



RIDGE VALLEY SCHOOL

RVS/CIR/005/2021-2022

2nd APRIL 2021

CARPEDIEM- 2021

Dear Parents (Grades III - IX),
Greetings !

The Carpediem program in school is an initiative to help students pursue their passion and 'Seize the Day'. We had a successful implementation of the same in our virtual school last session. We are taking forward the same and have added some more activities to help students develop their skills and fitness.

We will be commencing the Virtual Carpe Diem classes from Wednesday, April 7, 2021 for Grades III – IX

DETAILS FOR CARPEDIEM

The school is offering the following activities under its virtual school activity program -

Skill Building Activities

- 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) Nutrition Education
- h) Theatre
- i) Digital Media
- j) Book Reading - Hindi/English
- k) Environmental Care
- l) Abacus (Grades III to V)
- m) Financial Literacy

Health & Fitness Activities

- a) Chess
- b) Yoga
- c) Fitness
- d) Bhangra (Grades III to V)

CARPEDIEM SCHEDULE

Grade III to Grade V

- a. Skill building activities will be conducted for Grade III to Grade V on Monday, Wednesday, and Friday -(4:00pm-5:00pm).
- b. Health and Physical Education will be conducted on Tuesday and Thursday-(4:00pm-5:00pm).

Grade VI- IX

- 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 Monday, April 5, 2021.

<https://forms.office.com/Pages/ResponsePage.aspx?id=1geYGoNlzkqvdHlkulfNfZOOe7Wjj5VNnYCXBRLWkldUME5XSINWR0VQTkFTSFo5U0NMNUdYM1M4QS4u>

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

Regards,
Team RVS