

Dear Parent

It is rightly said , “Even with all technology and the inventions that make modern life so much easier than it once was, it takes just one big natural disaster to wipe all that away and remind us that here on Earth, we are still at the mercy of nature.”

Recently, a massive 7.9 magnitude earthquake struck Nepal on April 25, killing over 7000 people, injuring and affecting millions more. Huge financial support is going to be needed to help the survivors who are struggling to cope to bring back their lives to normal. The government of India takes lead in sending disaster response teams, medical aid and food supplies to Nepal. **DAV College Managing Committee** has always been a step ahead in extending support and assistance whenever the duty calls during tough times. The President **DAV College Managing Committee, Shri Punam Suri, presented a cheque of Rs 2 Crores to Prime Minister Shri Narendra Modi towards the Prime Minister’s National Relief Fund.** This great gesture of DAV College Managing Committee has spurred hundreds of volunteers to follow the suit.

We cannot stop natural disasters but we can arm ourselves with knowledge to protect lives. Here are some tips to follow for safety during an earthquake.

- **“Drop, Cover and Hold on”** is the appropriate action to reduce injury and death. The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse. Stay away from this danger zone, stay inside if you are inside and outside if you are outside.
- **Indoors:** Drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. If you are not near a desk or table, drop to the floor against the interior wall and protect your head and neck with your arms.
- **Outdoors:** Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.
- **Driving:** Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over.
- **In a high-rise:** Avoid windows and other hazards. Do not use elevators.
- **In a stadium or theater:** Stay at your seat and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.

As the summer has set in, we suggest you to save your ward from the scorching heat during the vacations and make sure that he/she takes nutritive diet and drinks plenty of juices to develop immunity against heat.

“It’s fun to be Healthy”, So here are some Healthy Tips for Kids

- 1) **Breakfast** is a very important meal. Start your day with healthy breakfast as it keeps your mind and body ready for action and lunch as it gives us energy throughout the afternoon. Always eat light and non fatly dinners.
- 2) **Fat Facts** :- Too much fat is not good for your health, such as fried potatoes, pies, pastries, pizzas etc.. Eat regularly and choose a variety of snacks. There are lots of different snacks available such as a handful of fresh or dried fruits, unsalted nuts or slice of fruit loaf.
- 3) **Drink plenty of water.** You need atleast 8-10 glasses of liquids a day. Go for plain water, fresh fruit juices, milk etc.
- 4) **Care for Teeth:-** Drink and eat foods high in Calcium for strong bones and teeth. Avoid too much sugar in your food, it can cause tooth decay. Brush twice a day to keep healthy teeth and a nice smile.
- 5) **Get moving! Be Active Everyday:-** Activity is needed to keep your heart healthy and your bones strong. Do exercise daily to keep you active and healthy.

Please note the following :-

- The school shall remain closed for summer vacation from **16th May'15 to 30th Jun'15** and re-opens on **01st July 2015** for all classes at its usual timings. However school office shall remain open during summer vacation.
- There will be **extra classes for VIII, X & XII from 18th to 23rd May'15** (Timings: 7.30 a.m–11.30 a.m.). The concerned parents are requested to send their wards to attend the same regularly.
- In order to add to the learning experience of our children, we have decided to organize Summer Camp for Classes **I to VII from 18th May to 23rd May 2015. (Timings : 7.30 am – 11.30 a.m)**. Activities of Music, Art, Communication and Scientific Skills & Taekwando will be covered in the summer camp.
- Kindly attend the **Parent Teacher Meeting on Saturday, 16th May'15 from 8.30 a.m to 10.30 a.m**. The First Cycle of Unit Test is complete. The result of the same will be given on Parent Teacher Meeting Day.
- To keep abreast of the ongoing sessions, *creative assignments* are being given as *Holidays Homework*. The school would appreciate creative projects, surveys and projects reports as Holidays Homework. Kindly **restrict the use of thermocol sheets**, big size chart papers, wooden projects and readymade projects from market as the use of such items is not eco friendly. Make sure the assignments are made sincerely and kept intact in bag. The projects must be submitted to the concerned subject teachers on the very first day of reopening of school i:e, 01st Jul' 15.
- Encourage your ward to put sincere efforts in preparing projects assigned to them. The school will organize the **HOLIDAYS HOMEWORK** exhibition on the first PTM i:e, after the school reopens.
- ***Date sheet for Selection Test for Class XII and Special Test for Class XI is given below.*** Kindly help your ward in preparing for these examinations during the Summer Vacation. It is very important to prepare sincerely for these **Tests** as it gives them an opportunity for a better performance.

Special Test for Class – XI & Selection Test for Class – XII

<i>DATE</i>	<i>XI</i>	<i>XII</i>	<i>DATE</i>	<i>XI</i>	<i>XII</i>
27-06-15	Phys/Eco	Chem/B.Std	29-06-15	Chem/B. Studies	Phy/Eco
01-07-15	Maths/Bio/Accts	English	03-07-15	English	Optional
06-07-15	-----	Maths/Bio/Accts			

- Please note that ***Annual Charges alongwith the fee for the month of April*** must have been paid and fee for the month of May & June is to be paid in May up to 15th only, thereafter fine will be charged as per rules. Fee depositing time during summer vacation will be 8:00 a.m. to 12:30 a.m. Kindly cooperate and ***deposit the fees by cheque only.***

At the end **I wish all students healthy and happy holidays**. Kindly make your child to do summer assignments in a timely manner and review notes. Encourage your child to read for pleasure or for knowledge or even just get into crossword puzzles. This will keep his/her brain active.

Wishing You Happy Summers!!!

Best Wishes

**V.K CHOPRA
(PRINCIPAL)**