

KSR Akshara Academy

Holiday Home assignment

For JKG



**Sweet as a berry, Summer is merry
Cool fruits and lemonade
A memory that will never fade
Vacations are always FUN
Remember not to go out in the sun!**

Dear parents,

- **Gratitude for your kind cooperation for the successful step into this academic year 2023-24**
- **Admission for the academic year 2023-24 for the grades from Pre kg to XI is going on. Kindly convey your friends, relatives and neighbours.**
- **The school reopens after the vacation on JUNE 07, 2023 (Wednesday). Please ensure to send your child on the day of reopening to school without fail.**
- **Our children can best comprehend the value of family, only when parents inculcate the significance of the relationship in the minds of the children. It's your turn to reach your children.**
- **It's a humble request you to spare your valuable time with your child.**

Here we start.....

- ❖ **Wash your hands frequently** with soap and water to be hygienic.
- ❖ **Drink plenty of water**
 - Make sure your child drinks enough water throughout the day.
 - Encourage them to drink water.
- ❖ **Apply sunscreen**
 - Protect your child's skin from the sun's harmful rays by applying sunscreen on exposed areas of the skin.
 - Make sure to use a broad-spectrum sunscreen with an SPF of at least 30.

❖ **Wear appropriate clothing**

➤ Dress your child in light weight and loose-fitting clothing that is comfortable and allows for easy movement. Avoid dark-colour clothing, as it absorbs more heat.

❖ **Take frequent breaks**

- Encourage your child to take breaks from playing and other activities to cool down and rest.
- You could also arrange for indoor activities during the hottest parts of the day.

❖ **Eat healthy snacks**

- Provide your child with healthy snacks that are rich in water content such as fruits and vegetables.
- Avoid sugary and salty snacks as they can dehydrate the body.

❖ **Stay in shaded areas**

- During outdoor activities, encourage your child to stay in shaded areas to avoid direct exposure to the sun.

❖ **Morning blessing**

- Ensure that your child gets blessings from their parents and grandparents every day.
- Help your child inculcate good habits like doing “Surya Namaskar” and encourage him/her to wish all elders in the morning.
- If possible, visit a temple or any other religious place of your choice.

❖ **How Independent can I become**

Make your child more independent by teaching them various activities like

- Buttoning and unbuttoning the shirt.
- Folding mats and clothes.
- Arranging their toy self.
- Learning to wear shoes and socks.
- Learning how to zip their school bag.
- Sorting and pairing house hold items.

❖ **Good manners and good habits** are their lifelong assets and they should be practiced until they become habit.

- Revise the four magical words: **PLEASE, SORRY, THANK YOU** and **EXCUSE ME** which we have learned as the part of basics of good manners.



HAPPY SUMMER HOLIDAYS