

Guidelines for summer vacations

Dear Parents/Guardians,

It's summer... that time of the year when teachers bid farewell to students.

This has truly been a fantastic year. We had such a great time together. Children learnt to have confidence in their own abilities, to express their thoughts and ideas and to work together as a group.

As children set out on summer adventures, here are some tips to keep them physically busy and mentally active during long summer days.

- **Staying fit!**

Give your child a healthy start by promoting healthy eating and an active lifestyle. Limit processed food and sugary drinks. Children should get at least 60 minutes of active play each day.

- **Explore outside!**

Being outside in nature is important for all children. See what your child discovers about the area around your house.

- **Play in the dirt!**

It's messy but it is good for your child. And there's something about digging and piling that is just fun!

- **Playing together builds bounds:**

Playing board games that can bring your family together. Children learn to have patience while taking turns.

- **Limit screen time:**

Know when to turn the T.V, computers, tablets, smart phones and other electronic gadgets off. Children should not have more than half an hour of screen time every day. Art and crafts provide alternative ways to help connect with each other e.g. painting and art projects made from recycled materials.

- **Reading hour:**

Reading is one of the best habits we can pass to our kids. It increases concentration and focus and the ability to empathize with others.

- **Cook with your child:**

Let them make their own vegetable and fruit salad. Contributing to the family meal is a very rewarding experience for kids of all the ages.

- **Develop the family custom of eating together:**

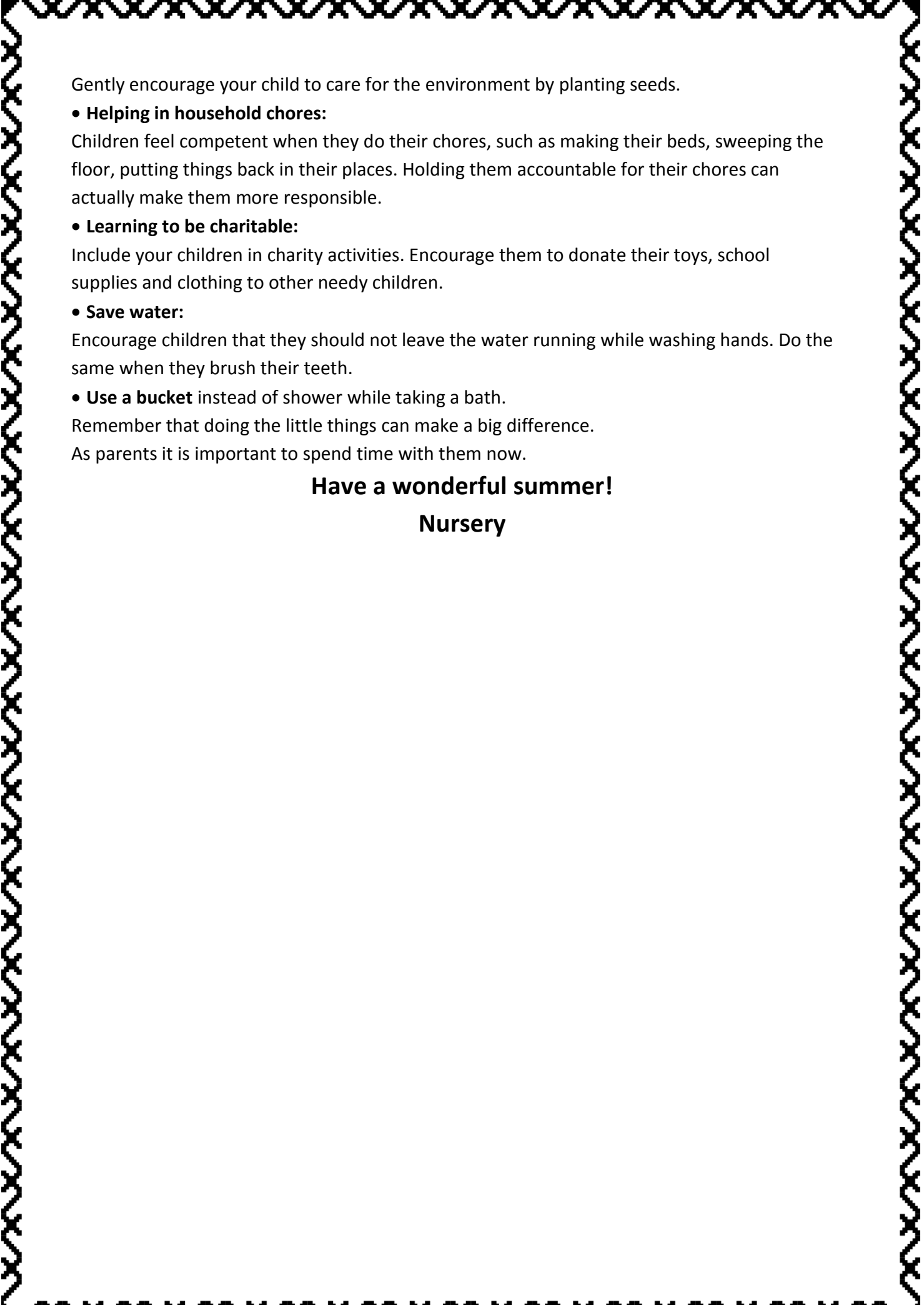
Make at least one meal a day a special and pleasant family time. Have your child set the table. You can teach table manners, such as not talking with a full mouth, using a napkin and not reaching across another person's plate.

