



## **RIDGE VALLEY SCHOOL**

RVS/CIR/041/2021-2022

12<sup>th</sup> MAY 2021

### **CBSE HEALTH AND WELLNESS SERIES**

Dear Parents (Grades Pre-Nur -XII),  
Greetings!

Please find attached the details of mental wellbeing and support for students and parents by CBSE. CBSE announces a Health & Wellness series for students, teachers, and parents for providing psycho-social support during the pandemic. The First webinar titled "Care, Compassion & Communication" aims to address current issues and ways forward.

Join us on 12th May, Wednesday at 4 pm at the link provided below:

<https://youtu.be/HgXHKPiEaLE>

And

<https://www.facebook.com/healthyschoolshealthyindia/live/>

Wishing all good health.

Regards  
Team RVS