



المدرسة الهندية - دارسيت INDIAN SCHOOL DARSAIT

A NABET Accredited School Affiliated to CBSE vide Affiliation No. 6130012

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CIRCULAR (Classes I to VIII)

Dear Parents,

Greetings from Indian School Darsait!

Summer vacations are on the way and a real break from the routine is essential to revamp and refresh completely. We like to share some tips especially to make the vacation of our children as fruitful as possible.

You all will agree that as parents, it is our duty to help our children during this vacation time to promote creativity, strengthen the relationships and build up lasting memories for our children. Infact, a family vacation is a perfect opportunity to create a trip - scrapbook that will be a lasting souvenir of family adventures.

Lets' follow some of the tips given below:

- **Family Tree:** Start with a family tree, let the children know the full name of their grandparents, great grand parents. Allot a page for your relatives and let the child know the value of relationships. Encourage them to interact with their grandparents and relatives. This will build up a stronger and lasting Family tree.
- **Family Story:** Let them write a story about your family, emphasizing on your culture and tradition. This will bring to light an awareness of the roots that brought up your family tree. Research indicates that people who know their family history tend to have higher self-esteem too.
- **Art & Craft Work:** Art & Craft works like making of clay pots, doll making, embroidery, quilling, sewing, handicrafts, origami, card work etc. will encourage the involvement of all the senses and fine motor skills of your child. Please take pictures of your child's creativity and add them to their scrapbook / collections.
- **Attending Weddings & Cultural Events:** Encourage them to attend weddings and cultural events, take up pictures and write about the moment they enjoyed the most in that place. This will strengthen their cultural roots.
- **Community & Society:** Introduce your child to your community. They should recognize how their unique family contributes to a wealthy and healthy society. As they explore, they begin to understand themselves better, learn opportunities that will emerge to explore social prejudices and biases.
- **Sharing & Caring:** Holidays are the perfect time to instill the value of sharing with others who are less fortunate. Please try to visit an orphanage and if possible try to donate something according to your capacity. This will surely inculcate the rich values of sharing and caring concept making them a better responsible citizen.
- **Farm Visits:** Please take time to visit places where our food crops are grown. Let them be aware of the hardships of farmers who work to feed us. Reiterate that wasting of food is wasting the hard work of so many people.

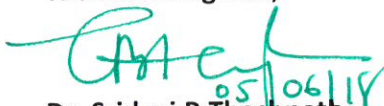
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- **Household Chores:** Altruism starts with chores at home. Children can learn to be responsible by helping to set the table, taking care of a pet, cleaning out a closet, washing the car etc. Ask your child to be your energy consultant and help find ways to conserve energy in your house. Make a schedule and exhibit it on the refrigerator or a wall, so children keep a track of what they need to do. Let them understand that each one is a part of the family, by helping one's own family they are helping themselves.
- **Books & Magazines:** Please try to buy good books & magazines according to the taste and preference of the children and if possible read books together. Also if possible when you return from the Summer vacation, your child can donate a book to the library as part of his contribution to the school.
- **Gadgets:** Allotting a time for gadgets will help them to schedule and limit their use of gadgets. By letting them explore other aspects of their life, they may discover their calling for creativity, music and movement rather than using their gadgets.
- **Outdoor Games:** Outdoor games help learning by enhancing their gross motor skills. Set up a play group of the same age. Make sure they play with the same group so that the power of trust among friends is enhanced.
- **Swimming:** Inspire your kid for swimming which is an important life skill. Let them love the sport and will stay motivated and focused. Make the atmosphere and experience fun.
- **Trip Organizer:** Promote them as your family's junior travel agent as the Trip Organizer. Half the fun of a trip starts before you get there. Involve your child in the planning by practicing how to use a map to find cities and tourist attractions, and how to estimate distances. If you are driving, work with your child to figure out how many liters of petrol it will take to get there and estimate the cost. If you are flying or traveling by train, check travel schedules and itineraries through them as the Trip Organizer. They will surely feel very honored.
- **Quality Time:** Please spend quality time with your children, interacting and explaining to them thereby facilitating their cognitive processing rather than passively receiving information.
- **Freedom:** Last but not the least, give your child the freedom to become the best as rightly said by Khalil Gibran,
"Your children are not your children, They are the sons and daughters of life's longing for itself. They have come through you, not from you, And though they are with you yet they belong not to you...You may give them your love but not your thoughts... for they have their own thoughts..."

Thank you parents for your patient reading and hope that this summer break will be a memorable moment to cherish and treasure by spending and giving true meaning to this vacation. Wishing you all a wonderful, memorable and a happy vacation!

Thanks & Regards,


 05/06/18
 Dr. Sridevi P. Thashnath
 Principal



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