

SPECTRA

APRIL 2026

INVESTITURE CEREMONY



EDITORIAL



A Season of New Beginnings and Meaningful Milestones

Dear Parents,

Welcome to the first edition of SPECTRA for the academic session 2026–27. As we began this journey in March, it brought renewed purpose, enthusiasm, and possibilities—a time when goals are set and young minds prepare for growth and discovery.

We are proud to share the excellent performance of our Grade X students, achieving a 100% pass result with a commendable class average of 83%. Notably, 31% of the cohort secured 90% and above. Rithvik Reddy emerged as the school topper with an outstanding 98.6%, followed closely by Bhavya with 98.2% and Harshita with 97.4%. We congratulate our students and teachers for this remarkable achievement.

The session opened on a vibrant note with the Student Council elections, fostering leadership, responsibility, and teamwork. This was followed by the Investiture Ceremony, where our student leaders pledged to uphold the values of our institution.

We were also pleased to host our “Coffee Day” orientation for new parents, strengthening the bond between school and home through open dialogue and shared understanding.

This year brings important CBSE curriculum updates. Our team has been actively preparing to implement these changes, including the introduction of Computational Thinking and AI, Vocational Education, Advanced Maths and Science, and the Three-Language Formula. Our focus remains on experiential and competency-based learning while nurturing critical thinking.

The term concluded on a warm note with a joyful potluck celebration, reflecting our spirit of togetherness.

As we break for the summer, I extend my best wishes to our students, teachers, and parents. May this vacation be restful and enriching.

Wishing you all a Happy Summer Vacation!

Principal



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Counselling Desk!

The Gift of Time: Making This Summer Meaningful for Your Child"

"Children may not remember every vacation place, but they will always remember how they felt with you." Summer holidays have begun. For children, this time is often seen as a break from school — unhurried time with family. In today's fast-paced lives, parents are often occupied with responsibilities, and children are surrounded by screens. Conversations become shorter, interactions become functional, and slowly, emotional connection takes a back seat. Holidays gently invite us to pause. Not to do more, but to be more present. Vacations, if planned mindfully, can become a balance of exploration and connection. Whether it is a short trip or staying at home, what matters most is how the time is experienced.

Simple Ways to Make This Summer Meaningful

1. The Daily 20-Minute Connection

Spend at least 20 minutes every day with your child — no phone, no distractions. Just listen, talk, or play.

2. Family Story Time

Encourage grandparents or elders to share stories from their childhood. These stories build values and emotional bonding naturally.

3. Simple Games, Deep Connections

Play traditional or simple games together:

- * Board games
 - * Card games
 - * Indoor games like memory games, storytelling chains
 - * Outdoor games like cricket, badminton, or simple running games
- Children don't remember the game — they remember who played with them.

4. Involve Children in Daily Life

Cooking together, arranging the house, planning a small outing — these activities make children feel valued and responsible.

5. Nature Time

Take children outdoors:

- * Morning walks
 - * Visiting parks
 - * Observing plants, birds, and surroundings
- Nature naturally calms the mind and reduces restlessness.

6. Gentle Screen Awareness

Instead of strict restriction, create balance:

- * Fixed screen time
- * Encourage alternative activities
- * Be a role model in your own usage

A Small Family Practice

Once a week, sit together and ask:

- * "What made you happiest this week?"
- * "Was there anything that bothered you?"

Listen without correcting or advising immediately.

This small practice builds trust and emotional openness.



Dr. Neelaveni Tanguturi
Homeopathic Doctor |
Counselling Psychologist |
Yoga Teacher with over two
decades of experience in
holistic health, emotional
well-being, and child
development

 9966883044

Heartily Congratulates the Grade X Achievers 2025-26

Toppers

100% RESULTS



493 98.6%



491 98.2%



487 97.4%



482 96.4%



480 96%

100% Achievers



**8 students
scored 100% in
various subjects**

**~83% Overall School
Average**

**30.9% STUDENTS SCORED
90%+**

TOPPERS

NAME	ENGLISH	TELUGU	HINDI	MATH	SCIENCE	SOCIAL	TOTAL	PERCENTAGE
VENKATA SAI RITVIK REDDY	97	100		98	99	99	493	98.6
MADDUKURI BHAVYA SUBHADRA	99	99		95	98	100	491	98.2
GUMMADI SAI HARSHITHA	96		98	95	99	99	487	97.4
RAMBAPPAGARI NAITHIK RAO	97		94	95	97	99	482	96.4
M DHANUSRI	96	100		96	98	90	480	96

BOARD RESULTS ANALYSIS 2025-26

SUBJECT	NO OF STUDENTS	SUBJECT AVERAGE	CENTUM 100%	PERCENT (%)	NO OF STUDENTS (90-99)%	PERCENT (%)	NO OF STUDENTS (80-89)%	PERCENT (%)	NO OF STUDENTS (70-79)%	PERCENT (%)	NO OF STUDENTS (60-69)%	PERCENT (%)	Below 60	PERCENT (%)
ENGLISH	188	89.1	1	1	108	57	59	31	13	7	6	3	1	1
TELUGU	72	88.9	4	6	38	53	21	29	5	7	1	1	3	4
HINDI	116	77.9	0	0	23	20	37	32	25	22	20	17	11	9
MATH	188	75.3	0	0	38	20	56	30	33	18	23	12	38	20
SCIENCE	188	80.7	0	0	65	35	52	28	28	15	26	14	17	9
SOCIAL	188	85.0	3	2	85	45	56	30	22	12	13	7	9	5

OVERALL RESULT (188 STUDENTS)



**36.1% STUDENTS SCORED
80%+**

ACHIEVEMENTS



K Sai Thaman of 9B secured Second prize in the state level District sports zone of School games federation of Telangana State in Karate held at Godavarikhani, Ramagundam.



