

**DLF QEC INNOVATIVE SCHOOL
RIDGE VALLEY
DLF PHASE – IV, GURUGRAM, HARYANA**

RVS/CIR/084/2023-24

20th Sep 2023

EDUCATION FOR LIFE

Dear Parents,

You will be happy to know that the school has been conducting a reflective initiative on, '*A how to live approach*' under our Education for Life Programme.

It is student centered and focusses on the development of life skills, collaboration, courage, resilience and community engagement. It was started by training our teachers to help create a calm and growthful environment for our children.

Aspects of meditation and self-reflection will help in a positive transformation of our children. It aims at equipping young learners with values, skills and competencies necessary to thrive in an ever-changing world.

The Student Laboratories are conducted twice a week, on Tuesdays and Fridays, in time slots from 10:20 am to 11:00 am. Students have been divided into small groups and assigned an Education for Life mentor (teacher), who interacts through exercise, play, dance, drama and breathing practices.

These living labs engage students and help them to reconnect with their inner self to find calm and happiness in the more meaningful aspects of their lives.

We invite you to visit the school between **10:20 am and 11 am** on any **one** of the following days-

Friday, 29th September

Tuesday, 3rd October

Friday, 6th October

Looking forward to your presence to witness the Student Labs and view '*A how to live approach*'.

Nb - Our senior mentor is Mr. Aryavan McSweeney from the Education for Life Centre in California.

Warm Regards,

Ms. Nidhi Tewari
Principal