



CREDENCE CARES A WELLBEING JOURNAL



Welcome to Credence Cares - Your Wellbeing Journey Continues!

Dear Parents, Staff members and Students,

With the success of our past two editions, we are thrilled to share with you the third edition of Credence Cares Journal. Our June 2024 edition is designed to support and enhance your physical, socio-emotional and digital health. The Credence Cares journal is indeed a personal space for reflection, goal setting and self-care. We understand and strongly believe that the key to success is a balanced life and we are committed to fostering an environment where everyone can thrive. We encourage you to make the most of your Credence Cares journal as it will help you to grow, connect and flourish.

Let's embark on this journey together, supporting one another as we strive for a healthier, happier and fulfilling life.

- Wellbeing Champion

2024 - JUNE EDITION

Wellbeing Activities

Health is a state of body.
Wellness is a state of being.

J. Stanford

SELF-ESTEEM ^{conversation starters}

What are the top 3 things you enjoy doing?

What would your family say are your strengths?

When are you most 100% authentically amazing you?

Who in your life reminds you that you matter and are important?

What hopes and dreams do you have for your life?

Share about a time when you helped someone out and how you felt about it.

What is it that you do or think that helps you to remember that you can make it through challenging experiences?

GRATITUDE PROMPTS

1. A **strength** of mine for which I am grateful is...
2. Something **money can't buy** that I'm grateful for is...
3. Something that **comforts me** that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is...
5. Something **in nature** that I'm grateful for is...
6. A **memory** I'm grateful for is...
7. Something that **changes** that I'm grateful for is...
8. A **challenge** I'm grateful for is...
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...

Community Wellbeing Project - Aemal 2024

Our students across all grades were a part of the AEMAL project – a community wellbeing initiative organised by Credence. Students converted their collection of beads, artificial pearls, resins, canvas, etc., into marketable products such as keychains, bracelets, DIY jewellery pieces, paintings and resin bookmarks under the Aemal umbrella. Parent volunteers were also welcomed to contribute through innovative ideas and guidance to students on designing and making various products. The Aemal team set up a shop in the school's 'Happiness Lobby' to sell these products to their peers, staff members and parents for a nominal amount of AED 5, AED 10 or AED 20. The surplus earned were to be utilised for charitable purpose.

The Aemal Project has multifaceted wellbeing implications. For students, it enhances entrepreneurial, problem solving and decision-making skills; personal growth; financial literacy and social-emotional learning. For the community, it strengthens social cohesion, impacts educationally through advocacy and most importantly enriches cultural life. Overall, the project cultivates a thriving, supportive and interconnected environment where both students and community members can flourish.



Wellbeing Conclave

In our pursuit to ensure student well-being, at Credence, we organise numerous wellbeing activities for students across the academic year. In addition, we encourage them to participate in wellbeing conclaves, competitions and workshops organised by other schools. Against this backdrop, six of our students, two each from middle school, secondary and senior secondary participated in A WELLBEING CONCLAVE organised by DPS, Dubai, on June 11th 2024. This inter-school event provided a platform for our students to explore holistic wellbeing and the significance of PERMAH framework which consists of six overarching domains that are the essential elements to wellbeing. Various activities under each pillar, in which our students participated served as an avenue for them to gain knowledge, skills and contribute their innovative ideas centered on wellbeing and the PERMAH pillars.



Our students share their experiences

I had the opportunity to represent my school and participate in the Wellbeing Conclave, organized by DPS Dubai on June 11th, 2024. The theme of the conclave centered around the PERMAH model, a framework for understanding and enhancing well-being developed by psychologist Martin Seligman. The model comprises six elements essential to human flourishing: Positive Emotion, Engagement, Relationships, Meaning,

Accomplishment and Health. As part of Team R, our focus was on Positive Relationships, an essential component of the PERMAH model that emphasizes the importance of social connections and interpersonal relationships in promoting overall well-being.

The conclave brought together experts, practitioners, and enthusiasts of positive psychology from various backgrounds. The diversity of participants provided me a rich understanding of perspectives and experiences, enhancing the depth of discussions and interactions.

