

BAWA-LALVANI PUBLIC SCHOOL, KAPURTHALA
HOLIDAY'S HOMEWORK (2018-19)
GRADE – VI

Dear Children, Summer Vacation is the time when you can be more candid and creative. This is the time when skills, other than intellectual skills, can be nurtured and developed in your soft and evolving brains. Holiday assignments are focused to let the creative and latent talents, skills and desires of the children come to the surface so that they may be identified and satisfied.

Central Theme: Healthy Living

<i>Subject</i>	<i>Task</i>
English	1. Write an article of 150-200 words on the 'Latest Exercise Options: Their Pros And Cons'. You can include exercises like yoga, zumba, karate, etc.
	2. Compose a promotional e-mail of 100-120 words to promote 'Healthy Eating Habits'. Send this e-mail to das.vrushali@gmail.com. Also paste a print-out of the same.
	3. One article is given with the instructions to do the classification of the parts of speech.
Hindi	1. 'बच्चों की स्वस्थ जीवन शैली में माता-पिता का योगदान' विषय पर 150 शब्दों पर अनुच्छेद लिखो ।
	2. 'स्वस्थ जीवन : एक वरदान' विषय पर भाषण तैयार करो।(उचित हाव-भाव के साथ) समय सीमा-एक से डेढ़ मिनट । स्थान- कक्षा
	3. अपने मित्र/सखी को जंक फूड के दुष्परिणामों से अवगत कराते हुए पत्र लिखे।
Punjabi	1. 'ਚੰਗਾ ਖਾਓ, ਖੂਬ ਹੱਸੋ!' ਵਿਸ਼ੇ ਤੇ 150 ਸ਼ਬਦਾਂ ਵਿੱਚ ਲੇਖ ਲਿਖੋ।
	2. ਤੁਹਾਡਾ ਛੋਟਾ ਭਰਾ ਜੋ ਸਿਹਤ ਵੱਲੋਂ ਲਾਪਰਵਾਹੀ ਵਰਤਦਾ ਹੈ, ਇੱਕ ਪੱਤਰ ਰਾਹੀਂ ਉਸ ਨੂੰ ਚੰਗੇ ਖਾਣ-ਪੀਣ ਸੰਬੰਧੀ ਪ੍ਰੇਰਨਾ ਦਿਓ।
	3. "ਸੈਰ ਅਤੇ ਕਸਰਤ ਦਾ ਅਜੋਕੇ ਜੀਵਨ ਵਿੱਚ ਸਿਹਤ ਲਈ ਕੀ ਮਹੱਤਵ ਹੈ?" ਵਿਸ਼ੇ ਤੇ ਭਾਸ਼ਣ ਤਿਆਰ ਕਰੋ।

Mathematics

1.Prepare a chart to note down the total calories consumed by you through fast food during vacations. The performa is attached for your guidance. Do the above given activity as shown below for ten days.

Item	Calories (per item)	Day 1	Day 2	Day 3	Day 4	Day 5	Total
Burger	295						
Ice- Cream	207						
Maggie	345						
Pizza(1/4)	331						
French -Fries	312						
Total							

- (i) Which junk food item consumed maximum?(write in calories)
(ii) Which junk food item consumed minimum? (write in calories)
(iii) Draw a Bar – Graph using above data.

2.Solve the worksheets attached with the document.

Science

1. Grow your own kitchen garden in handmade pots; made out of waste materials. You have to track weekly growth through drawings/photographs.
2. Make a chart showing their growth and also paste a sample in zip pouches. Add their usages.
3. You can plant herbs like Mint, Coriander, Parsley and Aloe Vera.

Social Studies

1. Make a list of 10 staple food grains and find out their largest producing state. Also find which soil is needed to grow the particular grain. Mention its nutritional value. Do the above given activity as shown below.

Name of Staple Food	Largest producing state	Type of soil	Nutritional value

2. Draw a map of India on A3 size hard board and mark the states. Now paste the staple food grains that are grown in different states. Also cover the map with transparent sheet.

