



CREDENCE CARES A WELLBEING JOURNAL



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. This September 2024 edition of the Credence Cares journal is a special place for you to reflect on your thoughts, track your emotions and set achievable goals that nourish your mind and body. Whether you're having a good day or facing challenges, remember that every moment of self-awareness and care brings you closer to a healthier, happier version of yourself.

May this journal help you to explore your feelings, celebrate your small victories and acknowledge the areas where you want to grow. Be kind to yourself, embrace each moment and know that you have a supportive community cheering you on. Together, let's commit to our wellbeing, one step at a time!

- Wellbeing Champion

2024 - SEPTEMBER EDITION

Fostering Student-Teacher Wellbeing

Teachers of Grades 2–8 participated in a wellness workshop on the theme 'Fostering Student-Teacher Wellbeing' on August 22, 2024. The goal of the workshop was to deepen participants' understanding of the value of wellbeing in learning environments and to share with educators successful strategies for fostering, sustaining and supporting their own and their students' wellbeing.

The workshop included several innovative and interactive exercises. Through these exercises, educators were able to express their creativity, cultivate mindfulness and in addition learnt to encourage wellbeing among their students. Ultimately, a positive classroom atmosphere encourages student engagement and well-being.

Wellbeing Activities



Kindness and Respect: Building a Bully-free Zone

Research posits that when targeted students feel connected to peers, they are better able to cope with being bullied. Studies also indicate that teaching students to speak up when they witness bullying behavior and to take a stand against it, can reduce future bullying situations by more than 50 percent. Against this backdrop, a session on 'Kindness and Respect - Building a Bully-free Zone' was organised for students of Grades 2 to 5.

The session provided a precise description of bullying and explained its various manifestations, including verbal, physical, emotional and cyberbullying. It did focus on the damage that bullying can have on both the victim and the perpetrator. Bullying awareness sessions for primary school children, led by the primary school counselor, increased understanding of bullying and its harmful effects apart from promoting empathy, improving social skills and teaching conflict resolution. It also aimed at empowering bystanders to intervene and provide emotional support for victims. By fostering a positive school environment, this session intended to reduce bullying incidents and create a safer and more inclusive community.



Effective Strategies for Students' Success in Examinations

A session on success strategies for exams was conducted to help students to enable them to achieve their goal and reduce exam stress. The session prepared the target group with effective strategies, such as goal setting, time management, refraining from distractions, mindful breathing and engaging in physical activity. It did emphasize on the significance of appropriate rest, nourishment and exercise during exam time as well.

By participating in this session, students understood the reasons for getting stressed during exams (feeling like you have to do well, being scared of failing, having high expectations) and how to deal/ cope with them effectively. The session was impactful as the students realized the significance of dividing tasks into smaller steps, making practical study plans, engaging in regular study routines rather than procrastinating to be successful.

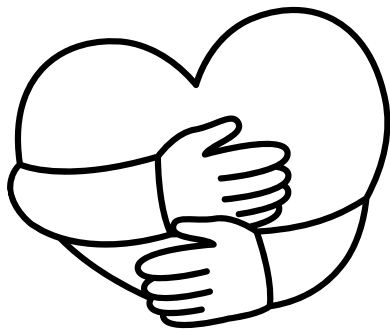


WELL-BEING TIPS



SOCIAL

Develop good communication skills, including active listening, empathy, and assertiveness



EMOTIONAL

Cultivate a positive mindset. Practice gratitude by acknowledging the good things in your life.

DIGITAL

Be mindful of the content you consume. Choose educational, inspiring and positive content over negative or stressful media.



PHYSICAL

Get 7-9 hours of quality sleep per night. Establish a regular sleep schedule and create a restful environment.



PARENTING TIPS

Kindly click the link below to a brief article that highlights some common parenting challenges and offers practical solutions for the same.

<https://tweakindia.com/parenting/nurture/are-parents-finding-it-harder-to-discipline-kids/>

VOICES OF CREDESCENCE FAMILY

≡ YOU ARE ≡
enough

Love
YOURSELF



STUDENT'S VOICE

Wellbeing is the state of wellness that covers social, physical, mental and online health. It encourages self-care practice and nurturing relationships. It plays a crucial role in our life, ensures our happiness and promotes a balanced life. Prioritizing our wellbeing leads to resilience and a deeper connection with ourselves and our loved ones. Some mindful exercises you can try to improve your wellbeing are breathing exercises, mindful eating, journaling and creative expression.

- Dishita (8A)



PARENT'S VOICE

Credence High School has consistently prioritized the wellbeing of its students, and I am genuinely pleased with the school's initiatives to ensure both physical and emotional wellbeing. The introduction of mindful breaks and buddy time provides students with valuable opportunities to reconnect with themselves and their peers. Additionally, fostering holistic wellbeing by encouraging students to explore their interests through various activities is truly commendable. I extend my best wishes to CHS as they continue striving to provide the best for their students.

FROM THE TEACHER'S DESK

खामोश ना रहो बच्चों
शरारत भी करो बच्चों
चुप अगर तुम हो
तो हम भी चुप हो जाते है
रिश्ता यह हमारा निराला है।
संसार में सबसे प्यारा है।
खुशियों से ही आपकी तरक्की हो,
जग में ऊंचा नाम हो।

- Teachers of Hindi and Malayalam Department
(Grades 2-8)



AT A GLANCE



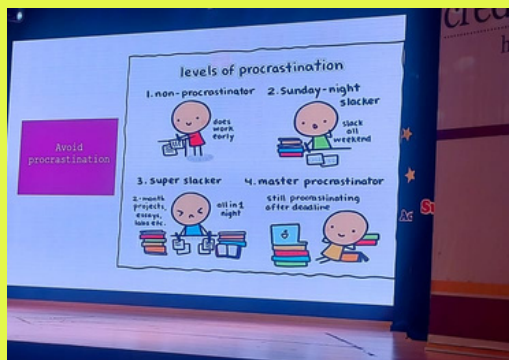
Pookalam Competition and Tug of War for Senior School Students during Onam Celebration



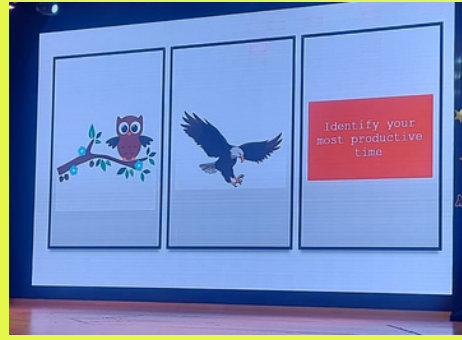
ITS World Congress Public Day



Celebrating Excellence - Awards for Academic and Co-Curricular Achievements (Grades 10 & 12)



Wellbeing Session for Students (Grades 9-12) - Ace your Exams: Proven Strategies for Success

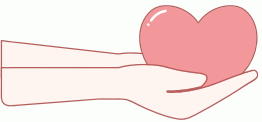


Wellbeing Session for Students (Grades 6-8) - Ace your Exams: Proven Strategies for Success



Coffee Morning (Session for Parents) - Role of Occupational Therapy by Ms. Varnita Khanna

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