As a member of Team R, my focus throughout the conclave was on understanding and promoting Positive Relationships. Our team consisted of professionals from various fields, including psychology, education, healthcare, and corporate leadership. We engaged in several workshops and interactive sessions designed to deepen our understanding of how positive relationships contribute to well-being.

Personally, attending the wellbeing conclave and being part of Team R was an enlightening and enriching experience. It reinforced the critical role that positive relationships play in our overall well-being and provided practical tools and strategies to enhance these connections in my personal and professional life. The collaborative and supportive environment of the conclave itself was a testament to the power of positive relationships, as it fostered a sense of community and shared purpose among all participants.

The wellbeing conclave on the PERMAH model was a transformative experience that deepened my understanding of positive relationships and their impact on well-being. As a member of Team R, I left the event with a renewed commitment to fostering strong, positive connections in all areas of my life. The insights and skills gained from this conclave will undoubtedly contribute to my ongoing journey toward personal and professional flourishing.

- Nash Thomas 9 B

I represented my school and attended the Well-being Conclave organised by DPS, Dubai on June 11th, 2024 and found it to be an incredibly enriching experience. The conclave was well-organized, engaging and provided valuable insights into mindfulness, stress management and healthy living.

The content of the session was highly relevant and thoughtfully structured. The facilitator covered key aspects of well-being. The balance between theoretical knowledge and practical exercises was well-maintained, allowing us the participants to not only understand the concepts but also apply them in real life.

The teachers there were excellent facilitators throughout the session. They demonstrated deep knowledge of the subject matter and were adept at explaining complex concepts in an easy-to-understand manner. Their enthusiasm and passion for promoting well-being were evident and greatly contributed to the overall positive atmosphere of the session.

The interactive elements, such as group discussions, Question and answer sessions and hands-on activities, were particularly beneficial. They encouraged active participation and provided opportunities to learn from fellow attendees.

In conclusion, the well-being conclave was a highly positive experience that provided me with valuable insights and practical strategies for improving my well-being.

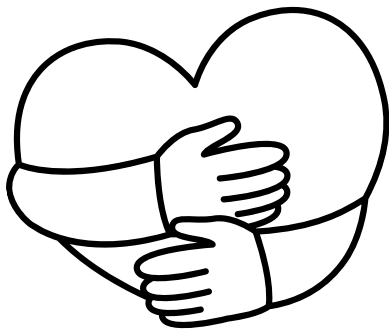
- Bidushi Roychowdhury 11B

WELL-BEING TIPS



SOCIAL

Participate in social, community or interest groups to meet new people and expand your social network.



EMOTIONAL

Use stress-relief techniques such as deep breathing, yoga or journaling. Find healthy outlets for stress.

DIGITAL

Take regular breaks from digital devices to reduce stress and improve focus. Consider tech-free times or days.



PHYSICAL

Drink plenty of water throughout the day. Aim for at least 8 cups (2 liters) daily, more if you're active.



VOICES OF CREDESCENCE FAMILY

≡ YOU ARE ≡
enough

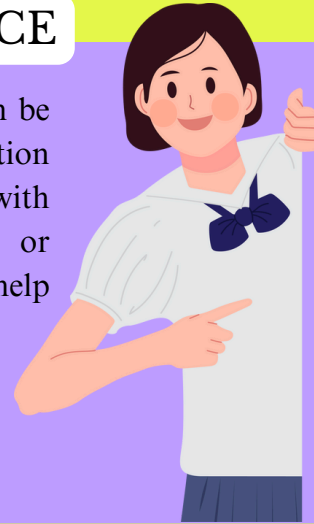
Love
YOURSELF



STUDENT'S VOICE

Many a times we tend to be careless and prioritize work over rest which can be harmful for both our physical and mental wellbeing. Doing yoga and meditation can help us refresh ourselves, give us a fresh perspective and a boost to start with our activities all over again. Sometimes, doing quick round of games or challenges with friends, siblings or parents can help boost our memory and help us work with more efficiency.

