

April 20, 2018

Dear Parents,

Greetings!

- ☀ Admission for the academic year 2018 -19 is going on for the grades Pre-KG to XI. Kindly convey your friends, relatives and neighbours to join with our best team.
- ☀ The long awaited Summer Holidays is finally here as Summer Vacations...!! You will all agree is synonymous with peace, rest, relaxation, recreation, honing of hobbies, socializing, indulging in new pursuits etc.

The Summer Vacation starts from April 21, 2018 (Saturday) onwards. The reopening date will be informed later through UOLO.

- ☀ A child's brain is full of creative ideas that can be used to make the most of the spare time that they get in their summer holidays. The activities given below will ease the boredom and provide a spark to your child's creativity and imagination.

Holidays are times when you connect with your child in many ways like:

- Take your child for a walk, talk about the things around and about your family history.
 - Play indoor games with your child like Ludo, Carrom, Scrabble and watch etc.
 - Assign small household chores like dusting of the house, cleaning wardrobes, their bookrack, watering the plants etc. to make them understand the dignity of labour and importance of cleanliness.
 - Encourage your child eating healthy food. Practice them to tie their shoe lace neat and polish their shoes on their own which will greatly help them when the school reopens.
 - Help your child to make their favourite lemonade, lassi etc. on their own.
 - Let your child to do lot of drawing and painting.
 - Please try to speak to your child in English as much as possible.
 - Kindly encourage your child to use the golden words like 'Sorry', 'Please', 'Excuse me' and 'Thank You' extensively with your family members.
 - Please inculcate good reading habits in your child and set a routine to your child like reading, playing, home maintenance etc.
- ☀ KSR Akshara has always been a motivating partner of growth and development in the lives of the students.
 - Parental care is a much needed nutrition for a child to attain a proper growth.
 - As you are the first teacher your capability of understanding them should be the best. Parents are their beautiful world.
 - Being a teacher we have safely manoevered and promptly nurtured them with knowledge.
 - It is now you who can do wonders.
 - You can import and mould them with **"bed time stories"** by knowing their likes and dislikes.

The stories you choose will be the path that shall choose in their life"

- ❖ Select a story where you find your child need much attention.
- ❖ Avoid stories which would drive them in an opposing manner.
- ❖ Promote mythological stories.
- ❖ Continuation of this intense relationship and never break the chain of routine.

Some dos and don'ts during summer vacation:

Dos:

- ✓ Drink lots of water – at least 8-10 glasses per day.
- ✓ Carry a water bottle everywhere you go.
- ✓ Lime juice and fresh fruit juice act as refreshments and quickly replenish body's lost fluids.
- ✓ Wear light coloured fabrics and full sleeved cotton clothes. This will keep your body cool and protect you from UV rays. Don't forget your hat and sunglasses.
- ✓ Use sunscreen (with minimum SPF-15) and apply it at least 20 minutes prior to sun exposure.
- ✓ Eat small, light and frequent meals. Eat lots of vegetables and seasonal fruits.
- ✓ Stay indoors as much as you can.
- ✓ Read for an hour everyday.
- ✓ Explore various games.
- ✓ Enjoy your holiday trips.



Don'ts:

- ✓ Don't be out in the open between 11 a.m. and 4 p.m.
- ✓ Don't have junk food and fried food items.
- ✓ Don't waste time in being lazy.
- ✓ Don't dirty your place of living.