Life Skills

1. Learn to iron your clothes. Girls to learn ironing the skirts with pleats and boys to learn ironing shirts and pants properly.
2. Learn to stitch buttons and learn simple hemming or running stitch. They will make a design using the same on a small piece of cloth and paste it in the scrap book. The size of the design should be 6”x6”

Music

Learn the following song:
URL: <https://youtu.be/40IVr6MQKtw>
IN YOUR HANDS
(Song for my teacher)
Teacher, I wrote this song for you
To thank you for every smile
I know you had a lot to do
I'm glad that you paused awhile

You took time to listen, and to hear
To laugh, and just be there
I heard that lesson loud and clear:
I mattered to you – you cared

CHORUS:

'cause

WHEN YOU REACH OUT, AND YOU TOUCH ME WITH YOUR HEART
THEN YOU HOLD WHAT I'M BECOMING IN YOUR HANDS
AND THOUGH YOU'RE WITH ME JUST AWHILE
TODAY YOU HOLD TOMORROW'S SMILE
IN YOUR HANDS ... IN YOUR HANDS ... IN YOUR HANDS

Teacher, I wrote this song for you:
Melody, words and rhyme
Lessons you taught me yesterday
Have disappeared into time

But, teacher, I never will forget
A look you gave to me
I saw reflected in your eyes
The somebody I could be

Note: All the A4 Sheets are to be put up neatly in a file.
Marks for Subject enrichment activity for PT 2 will be given on the basis of the
Holidays Assignment.

Dental hygiene in kids: Where are you going wrong?

Kalpna Sharma | TNN | Mar 22, 2017, 17:45 IST

Instilling oral hygiene among kids is harder than you think. Things get even more complicated when parents are clueless about the right dental practices. In an exclusive, Dr Srivats Bharadwaj, Founder and CEO, Vatsalya Dental answers some pertinent questions that every parent finds daunting.

Common mistakes parents commit when it comes to dental hygiene in kids

The most common mistake is thinking milk teeth are not important. The general thought is that milk teeth will fall and new permanent teeth will grow, so why bother. However, the fundamental foundation for good oral health begins with milk teeth.

Milk teeth guide permanent teeth into the right position. It facilitates adequate growth of the jaws, thus avoiding overcrowding of teeth and proper development of the maxillofacial structures. Moreover, if milk teeth are damaged there is a high possibility that during Mixed Dentition (period between the appearances of the first permanent molar until the loss of the last milk tooth) permanent teeth will be susceptible to tooth decay as well.

In addition to the physical ramifications, early loss of milk teeth in a child can cause psychological effects like lack of confidence and self-esteem. Once that happens, it is very difficult for a child to build back confidence and a sense of self-worth. This, in turn, will impact their personal life, schooling and career.

A child's first visit to a paediatric dentist must be at birth and then regularly after every 6 months. It is critical to maintain good oral hygiene for kids as oral health has a direct impact on general health.

The right toothbrush and toothpaste

It is best to use a soft tooth brush with a simple rounded tuft of bristles. Having said that, the brush or the paste doesn't matter as much as the technique of brushing. Today, the market is flooded with a variety of toothbrushes and oral hygiene aids, each claiming to be the best cleaning agent ever. However, the key is to reach all the surfaces of the teeth.

For instance, right-handers have a cleaner left side of the mouth and left-handers have a cleaner right. This is because right-handers tend to start brushing their left half of the mouth first and are more vigorous than the right half, and it's vice-versa for the left-handers. One should keep this in mind and give equal attention to all the teeth.

The right way to brush

The best way to introduce brushing in kids is to use the toothbrush as a toy for toddlers as they will invariably put it in to their mouth.

Later, make brushing a fun activity where the parents and the kid brush together. Never make brushing an instruction and rule. When parents pick up their tooth brush, start brushing and show that it's fun, the child will want to replicate what the parents are doing.

Few things to keep in mind while brushing is to always brush in a circular motion. Make sure that the lower lip is retracted to create access for the tooth brush to clean the lower front teeth properly. A very surprising observation is that even though the lower front teeth are clearly seen and approachable, kids have most plaque on them. This is because the lips stretch and tighten, not allowing the brush to clean the surface adequately.