- Mohammadi Hibah (6-C)



PARENT'S VOICE

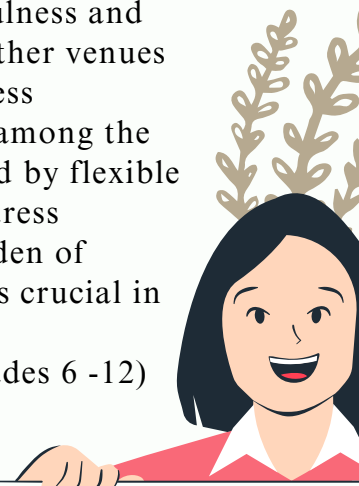
Well being involves having a healthy body and mind. It involves keeping a balanced diet, working out, getting enough rest and controlling stress. It also helps to engage in activities you enjoy, have strong relationships and have a purpose. Remaining well requires self-care and asking for assistance when needed.

- Marziah Wali Dadarkar

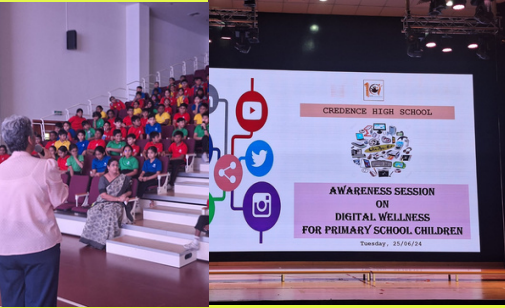
FROM THE TEACHER'S DESK

When teachers are nurtured, the school too thrives like a well-tended garden. To promote this, schools should engage in various wellness programs. For instance, think of a spot in the room that is quiet and where mindfulness and meditation can take place for teachers to rejuvenate their spirits. Other venues might include vibrant peer support circles as well as dynamic wellness workshops which encourage resilience and strengthen camaraderie among the teaching professionals. Their work-life landscape would be balanced by flexible scheduling while sunlight comes from learning on how to manage stress professionally. Just like adding colorful flowers that makes the garden of education thrive with joy and vitality, heartfelt recognition becomes crucial in celebrating teachers' accomplishments.

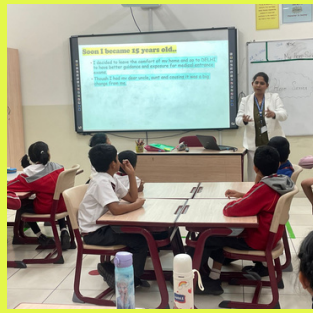
- Ms. Malyashree, HoD, English Dept (Grades 6 -12)



AT A GLANCE



**Digital Wellness
(Grade 5)**



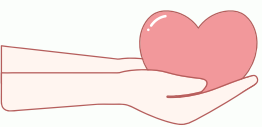
**My Hero Program
(Primary Phase)**



**International
Yoga Day Celebration**

SELF-DEFENCE WORKSHOP

A self-defense workshop for approximately 250 girls of grades 6 to 12 was organised on June 27th, 2024. The objective of the workshop was to empower girls with essential self-defense skills, boost their confidence and enhance safety within the school community. Led by expert trainers Mr. Sarath and Ms. Arya, the workshop provided hands-on training and practical techniques on self-defense and emphasized safety in various settings.




WELLBEING TEAM

- Ms. Deepika Thapar Singh: CEO-Principal (Wellbeing Champion)
- Dr. Subhadra Prabhu: Head of Counseling and Wellbeing
- Ms. Anupama Nair: School Counselor and Wellbeing Coordinator
- Mr. Vijesh V: HoD (Physical Education) - Wellbeing Coordinator
- Ms. Alika Ali - Wellbeing Coordinator


Hey there, so if you would like to know more about credence cares, please look out to our Website which includes different aspects of wellbeing.

Credence Cares on School Website

#credencecares
10yearsofCHS

 @credencehighschool

 @credence_highschool

 @credencehigh

