# G. D. GOENKA PUBLIC SCHOOL, SILIGURI

## SUMMER 2018                    CLASS III

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 forParents,

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 palce 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 3$^{rd}$ July, 2018 to your class teacher. The best project will be rewarded.



**Happy Holidays 2018**
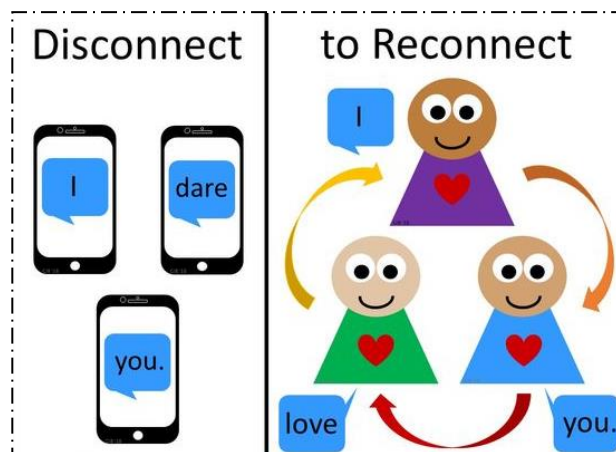
# ENGLISH

## PROJECT 1

"It's summer time. A time to relax, have fun and enjoy the sun. A time to go for picnics and enjoy family reunions. This summer, interview three of your favourite family member / friend and fill up the data given below.

### Family member / Friend 1:

Name: _____

Nickname: _____

Date of birth: _____

Place of birth: _____

Favourite food: _____

Favourite colour: _____

Favourite holiday destination: _____

What impresses me most about him/ her: _____

_____

_____

A picture with my family member / Friend.

### Family member / Friend 2:

Name: _____

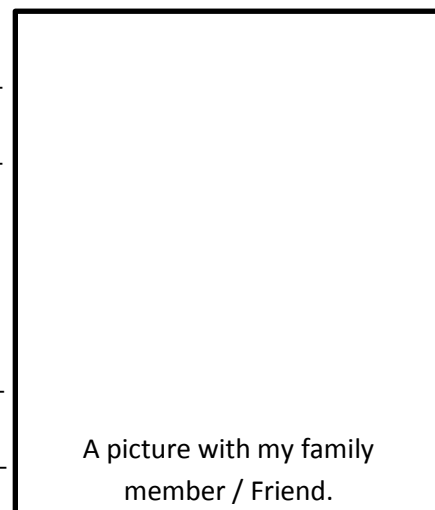Nickname: _____

Date of birth: _____

Place of birth: _____

Favourite food: _____

Favourite colour: _____

Favourite holiday destination: _____

What impresses me most about him/ her: _____

_____

_____

A picture with my family member / Friend.

## Family member / Friend 3:

Name: _____

Nickname: _____
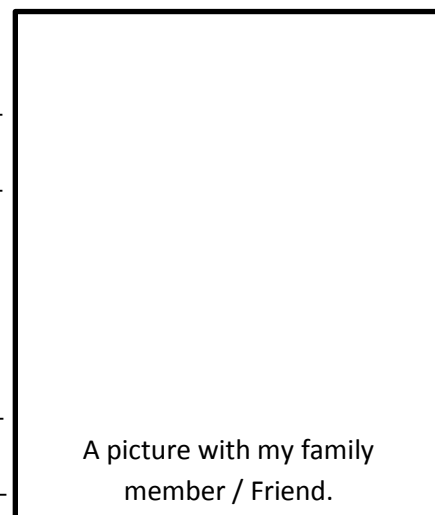
Date of birth: _____

Place of birth: _____

Favourite food: _____

Favourite colour: _____

Favourite holiday destination: _____

What impresses me most about him/ her: _____

_____

_____

A picture with my family member / friend.

**Paste a picture of the most memorable moment spent with your family during the summer break and write a short paragraph about it.**

_____

_____

_____

_____

_____

_____

_____

_____

_____

# **PROJECT 2**

Read the given story to your family members and collect remarks about your reading skills from them.

## The Ant and the Grasshopper
### An Aesop Fable

In a field one summer's day a Grasshopper was chirping, singing, and hopping about for fun. An Ant passed by carrying an ear of corn back to his nest. "Why not come and chat with me," said the Grasshopper, "instead of doing all of that work?" "I am helping to store up food for the winter," said the Ant, "and suggest you do the same." "Why bother about winter?" said the Grasshopper, "We have got plenty of food at the moment." The Ant went on its way and continued its work. When the winter came the Grasshopper had no food and was dying of hunger. The Ant, however, had plenty of food to last all through the winter from his hard work in the summer. Then the Grasshopper knew —

It is best to be prepared.

**Member 1:**

_____

_____

_____

**Member 2:**

_____

_____

_____

**Member 3:**

_____

_____

_____

## Activity 2: Reading is Fun

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

Recommended Books or E-books:

a. Roald Dahl:　　　　　　　Matilda
　　　　　　　　　　　　　　　The Witches

b. Enid Blyton:　　　　　　　Famous Five Series
　　　　　　　　　　　　　　　Secret Seven Series

**Book Title:**

_____

_____

**DATE:**

_____

**1. Setting**

This story takes place in

_____

_____

_____

red

**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

_____

_____

yellow

blue

# Acts of kindness – Make someone Smile

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

# हिंदी

1. हम सभी के जीवन में परिवार का बड़ा ही महत्व है। परिवार के प्रत्येक सदस्य का चित्र चिपकाकर एक चार्ट तैयार कीजिये एवं अपने परिवार पर बारह-पन्द्र पंक्तियाँ लिखिए ।

# MATHEMATICS

Spend the vacation with your family members and find out the following information about them.