Special Achievers – IIT Foundation Course (2025–26)

G. Nirvigna (VIII F) – Secured State Level 2nd Rank

M. N Rahul (VI A) – Secured State Level 3rd Rank

Grade-wise Merit Award Winners

1. Likhitha Reddy (IX F) – Gold Medal
2. Niveditha K (IX B) – Silver Medal
3. T. Sri Sai Abhiram (IX D) – Bronze Medal
1. Laalithya T (VIII F) – Silver Medal
2. Tanish J (VIII C) – Bronze Medal
3. M. Sri Akshatha (VII G) – Gold Medal
1. S. Gnana Karthik (VII A) – Silver Medal
2. T. Satya Nageswara Satvik (VII A) – Bronze Medal
1. P. Siddarth (VI A) – Silver Medal
2. G. Shreyash (VI AB) – Bronze Medal

Student Council Election 2026-27.

Support your candidates & be a part of the change.



SCHOOL CABINET MEMBERS

BOY SPL BOY : Soham Sai Panda (Leaders Party)

SPL GIRL – Iqra zoha (Achievers Party)

ASPL BOY – R. Sujana (Leaders Party)

ASPL GIRL – N. Kundanika (Leaders party)



HOUSE CAPTAINS & VICE CAPTAINS

SAPPHIRE HOUSE CAPTAIN - B. Yashwanth Reddy (Leaders Party)

VICE CAPTAIN - G. Nuthana (Achievers Party)

EMERALD HOUSE CAPTAIN - N. Abhinav Reddy (Leaders Party)

VICE CAPTAIN - K. Rishitha Ram (Achievers Party)

RUBY HOUSE CAPTAIN - P. Jayadev (Leaders Party)

VICE CAPTAIN – CH. Parnav Sri Pradhyumn Achievers Party

TOPAZ HOUSE CAPTAIN - Krishna Kumar (Leaders Party)

VICE CAPTAIN – CH. Harshitha Shri (Leaders Party)

CLUB SECRETARIES AND DEPUTY SECRETARIES

1. ENTREPRENEUR CLUB- ANIKA ABIGAIL & B. VARSHIL

2. SPORTS AND GAMES CLUB- JOSEPH DHIPIN REDDY & M. SHASINI

3. CULTURAL CLUB - V. PRAGNA SRI DEVI & M. LYVIA

4. ART & CRAFT CLUB- CH. BRAHMINI & B. SRUJAL

5. ECO CLUB - Y. HAARIKA REDDY & Y. SHREYASI REDDY

6. HEALTH & WELLNESS CLUB - G. MOKSHA MAHATHI & LASYA SRI



Investiture Ceremony



The Investiture Ceremony, held on 13th April, marked a significant milestone in our school's journey of nurturing young leaders. The event was graced by the Chief Guest, Sushma Lukkani, ANO, MRCET NCC, along with the esteemed Guests of Honour. The ceremony began with a warm welcome address by Principal Sir, followed by the oath-taking ceremony, where the newly elected SPLs, ASPLs, and other student leaders pledged their duties with sincerity and commitment.

The presence of parents added pride and encouragement to the occasion. The cultural segment, including classical dance, songs, and a vibrant Zumba performance, added energy to the celebration. Speeches by student leaders reflected confidence and responsibility. The ceremony concluded with a heartfelt vote of thanks, inspiring students to lead with integrity and dedication.



Investiture Ceremony



COFFEE DAY

An orientation program for parents of newly admitted students across all grades was held on 18th April. The session covered PP learning areas, school activities, special programs, rules and regulations, the almanac, and the assessment pattern, aiming to familiarize parents with school procedures and encourage their involvement in their child's learning journey. Mr. John Hemanth, the special guest, addressed the parents and shared valuable insights on parenting, emphasizing that it is an art requiring understanding, care, and empathy to support a child's overall development.



