

G. D. GOENKA PUBLIC SCHOOL, SILIGURI

SUMMER 2018

CLASS IV

Dear Parents,

Greetings from G.D. Goenka Public School, Siliguri!

Take time over the holidays to disconnect with technology and reconnect with people, family and nature. Give your mind a rest. Go for a walk, enjoy some silence. Go outside, breathe in fresh air, look at the sky, and take in the beauty of the world. Be more concerned about your real life, than your online status. Make a difference, smile at others. Laugh. Talk. Have fun. Disconnect to reconnect to life.

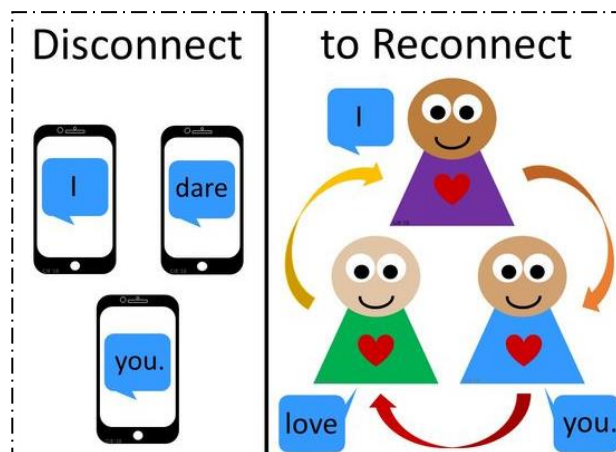
A Note for Parents, Make this summer special!

- Have at least two meals together with your children.
- Let them help you in daily household work.
- Take them to your work place and let them understand that you work hard to support your family.
- Try to share some stories with them and tell them about your childhood.
- As much as possible keep them away from TV, and other electronic gadgets.

This Summer Holidays let's make memories with our families and loved ones not by sitting indoors glued to our electronics but by meeting them, saying 'Hello' and spending time with them. Let us make our bond stronger with each one of them and tell them how much we love them.

We have prepared some fun activities for you to do with your family. These activities are to be recorded in your scrap book, design your cover and dedicate this homework for your loved ones.

Your homework is to be submitted on 3rd July, 2018 to your class teacher. The best project will be rewarded.



Happy Holidays 2018

ENGLISH

Activity 1: Digital Detox!

This holiday let's detox digitally and do something crazy, something fun, something fun and one way to do that is to play board/ card games with your family.

- a. **Boggle:** How many words can you find in the grid? The longer they are, the higher your score... but you've only got three minutes to compile your list. Have lightning-fast matches almost anywhere.
- b. **Scrabble:** (2-4 players, age 8+) Of course, no list of educational games would be complete without the classic crossword game! Players must think creatively and use their vocabulary and spelling skills as they form words and compete for points.
- c. **UNO:** (2-10 players, age 7+) Here's an "oldie but goodie" card game that the whole family can enjoy! Younger kids can play with a partner, and practice number and colour recognition. Older kids will be practicing strategizing and planning, and at the end of the game, they can add up everyone's points for some addition practice.



Activity 2: Reading is Fun

Enjoy reading story books written by renowned authors during the summer vacation.

Recommended Books:

- | | |
|---------------------|---|
| a. Roald Dahl: | Matilda
The Witches |
| b. Enid Blyton: | Famous Five Series
Secret Seven Series |
| c. Lousa M. Alcott: | Little Women |
| d. Mark Twain: | Tom Sawyer |



Book Title:

DATE:

1. Setting

This story takes place in



2. Characters

The three main characters

are _____



3. Problem

The problem they have is

4. Solution

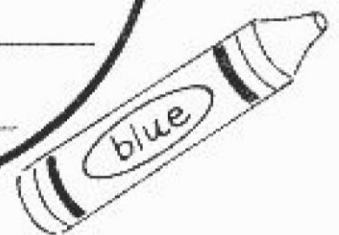
Their problem is solved

when _____

5. Review

I thought this book was

_____ because





Acts of kindness – Make someone Smile

Let a sibling go first Name: _____	Say something nice to someone Name: _____	Share Name: _____	Play with someone new Name: _____	Pick up trash without being asked Date: _____
Say sorry if you do something wrong Name: _____	Smile at someone Name: _____	Hold the door for someone Name: _____	Say 'good job' Name: _____	Say 'Hi' to someone Name: _____
Water a plant Date: _____	Give a hug to your parents Name: _____	Say 'Thank you' to your maid Name: _____	Clean up without being asked Date : _____	Help your grandparent Date: _____
Build a bird feeder Date: _____	Let someone go first Name: _____	Say 'I love You' to your parents Date: _____	Keep water for the birds outside Date: _____	Help your mother Date: _____