If brushing and flossing teeth after every meal is difficult, try brushing it at least twice a day. Once before going to sleep and once after breakfast. Yes, after breakfast, as the mouth is already cleaned of sticky food at night, and hence is devoid of any food particles. Lastly, make sure the tooth brush is changed every 2 to 3 months.

Ways to keep a check

Check the child's mouth for any black spots on the teeth. Look for bad breath, redness or shaky teeth. Please visit a paediatric dentist as soon as you seen these signs.

Even if you don't see these signs, visit a paediatric dentist every 6 months for a check-up. The dentist can identify the early onset of tooth decay and recommend preventive treatments. After all, prevention is better than cure.

Dental treatments are not expensive, however, its neglect is. It is extremely important that we move from a disease based approach to a prevention based approach, where we can avoid the expense and suffering entirely. We need to close the tap rather than keep wiping the floor. Preventive treatments, like dental sealant or fluoride treatments are highly effective in keeping tooth caries and cavities in check, and what's best is that it needs to be done just once in your life.

Precautions when they lose teeth

Start by visiting a paediatric dentist for a check-up. The dentist will be able to identify tooth decay and gum disease at a nascent stage.

Additionally, parents can watch the direction in which new permanent teeth are coming. Don't panic if the alignment of the tooth is wrong during their eruption as it's quite normal to see irregular teeth. Moreover, this condition corrects itself most of the time. However, make sure a paediatric dentist assures you that it will correct itself. In case an intervention is needed, it is easier to fix it at an early stage.

When a tooth is lost, make sure your child does not to brush too hard in that area as it is sensitive. Also, keep a track on how long the new permanent tooth takes to grow. In case it doesn't completely grow in 5-6 months, please visit a paediatric dentist to identify the reason it has not come out as yet.

Educate your child not to forcefully pull out a tooth, as this will cause the roots to break and leave way for bacteria to set in and cause infection. Let the tooth run its course and fall out by itself. However, if a loose milk tooth doesn't fall off for a few months, visit a paediatric dentist and check if it needs to be removed.

Q.1] Find out the meaning of the following words and make sentences using them:

pertinent, adequate, susceptible, vigorous, invariably, approachable, devoid, preventive, precautions, intervention

Q.2] Nouns – Read ‘Common mistakes parents commit when it comes to dental hygiene in kids’ Underline the nouns and classify them into proper, common, collective and abstract noun. Arrange them in a tabular format.

Q.3] Pronouns – Read ‘The right toothbrush and toothpaste’ and ‘The right way to brush’. Underline the pronouns and classify them into different types. Arrange them in a tabular format.

Q.4] Adjectives – Read ‘Ways to keep a check’ and ‘Precautions when they lose teeth’. Underline the adjectives and classify them into different types. Arrange them in a tabular format.

**Subject- Math
Grade VI**

Do Super Quick Maths Calculation Using Vedic Method

So let see how using a simple mental math trick ,this calculation can be done in a matter of seconds.

Type- 1

To multiply 52 and 11, imagine there is a space between 52

$52 \times 11 = 5_2$ (put an imaginary space in between)

Just add 5 and 2 and put the result in the imaginary space

So, $52 \times 11 = 572$ (which is your answer)

Isn't it great?

Solve the following

1)	56×11		
2)	74×11		
3)	48×11		
4)	69×11		
5)	83×11		

Type- 2. Squaring two digit number

Take any number such as 77. Now add or subtract the number to make it to its nearest multiple of 10.

In this case, add 3 to the number to reach the nearest 10, i.e., $77 + 3 = 80$

Now, $(77 + 3) \times (77 - 3) = 80 \times 74 = 5920$

The number add was 3. Now square the number and add it to the above product.

Square of 3 = 9

$5920 + 9 = 5929$

1)	63		
2)	45		
3)	98		
4)	83		
5)	32		

VEDIC MATH

Type-3

Example: 32×24

Step (i) : $2 \times 4 = 8$

Step (ii) : $3 \times 4 = 12$; $2 \times 2 = 4$; $12 + 4 = 16$. Here 6 is to be retained. 1 is to be carried out to left side

Step (iii) : $3 \times 2 = 6$. Now the carried over digit 1 of 16 is to be added. i.e., $6 + 1 = 7$

Type-4

Example : Find the product of $(a + 2b)$ and $(3a + b)$

$a + 2b$
 $3a^2 + b$

$3a^2 + 7ab + 2b^2$

Type-5

Example : 108×109

Step (i) : add the excess of "8" to the other number "109"

Step (ii) : multiplication of those two excesses: "8" and "9"

Thus $108 \times 109 = (109 + 8) (8 \times 9)$

$$= (117)(72)$$

$$= 11,772$$

Find the product.