BULLETIN BOARDS

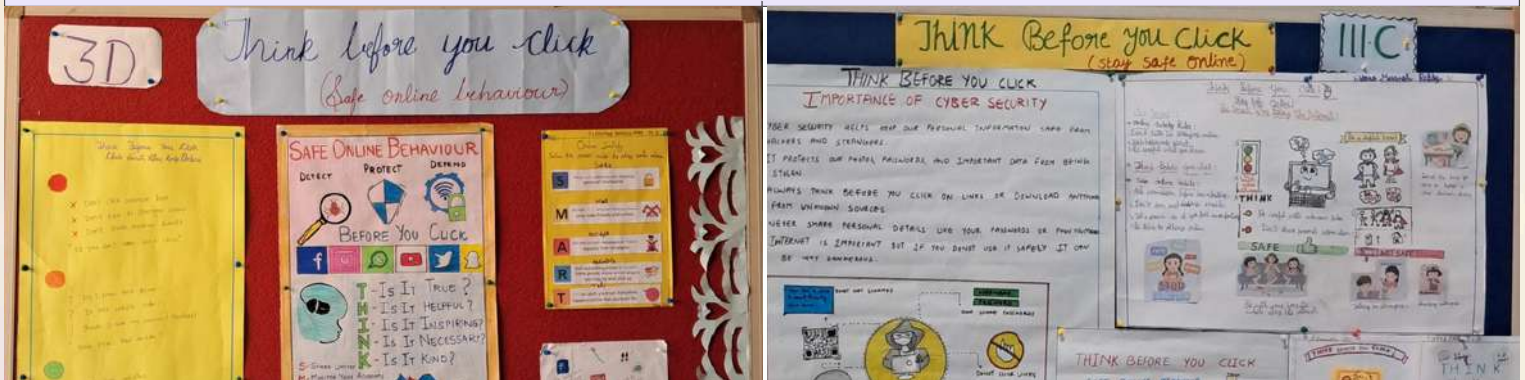
GRADE 1: MY FIRST INTERNET SAFETY RULES



GRADE 2: MY FIRST INTERNET SAFETY RULES



GRADE 3: THINK BEFORE YOU CLICK

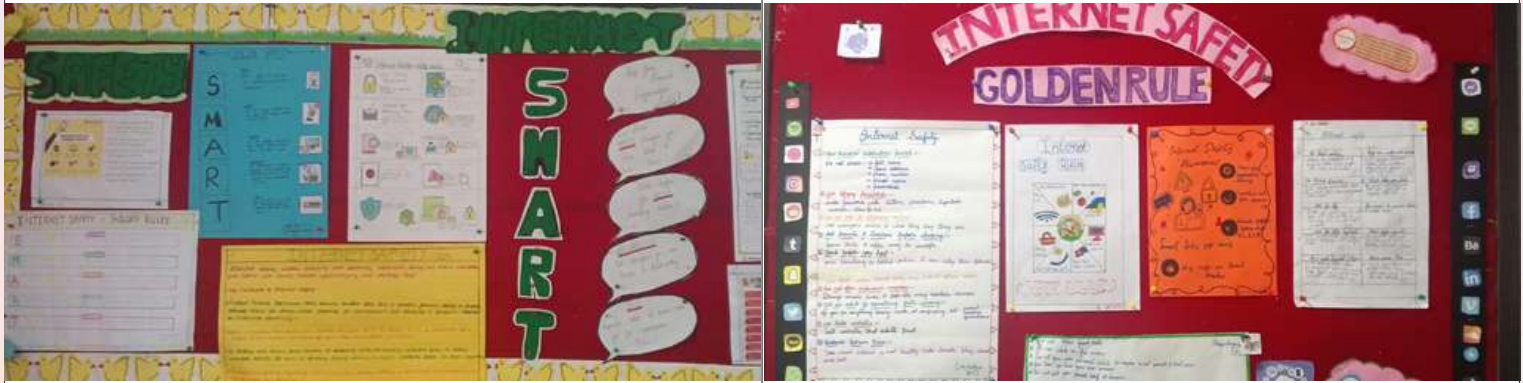


GRADE 4: THINK BEFORE YOU CLICK



BULLETIN BOARDS

GRADE 5: INTERNET SAFETY RULES



FESTIVAL BOARD ON RAM NAVAMI & GOOD FRIDAY



GRADE 6: INTERNET SAFETY RULES

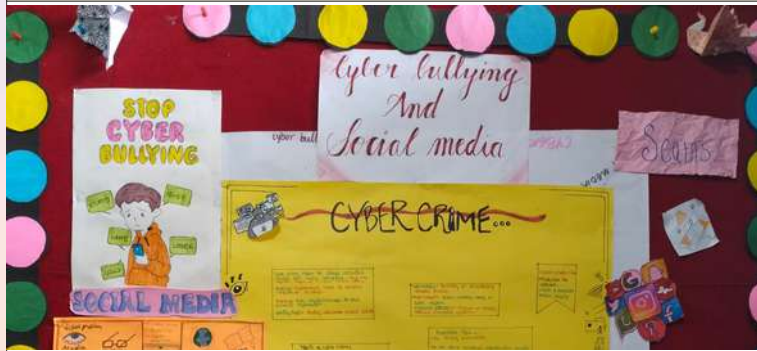


FESTIVAL BOARD ON DR. B. R. AMBEDKAR JAYANTI

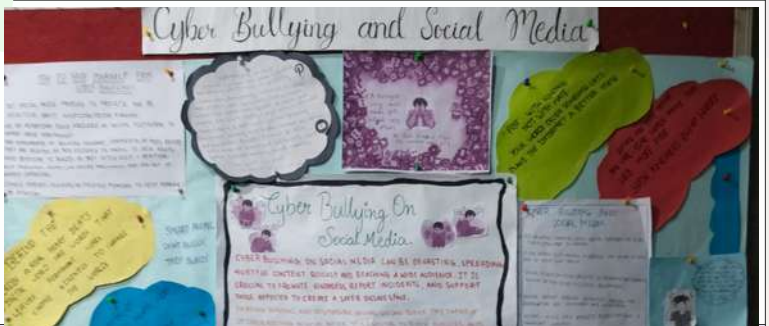


BULLETIN BOARDS

GRADE 7: PAUSE • THINK • POST



GRADE 8: PAUSE • THINK • POST



GRADE 9: PROTECT YOUR DIGITAL IDENTITY



GRADE 10: PROTECT YOUR DIGITAL IDENTITY



LEARNING BY DOING



GRADE 3: SCIENCE EXPERIENTIAL LEARNING - CHARACTERISTIC FEATURES OF LIVING AND NON LIVING THINGS



GRADE: 2 ENGLISH ACTIVITY- ROLE PLAY 'THE BOY WHO LOST HIS LAUGH'