- **Visit your grandparents** and build bonds with them, share stories about their childhood.

- **Save birds!! Keep water for them.**

Keep a water bowl where ever possible and ensure to refill it.

- **The Green Generation:**



Gently encourage your child to care for the environment by planting seeds.

- **Helping in household chores:**

Children feel competent when they do their chores, such as making their beds, sweeping the floor, putting things back in their places. Holding them accountable for their chores can actually make them more responsible.

- **Learning to be charitable:**

Include your children in charity activities. Encourage them to donate their toys, school supplies and clothing to other needy children.

- **Save water:**

Encourage children that they should not leave the water running while washing hands. Do the same when they brush their teeth.

- **Use a bucket** instead of shower while taking a bath.

Remember that doing the little things can make a big difference.

As parents it is important to spend time with them now.

Have a wonderful summer!

Nursery

Activity



Little Master Chef



Children enjoyed sharing their cooking experience with their friends in school. Making different drinks/shakes at home under supervision of an adult will help reinforce different concepts e.g. measuring capacity, empty/full, more/less etc. Before inviting children to join you in the kitchen, it is a good idea to discuss basic kitchen safety rules.

For Example,

Tang

- 2 Tablespoons tang
- 1 teaspoon sugar
- 1 glass of water
- Ice cubes

Take a glass of water. Add 2 tablespoons of tang. Add 1 teaspoon sugar. Stir well. Add ice cubes if needed. Enjoy.



Table 1	Table 2	Table3
at	cap	get
sat	kit	rag
it	pick	peg
sit	sack	gap
pit	cat	dig
tip	can	gas
tap	snack	tag
pat	tick	hot
sap	set	mop
sip	pet	pots
nap	tent	dogs
pan	neck	top
tin	ten	dot
ant	pen	hop
nip	net	nod
tan	nest	pop
	hip	pond
	hat	sun
	hen	dug
	hiss	cup
	hat	mud
	hit	up
	rat	us
	rip	cut
	ran	hug
	rest	dust
	rap	nut
	men	leg
	him	lips

	miss	help
	man	plan
	mat	hill
	met	lid
	him	lap
	mess	lot
	dip	let
	hid	plug
	pad	fit
	dad	fat
	did	puff
	den	soft
	had	fun
	red	fan
	sad	fin
	sand	flag
		lift
		frog
		fog
		big
		cub
		bag
		crab
		bat
		bed
		big
		bus
		bell
		belt

Note: please help your child blend and read these words.
Download Jolly Phonics app for reading/blending exercises:
<http://jollylearning.co.uk/jolly-phonics-letter-sounds-app-2/>

Activity



Action/Doing Words fun



A doing word tells us what someone or something does. A few examples of doing words are, 'walking', 'running', 'jumping', 'eating', etc. Doing words can be reinforced in many interesting ways with the help of different activities at home. Take a picture while your child is involved in different activities e.g. playing, colouring, laughing, cutting, pouring etc. Mention the doing word on the picture and send it with your child after the summer break to discuss it with his/her class.

The following websites are recommended to help reinforce the concepts taught in computer lessons during vacation.

- www.abcya.com
- www.funbrainjr.com
- www.kidzpage.com
- www.primarygames.com
- www.happyclicks.net



Have fun!



My Book Review

Name of Book:(English):

Author:(Who wrote the book):

Draw a picture of your favourite character of the book:

My Book Review



Name of Book:(English):

Author:(Who wrote the book):

Draw a picture of your favourite part of the book:

Tricky/Sight Words

Tricky/Sight words are high frequency words that children are likely to encounter in everyday language and text and these need to be read at sight /recognized instantly. Many of these do not sound the way they are spelled so should be learnt as one unit and not as phonetically blendable letters.

I

are

am

is

he

on

she

the

to

me

be

we

all

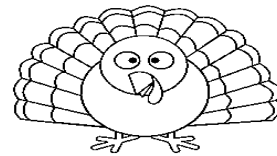
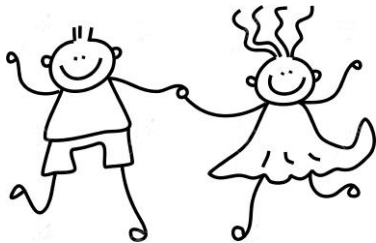
do

was

Activity

Calendar

Over the academic year, children have enjoyed reading the days and dates on the calendar, they have orally covered the numbers till 30. To reinforce this habit of reading days and dates, please help your child mark /colour the day and date on the calendar when he/ she will be doing any activity from his/ her homework. This would help them to read the calendar and recall the dates, days and months orally.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					