



JINDAL WORLD SCHOOL

— GHAZIABAD —



MAY – JUNE

JWS TIMES

LEARN • GROW • SHINE

KNOWLEDGE

CREATIVITY

CONFIDENCE

SUCCESS



SMART
STUDY TIPS



SPECIAL DAY'S
IN MONTH



CREATIVE
CORNER



EVENTS
& ACTIVITIES



FUN ZONE

★ Together we learn, together we grow, together we shine! ★

MESSAGE FROM THE CHAIRMAN'S SIR DESK



Summer has arrived with its bright days and warm afternoons. This season brings both challenges and opportunities. The rising temperature may test our energy, but it also gives us longer days to learn, grow, and build good habits. I encourage you to use the summer months wisely. Stay consistent with your studies even when school is in session. Heat and vacations can make us lazy, but true progress comes from discipline. Attend classes regularly, revise your lessons daily, and don't let the summer slowdown your academic goals. At the same time, take care of your health during summers. Stay hydrated, eat light and nutritious food, and avoid

stepping out in peak heat. A healthy body supports a sharp mind. Use early mornings or evenings for focused study when the weather is cooler and your mind is fresh.

Summer is not an excuse to pause learning – it is a reminder to adapt and stay committed. Manage your time well: balance studies, rest, and physical activity. This summer, challenge yourself beyond textbooks. Develop a hobby, practice a sport, help your parents, or work on a creative project. Balance play with purpose, and fun with focus. Stay hydrated, stay safe, and make healthy choices every day. I look forward to welcoming you back with new energy, new stories, and a stronger will to succeed. Make this summer memorable – both in joy and in growth. Let this season strengthen not just your knowledge, but also your willpower and time management. Stay determined, stay healthy, and keep striving for excellence every single day.

“Use your time wisely today, and your tomorrow will thank you.”

MESSAGE FROM THE DIRECTOR'S SIR DESK

The long-awaited summer break is finally here, and I want to be the first to wish you a joyful, safe, and refreshing vacation! 🌞 After months of hard work, assignments, exams, and early mornings, you've earned this time to relax and recharge. Spend your days playing with friends, bonding with family, traveling to new places, and discovering hobbies that make you happy. But remember, champions are built not just in classrooms but also in how they use their free time.



Summer gives you a wonderful chance to learn without pressure. I don't want you buried in textbooks, but I do encourage you to keep your mind curious and active. Read stories that transport you to new worlds, practice mental math while shopping with parents, write a journal about your holiday adventures, or watch documentaries that spark your imagination. Just 30 to 45 minutes of daily learning will keep you sharp and confident when we meet again. This break is also the perfect time to build life skills. Help your mother in the kitchen, take care of younger siblings, learn to manage your pocket money, plant a tree and watch it grow, or start a small fitness routine.

These experiences teach you responsibility, creativity, and discipline – qualities that no exam can measure but life always rewards. Stay safe in the summer heat. Drink water, eat healthy, limit screen time, and look out for one another. Avoid rushing through your holiday homework in the last week. Plan a little, do a little, and enjoy a lot. I am eager to see you all back in school with bright smiles, exciting stories, and renewed enthusiasm to learn and achieve more.

Make this summer a perfect blend of fun, rest, and growth. Wishing you and your families a wonderful and meaningful summer break!

“Stay focused in the heat, and you’ll shine in the future.”

SPECIAL DAYS

May 01 – Labour Day

Respect every worker who helps build our world.

May 07 – Rabindranath Tagore Jayanti

Celebrate the joy of literature and creativity.

May 08 – World Red Cross Day

Help others — kindness makes a difference.

May 10 – Mother's Day

Make your mother smile with a small surprise.

May 24 – Commonwealth Games

Be active — sports build strength and teamwork.

June 01 – Global Day of Parents

Say “thank you” to your parents today.

June 01 – World Milk Day

Drink milk and stay strong and healthy!

June 05 – World Environment Day

Plant a tree and protect our Earth.

June 14 – World Blood Donor Day

A small act can save a life.

June 21 – International Day of Yoga

Stay calm, focused, and healthy.

FESTIVALS

May 01 – Buddha Purnima

Follow the path of peace, kindness, and wisdom.

