



DELHI PUBLIC SCHOOL **KATRA**

AFFILIATED TO CBSE CODE: 730052



SESSION: 2022-2023

Class III

Summer, Summer is almost here.

Time for fun & Swimming gear,

Trips to the beach,

Are always such fun,

Along with baseball

And games where we run.

Summer, Summer is almost here.

**Dear Parents,
Greetings!**

Summer Vacation is the best time of the year for all ; its the time for loads of fun and frolic. But all play and no work makes Jane/Jack a dull girl/boy.

To make learning a fun for the students , this summer vacation we have planned few activities and assignments to encourage students to explore, engage and enjoy while they learn a lot ! Kindly help and guide your ward in completing his/her work and also exploring his/her creative self.

Wishing a safe and joyous vacation!

Some tips to make this holiday special:

- ***Have a family dinner every day..***
- ***Play indoor games and show them who is the smartest.***
- ***Make a set routine for him/her to do holiday homework as regular practice improves his/her learning and writing skills .***
- ***Devote sufficient time for developing reading & writing skills and for solving mathematical problems.***
- ***Read, revise and practice the course covered in all subjects so far and encourage your child to cultivate the reading habit because it not only enhance the knowledge acquired but also develops the vocabulary, language skills and improves spellings. Encourage your child to read G.K book and current affairs to update himself/herself.***
- ***Spend quality time with your child engaging him / her in activities based on enhancing his / her powers of observation and imagination.***
- ***Above mentioned guidelines will help your child to become a smart and active learner.***

Subject	Topic	Mode of conduct
English	1.Revise the syllabus for periodic-I 2.Reading is to mind what exercise is to body and prayer is to soul. Read any book of your choice and write 10 new words in alphabetical order. Write down their meaning from dictionary and make sentences. 3.write one page of writing daily (atleast 15 pages) Note:-Maintain separate note book for English holiday work	Pencil & Paper

Value Education	Past a picture of your pet/ pets and write a few lines about it. Make something useful out of waste material available at home.	Paper & Pencil
G.K	1. Paste a picture of your favorite hill station and write five lines about it. 2. Learn lesson 1,2 and 3	Paper & Pencil

Some Do's during Summer Vacation

- ***Eat a nutritious diet with a plenty of water. Have citrus fruits (Orange, lemon, grapes)and vegetables which are rich in vitamin C, Vitamin D containing food and Zinc- containing food (Lentils, Beans, nuts etc.)***
- ***Birds need you this summer. Summer is at its peak, make a small bird feeder and place bird baths for thirsty birds on terraces, compound walls and balconies.***
- ***Do your bit to save them and aware others about this message!!!***

- ***Adopt a healthy lifestyle***



(chips, cold drinks,
noodles)

**AVOID JUNK
FOOD**



**REGULAR
EXERCISE**



**EAT HEALTHY
FOOD**

TIPS FOR HEALTHY LIFESTYLE



**PRACTICE
MEDITATION
DAILY**



**MEDICAL
EXAMINATION**



**SLEEP EARLY
AND WAKE UP
EARLY**

TIPS TO BEAT THE HEAT DURING SUMMER

TRY TO KEEP YOURSELF HYDRATED



INCLUDE CITRUS FRUITS AND SEASONAL VEGGIES IN YOUR DIET



DRINK LEMONADE AS MUCH AS POSSIBLE



- **Practice Yoga Every day**
- **International Yoga Day Celebration: 21 June**



(Practice yoga under the supervision of your parents)

- ***Father's Day Celebration :19th June***

Father's Day is a celebration of fathers, honouring fatherhood, paternal bonds and the role fathers play in society.

This day celebrates fatherhood

and male parenting. Although it is

celebrated on a variety of dates worldwide,

many countries observe this day on the

third Sunday in June.

Activity on father's day

Children are requested to make

attractive and beautiful cards for

their father.



F- Faithful and true
A-Always there to guide you
T-Teaches you right things and to do no wrong
H-His counsels are my songs
E-Ever firm in imparting his ideals and principles
R-Ready to catch me each time I fall

My father was, is and always will be,
An impeccable stature of heroism and cavalry;
He never fails to show his love for me,
His arms are my shelter and felicity.

Happy Fathers' day!
Won't take a miss to greet you today.
For the rest of my days I'll honor you Dad,
I promise to keep you proud and glad.

Happy Father's Day



Principal
DPS, Katra