GRADE - 1 MATH ACTIVITY- EXPERIENTIAL LEARNING ON POSITION WORDS



GRADE 1 - EVS EXPERIENTIAL LEARNING AND ROLE PLAY ON MY BODY



LEARNING BY DOING



GRADE - 2 -MATH ACTIVITY EXPERIENTIAL LEARNING - NUMBER LADDER



GRADE 2 -EVS-EXPERIENTIAL LEARNING ON SENSE ORGANS



GRADE - 3 MATH ACTIVITY - NUMBER BUILDER



GRADE 2: EXPERIENTIAL LEARNING USE OF LIMBS



LEARNING BY DOING



GRADE 4 : SCIENCE EXPERIENTIAL LEARNING - ROLE PLAY ON BALANCED DIET, SPEAKING TASK ON DIGESTIVE SYSTEM



GRADE-2 HINDI गतिविधि - "अक्षरों से शब्द यात्रा/ खेल"



GRADE 2

అచ్చులు - హల్లులు ACTIVITY



GRADE-1 HINDI गतिविधि - "अक्षरों पर कूदना"



LEARNING BY DOING



GRADE 6 : SCIENCE ACTIVITY- NATURE WALK



GRADE-1 HINDI गतिविधि - "अक्षरों पर कूदना"



GRADE 8 LAB ACTIVITY- OBSERVATION OF ONION PEEL CELLS



LEARNING BY DOING



**GRADE5 EXPERIENTIAL LEARNING
SEEDS HAVE ONE OR TWO COTYLEDONS.**



**GRADE 7 BIOLOGY ACTIVITY
VARIOUS KINDS OF PLANT LEAVES**



**GRADE 4 SCIENCE ACTIVITY
BOOKMARK MAKING ON THE TOPIC
OF PERSONAL HYGIENE.**



**POSTER PRESENTATION BY GRADE 9
ON EGYPTIAN CIVILISATION**



LEARNING BY DOING



GR-3 HINDI गतिविधि - अमात्रिक शब्दों का खेल



GRADE-2 HINDI गतिविधि - "अक्षरों से शब्द यात्रा"



KIDS CASTLE

NOTES



PP1 : FRYUMS BEADING ACTIVITY

PP1&PP2

Activity: My First Day Memory (Take-Home Activity)





KIDS CASTLE

NOTES



PP-II

TRACING CURSIVE LETTERS

PPI THUMB PRINT ACTIVITY





Our Pre-Primary students celebrated Yellow Colour Day on 17th April with great joy and enthusiasm. The aim of this activity was to help children understand the importance of colours in a fun and interactive way. Students came dressed in yellow outfits, creating a bright and cheerful atmosphere, and classrooms were decorated with yellow objects.

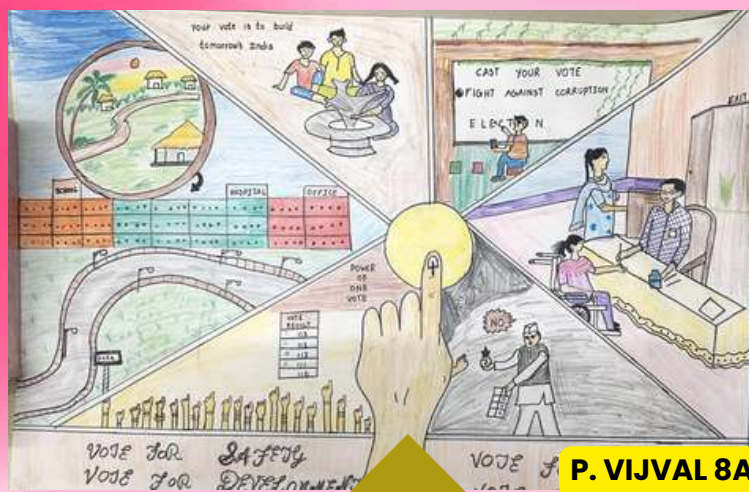
A ramp walk was organized where children confidently showcased their creativity. Teachers performed a short skit on summer safety, emphasizing the importance of staying hydrated, eating healthy, and wearing comfortable clothes.

Fun activities like lemonade and buttermilk preparation made the day more engaging and informative. Overall, it was a joyful and enriching learning experience for all.

