



CREDENCE CARES

A WELLBEING JOURNAL



"Greetings, wellness warriors! Brace yourselves for a journey filled with inspiration, practical tips, and a sprinkle of magic as we dive deep into the realms of wellbeing." - Wellbeing Champion

2024 - APRIL EDITION

*Greetings
CHS Family!*

CHS Wellbeing journal is a platform dedicated to fostering and promoting the holistic wellness of our students, teachers, and staff members. In these pages, you will find a diverse range of activities, insights, and reflections aimed at addressing various facets of wellbeing. This journal also serves as a platform for amplifying voices within our community. Through personal narratives, testimonials, and creative expressions, we aim to celebrate the unique experiences and perspectives that contribute to the rich tapestry of our school's culture. As we embark on this journey together, we invite you to engage actively with the content, share your feedback, and join us in fostering a culture of wellbeing that extends far beyond the confines of these pages.

Thank you for being a part of our commitment to wellbeing.

Harmony Within: Radiance of Wellness

In the depths of self, find solace's plea,
Embrace the journey and set yourself free.
With gratitude and patience as compass,
navigate the sea of life,

Each breath a step towards gentle peace we
sway,

Nurturing hearts, our spirits find their way,

Wellness blooms and in harmony our mind
and soul shall be.



Dr. Subhadra Prabhu
Co-class Teacher - 12C

WELL-BEING TIPS

SOCIAL

Engage in hobbies and extracurriculars. Join a recreational sports team, paint, garden, exercise or go on hike - whatever hobby you pick up, make sure it brings you joy.



EMOTIONAL

Try starting a gratitude journal. Each day, write down a few things you are grateful for. This practice can help shift your focus to the positive aspects of your life, promote mindfulness, and improve your overall emotional wellbeing.

Take care
OF
YOURSELF

DIGITAL

Establish clear boundaries by setting specific time for device use and enforcing screen time limits. Remember to take regular breaks to refresh your mind and eyes.



PHYSICAL

Aim to walk at least 5000 steps each day throughout the month. You can track your steps using a fitness tracker to monitor your progress. This challenge can help you increase your daily physical activity levels and improve your overall health and wellbeing.



VOICES OF CREDENCE FAMILY

YOU ARE
enough

Love
YOURSELF



STUDENT'S VOICE

“

Loving oneself is the cornerstone of wellbeing, nurturing a harmonious relationship with our own being. It begins with acceptance, embracing our flaws as integral parts of our unique essence. Self-compassion fosters resilience, enabling us to navigate life's challenges with grace and understanding. Prioritizing self-care rituals cultivates a sanctuary within, where inner peace flourishes. Ultimately, loving oneself is not an indulgence but a necessity for holistic wellbeing.

Swayam Gawas (12-E)



PARENT'S VOICE

“

Few things I do to take care of my wellness;

- I stay physically active.
- I do something that I enjoy - either listening to music or watching a movie.
- Practicing gratitude, trying and helping others (charity)
- I try and get some 'me time' very often.

Ms Hudebiya Samreen (Parent of Syed Khizar Ali - 6A)

FROM THE TEACHER'S DESK

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I believe that keeping a gratitude journal to record moments of appreciation and celebrate achievements both big and small is an integral part of my personal wellbeing. Prioritizing healthy eating habits is another inevitable part in my daily schedule.

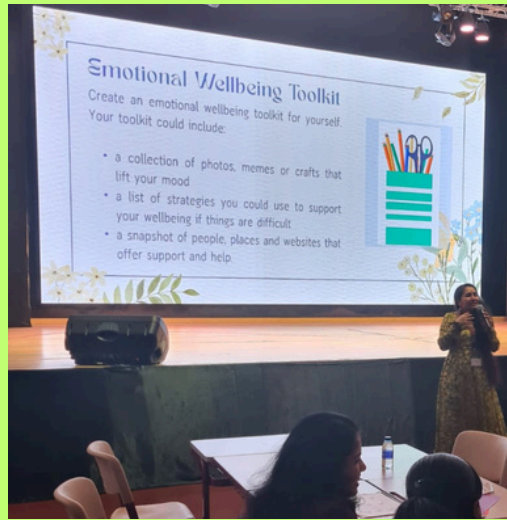
Ms. Soumya K (Class Teacher - 4E)



AT A GLANCE



ORIENTATION SESSION FOR GRADE 11 STUDENTS



SENSITISATION SESSION FOR TEACHERS ON MENTAL HEALTH AND WELLBEING



SESSION FOR TEACHERS ON TEAMWORK AND COLLABORATION

REFLECT & REVISE

What practises help me feel emotionally balanced and fulfilled?

Do I listen to my body's signals and address any signs of discomfort promptly?

Am I practicing self-care routines that support my mental health?



WELLBEING TEAM:

- Ms. Deepika Thapar Singh : CEO-Principal [Wellbeing Champion]
- Ms. Aswathy Menon: Head of Inclusion - Student Wellbeing Coordinator
- Ms. Anupama Nair: School Counselor - Staff Wellbeing Coordinator
- Dr. Subhadra Prabhu: Career Counsellor - Parent Wellbeing Coordinator
- Mr. Vijesh V: Head of PE-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

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