May 25 – Ganga Dusshera

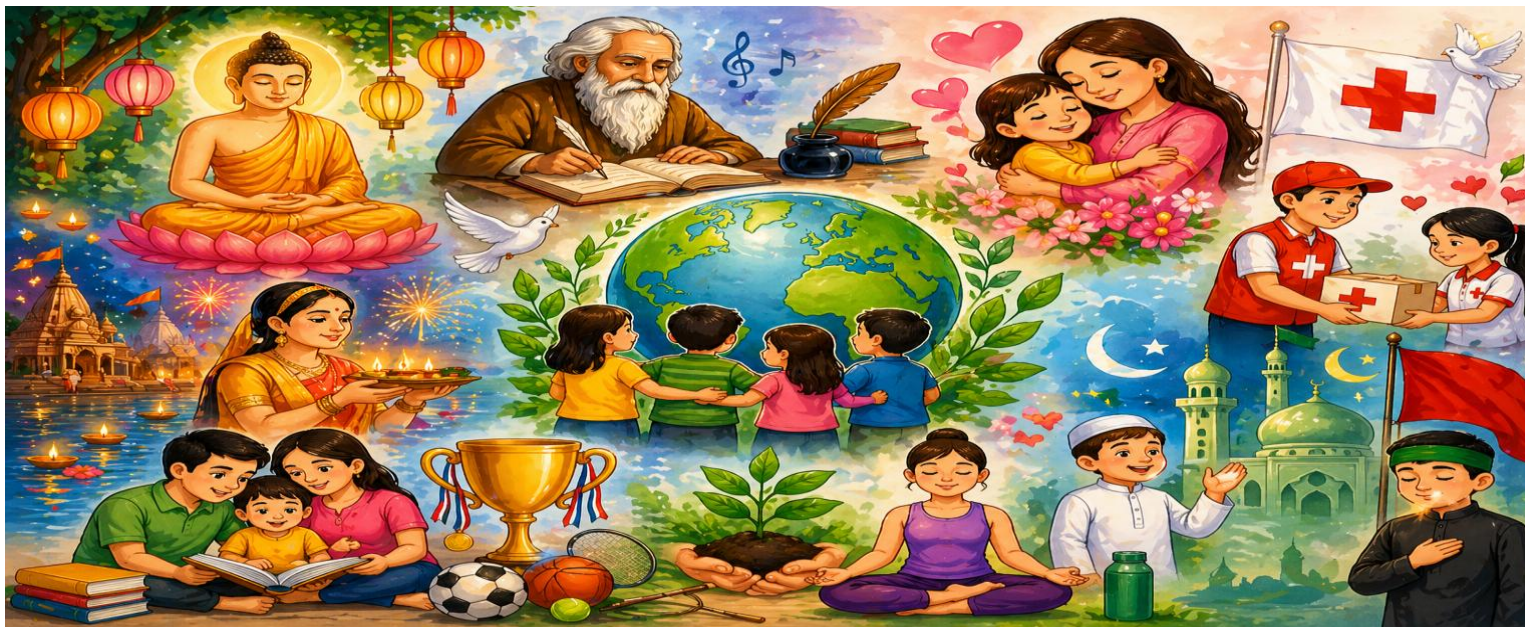
Respect rivers and keep our environment clean.

June 17 – Eid-ul-Adha

Celebrate sharing, gratitude, and togetherness.

June 26 – Muharram

Remember values of sacrifice, patience, and faith.



Brain-Boosting Summer Snacks

These snacks are high in water content and nutrients that improve memory and concentration:



Frozen Grapes & Blueberries:



The Benefit: High in antioxidants (anthocyanins) that improve blood flow to the brain.



Summer Perk: They act like tiny, healthy ice pops.



Greek Yogurt with Walnuts:



The Benefit: Walnuts are rich in DHA (a type of Omega-3) linked to better cognitive performance.



Summer Perk: Probiotics in yogurt help prevent the "brain fog" caused by summer digestive issues.



Watermelon & Feta Skewers:



The Benefit: Watermelon contains lycopene, while feta provides the salt (electrolytes) you lose through sweat.



Summer Perk: 92% water content keeps you hydrated while you study.



Dark Chocolate Rice Cakes:



The Benefit: Dark chocolate (70%+) contains flavonoids that boost mood and focus.



Summer Perk: A light, crunchy alternative to heavy energy bars.



