



March 2018



Dear Parents and Well Wishers

***Summer Holidays** - the two words bring wonderful memories of gardening, trip to grandparents' house, splashing in the cool water and the list goes on. It is an escape from the dreadful morning alarms and allowing us to begin the day leisurely.*

The summer holidays have always been every student's favourite around the world. The holidays are when the children have the time to discover new interests and pick up old hobbies without being told to do so. It is that time of the year when they can connect and bond with family and friends. The holidays present an excellent opportunity to travel and explore new places.

The children should plan their own time as it a fantastic way to develop confidence in them. Encourage and guide them as they create wonderful memories. Over-scheduling children with various activities during the summer is unnecessary and could ultimately keep kids from discovering what truly interests them.

The science behind Holidays -

*Summer holidays are like "**brain fertilisers**" improving physical and mental health - as well as helping in stress regulation. The brain fertilisers triggered in enriched environments are associated with higher IQ in children (Gunnell 2005). Spend time exploring together in a new space, and you're making your child smarter.*

“Summertime is always the best of what might be.”

-CHARLES BOWDEN



The brain's **PLAY system** is exercised every time the child is engaged in an activity they enjoy such as playing in the sand or with friends. The brain's **SEEKING system** is exercised each time they explore new things. These brain systems were discovered by Professor Jaak Panksepp, a world-leading neuroscientist at Washington State University. So, when you take your child on a holiday, you are supporting their explorative urge (SEEKING system) a vital resource for living life well, and their capacity to play (PLAY system). In adulthood, this translates into the ability to play with ideas, essential, for example, to the successful entrepreneur.

Holiday Inspiration - Parents and children can collectively write down a summer holiday bucket list they might enjoy doing during the summer break. There can be activities such as playing with friends, reading a book or going on a bicycle ride. Parents could also encourage the little ones with ideas such as learning a new skill, putting up a play or even cooking dinner!

A lovely and delightful vacation leaves the children feeling ready to take on the world once more.



HIGHLIGHTS OF THE MONTH



Congratulations - Nischay of Class VI on winning the 'Special Mention Award' at Green Hackathon 2017-18. He has also been awarded with 30 hours of internship with Reap Benefit Foundation.



Ms Sandhya Mehta, the Art teacher at School Of India has been awarded with the 'Active Teacher Award', 2017-18 for her contribution to the All India Colouring and Handwriting competition held by the Akhil Bhartiya Nagrik Vikas Kendra.

Reading is important, because if you can read, you can learn anything about everything and everything about anything. —Tomie de Paola. Students of Class III - IX were awarded with the Reader Of The Year Certificate to encourage and appreciate their love for reading.



Pre - Primary

Class Party - As the school year wraps up, it's time to celebrate all the hard work accomplished and ring in summer vacation.



With Warm Regards
Shyamashree Chatterjee
Headmistress
School Of India