



**DLF QEC INNOVATIVE SCHOOL
RIDGE VALLEY**

DLF PHASE – IV, GURUGRAM, HARYANA

ROCKSPORT
Asia's Largest Adventure Program



RVS/CIR/0158/2023-24

1st March 2024

Circular Rocksport (Grades I-V)

Dear Parents, (Grades I-V)

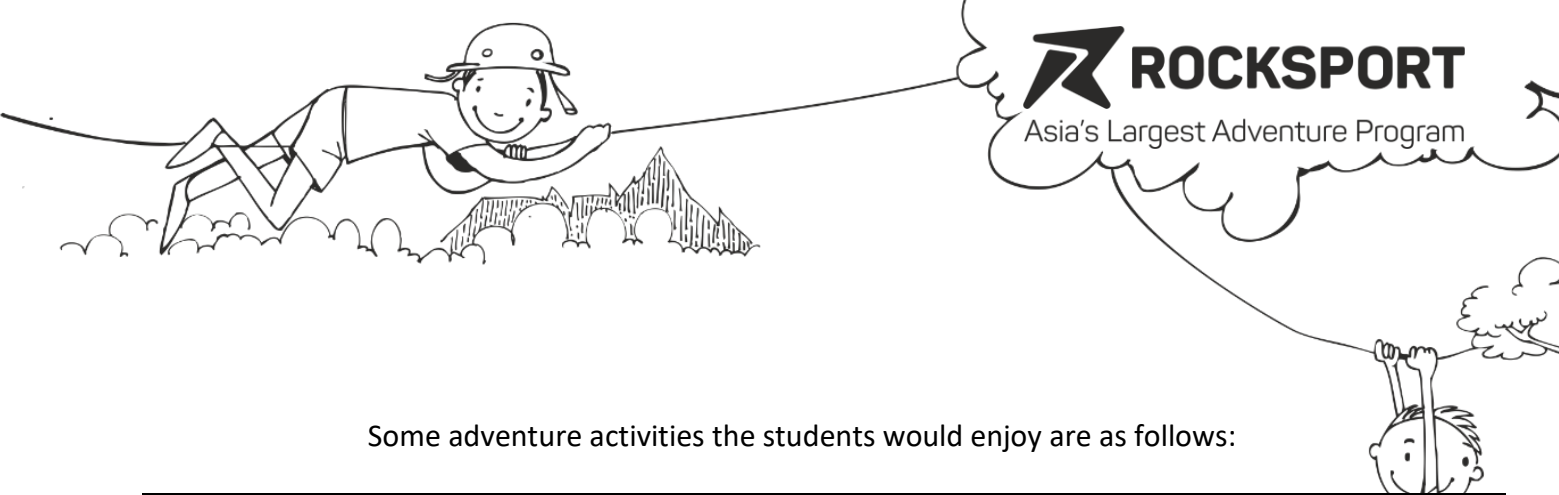
A Rocksport Program is being organized in the school premises for classes Pre Nur to V on Tuesday, **19th March 2024**. The program will cover fun filled adventure activities for students that will help enhance their confidence and encourage teamwork. Students are required to dress in school sports attire (track pant, house t-shirt, and sport shoes) and carry sun caps & water bottles. It will be a normal working day and buses will ply at the usual timing in the morning and afternoon. The fee for the camp is Rs. 450 /- per student.

Key benefits of participating in Rocksport program include:

- Enhanced confidence and self-esteem as students overcome their fears in a protected environment
- Leadership skills as they learn to capitalize on each team member's strength for the best outcome
- Improved focus and determination as they push beyond their comfort zones
- Increased emotional quotient as they become more self-aware and sensitive to their surroundings
- Increased social skills as they work collaboratively and learn to take accountability

Time	Program
09:00 am	Student Briefing and Group Distribution
09:15 am	Adventure Activity Begins
10:30 am	Breaktime
11:00 am	Adventure Activity Restart
01:00 pm	Camp Dispersal
01:00 pm – 02:55 pm	Lunch followed by regular school activities





Some adventure activities the students would enjoy are as follows:

Commando Net	Zip Line	Hop Scotch	Body Zorb
Sport Climbing	Hamster Wheel	Commando Crawl	Magical Maze
Tug of War	Hippity Hop Race	Burma Bridge	Laser Beam

**All participants will participate in any 10-12 activities from the above list.*

The camp will be duly supervised by school teachers and instructors from Rocksport and all students will be awarded a certificate of participation after the completion of program. Please note that the camp is **OPTIONAL**. Those interested may fill in the consent form using the QR code / link shared below and send

Rs. 450/- to the class teacher by **Monday, March 11th 2024.**

Click here on the link: <https://forms.gle/z8svKmivYMXtjaHUA>

Or

Scan the QR Code to fill the consent



Warm Regards

Ms. Nidhi Tewari

Principal

