

ST. MARK'S SENIOR SECONDARY PUBLIC SCHOOL, JANAHPURI

SESSION 2023-2024

HOLIDAY HOMEWORK



Was it made here?
Or was it flown in?
Will I use this again?
Or will it go in the bin?

Will this recycle?
Am I wasting food?
Can I mend this instead?
Of buying one new?

Can I walk to school?
And get fit and trim?
Does it need plastic wrap?
Does it have palm oil in?

Shall we make it at home?
Rather than carry out?
Do I need it or want it?
OR Can I do without?

Dear Parent

The much awaited summer break is here! This is the time that children enjoy the most. Alongwith all the fun activities that they will do, we will also like to keep them productively occupied.

We have chosen Sustainable Development Goals as the Summer Holiday Homework theme. We at St. Mark's believe that by teaching our students about the SDGs given by the United Nations, we can inspire them to contribute towards a better future for all. A wide range of activities have been planned to keep our young students engaged fruitfully during the summer holidays. We urge you all to help your wards know more about these Global Goals and understand the importance of living in harmony with nature.

Together we build a better future...



CLASS III

THEME - SDG # 3

**GOOD HEALTH
AND
WELL-BEING**

DO YOU KNOW?

Having a healthy body is just as important as having a healthy mind. The goal for SDG # 3 – GOOD HEALTH AND WELL BEING – is for everyone to be healthy, to prevent disease and to have access to adequate and timely medical treatment.

Here are some interesting activities that you can do during the vacation to keep your mind and body healthy. You could choose from activities that promote physical, mental or emotional wellbeing e.g. mindful coloring, practising yoga or simply reading a book.

So, come on my
SDG WARRIORS!

Put on your thinking caps and do your bit
for our beautiful planet!



ENGLISH

1. Vocabulary Enrichment

Create a Menu Card for a restaurant publicizing a variety of salads and other healthy food dishes. Use A-4 size colored sheet, folded appropriately, to design your menu card. The menu should have a few healthy starters, juices, salads, main course and desserts. On the cover of your menu card, write the name of your restaurant, address and phone number.

Paste the Menu card in your scrap file and write the recipe of at least one healthy dish that you prepared.



2. Word Search Puzzle

Take a print out of the word search puzzle , paste it in your scrap file and find the words related to health and wellbeing mentioned in it.

Health and Wellbeing

C	L	G	B	C	R	I	H	M	O	V	I	N	G
H	E	I	A	I	E	P	T	M	N	A	E	U	H
I	R	U	E	I	L	E	L	I	C	A	L	M	S
L	S	I	N	S	A	E	A	N	G	B	I	V	N
L	S	U	A	O	X	L	E	D	N	N	D	E	A
E	R	G	C	C	I	S	H	F	I	I	L	G	R
C	O	E	S	I	N	B	Y	U	E	N	E	E	U
Y	O	Y	I	A	G	A	E	L	B	U	X	T	N
A	D	E	E	L	D	A	S	N	L	F	E	A	N
Y	T	I	V	I	T	C	A	E	L	L	R	B	I
C	U	G	R	S	R	L	C	S	E	H	C	L	N
U	O	A	G	I	U	E	N	S	W	E	I	E	G
A	A	N	Y	N	B	A	N	A	N	A	S	N	L
I	I	E	M	G	A	L	N	M	T	U	E	C	A

YOGA
RELAXING
MINDFULNESS
CALM
ACTIVITY
CHILL
EXERCISE
SOCIALISING
SLEEP
HEALTH
MOVING
WELLBEING
VEGETABLE
GYM
FUN
OUTDOORS
RUNNING
BANANAS

READING TIME

Read any two books from the list given below and do as instructed in a scrap file :

