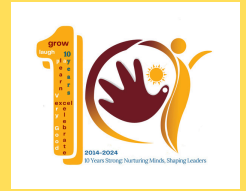




# CREDENCE CARES

## A WELLBEING JOURNAL



## 2024 - OCTOBER EDITION

Dear Parents, Staff members and Students,

Welcome to your Wellbeing Journal!

As your Wellbeing Champion, myself and my team are thrilled to join you on this meaningful journey towards self-care, balance and personal growth. While we celebrate Pink October, let's take a moment to prioritize our wellbeing and remind ourselves and our loved ones, the importance of regular health checks, early detection and living a balanced lifestyle. Let us support one another in staying informed and proactive about wellness not just in the month of October, but every day. Remember, taking care of ourselves is the foundation for everything we do.

As we approach the festival of Diwali, may this season bring light, joy and prosperity to each of your homes. May we all take time to reflect, recharge and embrace the festive spirit with renewed hope and happiness.

Here's to a healthy, happy October and a radiant Diwali!

Stay well, stay connected and always remember, your wellbeing is a priority.

Warmest wishes,  
Wellbeing Champion

### *Wellbeing Activities*

### **Observance of World Mental Health Day, 10th October Wellbeing Session for Teachers - Open Secrets to Joyful Living**

The primary intent of observing World Mental Health Day on 10th October was to align with this year's global theme of 'Workplace Mental Health' and address the mental health and wellbeing of teachers across all educational phases. Titled 'Open Secrets to Joyful Living,' the session was designed to equip teachers with practical strategies for managing stress, increase self-awareness and build resilience in their daily lives; introduce the participants to mindfulness and mental wellbeing practices, such as the 8-fold path of Buddha, which emphasizes on principles like right intention, mindfulness and ethical living. The session created a reflective space for teachers to share personal experiences, engage in self-exploration and form connections with others. The impact extended beyond just the knowledge shared, as the teachers left with renewed motivation and practical techniques to enhance their overall well-being.



## Pink October - Wellbeing Assembly for Students of Grades 5 - 8

As part of Pink October initiative, a Wellbeing Assembly was conducted for students of Grades 5-8, focusing on wellness, self-growth and resilience. The assembly aimed to inspire students and raise awareness about mental health and wellbeing.

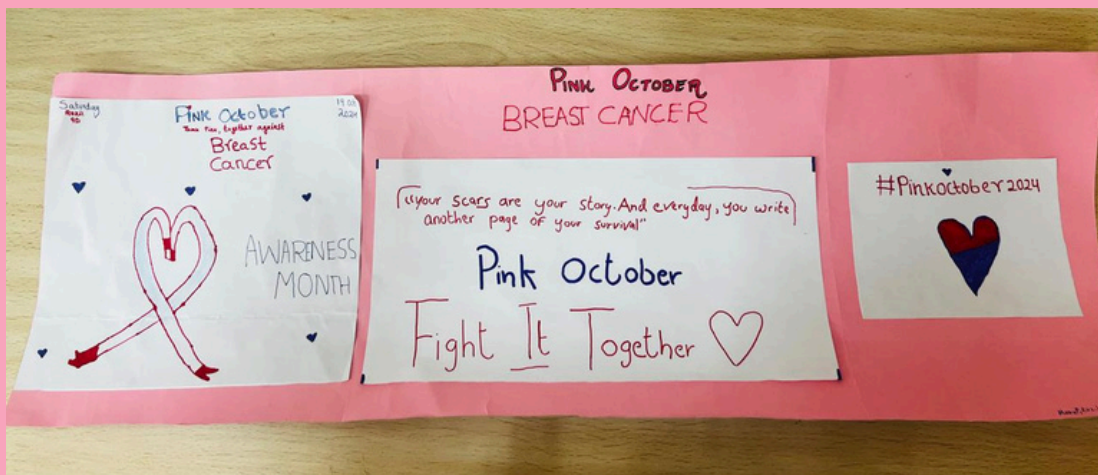
Students of Grade 5 showcased a vibrant dance and song that centered around themes of wellness and self-growth. The assembly also included relaxation activities conducted by the wellbeing student ambassadors of our school to promote mindfulness among students. These activities encouraged participants to focus on their breathing, cultivating a sense of calm.

A standout moment of the assembly was when **Amana Mehnaz Manoj**, a student of Grade 7, bravely shared her personal journey of grit and determination. She recounted her battle with a critical health condition and how her resilience and support from friends and family helped her overcome challenges and return to school. Her story was a powerful reminder of the strength within each of us which resonated deeply with her peers.



## Wellbeing Week Activities

As part of Pink October wellbeing initiative, a series of wellbeing activities were conducted in classrooms across Early Years, Primary, Middle and Senior School Phases from October 21st to October 25th. These activities focused on promoting the four key aspects of wellbeing practiced in school namely physical, emotional, social, and digital wellbeing. The aim was to create a holistic approach to student wellbeing and raise awareness about health and self-care. The students across all phases participated in these wellbeing activities with great zeal and enthusiasm.