Chilled Chia Seed Pudding:



The Benefit: Omega-3s and fiber provide a slow, steady release of energy—no sugar crashes.



Summer Perk: Naturally cooling and can be made in batches for the week.



Pro-Tip: Avoid heavy, oily snacks like fried chips during summer



Little Stories, Big Lessons

दो मेढक



एक बार दो मेढक दूध से भरे एक मटके में गिर गए। मटके से बाहर आने के लिये वे दूध में गोल गोल तैरने लगे। मगर उनके पैरो को कोई ठोस आधार नहीं मिल रहा था। इस लिये छलांग लगाकर बाहर आना उनके मुश्किल हो गया। कुछ देर बाद एक मेढक ने दूसरे से कहा, "मैं बहुत थक गया हूँ।

अब मैं ज्यादा तैर नहीं सकता!" वह हिम्मत हार गया। उसने मटके से बाहर निकलने की कोशिश छोड़ दी। इसलिए वह मटके के दूध में डूब कर मर गया।

दूसरे मेढक ने सोचा, "मैं अपनी कोशिश नहीं छोड़ूंगा। मैं तब तक तैरता रहूँगा जब तक कोई रास्ता नहीं निकल आता" वह तैरता ही रहा इस प्रकार उसके लगातार तैरने से दूध मठ उठा और उसके ऊपर माखन जमा हो गया कुछ देर बाद मेढक ने माखन के गोल पर चढ़कर जोर की छलांग लगाई वह मटके के बाहर आ गिरा।

शिक्षा - ईश्वर उसी की मदद करता है जो स्वयं अपनी मदद करता है।

All That Glitters Is Not Gold

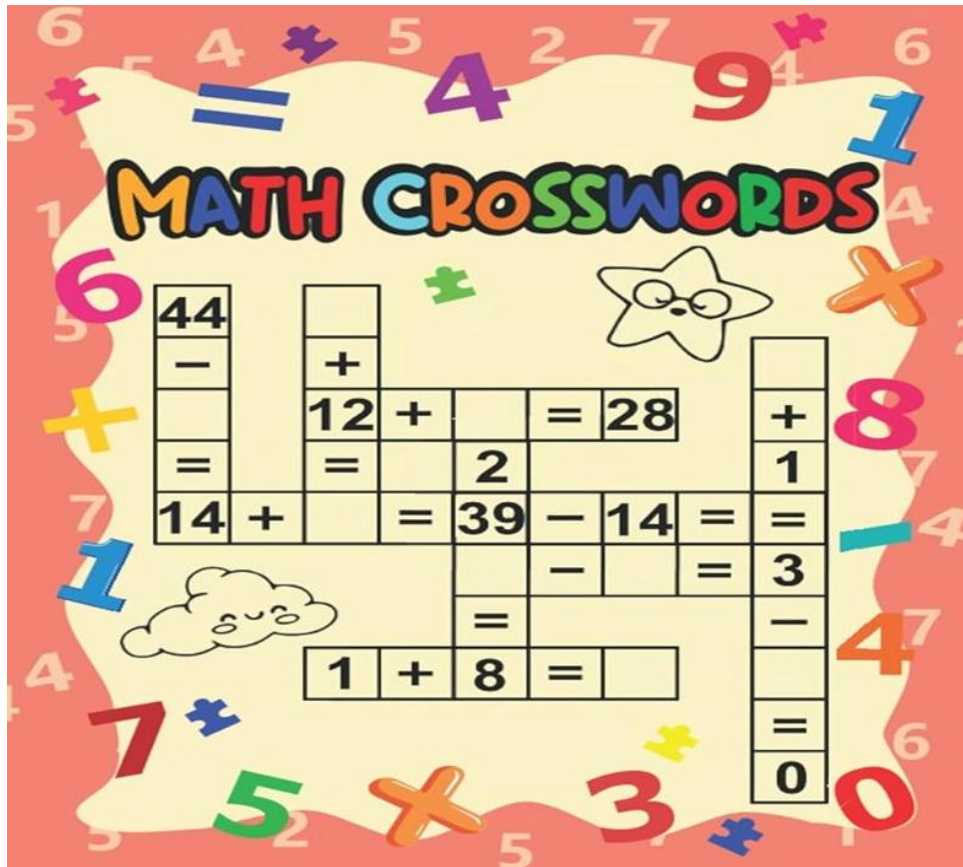
The Golden TouchOnce there was a king whose name was Midas. King Midas did a deed as an act of kindness for a satyr- a spirit of nature. On this act of Midas, the god of wine called Dionysus granted him a boon. Midas wanted his touch to be of gold. When Dionysus warned about the shortcomings of his desired boon, Midas remained adamant. Midas got blessed with his desired boon. He was very excited about his new powers. Midas touched items turning them into gold.