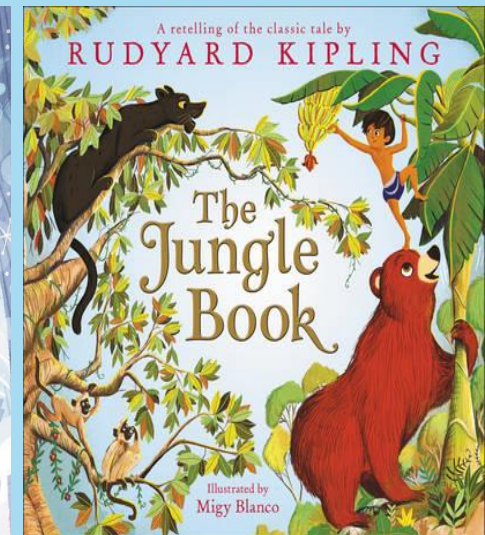
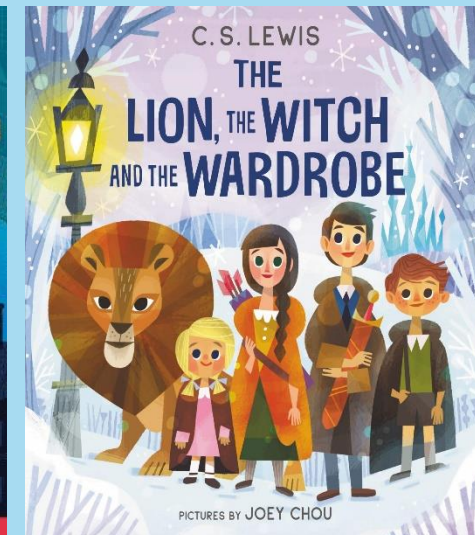
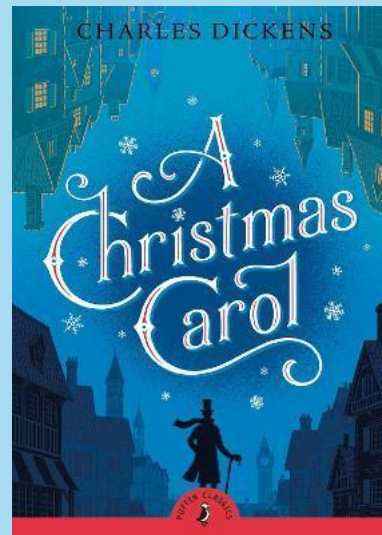
- Write the names of your favourite characters. Paste their pictures too.
- Write the name of the author.
- Design a new cover page for the book.

SUGGESTED TITLES

- ❖ Jungle Book by Rudyard Kipling
- ❖ The Lion, The Witch and The Wardrobe by CS Lewis
- ❖ Alice's Adventures in Wonderland by Lewis Carol
- ❖ The Secret Garden by Frances Hodgson Burnwt
- ❖ A Christmas Carol by Charles Dickens

MOVIE TIME

Watch the movie :
Finding Nemo
Toy Story





“पिंकी, बबली और उमंग
भोजन करते देखो संग
पिंकी खाती गाजर आलू
बबली खाती चावल दाल

हिन्दी

पालक-पनीर उमंग को भायी
तीनों ने मिल खीर भी खायी
पौष्टिक आहार तुम भी खाओ
अच्छी सेहत तुम भी पाओ।”





1. दिये गये चित्र के आधार पर माता पिता एक टोकरी में पौष्टिक आहार तथा जंक आहार डालेंगे। छात्र उस टोकरी में से दोनों आहार को अलग-अलग करते हुए एक स्क्रेप फाइल में लिखे और उसकी तस्वीर खींच कर लगाएं। **जंक आहार के दुष्परिणाम पर कुछ वाक्य लिखें।**



2. हम सब कई प्रकार की सब्जियों का सेवन करते हैं, ये सब्जियाँ होती है बड़ी मजेदार। ये हमें भरपूर मात्रा में पौष्टिक तत्व प्रदान करती है।

छात्र सब्जियों के बीच होने वाले **संवाद को कॉमिक स्ट्रिप** के रूप में अपनी स्क्रेप फाइल में प्रस्तुत करेंगे।

3. आधुनिक जीवन शैली में मोबाइल फ़ोन, टीवी, वीडियोगेम हमारी सेहत पर क्या बुरा प्रभाव डालते हैं? इस विषय से संबंधित **एक कविता** याद करें और कक्षा में सुनाएँ।



Maths



ACTIVITY 1

Get ready to commit to good health and well being! Enter the 30-day fitness challenge!

