

June 7th to 13th 2020

Making the most of family time during physical distancing.

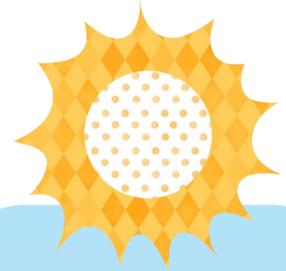
Physical distancing can give you more opportunities to spend time together as a family. And by spending more time together as a family, you can build relationships and help your children feel happier, safer and more relaxed during this experience.

If you're working from home, you might not always have a lot of time during work hours. So it's all about making the most of the time you do have by giving your child positive attention and turning everyday moments into quality time.

Positive attention

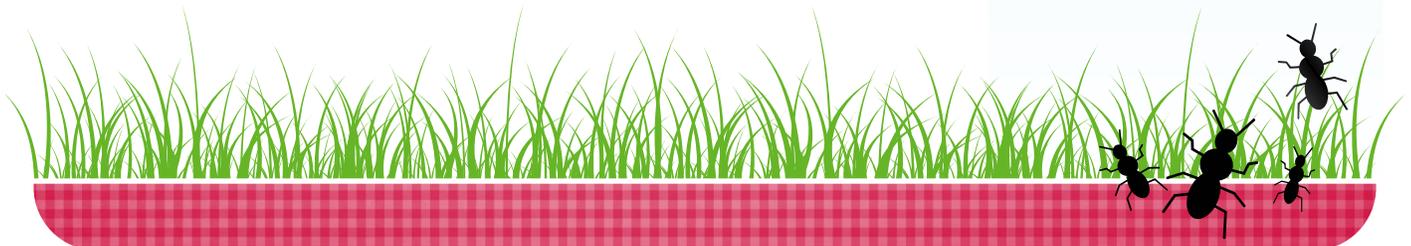
You can give your children plenty of positive attention, even during brief interactions. For example, positive attention can be:

- making eye contact and smiling at your child
- showing your child lots of affection – this could be giving cuddles or elbow bumps if you're comfortable to do this, or saying 'I love you'
- telling your child you're proud of how she's handling the situation
- praising your child for doing schoolwork or chores
- showing interest in what your child has achieved each day.



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Can you answer this?

How many legs does an ant have ?

Which bird cannot fly?

Which is the largest fish water lake in the world?

What is the study of Universe known as?

What is distance between earth to moon?

Which plant bears no fruit but produces seeds?

Who invented computer?

Which country are the Giza Pyramid in?

Fastest animal on earth is ?

Quality time

During physical distancing, you can turn everyday moments into quality time. Quality time can be:

- a shared laugh when you're bathing your toddler
- a chat while you're folding the laundry with your pre-schooler or preparing dinner with your pre-teen or teenage child
- an afternoon break from work so you and your child can make a snack together.

If you can, plan some regular one-on-one time with each of your children. Children have different personalities, and some children might seem to need less time than others – but they'll all benefit from special time with you during physical distancing.

Fun tips for family during quarantine

Your family might have to do some things differently during physical distancing, but there are still many things you can do together. Here are some fun ways you can spend time together and build your relationships:

- Encourage your child to draw a picture for someone, then take a photo and send it to family or friends.
- Play family games together – you could try board games, 20 questions or charades.
- Have a picnic in the garden or living room.
- Start a chapter book, and read one chapter each day. Or tell a story together – you can take turns to add the next instalment.
- Turn on some music and have an indoor singing, lip sync or dance party.



How I spend my me time

Hamnah Anees – Grade 2 Keas

I love reading books. My inspiration in reading is my family. I have seen my brothers and parents reading since I was very young. My mom used to read books to me when I was a baby.

I started reading small books when I was 5-year-old. Soon it became my hobby also. My parents always encouraged me to read books.

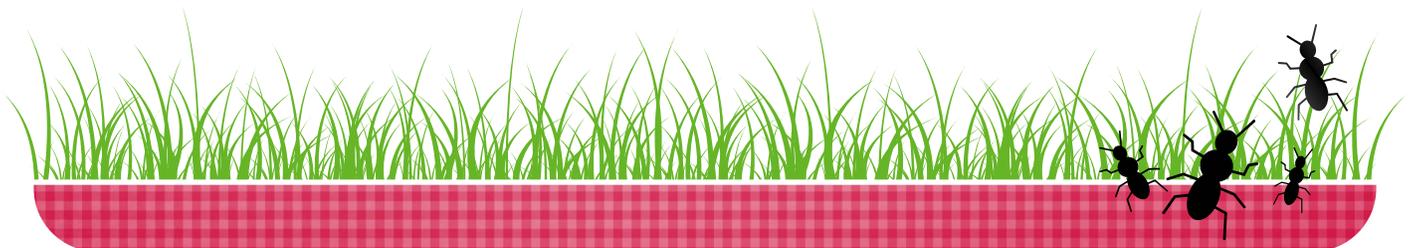


"With the new day come new thoughts and new strengths." – Eleanor Roosevelt.

