

Dear Parent ,

This is to inform you that a programme (CL 4 & 5) in the school will be conducted by ROCKSPORT team. Kindly read and understand the same and scan the QR code to fill the form. If you are interested you can bring Rs 350/- on 30th December, PTM day and submit to them. This facility will not be available on any other day.

Regards,

Principal

St. Mary's Convent High School



**St. Mary's Convent High School**  
Kanpur

Dear Parents,

A Rocksport Program is being organized in the school premises for **Classes 4<sup>th</sup> & 5<sup>th</sup>** on **2<sup>nd</sup> February 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 sports attire (track pants, In-house t-shirt, and sports shoes) and carry picnic tiffin, sun cap & water bottles. The fee for the camp is **Rs. 350/- per student**.

Key benefits of participating in the 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	Briefing and Group Distribution
09:15 AM	Adventure Activity Starts
10:45 AM	Break Time
11:00 AM	Adventure Activity Restart
01:00 PM	Camp Concludes

**Some adventure activities the students would enjoy are as follows:**

Zipline	Hop Scotch	Sports Climbing	Hippity Hop Race
Tyre Mesh	Double Rope Bridge	Tug Of War	Burma Bridge
Body Zorbing	Commando Net	Commando Crawl	Hamster Wheel

*\*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 the program. You may download pictures of the program from the Rocksport India Facebook page. Kindly fill in the consent form and bring **Rs. 350/-** on **30<sup>th</sup> December PTM Day**.

**Click on link <https://forms.gle/7QJ2iT3aUYrpzMcC8>**  
**or**  
**Scan the QR Code to fill out the consent form**



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