

CREDENCE CARES – CELEBRATING WELLNESS

Grade: 5,6, 7, 8

Day & Date: Thursday, 16 May 2024



INTENT: On 17th May 2024, Credence High School hosted an interschool wellbeing event aimed at celebrating wellness and promoting holistic health. This event brought together participants from nine different schools to engage in a variety of activities designed to enhance physical, socio-emotional, and digital wellbeing. The event featured music, art, dance, and physical fitness activities, providing a comprehensive approach to student wellness. The primary objectives of the event were to create an atmosphere of joy and positivity where students can celebrate different aspects of wellness; encourage a balanced approach to health, encompassing physical, emotional, social, and digital wellbeing and foster Inter-School Collaboration by providing a platform for students from various schools to interact, share experiences, and build a sense of community.



EXPERIENCE:

Students participated in a music session where they engaged in singing, playing instruments, and listening to calming music. This activity highlighted the therapeutic benefits of music, such as stress relief and emotional expression.



In the art session, students were encouraged to express themselves creatively through painting, drawing, and crafting. This activity fostered creativity, improved focus, and provided an outlet for self-expression.

INSIGHTS: During the closing ceremony, each group of participants presented what they had learned and created during the sessions. This segment allowed students to showcase their talents, reflect on their experiences, and celebrate their achievements with peers and teachers. The recognition of students' efforts through certificates and souvenir mugs provided positive reinforcement and encouraged them to continue prioritizing their wellbeing. The event not only enhanced students' awareness and skills but also fostered a sense of community and mutual support. The positive experiences and lessons from this event will undoubtedly contribute to the participants' ongoing journey towards a balanced and healthy life.

The dance session involved various styles, including contemporary, hip-hop, and traditional dances. Students enjoyed learning new dance moves, which promoted physical fitness, coordination, and joy.

A range of physical fitness activities, including yoga, aerobics, and sports, were organized. These activities underscored the importance of staying active for maintaining physical health and energy levels.