# Reflections of Physical and Socio-emotional Wellbeing through participation in sport activities

We are incredibly proud of our 36 students who represented Credence High School through CBSE UAE cluster at the **CBSE Nationals** in various sports across India! Their hard work, dedication, and sportsmanship were truly shone through.

⚽ **Football (Girls U-17):** A fantastic team of **15 students** participated in the championship held at RMK Residential School, Tamil Nadu from 6th to 9th October 2024.

🍻 **Judo:** Out of 26 students who qualified, **19 students** showcased their skills at the Judo Nationals held at Saluja Gold International School, Jharkhand from 7th to 11th October 2024.

🏊 **Swimming:** A special shoutout to **Atharva Raj Saxena from Grade 6D**, who competed at the Swimming Nationals at KIIT International School, Bhubaneswar from 10th to 14th October 2024.

🤸 **Gymnastics:** **Aisha Nuha from Grade 9D**, participated in the Gymnastics Nationals from 15th to 19th October 2024 at Atma Malik International School, Maharashtra.



We are thrilled to celebrate the outstanding performance of our school volleyball team at the **CBSE UAE Cluster Volleyball Championship 2024-25** held at NIMS, Dubai from 8th October to 13th October 2024.

Results:

- U-19 Boys: 2nd Position - Runner Up
- U-17 Boys: 3rd Position - 2nd Runner Up
- U-14 Boys: 2nd Position - Runner Up

A special shoutout to **Akshaj Kumar Singh of Grade 8B** for being named the Best Player in the U-14 Boys Category and **Pranav Poduval of Grade 12B** for being named as the Best Spiker in the U-19 Boys Category.

Our teams participated in all 6 categories (U-14, U-17, and U-19 for both boys and girls), and our girls performed exceptionally well, making it to the quarterfinals in all three categories!

**Aisha Abello of Grade 8D** won a Bronze Medal in 100 metre breathstroke during the **CBSE UAE Cluster Swimming Championship 2024-25** held at Gems New Millenium School, Al Khail.



# WELL-BEING TIPS

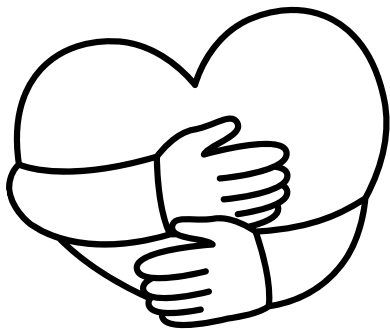
## SOCIAL

Give back to your community through volunteering, which can provide a sense of purpose and connection.



## EMOTIONAL

Don't hesitate to seek support from friends, family or mental health professionals, if you're struggling emotionally.



## DIGITAL

Protect your privacy and security online. Use strong, unique passwords, enable two-factor authentication and be cautious of sharing personal information.



## PHYSICAL

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



## PARENTING TIPS

Kindly click on the link below to read the article on 'Setting Screen-time boundaries for Your Kids' by Parenting Expert Dr. Becky

<https://fortune.com/well/article/dr-becky-potential-cost-of-not-setting-screen-time-boundaries-for-kids-has-never-been-higher/>

# VOICES OF CREDEENCE FAMILY

YOU ARE  
enough

Love  
YOURSELF



## STUDENT'S VOICE

I keep myself healthy and happy by:

1. Brushing my teeth everyday morning and night.
2. Bathing every day.
3. Wearing clean clothes.
4. Exercising every day.
5. Eating healthy food.
6. Often going outside to play.
7. Getting adequate rest.

Nuha Nawar (2-C)



## PARENT'S VOICE

Our well-being is the cornerstone of a fulfilled and meaningful life. Taking care of it means recognizing that both our body and mind require attention and nourishment.

It starts with listening to our inner needs whether it's rest, proper nutrition or moments of reflection. Regular exercise and a balanced diet are essential, but so is nurturing mental health through mindfulness, hobbies and quality time with loved ones. Connecting with nature, even briefly, can bring a sense of peace and grounding. Building positive relationships strengthens our emotional resilience, allowing us to face challenges with grace.

In the end, our well-being is not just about surviving it's about thriving and living with purpose.

- Deena Mani (Mother of Johaan 2-B)

## FROM THE TEACHER'S DESK

As educators, nurturing young minds is our top priority. However, we often forget to prioritize our own wellbeing. Investing in our own wellbeing as a teacher, means investing in student success. By prioritizing self-care, emotional wellbeing and stress management, educators can unlock their potential and foster supportive learning environments. A healthy, happy teacher inspires students, enhances teaching, fuels inspiring lessons and most importantly cultivates positive connections.

Ms.Fabitha Faizal - HoD, Department of Commerce



# AT A GLANCE

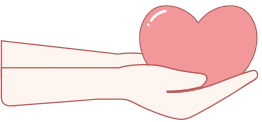


**Participation in Model United Nations at Gems Modern Academy, 25th to 27th October 2024**



**Aemal Sale (Community Outreach Volunteering Activity) - 25th October, 2024**

## 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