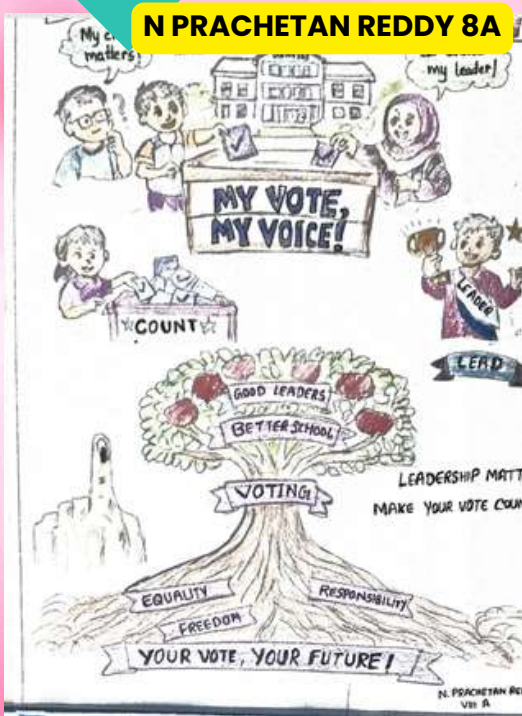




Grade 8: Importance of Elections



N PRACHETAN REDDY 8A



T. SATVIK 8A



B. MANVITH REDDY 8A

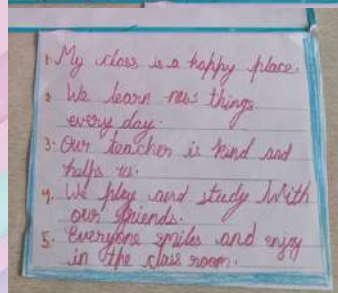
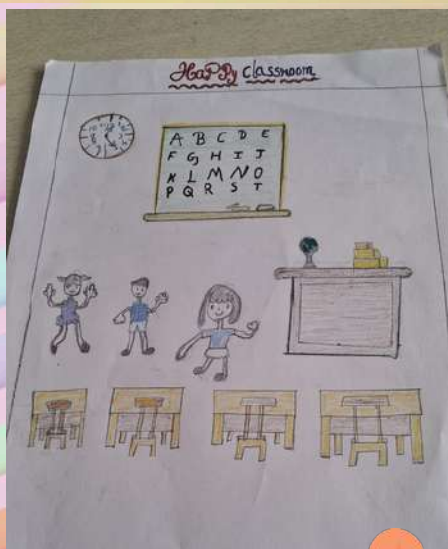
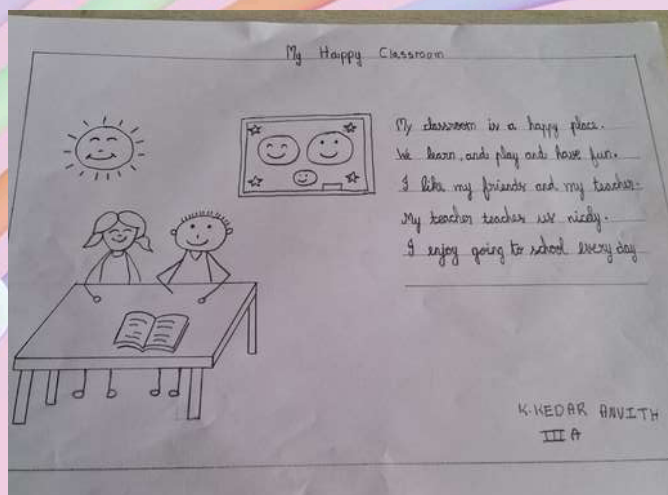
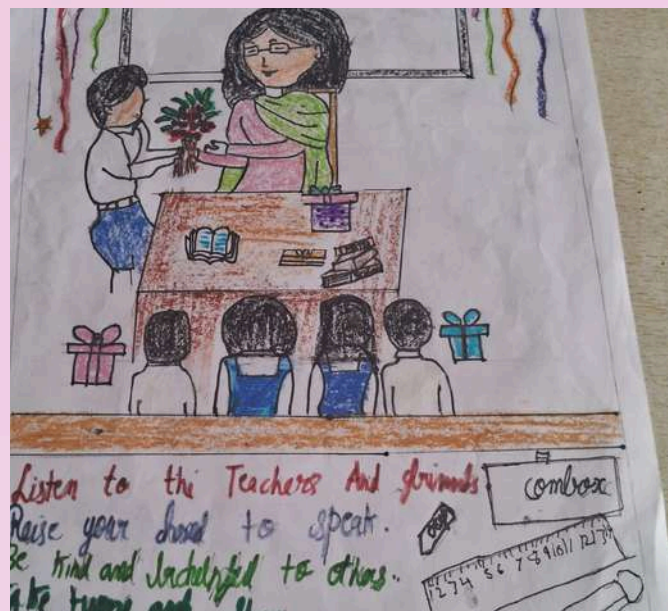


