yourself hydrated.



- **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 as they play a pivotal role in their wholesome development. Children always look up to their elders as their role models and it is important for us to give them life lessons as a part of our daily routine. Happy Holidays!



*May each day be filled with laughter, love,
and boundless possibilities. Dwell in the
beauty of this season and create wonderful
memories together.*





Let us pray

Dear Lord,

*As our students begin their summer break,
we ask for Your guidance in their activities,*

Your protection in their rest.

May they find joy in each day,

nurture their curiosity,

deepen their compassion.

Keep them safe from harm.

Help them to grow in your wisdom and knowledge .

May this summer be filled with laughter,

learning, and love.

Bring them back refreshed and ready for new learnings.

With grateful hearts, we pray

Amen

*HAPPY
Vacation*