MATHEMATICS

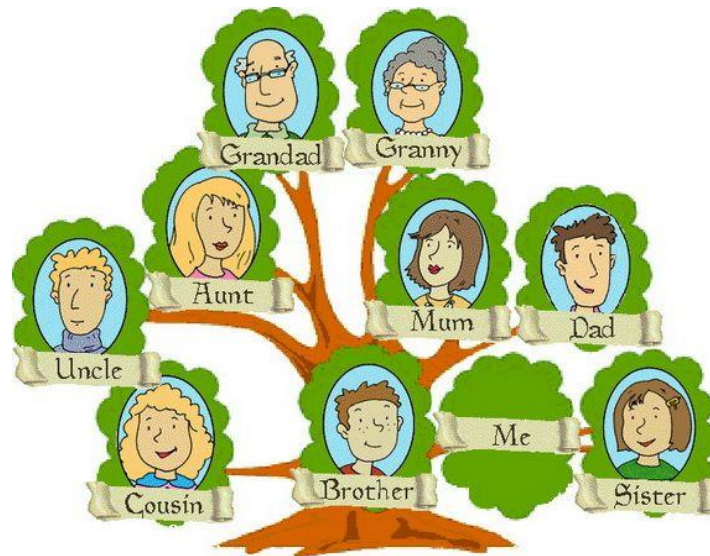
This summer vacation, your parents have decided to visit your grandparents home in order to enjoy the family get together. In this world of social consciousness which includes use of mobile phones, television etc., travel back time and witness what it felt to be or what the world was when your grandparents were small.



During your visit, you are required to calculate the following----

- Collect the year of birth of all family members.
- Arrange year of birth of all family members in ascending and descending order.
- Calculate the present age of all members by using their year of birth.
- Who is the eldest member of your family?
- Who is the youngest member of your family?
- What is difference between the age of the eldest and youngest family members?
- What is the total age of your family members?
- After 20 years what will be their age?

- Interview your family (as many as you can: min. 4) and make a list of questionnaires you would like to ask them. Record their answers with their pictures beside their answered. Make a family tree and write about who is your favourite of them all and why? Here's an example.



- Take a round of your neighbourhood with your parents; you will come across many flowering plants. Draw and colour the **flowers and leaves** of minimum 10 different flowering plants in the scrap book and also mention the name of the plant.

- In recent past you must have been to some place or about the place where you live in with your family, locate that place on the map of India or world and also paste few pictures of that holiday in the scrap book. Mention any 5 location of that place that you loved the most and also write the reason behind your liking.



- In your surrounding you will see many waste materials, collect these materials and make something useful and innovative and bring it to show your friends. Write in the scrap book the materials you used for making the thing, and the procedure.







- When you sit with your family to have your lunch or dinner you easily get to have the food in your plate. But you already know that this food goes through lot of processes to be there in your plate. You can also experience the journey of food by growing a plant by yourself. Write your experience and process of growing the plant in the scrap book and bring the plant to show your friends.



Note: For doing each project you can take the help of your family members but do not take the help of technology. You may take pictures and record the same in your scrap book.

Food and Balanced Diet

Name of the Nutrient	Sources	Function	
Carbohydrates (energy giving food)	Rice, potato, wheat, sugar	Provides energy	
Fats (energy giving food)	Butter, ghee, milk, cheese	Gives more energy compared to carbohydrates	
Vitamins and Minerals (protective food)	Fruits and vegetables	Required for normal growth and development	
Proteins (body building food)	Milk, eggs, meat, fish, soybean	Helps in building and repair of body	

Deficiency diseases – Diseases that arise when there is a shortage of particular nutrients in the diet. The types of deficiency diseases are:

Deficiency of carbohydrates	Deficiency of proteins	Deficiency of minerals	Deficiency of vitamins	
e.g. Marasmus Symptoms: <ul style="list-style-type: none"> • Shrunken body with no fat or less fat • Ribs stick out • Skin hangs loose over the bones • Loss of hair 	e.g. Kwashiorkor Symptoms: <ul style="list-style-type: none"> • Swollen stomach and ankles, • Skeletal body • Stunted growth • discolored hair and patchy skin 	e.g. <ul style="list-style-type: none"> • Muscle cramps • Dental decay • Rickets • Goiter • Anaemia • Paralysis 	Vitamin	Example of Disease
			A	Color blindness
			B1	Beriberi
			B6	Anaemia
			C	Scurvy
			D	Rickets
			K	Hemorrhage



Complete the table:

Nutrient	Why do you need it?	Sources of Food	Deficiency
Protein	It is used for growth and repair of body tissues	Meat, eggs, fish, lentils, cheese	
		Oils, butter	
Carbohydrates			
Vitamins	Helps bind cells together		You get scurvy (bleeding gums, tender skin).
Minerals	Needed to make red blood cells		



अवकाशकालीन गृहकार्य



यह प्यारा-सा घर आपका है । आपका घर एक मंदिर है । इस मंदिर में रहने वाले आपके परिवार के हर एक सदस्य ईश्वर के रूप हैं । इसलिए आपका कर्तव्य है कि आप उनका उचित आदर-सम्मान करें। तो अब आप इस विषय पर चित्र सहित एक परियोजना तैयार कीजिए कि आप अपने परिवार के सदस्यों का आदर-सम्मान किस प्रकार करते हैं ? स्वक्षता एवं लिखावट का पूर्ण ध्यान रखें ।

अवकाशकालीन गृहकार्य



1. बच्चों छुट्टियों के दौरान आप अपने माता-पिता, भाई-बहन के साथ पार्क घूमने जाएँगे और वहाँ आप सब के साथ खूब मज़े करेंगे। अपने मन की अनेक भावनाओं को व्यक्त करेंगे। उन्हीं भावनाओं को समटते हुए और छुट्टियों का भरपूर आनंद उठाते हुए इस विषय पर चित्र लगाकर एक सुंदर परियोजना तैयार कीजिए । पार्क की पूरी यात्रा ,वहाँ बिताए गए हर लम्हे को लिखिए। बिताए गए कुछ लम्हे का चित्र लगाकर सजाईए एवं यादगार बनाईए ।