When Midas got hungry, he tried to eat food with his hands, but it turned into gold. Midas groaned in hunger that he would starve this way. Seeing Midas in distress, his daughter tried to comfort him. She too turned into gold after embracing her father. Midas cried about the fact that this golden touch was not a blessing after all.

Moral: Excessive greed results in one's downfall.

Maths Fun Zone: Solve the Crossword!



How to Solve

- Fill the boxes with correct numbers.
- Solve each equation step by step.
- Check both **across** → and **down** ↓ clues.
- Each number should fit correctly in all directions.



Smart Tips

- Start with the **easiest sums first** 👍
- Solve **one row or column at a time**
- Double-check your answers
- Use rough work if needed ✎
- Take your time and enjoy solving 😊



Challenge yourself and become a Maths Champion!

NURTURING WELLNESS THROUGH YOGA



Our school recently organized a Yoga Session with the aim of encouraging students to adopt healthy habits and understand the importance of physical and mental well-being. The session was conducted in a calm and positive environment, where students actively participated in various yoga asanas and breathing exercises. It was a refreshing experience that brought energy, focus, and enthusiasm among all participants.

Yoga plays an important role in improving concentration, flexibility, and overall health. Regular practice helps students stay calm, manage stress, and develop better focus in their studies. It also builds discipline and self-awareness, which are essential qualities for personal growth. Through simple techniques, students learn how to keep both their body and mind balanced.

At our school, we strongly believe that education goes beyond academics. By organizing such activities, we aim to nurture well-rounded individuals who value health, mindfulness, and positivity. Encouraging yoga at a young age helps students build lifelong habits that contribute to a healthier and happier future.

The session concluded on a positive note, leaving students feeling relaxed, motivated, and inspired to continue practicing yoga in their daily lives. It was truly a meaningful experience that highlighted the importance of balance, inner peace, and overall well-being.



“A healthy mind lives in a healthy body — yoga nurtures both.” 🌿

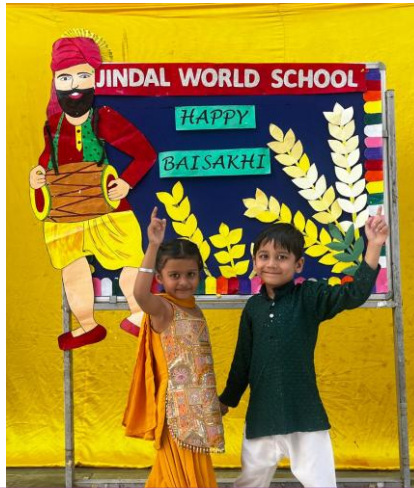
JOYFUL MEMORIES

AT JWS



Baisakhi

Baisakhi was celebrated with great energy in our school. Students took part in fun activities, dances, and learned why this festival is so special. It was a day full of happiness and togetherness.



Celebrating Baisakhi with joy, colors, and cheerful hearts!

World Health Day

World Health Day was observed in our school to spread awareness about the importance of staying healthy. Students learned about good habits like eating nutritious food, staying active, and maintaining hygiene. The activities encouraged everyone to take small steps towards a healthier and happier life.



Healthy habits today, stronger tomorrow!

Earth Day

Earth Day was celebrated in our school to create awareness about protecting our planet. Students learned the importance of saving water, planting trees, and keeping the environment clean. The activities encouraged everyone to take small steps towards a greener and healthier Earth.



Love Earth, Live Green!

Students enjoyed a fun Healthy Food Activity while learning the importance of nutritious eating.

Healthy Food Activity



Eat healthy, stay happy!

Drawing Activity

Students expressed their creativity and imagination through a fun and colorful Drawing Activity.



Creativity in every stroke!



Have a
FUN
Summer
Break!

Relax, Refresh & Recharge!

See you soon with
big smiles and happy hearts!

NO BOOKS,

NO STRESS,

JUST FUN!