



# **LITTLE FLOWER CONVENT SCHOOL**

**VILL. MANGWAL – PATIALA ROAD – DISTT. SANGRUR – PUNJAB. 148001**

**Dear Parents,**

Summer vacation is a time for adventure, exploration, and making memories that last a lifetime. As the summer vacation begins, we would like to take this opportunity to wish you and your family a relaxing and rejuvenating break. It's a great time for your child to unwind, recharge, and explore new interests. During this period, we encourage you to spend quality time with your child, engaging them in activities that promote learning, creativity, and physical well-being and foster growth and development.

As a parent, your role is crucial in ensuring your child's safety, health, and well-being during the summer vacation. Please ensure that your child follows a balanced routine, stays hydrated, and gets adequate sleep. We understand that summer vacations are a great time for families to bond and create lasting memories. As we look forward to the new academic session, we are confident that the summer break will provide your child with the opportunity to return refreshed, revitalized, and ready to take on new challenges.

Thank you for your continued support and corporation in your child's education.

**Best regards,**

**The Management**

**LFCS, SANGRUR**

**Date: 1<sup>st</sup> June, 2025**

## **HEALTHY AND GOOD PRACTICES CHILDREN CAN PRACTICE DURING HOLIDAYS WITH THEIR FAMILY:**

1. Outdoor activities: Engage in outdoor games, sports, or simply play together in a park or backyard.
2. Cooking and baking: Prepare healthy meals and snacks together, teaching children about nutrition and cooking skills.
3. Reading time: Set aside time for reading together or individually, exploring new books and authors.
4. Nature walks: Take walks together, exploring nature, and learning about the environment.
5. Board games and puzzles: Engage in board games, puzzles, or card games that promote social interaction and cognitive development.
6. Volunteering: Participate in family volunteer activities, teaching children about empathy, kindness, and giving back to the community.
7. Creative activities: Engage in arts, crafts, music, or other creative pursuits that foster imagination and self-expression.
8. Family traditions: Continue or start new family traditions, such as having a weekly dinner together or playing games on a specific night.
9. Healthy habits: Practice healthy habits, such as regular exercise, balanced eating, and sufficient sleep.
10. Quality time: Prioritize quality time together, having meaningful conversations, and creating lasting memories.

### **FAMILY TIME:**

- Plan a family outing or trip
- Learn a new skill or hobby together
- Practice mindfulness or meditation together
- Have a family game night or movie night
- Create a photo album or scrapbook together

### **PRACTICAL TIPS FOR HEALTHY AND FUN FAMILY ACTIVITIES DURING HOLIDAYS:**

#### **Health and Wellness:**

1. Practice meditation or deep breathing exercises together.
2. Encourage healthy snacking and hydration.

#### **Quality Time:**

1. Set aside device-free time for family interactions.
2. Plan a fun outing or trip together.