

HOLIDAY ASSIGNMENT FOR PARENTS

Dear Parents,

Warm greetings ,

As summer break is approaching and our students will spend around 1 ½ month with you. We all love them and are proud of them. We take this opportunity to make these holidays a very happy , peaceful and fruitful period.

We would like your co-operation for the following:-

- Please teach them few basic domestic chores like washing their own utensils, folding their clothes, washing their clothes, making their bed , maintaining the kitchen garden/garden
- Let them plan menu of at least one meal daily and encourage them to come up with healthier options
- Please take them to ' kissan Mandi' or green vendors for purchase of vegetables and fruits and explain them how to look for fresh and ripe product.
- Encourage them to spend sometime with grandparents /elderly neighbours.
- Please spend sometime looking at old photographs /videos and enjoy the nostalgic trip
- Encourage them to read newspapers/books. If possible get membership of local library.
- Allow them to help you in cooking
- Share stories about your childhood, your school, your family trips, your first jobs, etc
- Try to go out for a walk at least 2-3 times a week.
- Let us nurture them with real knowledge which demands our time and love.

Hope you will have great time together

Regards.

Bhavan Vidyalaya

Sector 27

Chandigarh