Thematic Art



Creative Expressions

Grade 3: My Happy Classroom

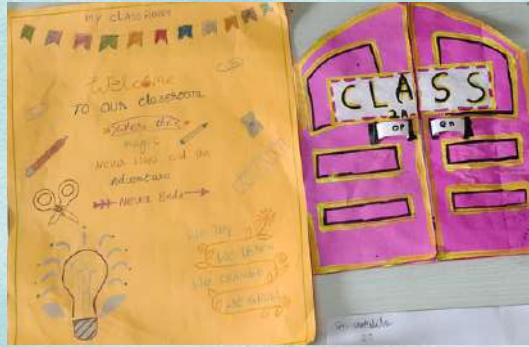


Thematic Art



Creative Expressions

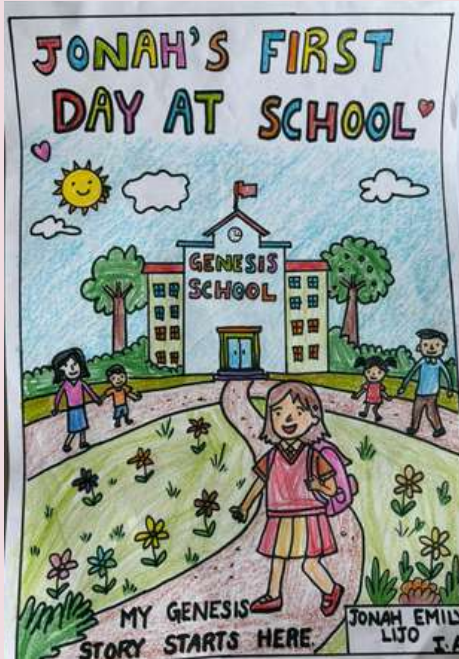
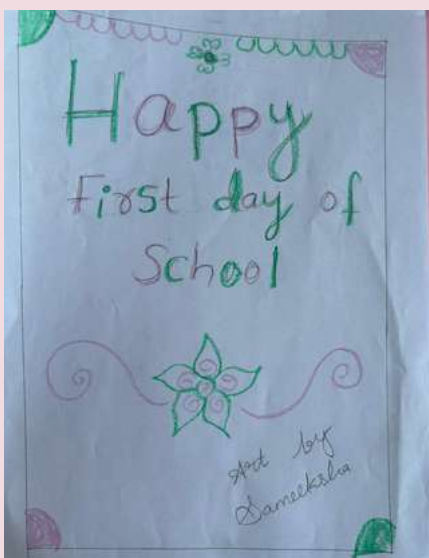
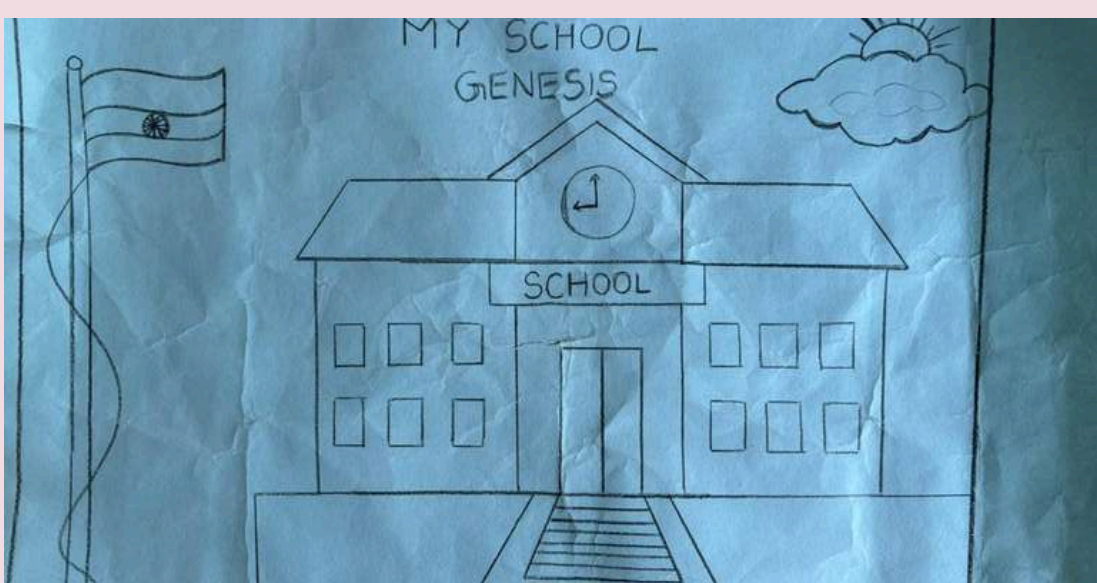
Grade 2: Our Bright Classroom



Thematic Art



Grade 1: My First Day at School



Family Kitchen Creations



* Creamy Vermicelli Kheer

Ingredients: 100g semiya, 2 tablespoons ghee, 3 tablespoons cashews, 2 tablespoons raisins, ½ litre water, ½ litre milk, 1 cup sugar, ¼ teaspoon cardamom powder.

Recipe:

1. Heat ghee in a pan and fry the cashews until light brown.
2. Add the raisins and fry until they puff up.
3. Remove and set aside. In the same pan, roast the semiya on low heat until it turns golden.
4. Carefully add water and cook for about 5 minutes until the semiya becomes soft.
5. Pour in the milk and let it simmer,
6. Add sugar and mix well until it dissolves completely.
7. Stir in the cardamom powder for flavor.
8. Turn off the heat and add the fried cashews and raisins.
9. Serve warm or chilled. If the payasam thickens, add a little warm milk before serving.



Sweet Memories in the Kitchen: Cooking this dish with my family was a joyful experience. Our kitchen was filled with laughter, music, and teamwork. We shared stories while cooking and enjoyed every moment together. The best part was not just the delicious payasam, but the love and happiness we created as a family.

-Adi Mouktika IXA

SCIENTIFIC NEWS



Creative Expressions

Quantum-Informed Machine Learning Boosts AI Accuracy and Efficiency

The integration of quantum-informed machine learning (QIML) into chaotic modeling marks a major



advancement in artificial intelligence as of April 2026. Recently reported in Science Advances, this approach uses a “quantum prior” trained on a quantum processor to guide classical models. It improves prediction accuracy by up to 17.25% for complex systems like turbulent flows. Additionally, it enables significant data compression, reducing large datasets to kilobyte-scale information. This innovation enhances efficiency and reduces energy consumption. It highlights the potential of quantum computing to address the growing power demands of AI, supporting sustainable technological development.

