

Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit." - Conrad Hilton

Dear Parents,

Summer Vacation has just begun. It is the time, where children are free to be themselves without the rigour and squeezed up schedules that define school days. While educationists lament the loss of learning that takes place during the vacation time, popularly termed "Summer Slide" claiming that the disconnect with rigorous academic discipline offsets all the benefits and progress in the learning curve. But the watchword here is "Freedom"- freedom to be, freedom to explore the within and without, bond with the extended family, nature, pursue hobbies or just engage with oneself and others in his immediate surroundings in a meaningful and purposeful ways.

In today's fast paced life where there is "no time to stand and stare", Parents need to spend quality time with their children and make up for all the lost time by bonding with them during the vacation time.

Some pointers for Students:

1. Keep up your daily schedule even during vacation- get up early and go to bed early.
2. Read good books and explore your neighbourhood.
3. Go for cycling in the evenings or a stroll in the morning in your neighbourhood park.
4. Meet with members of your extended family.
5. Make journal entries about things that transpired every day of your vacation. If you happen to visit any new place, keep a photo journal to record your experience.

For the Parents:

1. Spend quality time with your wards. Gift them your time. It is irreplaceable.
2. Bond with your children through common hobbies.
3. Set an example for your child by reading yourself.
4. Take your children to visit their grandparents.
5. Eat together as a family-Remember "The Family that eats together stays together."

So here's wishing all parents a fruitful and productive vacation with their wards!

Warm Regards,
Principal



GLOBALLY IMPORTANT DAYS OF THE MONTH

MAY 1 International Labour Day- International Workers' Day, also known as Labour Day or Workers' Day in some countries, and often referred to as May Day, is a celebration of the working classes that is promoted by the international labour movement.

MAY 15 International Family Day- The Day reflects the importance the international community attaches to families. The International Day provides an opportunity to promote awareness of issues relating to families and to increase knowledge of the social, economic and demographic processes affecting families.

JUNE 5 World Environment Day- Is encouraging worldwide awareness and action for the protection of our environment. It has been a flagship campaign for raising awareness on emerging environmental issues from marine pollution, human overpopulation, and global warming, to sustainable consumption and wildlife crime. The theme for this year is 'Beat Plastic Pollution'. The host nation is India.

CAMPUS CLANDESTINE



The session commenced with Teachers' assembly wherein teachers reiterated on the school annual theme 'Noise Pollution' and its adverse impact. Thereafter, Thursday Activity witnessed Quiz Contest centered on Environmental Science, wherein four rounds were conducted, thus proved to be ecstatic and enriching for the budding minds. Another activity named 'Airlift' in which students stuck one of the famous personalities of their choice on chart paper and penned down the details on them. In addition to these, students festooned their bulletin boards with annual theme 'Noise Pollution' and the theme of the month, 'Cities & Villages' and 'Family'. Hence, it made them to widen their horizons on life being led in cities and villages.

JUNE 12 World Day against Child Labour / Child Labour Prohibition Day-focus attention on the global extent of child labour and the action and efforts needed to eliminate it. Each year on 12 June, the World Day brings together governments, employers and workers organizations, civil society, as well as millions of people from around the world to highlight the plight of child labourers and what can be done to help them.

JUNE 21 International Day of Yoga- The idea was first proposed by the current Prime Minister of India, Mr. Narendra Modi during his speech at the UNGA, on 27 September 2014. He stated:

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in wellbeing. Let us work towards adopting an International Yoga Day. — Narendra Modi, UN General Assembly



AMAZING FACTS

did you know?

There's a Spotted Lake in Canada where most of the water evaporates in the summer and leaves behind puddles of colorful mineral deposits.



Uranus only has 2 seasons- summer and winter. Each lasts 42 Earth years.



JUICE IT UP THIS SUMMER

Aloe Vera and Lemon Cooler



Ingredients:

- ❖ Aloe Vera 2 tablespoons
- ❖ Lemon juice
- ❖ Sugar 3 to 4 teaspoons
- ❖ Salt 1 ¼ teaspoon
- ❖ Water 1 ½ cup

METHOD

1. To make this summer drink take a blender jar
2. Add about half cup water to it
3. To the water add the rest of the ingredients
4. Blend them all together
5. Now pour in the rest of the water along with some ice cubes and churn again
6. Serve chilled

Variation - Add minty water instead of plain water to create an even fresh and soothing variant.

TONGUE TWISTERS

Seven seasick seamen, on the ship 'Shangai' washed seven shirts in the sea.

GLOBALLY IMPORTANT DAYS OF THE MONTH

"Music expresses that which cannot be put into words, and that which cannot remain silent."

~ Victor Hugo

There's nothing in the world like the sound of your favorite song coming on, it just gets right into your head and your body and makes you move. Or maybe it takes you on a journey to a faraway place and time, where you languish in a memory of times gone by and people who are no longer present. Some of our favorite songs can lift us up out of depression, and make an otherwise horrible day suddenly seem like it's not so bad. **World Music Day** celebrates music in all its forms and its impact on the world and the human spirit. The best way to Celebrate World Music Day is to spend the day listening to all your old favorites, and if you're truly feeling adventurous start exploring YouTube for music from different cultures.



Every year on 14 June, countries around the world celebrate **World Blood Donor Day (WBDD)**. The event, established in 2004, serves to raise awareness of the need for safe blood and blood products, and to thank blood donors for their voluntary, life saving gift of blood. Donating blood regularly has proved beneficial not only for the

recipient but also the donor. It is helpful for the vital organs and it reduces the risk of chronic diseases. It is necessary to donate Blood for the survival of the people.

PARENT PLUS

- ✓ At the onset of the new session, please ensure that you label all your ward's belongings.
- ✓ Spend quality time with your loved ones and assist in their Holiday Assignment.
- ✓ Read almanac rules and explain in detail to get awareness about our school rules and regulations.
- ✓ Check your ward's almanac note and ERP regularly.
- ✓ Send your child to school in complete uniform as hairband and I-Card are integral part of our school uniform.

