



**THE DLF SCHOOL, RIDGE VALLEY
DLF PHASE IV, GURUGRAM, HARYANA**



RVS/CIR/017/2026-27

Date: 13-04-2026

**International Online Exchange Programme – Aligned with British Council
RIDS Initiative**

Dear Parent,
Greetings!

We are pleased to share that our students of Grades IV and V will be participating in an **International Online Exchange Programme** with our partner school, GEMS Founders School, Masdar City. This exchange is **aligned with the British Council RIDS Programme**, and aims to foster global awareness, cross-cultural understanding, and collaborative learning among students.

Programme Title: “Global Food, Culture & Nutrition: Healthy Plates Across India, UAE, Mexico & Japan”

Timeline: April 15, 2026 – May 15, 2026

Programme Overview

Through this engaging international initiative, students will collaboratively explore food cultures and nutritional practices across India, UAE, Mexico, and Japan. The programme will encourage them to analyse balanced diets, appreciate cultural diversity, and make informed choices about healthy eating, in alignment with **SDG 3: Good Health and Well-being**.

Students will research traditional meals, food habits, ingredients, and lifestyle patterns of assigned countries, and compare dietary practices to identify similarities and differences. Working in mixed international virtual groups, they will co-create a “**Global Healthy Plate Guide**” in the form of digital posters, infographics, or videos, showcasing nutritious meal

combinations. Alongside, each student will maintain a “**Healthy Eating Reflection Journal**” to document their learning and personal choices. The programme will culminate in a virtual sharing session, where students will present their work and reflect on their learning journey.

We seek your encouragement and support in helping your child participate actively in all research and collaborative tasks, maintain their reflection journal consistently, make conscious and healthy food choices, and engage responsibly during virtual interactions. Your support will play a vital role in making this experience meaningful and impactful for your child.

We look forward to your continued cooperation in nurturing globally aware and health-conscious learners.

Warm regards,

Vithika Rahul

Principal

Ridge Valley School