T. Saanvi IXA



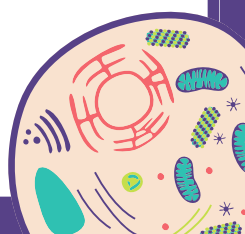
From Moon Missions to Deep-Sea Discoveries: Science in 2026

Science in 2026 is advancing rapidly with impactful breakthroughs. Scientists have created a precise 3D map of the universe to study dark energy, offering clues about cosmic expansion. NASA has completed the Artemis II mission, sending astronauts around the Moon and



testing systems for future landings. Meanwhile, the Vera C. Rubin Observatory has detected thousands of new asteroids, improving planetary defense. Deep-sea expeditions have discovered over 100 new species. In medicine, advances in cancer treatment and diabetes care are progressing, while quantum computing is reshaping technology and internet security.

Deekshitha IXA



MY FAVOURITE BOOK



FIVE NIGHTS AT FREDDY'S #4: STEP CLOSER

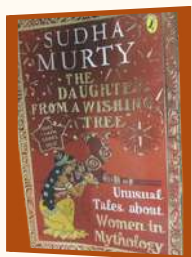


My favourite book is Five Nights at Freddy's #4: Step Closer. It is perfect for readers who enjoy thriller and horror stories. The book contains three stories, each filled with suspense and fear. The first story features vFoxy, who hunts vtwo siblings. The



Hrithvik Karthikeya
Konda VII'A

second story is about a robot ballerina that follows and hunts an 18-year-old girl. The language is simple yet engaging, making it easy to understand. The stories are so vivid that readers can easily imagine themselves as the characters.

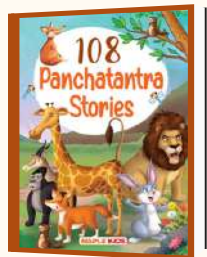


THE DAUGHTER FROM A WISHING TREE

My favourite book, The Daughter from a Wishing Tree, tells inspiring stories of strong and brave women from Indian mythology. Characters like Ashoka Sundari and Damayanti face difficulties but never give up, while Parvati, Saraswati, and Lakshmi teach the power of intelligence and patience. The stories are simple, meaningful, and engaging, helping readers understand the strength and value of women. This book inspired me to be brave, respectful, and confident in difficult situations. It teaches us to do the right thing and never lose hope. I highly recommend this inspiring book to children and readers of all ages.

PANCHATANTRA

Panchatantra is one of the oldest collections of Indian animal fables, dating back to around 200-300 CE and attributed to the scholar Vishnu Sharma. The name comes from the Sanskrit words Pancha (five)



and Tantra (principles). What makes it special is its unique storytelling technique, where stories are woven within stories to convey moral lessons. The use of animals like lions, jackals, turtles, and crows to represent human qualities makes complex ideas easy to understand. The book teaches wisdom, values, and practical life lessons. As it says, "Knowledge is the true organ of sight, not the eyes."



M. Adwaita
VII A



P. Sidharth
VII A

Voice of INSPIRATION



A grandson's interview with his grandfather

I: Good morning, Grandpa! I would like to know your life story; the first question is what was your family background?

Grandpa: I was born and raised in a poor family, where my parents were illiterate and life was a daily struggle for food and shelter.

I: What was your greatest achievement?

Grandpa: I became the first person in my family to secure a government school teacher job.

I: Great! How did you feel at that time?

Grandpa: Boundless happiness that achievement was not just my personal success. It was a turning point for the entire family.

I: What was your first wish fulfilled after you received first salary?

Grandpa: I bought a new pair of new clothes to my parents, to my teacher, and gave some cash amounts to them.

I: If you were in my place, in present days how would you feel?

Grandpa: I would feel great as you all have great facilities, good schools, quality education and many happy things.

I: What advice would you give to us and present generation's children?

Grandpa: My dear boy, remember this life will always give challenges, but education and hard work are the keys to overcoming them. Respect your parents, value your teachers and stay disciplined in your efforts. Play, enjoy and live happily.

I: Thank you very much grandpa.



Echoes of Joy

A celebration to Remember

Creative Expressions

SRI RAMA NAVAMI - A Festival of Dharma

Ram Navami is not just a festival, it is a reflection of the values we pass on to the next generation. Sri Rama Navami is a sacred festival that celebrates the birth of lord Rama, who teaches us truth, courage and righteousness.

This year I celebrated this festival at my grandparents' house in my hometown, which made it very special for me.

On this auspicious day, I visited Ram temple with my family. I felt very peaceful while praying and thinking about the good qualities of Lord Rama.

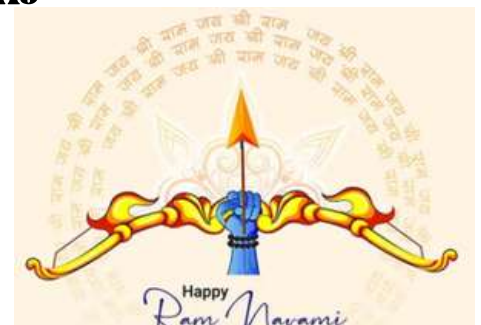
One of the most special activities I did was writing "Sri Rama" 1000 times. This helped me improve my concentration and taught me patience and dedication. Celebrating this festival at my grandparents' home helped me understand the importance of family traditions and values. I learned

below listed Dharma Slogans from ■ Dharma Slogans

- Follow Dharma and Dharma will protect you.
- Dharma and truth always win.
- Be kind, brave, be like Rama
- Respect for elders and parents.
- Good action brings good results.

