



HAPPY WINTER HOLIDAYS

Dear Parents,

Greetings!!!

Here we are again and December is upon us and with it comes all the excitement that the season brings. It is a busy time filled with the hustle and bustle of gift shopping for friends and family near and far. It means travelling to visit family or opening our homes to receive guests. Traditions such as visiting Shops, decorating our homes in beautiful lights is all part of the New Year celebrations.

Springdales family would like to take this opportunity to thank the staff, students and parents for their continued support. Our school is truly a committed school and it is at this time of year when the closeness of friendship, gratitude and moral values shines in our students. The new-year will bring new learning experiences, new challenges and new fun. We look forward to what new learning lies ahead for us as in **2022**.

We wish you all Peace, Joy, Hope and Happiness during this Holiday season and throughout the New Year and wish all the parents and students **HAPPY NEW YEAR**. **The school will remain closed for Winter Break from 1st January 2022 to 13th January for Kindergarten to class 9th and from 1st January 2022 to 9th January for class 10th**. The students should utilise this time to enjoy their hobbies and try to get some real life learning experiences.

The ***Holidays Homework*** has been framed in an integrated manner and is theme based. It will be available in the ***Notice Board*** of the school website and Google classroom for your reference. In case of any concern you may contact the class teacher of the respective class.

Regards,

SPRINGDALES SCHOOL

HAPPY NEW YEAR



HOLIDAY BUCKET LIST

- ◇ Make hot cocoa. ◇ Build a snowman.
- ◇ Take a walk in the snow. ◇ Build a fort.
- ◇ Decorate the Portfolio and Activities.
- ◇ Read holiday stories. ◇ Make popcorn.
- ◇ Sing carols. ❄ ◇ Make snow ice cream.
- ◇ Put up decorations. ❄ ◇ Paint the snow.
- ◇ Go sledding. ◇ Watch a holiday movie.
- ◇ Bake cookies. ❄ ◇ Play a board game.
- ◇ Go for a drive to see Christmas lights.
- ◇ Make a winter play dough kit & play.
- ◇ Make a card for someone special.
- ◇ Deliver treats to the neighbours.
- ❄ ◇ Decorate gingerbread houses.
- ◇ Stay in pajamas all day long. ❄
- ◇ Taste falling snowflakes. ❄
- ◇ Make snow angels. ◇ Donate.
- ◇ Bake muffins. ◇ Sit by the fire.



HAPPY NEW YEAR



SPRINGDALES SCHOOL JAMMU
WINTER HOLIDAYS HOMEWORK
SESSION 2021-22
CLASS – 3RD

Food and Nutrition





THEME

Food and nutrition are the way that we get fuel, providing energy for our bodies. A healthy diet throughout life promotes healthy outcomes, supports normal growth, development and ageing, helps to maintain healthy body weight and reduces the risk of chronic diseases, overall health and wellbeing.

MATERIALS REQUIRED:

1. A4 Sheets
2. Marker
3. Glitter Pens
4. Pencils
5. Glue
6. Biscuit Packets
7. Pictures to support your project.
8. Folder
9. Use the given material for the Holiday Homework.





PROJECT :

Make your own weekly healthy meal Plan, write one story if we eat only junk food. Speak some tongue twisters and write poems on healthy food

1 **ENGLISH:-** write 5 tongue twisters and try to speak them

Make a beautiful fruit salad which shows your favourite bird, animal or flower like shown



2 **HINDI:-** Write a paragraph on importance of healthy food(POSHTIK AAHAR).

With the help of your mother make poshtik aahar like Dal chawal, khichdi, soup etc. and w

3. **MATHS:** Take 3 packets of biscuits. Note down their following contents on each pack with a specific geometrical figure

a) carbohydrates with

b) protein with  

c) Fats with

d) Sugars with 

Paste the empty packets. Note down the amount spent and add the amount.

4. **EVS:-** Make your own healthy weekly meal plan (containing all nutrients)



5. **GK:-** Collect the pictures of different fruits and vegetables of different colours (according to the colour eg RED:-Apples and tomatoes)



6. Art and Craft:- Draw and colour a Pumpkin and write the name of some dishes made from Pumpkin.

Laminate the sheet and keep it safe in the folder .

Computer:

Q1. Mention six areas where computers are being useful and paste the pictures on A4 size sheet.

Regards,
Class Teacher.