1. 25×16

2. 32×48

3. 56×56

4. $(2x+3y)(4x+5y)$

5. $(5a+2b)(3a+4b)$

6. 105×106

7. 106×107

July 2018

Syllabus

English	Reader: Unit 4: An Indian – American Woman in Space: Kalpana Chawla, Poem: Beauty Supplementary Reader: Chapter 4: The Old- Clock Shop, Chapter 5:Tansen Writing: Diary Writing, Paragraph Writing Grammar: L-10 Verbs, L-11 Simple present tense, L-12 Simple past tense, L-13 Simple future tense, L-14 Continuous tense
Hindi	पाठ्यपुस्तक: पाठ-5 अक्षरों का महत्व (केवल रचनात्मक अभिव्यक्ति PT1 हेतु) , पाठ-6 पारनज़रके (कहानी), अपठित गद्यांश बालरामकथा: पाठ -5 चित्रकूट में भरत व्याकरण: पाठ-2 वर्णविचार , पाठ-13 संज्ञा ,पाठ-22 वाक्य रचना लेखन: अनुच्छेद लेखन, अनौपचारिक पत्र लेखन
Punjabi	पाठमाला: पाठ-7 मेरा सकुल, पाठ-8 पिआर दा मुँल , विआकरन: पाठ-11 विज्ञेसृष्ट,पाठ-15 संघंपक, जेसक ते विसमक, पाठ -17 विरोपी सघद,पाठ- 25 मुहावरे(1-30)
Math	Ch-5 Understanding Elementary Shapes Ch-6 Integers
Science	Ch - 4 Sorting Materials Into Groups Ch - 5 Separation Of Substances
Social Science	History : L 4—In the Earliest Cities Geography : L 4-- Maps Social and Political Life : L 4—Key Elements of a Democratic Government
Computer	L-3 More on MS Word 2010
Moral Values	L-5 Taking Initiative and Being Adventurous

August 2018

Subject	Syllabus
English	Reader: Unit 5: A Different Kind of School, Poem: Where Do All the Teachers Go.. Supplementary Reader: Chapter 6: The Monkey and the Crocodile Writing: Story Writing and Bio-sketch Grammar : L-15 Perfect tense, L-16 Modals, L-18 Subject verb Agreement
Hindi	पाठ्यपुस्तक: पाठ-7 साथी हाथ बढाना (गीत), पाठ-8 ऐसे-ऐसे (एकांकी) (केवल वाचन हेतु), पाठ- 9 टिकटअलबम (कहानी), अपठित गद्यांश बाल राम कथा: पाठ -6 दंडकवनमें दस वर्ष व्याकरण: पाठ-16 कारक, पाठ-10 उपसर्ग (पृष्ठ-53,54,56) लेखन: अनुच्छेद लेखन एवम् पत्र लेखन- औपचारिक/अनौपचारिक (दोहराई)
Punjabi	पाठमाला: पाठ - 9 चंदन ਦੀ ਮਹਿਕ, ਪਾਠ -10 ਸਾਡੀ ਸਭ ਦੀ ਧਰਤੀ, ਵਿਆਕਰਨ: ਪਾਠ-16 ਵਧੇਤਰ, ਲੇਖ, ਅਣਡਿੱਠਾ ਪੈਰਾ
Math	Ch-7 Fractions
Science	Ch - 6 Changes Around Us Ch -7 Getting To Know Plants Ch -8 Body Movements
Social Science	History : L 5—What books and burials tell us Geography : L 6 – Major Landforms of the Earth Social and Political Life :L 6—Rural Administration
Computer	L-4 More on MS PowerPoint 2010
Moral Values	L-6 Quest for being the best L-7 Importance of sports and sportsmanship