Sri Rama Navami taught me to be truthful, patient and respectful. I always try to follow the path shown by Lord Rama in my life.

-VIHAAN. CH VA





Discover, Learn, Grow **GENESIS CLUBS**

In this year, Genesis introduced the Entrepreneur, Eco, and Health & Wellness Clubs, in addition to Art&Craft, Cultural and Sports & Games clubs. These provide students opportunities to explore interests, build skills, and grow in confidence while promoting experiential learning, teamwork, creativity, and leadership

Health and Wellness Club

The Health and Wellness Club promotes healthy habits. It encourages yoga, meditation, a balanced diet, and mental well-being among students and teachers. Activities such as awareness programmes, fitness sessions and workshops will be held to help students remain active and stress-free.

Sports and Games Club

The Sports and Games Club focuses on developing physical fitness, teamwork, and sportsmanship. Students actively participate in various indoor and outdoor games, enhancing their strength and coordination. Regular CCA competitions and House competitions motivate them to stay active and build confidence with a spirit of healthy competition.

Cultural Club

The Cultural Club nurtures students' creativity in music, dance, drama and art. It provides a platform to showcase talent during events and celebrations apart from CCA. The club fosters confidence, teamwork and respect for diverse cultures, making school life vibrant and enriching.

Eco Club

The Eco Club raises awareness about environmental conservation and sustainability. Students engage in activities such as tree plantation, recycling, and cleanliness drives. It promotes eco-friendly practices. One activity under Eco Club will be a part of every special week.

Entrepreneur Club

The Entrepreneur Club develops creativity, leadership, and business acumen among students. Through projects, exhibitions and sales activities, students learn planning, teamwork and financial management. The activities of this club will be a part of every special week.

Art and Craft Club

The Art and Craft Club provides opportunities to explore drawing, painting, and various craft techniques. Students develop fine motor skills, patience, and artistic expression. The club encourages innovation and enables students to showcase their talents through creative projects and exhibitions apart from CCAs.

Students' Reflection on the School Event

My Journey to Becoming SPL Girl

I contested for the position of SPL Girl, where over 25–30 students participated, making it highly competitive. The campaigning phase was the most exciting part, as I interacted with many students, shared my ideas, and understood their views. Their support boosted my confidence, and I made new friends. Observing other candidates helped me learn about leadership, communication, and presenting ideas effectively. On election day, I felt nervous but remained confident. I am happy to have been elected, which was a proud moment for me. This experience improved my confidence, leadership, and communication skills.

-Iqra Zoha XF (Participant)



My First Voting Experience at School

Voting is not just for adults or politicians; it includes us children too. I am M. Rushika from VII A, and I would like to share my experience of the school voting process. First, at the application booth, indelible ink was applied to my left index finger to ensure fair voting. Then, students lined up according to their groups—Sapphire, Emerald, Ruby, and Topaz. Inside the booth, I received ballot papers for SPL boy, SPL girl, and Group Captain. I stamped my choice and placed the papers in the respective boxes. It was an interesting and educational experience.

-M. Rushika VIIA (Spectator)



Parents' Reflection

A Journey of Discipline and Achievement

Seeing Ritvik achieve the highest marks in Grade X has been a moment of immense pride and happiness for our family. This accomplishment reflects his dedication, sincerity, and consistent effort. We always tried to provide a supportive environment and encourage disciplined study habits.

We sincerely thank the teachers for their constant guidance, patience, and encouragement, which strengthened his confidence and understanding. Their support made a meaningful difference.

More than the marks, we are proud of his discipline and positive attitude. We wish him continued success and growth in the future.

-Parents of Venkata Sai Rithvik Reddy (Grade X Graduate)



Nurtured with Care, Ready for the Future

We are incredibly grateful for the opportunities given to our daughter at Genesis School. It feels like just yesterday she started her journey with a smile, and now she has graduated. As parents, we are proud of her hard work and growth. The teachers guided her with dedication, imparting valuable lessons beyond academics.

Their unwavering support helped shape her personality, while the school nurtured her intellect through engaging activities. This journey has taught us patience and resilience, and how to support her future endeavors. We wish her continued success and happiness in the next chapter of her life.

-Parents of Madaka Dhanusri (Grade X Graduate)





SUMMER TIPS

Stay Cool, Stay Safe, Stay Healthy

STAY HEALTHY



- Drink plenty of water throughout the day.
- Eat water rich fruits like watermelon, cucumbers & home-cooked food.
- Avoid oily and junk foods.

STAY PROTECTED



- Use sunscreen with SPF 30 or higher.
- Wear sunglasses and a hat when going out.
- Avoid direct sun exposure between 11am and 4pm.

STAY ACTIVE & HAPPY



- Stay active with indoor exercises and yoga.
- Spend quality time with family and friends.
- Practice Digital Detox, take a break from mobile, TV, and screens.

STAY PRODUCTIVE



- Read books to improve your vocabulary
- Practice handwriting
- Learn a new skill.

**Enjoy your summer,
and make beautiful memories!**