Keep a record of the number of steps you walk daily. Make sure you do ten thousand steps a day.

The key is to be consistent with your routine as you are teaching your body a new groove and creating a new habit.

HAPPY WALKING...

30 DAY :: 30 MINUTE
FITNESS challenge
month of: _____

DIRECTIONS: list a 30-minute fitness goal for each day, when completed put a check-mark in the circle

DAY 1 _____	●	DAY 16 _____	●
DAY 2 _____	●	DAY 17 _____	●
DAY 3 _____	●	DAY 18 _____	●
DAY 4 _____	●	DAY 19 _____	●
DAY 5 _____	●	DAY 20 _____	●
DAY 6 _____	●	DAY 21 _____	●
DAY 7 _____	●	DAY 22 _____	●
DAY 8 _____	●	DAY 23 _____	●
DAY 9 _____	●	DAY 24 _____	●
DAY 10 _____	●	DAY 25 _____	●
DAY 11 _____	●	DAY 26 _____	●
DAY 12 _____	●	DAY 27 _____	●
DAY 13 _____	●	DAY 28 _____	●
DAY 14 _____	●	DAY 29 _____	●
DAY 15 _____	●	DAY 30 _____	●

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Activity 2

Take a printout of the following number grid and paste it on an A4 size sheet .

3	8	6	7	5	3	4	5
7	5	4	3	9	5	9	2
5	3	9	6	1	4	8	6
8	5	2	5	4	6	5	9
1	3	5	8	5	7	4	6
8	7	1	6	9	6	5	1
4	7	9	7	2	3	5	4
6	4	5	1	9	8	3	8

Now solve the given questions by circling the numbers on the number grid. One has been done for you.

1. Seven thousand five hundred and eighty one.
2. $9000+400+50+6$
3. Successor of nine thousand eight hundred and thirty seven
4. Even number predecessor of five thousand seven hundred and forty seven
5. Odd number after three thousand eight hundred and sixty five
6. A 4-digit number with digits whose place values are 2000, 800, 90 and 3
7. $2305+956+4915$
8. $6000+400+90+2$
9. Two thousand and thirty three subtracted from seven thousand nine hundred and seventy seven
10. A 4 digit number which has numbers with place value of 700 and 70

ENVIRONMENTAL STUDIES

1.WAYS TO PRACTICE GOOD HEALTH

1. Meditate daily for at least 5 minutes.
2. Learn two Yoga asanas and practice them everyday.
3. Go for an hour of physical activity like walking, aerobics etc.
4. Learn a skill like cycling, swimming etc.
5. Don't forget to click pictures. In the last week of your vacation, paste all these pictures in your scrap file.



2. Activity: My Alluring Kitchen Garden

Instructions – Let your creative minds explore something practical!

Try to maintain a small kitchen garden in any available space in your house (terrace, balcony or any other open space). Grow small plants like chillies, herbs, mint, aloe vera, ornamental flowers or any other plant of your choice. Click the pictures at every step showing the growth of a plant from a seed to a fully grown plant. Paste the pictures in your scrap file and share your experience in not more than fifty words.





Sustainability is no longer about doing less harm.

Its also about doing more good.

With your friends and family, help celebrate 'Every Kid Healthy Week', using posters and door-to-door campaigning for promoting emotional wellness, good nutrition and physical activity in your society.