



RIDGE VALLEY SCHOOL

RVS/CIR/010/2021-2022

12th APRIL 2021

CARPEDIEM- 2021

Dear Parents (Grades IX- X),

Greetings!

This is with reference to the circular number **RVS/CIR/005/2021-2022**, sent out to students of Grade IX. As per the latest CBSE curriculum guidelines, it is mandatory for all students of Grades IX and X, to register under any one skill building activity (Visual and Performing Arts- Art education) and one activity for health and fitness(HPE)

Hence, we have reworked the activities and are extending the same to the students of above grades.

Skill Building Activities –Art Education

- a) Dance
- b) Western Music - Vocal and Instrumental
- c) Hindustani Classical Music
- d) Instrumental Music – Indian
- e) Visual Art - Drawing and Painting
- f) Visual Art - Art, Craft and Textiles
- g) Theatre

Health & Fitness Activities

- a) Chess
- b) Yoga
- c) Fitness

Carpediem Schedule

- a) Skill building activities will be conducted on Tuesday, Thursday (4:00pm-5:00pm) and Saturday (10.00 am to 11.00am)
- b) Health and Physical Education will be conducted on Monday, Wednesday, and Friday- (4:00pm-5:00 pm).

Please follow the link to fill in the options by Wednesday April 14, 2021.

<https://forms.office.com/Pages/ResponsePage.aspx?id=1geYGoNlzkqvdHIkulfNfZO0e7Wjj5VNnYCXBRlWkIdUQVVHUIIxTEtWQ0NHUDE4REwzSEpXS1Y1Uy4u>

Look forward to all your support in making our virtual activity program a success.

Regards,
Team RVS