Write down the age of your mother, grandmother and father in ascending order:
____, ____ ____.

Is your father's age an odd number or even number _____.

Arrange and add:-

Age of your mother:

Age of your father:

Total:

Find out the difference between the age of your grandfather and you:

➤ 2 more than the age of yours: _____.

➤ The number of food you tasted during the summer break _____ and then double it _____.

➤The different colours of dresses you wore _____.

➤The number of places you visited with your family: _____

➤Add the colour of dresses, places and food _____.

# EVS



# 8 Habits of Healthy Kids

## Healthy kids:

- Spend at least 1 hour a day being physically active
- Spend less than 2 hours a day watching TV and playing video and computer games
- Eat at least a total of 5 fruits and vegetables everyday
- Snack on healthy foods and less junk food and sweets
- Drink or eat at least 3 low fat dairy foods a day
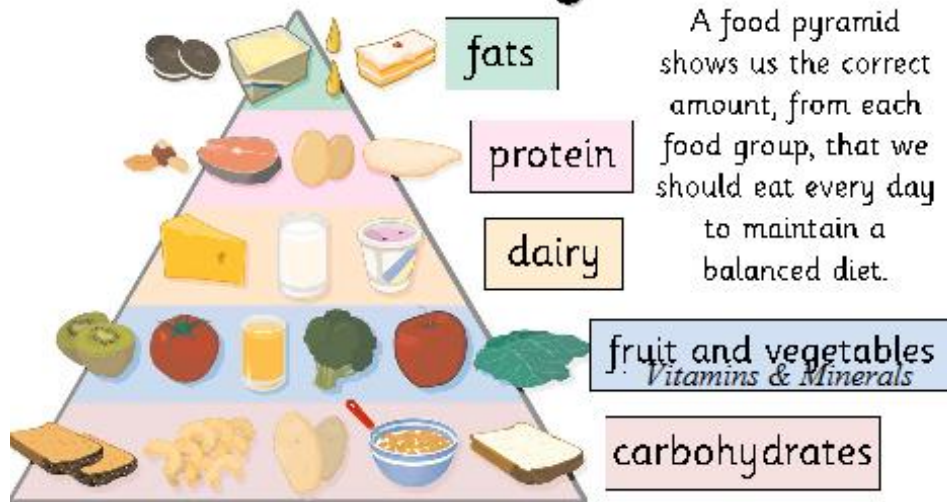- Drink at least 2 glasses or bottles of water a day instead of soda
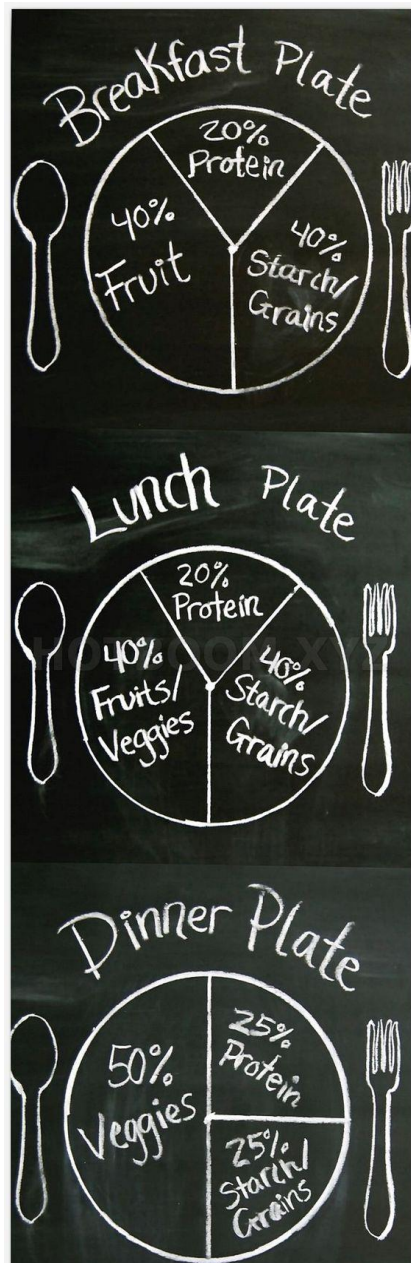- Eat less fast food and make healthier fast food choices
- Eat smaller amounts – bigger is not better

# The Food Pyramid

fats

protein

dairy

fruit and vegetables
*Vitamins & Minerals*

carbohydrates

A food pyramid shows us the correct amount, from each food group, that we should eat every day to maintain a balanced diet.

**Breakfast Plate**

20% Protein
40% Fruit
40% Starch/ Grains

**Lunch Plate**

20% Protein
40% Fruits/ Veggies
40% Starch/ Grains

**Dinner Plate**

25% Protein
50% Veggies
25% Starch/ Grains

Design a meal for lunch that includes a food from each of the different food groups.

My Menu

Just to check it's balanced split your meal into the different foods into the different groups.

| Protein | Carbohydrates | Fat | Vitamins & Minerals |
|---------|---------------|-----|---------------------|
|         |               |     |                     |
|         |               |     |                     |
|         |               |     |                     |