



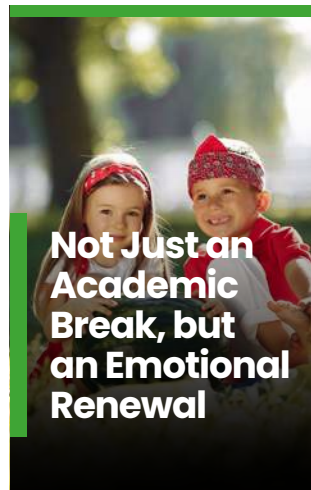
İSTEK SCHOOLS

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Department

Hello,

The November break offers a wonderful opportunity for our students to rest, play, and spend quality time with their families. After a busy period, it is important for children to relax both physically and mentally, while keeping their curiosity, sense of discovery, and spirit of sharing alive. In this bulletin, we share a few suggestions to help you make the holiday period more meaningful and productive. Our goal is to support every moment spent together as a family in becoming valuable memories that contribute to our children's development and leave a lasting mark in their hearts.

Wishing you a holiday filled with love, sharing, and the joy of togetherness — enjoy your reading!





## QUALITY AND JOYFUL FAMILY MOMENTS DURING THE NOVEMBER BREAK

The November break offers a wonderful opportunity for students to rest, play, and spend quality time with their families. During this period, the most valuable gift for children is the meaningful and joyful moments they share with you. Rather than viewing this time as an academic pause, you can use it to strengthen emotional bonds, nurture curiosity, and encourage discovery. Family connections are the strongest source of children's trust, belonging, and happiness.

This mid-term break also includes November 10th – Atatürk Remembrance Day. Taking your child's developmental stage into account, you may wish to commemorate Mustafa Kemal Atatürk, the founder of our Republic, together with your child, attend the ceremonies held on our campuses, and share your feelings of gratitude and respect as a family.

Every moment you spend together supports your child's growth, happiness, and emotional well-being. Learning can continue through play, nature, and everyday curiosity. Happiness for children is often found not in grand activities but in calm, shared, and genuine moments.

You can turn simple routines into learning opportunities – explore colors together while shopping, talk about measurements and numbers while cooking, or discuss the seasons and environmental awareness during a nature walk.

Reading together is another wonderful way to connect. Ask open-ended questions like "What do you think will happen next?" to develop your child's thinking skills. You can also enjoy "silent books," creating your own stories based on the illustrations and your imaginations.

Children tend to remember the moments when they laugh, share, and feel close to their loved ones. Evening hugs, cooking and eating together, or holding hands on a walk all help strengthen their emotional security.

Family time is also a valuable chance to support your child's social and emotional development.

Encouraging open, respectful communication at home helps children build healthy relationships in the world outside.

Sharing your own thoughts and feelings honestly, and showing calm, respectful ways to handle disagreements, models important problem-solving and empathy skills. Since children may spend more time at home during the break, their use of technology may increase. You can guide them toward enriching digital content by planning family movie nights, then discussing what the characters might have felt or how they could have solved their problems differently.

Time spent together without rushing is truly precious. When school resumes, your child may not remember every activity, but they will remember the warm, loving moments shared with you. These moments don't have to be perfect — what matters most is that your child feels your presence. Children grow when you laugh with them, talk to them, hug them, and simply are there.

We wish you and your family a happy, peaceful, and joyful holiday.

**İSTEK Schools**  
**Psychological Counseling and Guidance Department**

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