

SUMMER HOLIDAY APPROACHING

Dear Parents,

We are about to complete another rewarding academic year with all our students, teachers and families. In these last days of the year full of holiday excitement, we want to share with you some suggestions for a productive summer.

EVALUATION OF THE REPORT CARD

Before the summer holiday, report card evaluation is important for students to see the results of their efforts throughout the year. There are some points to consider when evaluating students' academic development.

When evaluating the report cards together with your children, it is important to explain that the value given to children is not related to their success in the report cards. In this process, children need the highest level of trust. During the evaluation of the report card, calm, cool and positive attitude should be displayed. Your child's performance in the report card should not be compared to that of others'. Harmony with one's inner self and surroundings and development of values should be emphasized while evaluating academic performance. In addition, financial rewarding for successful report cards should be avoided, and performance evaluation should be ensured through appropriate and realistic feedback by appreciation.

First of all, it should be acknowledged that students have strengths and weaknesses. Emphasizing the positive side of their performance is a good way to begin evaluating the report card. Parents, together with their children, can discuss whether or not the report card reflects the value of their children's efforts during the year and come up with suggestions that promise improvement. While it is sometimes possible to attain high grades by working hard in some courses, it may not always be possible to reach the desired level in terms of grades despite vigorous efforts. Additionally, in some cases, children's performance may be linked to their aptitude in a particular subject area. Given that students' study methods vary based on the needs of individual courses, the duration and frequency of their study schedule can be rearranged accordingly.

HOW TO SPEND EFFECTIVE SUMMER HOLIDAYS?

Students regard the summer holiday as an opportunity to breathe and relax after an intensive course and examination process. Many students may tend to take this opportunity to watch TV all day, play computer games, sleep late at night, sleep until noon and spend time with friends during the holidays. However, such an understanding of holiday is very tiring for the student. The physiological structure, which is accustomed to the intense work tempo and discipline, is initially challenged by this gap; gradually a physiological laziness occurs. When the holiday ends and the school begins, the lazy body may be forced to return to its former condition, and even long-term adaptation problems may arise. Parents who are thinking of these and similar possibilities may be concerned and find themselves looking for

an answer to the question. What should be the most beneficial holiday for my child's development?

Depending on age characteristics and individual differences, it is not possible to use a definite statement such as “the most beneficial / productive holiday”. Please acknowledge that children are mentally and physically tired after an entire academic year. Therefore, consider summer holiday as an opportunity for them to regain their energy. Considering the needs of being a child, we can list the holiday suggestions that may contribute to children’s mental, physical and emotional development as follows:

Concentrate on what they can't do during the school year: allocate time for postponed activities that cannot be done during school due to certain routines (departure time, working hours, etc.). Every activity in the summer holiday with the child can be a compensation for the times that are difficult to share with each other due to the intensity and pace of the school year. It should not be forgotten that the holiday is an opportunity for parents to have a pleasant and satisfying relationship with their children. Therefore, it is important that you increase the time you spend together.

Take time to read books: Summer is the best time to reinforce reading habits by reading their favorite books, as some of the compulsory books may not be of interest to children. In fact, scheduling reading hours in the family and positive role-modelling of parents will increase the child's desire to read even more.

Guide for course work: Summer holidays should not only be spent on recreation and leisure time, but also offer opportunities for students’ academic development. The holiday is complementary and compensatory, especially for students who need academic reinforcement. Imposing intensive work programs structured only by parents would cause the children to feel pressure and prevent them from being productive. Both within the first 10-15 days of the vacation and 1 week before the beginning of the school year, it is important for the mind to rest. For schedules that will be created in the remainder of the time, it will be motivating to supplement tasks with fun activities.

Prevent unrestricted television and computers: Vacation does not mean that the child spend as much time on the television / computer as he or she wants. Although screen times are not as rigid as in the school days, they should be kept under control in terms of children's development and attention.

Include sports, cultural and social activities in the daily program: physical activities in open spaces, cultural places with family, visits to relatives, time with friends are very important for children's personal development, relaxation and fun. In addition, summer schools / camps, where children develop themselves through sports, arts and social activities allow them to use their holiday time effectively and efficiently. At this point, it is necessary to ensure that the child does not spend the holiday completely away from his / her family during summer.

Play with them and observe the games they play: Summer vacation is a great opportunity for children to play their favorite games, during which parents can observe them. As you spend

quality time through games, you can gain awareness about how children express their feelings and thoughts by observing them in the playground where they are most natural.

It should not be forgotten that a well-planned holiday is enjoyable, productive and rewarding. It provides children with energy and motivation for the new school year. Children who spend their holiday with their family and loved ones doing activities of interest will start the new year emotionally and mentally ready.

We wish our dear students and parents a happy, healthy, pleasant and productive holiday...