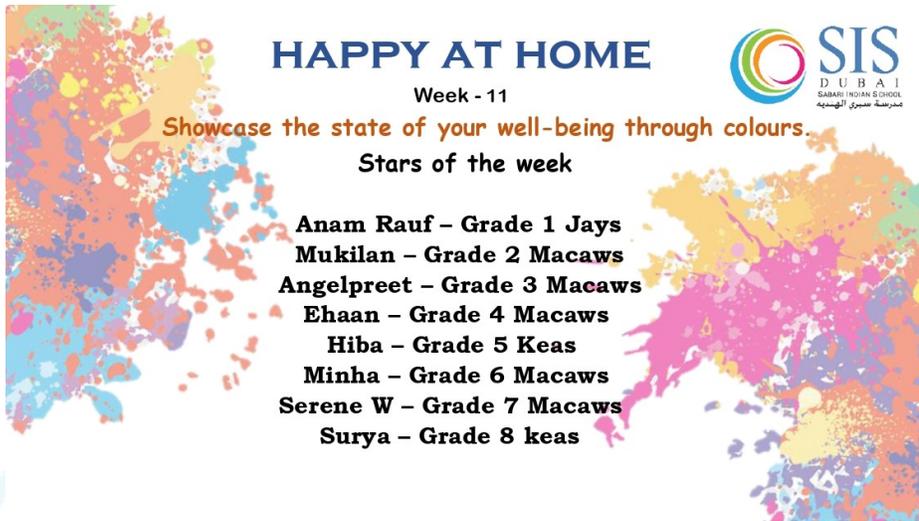
Rukmini of Grade 1 Keas



During these holidays I did art with things around me. I asked my mom to give me a few things and some useful waste. With them I prepared a peacock, night mask, tissue box, and few other paper items like a boat, frog, etc., I enjoyed doing artwork at home. I love art.



Happy at Home – Stars of the week.



HAPPY AT HOME

Week - 11

Showcase the state of your well-being through colours.

Stars of the week

Anam Rauf – Grade 1 Jays
Mukilan – Grade 2 Macaws
Angelpreet – Grade 3 Macaws
Ehaan – Grade 4 Macaws
Hiba – Grade 5 Keas
Minha – Grade 6 Macaws
Serene W – Grade 7 Macaws
Surya – Grade 8 keas



To watch the star videos of week - 10 - [Click Here](#)

"The most certain way to succeed is always to try just one more time." – Thomas A. Edison.

Calls for Celebration





CELEBRATING SUCCESS

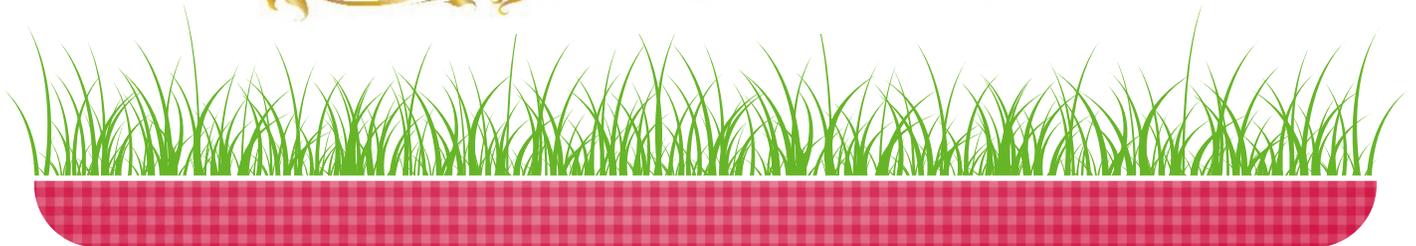
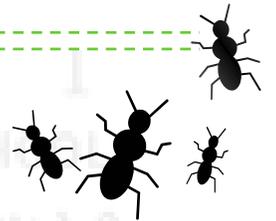
For the week 01/06/2020 – 07/06/2020.

Congratulations

Phase - 2



Best Attendance – Grade 3 Keas
Best Buddies – Grade 4 Macaws
Best Inquirers – Grade 5 Keas.





CELEBRATING SUCCESS

For the week 01/06/2020 – 07/06/2020.

Congratulations

Phase - 3



Best Attendance – Grade 6 Keas
Best Buddies – Grade 6 Macaws
Best Inquirers – Grade 6 Keas.



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