



CREDESCENCE CARES

MINDFUL REFLECTIONS
APRIL - 2025



Dear Credence Family,

As we embark on yet another new academic journey, let us embrace each day with purpose and positivity. Wellbeing is the foundation of success—for our students, staff and entire Credence Family. Let's nurture a culture of kindness, resilience and mutual respect. Together, we can create a safe, inspiring, and joyful environment. Take time to care for yourself and uplift those around you.

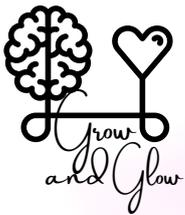
Here's to a year of growth, harmony and shared achievements.

Regards,

Deepika Thapar Singh,

Principal & CEO, Credence High School

Wellbeing Champion



WELLBEING ACTIVITIES



Celebrating Wellness: Empowering Each Other, Hand in Hand

At Credence High School, Dubai, wellness is not just a concept; it is a commitment. Under the banner of Credence Cares initiatives, the school organized its second community outreach programme on 24th April 2025. The Wellbeing Department hosted the interschool wellbeing event titled '**Celebrating Wellness: Empowering Each Other, Hand in Hand**', through various forms of art. Sixteen schools from across the UAE participated in the event, each represented by eight students from Grades 5 to 8. The objective of the event was to provide young learners with a platform to explore wellness in its multiple dimensions through collective and creative expressions and to nurture an environment where every individual could thrive through creativity, movement and mutual support.

The day featured four major activities which included - Palette of Power (Art): Students conveyed their emotions and inner strength through vibrant artworks; Together in Sync (Dance): Teams performed coordinated routines symbolizing unity and resilience; Rise and Resonate (Music): Musical sessions encouraged students to express hope, harmony and empowerment and Energize to Uplift (Physical Fitness): Fun, energetic workouts promoted the importance of physical vitality as a pillar of wellness.

Participants were given 90 minutes to collaborate, create and connect with one another. Unlike traditional competitive formats, this event was purely celebratory — emphasizing mutual encouragement, creativity and emotional safety. The final showcase was a lively, heartfelt display where every piece of art, every movement and every note of music resonated with the spirit of community.





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Be Future Ready: Make Informed Choices

In a rapidly changing global landscape, it is essential for students to be proactive and well-informed about their future academic and career choices. To support this, the Counselling and Wellbeing Department organized an enlightening career guidance session led by globally renowned educationist and career consultant Dr. Amrita Dass, aimed at empowering students to make informed, confident decisions for their future. Through the informative and interactive session, students gained a clearer understanding of the importance of making deliberate, informed choices about their future. They realized that success in the coming decades will depend not only on academic achievements but also on soft skills, adaptability and personal initiative. The session motivated students to start early in preparing strong university applications and in building versatile skill sets.



Career Visit - KT UniExpo (8th Edition)

At Credence High School, providing students with pathways to future success is a top priority. In line with this vision, an enriching career exploration visit was organized for our Grade XI students on 16th April 2025. The visit centered around UNI EXPO 2025, an annual flagship education event hosted by Khaleej Times, renowned for connecting students with leading higher education institutions worldwide. The career visit significantly expanded students' awareness of the numerous higher education pathways open to them. Exposure to a wide range of academic disciplines and career options broadened their horizons and encouraged them to think critically about their future goals. It also helped them understand the importance of early planning, informed decision-making, and the role of scholarships and financial planning in achieving their aspirations.





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Peak performance: Smart Strategies for Exam Success and Wellbeing

Recognizing the crucial role that strategic preparation and emotional wellbeing play in academic success, the Counselling and Wellbeing Department organized a comprehensive workshop titled 'Peak Performance: Smart Strategies for Exam Success and Wellbeing' for students of grades 10 and 12 on 15th April, 2025. The workshop was conducted by the school counsellor, Dr. Subhadra Prabhu. Students gained valuable insight into how small, consistent actions could lead to substantial academic achievements. They also understood that wellbeing and exam success are interconnected, and that managing stress is as important as mastering content. By emphasizing self-awareness, discipline and self-care, the session empowered students to take control of their academic journeys with confidence and resilience. Events like these reaffirm the school's commitment to holistic student development, ensuring they are not only academically prepared but also emotionally strong.



Wellness Compass recharted



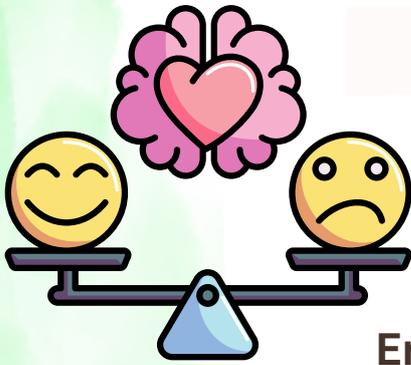
Social Wellness

Participate in local events or volunteering. It helps to connect with others and foster a sense of belonging.



Digital Wellness

Prioritize face-to-face interactions over digital communication.



Emotional Wellness

Engage in activities like meditation or deep breathing exercises to stay present and manage stress.

Physical Wellness

Take short breaks to stretch and walk around during long periods of sitting to improve blood circulation and reduce stiffness.



SEEDS OF SUPPORT

Kindly click on the link below to read the article on 'The Power of Positive Parenting'

[https://health.ucdavis.edu/children/patient-education/Positive-Parenting.](https://health.ucdavis.edu/children/patient-education/Positive-Parenting)

CREDENCE COLLECTIVE ECHOES OF US



FROM THE TEACHER



Elevate your well-being, transform your life

Art by - Ms. Pallavi Manjeshwara

CREDENCE COLLECTIVE ECHOES OF US



FROM THE STUDENT

I always keep myself happy and healthy by,

- Choosing to eat healthy food every day.
- Exercising and playing well everyday.
- Keeping myself clean.

Aarav Hardik Pawar (3-B)



FROM THE PARENT

Some days I remind myself that it's ok to not have all the answers - and that showing up with love matters more than being perfect.

I make time to dance for sometime, eat what I like and talk to people who remind me I am not alone in this journey.

When I take care of myself, I notice I have more patience, more laughter and more presence for my kids - and that's what they need most.

Ms. Indu Manesh



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CREDENCE
SPOTLIGHT AWARD

The *Credence Spotlight Award* celebrates the incredible dedication, resilience and hard work of our Outstanding Staff Members, who go above and beyond to create a nurturing space for our students and colleagues.

We are delighted to recognize the recipients of the Credence Spotlight Award (7th April to 30th April 2025) and applaud their commitment to excellence. Congratulations to each of them for their unwavering dedication!

Admin Team



Mr. Mohamed Tasleem

Support Staff



Mr. Md Masudul



Ms. Rosita Alvarez



Mr. Fazal Rehman

Early Years

Primary School

Middle School

Senior School



Ms. Anila Jose



Ms. Ruchi Sehgal



Ms. Ashwini Ashogan



Ms. Tamizhmani
Nagarajan

CREDENCE CHRONICLES



AWARENESS SESSION ON PUBERTY FOR GIRLS – GRADES 5 TO 10



CHS MUN '2025 - 17TH AND 18TH APRIL 2025



CITATION AND FAREWELL CEREMONY – GRADE 12 (BATCH 2024 - 2025)



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 - HEAD - PHYSICAL EDUCATION AND 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](https://www.credencehighschool.com/wellbeing---credence-cares.html)

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