



# CREDENCE CARES

## A WELLBEING JOURNAL



### 2025 - FEBRUARY EDITION

Dear Parents, Students and Staff,

Ramadan Kareem!

Ramadan is a time of spiritual renewal, self-discipline and deep connection—with ourselves, our loved ones and our community. It reminds us of the importance of balance in all aspects of life—nourishing not just our bodies, but also our minds and hearts. Through fasting, we cultivate patience and resilience, while acts of kindness and generosity strengthen our sense of belonging and emotional wellbeing. It is an opportunity to practice mindfulness and gratitude; to inspire with empathy and a time to nurture values of compassion and togetherness. As we embark on this journey, let us embrace the true essence of Ramadan—finding peace, purpose and holistic wellbeing in every moment.

Wishing you a peaceful and fulfilling month ahead!

Warm Regards,  
Deepika Thapar Singh  
Wellbeing Champion

#### *Wellbeing Activities*



### **Melange 2025 - Annual Sports Day (Early Years)**

The Annual Sports Event at Credence, Melange, was successfully held on the 13th February, 2025. Students from Early Years phase actively participated in a range of exciting field and track sports events. Our students demonstrated exceptional talent and sportsmanship, securing numerous accolades. Parents also had the opportunity to participate in Zumba session and Tug-of-War. We are confident that the spirit of sportsmanship and teamwork will inspire all to prioritize health, happiness and overall well-being.



## Relax, Refresh, Reconnect: Wellness Picnic for Our Staff

The staff of Credence across different phases (Early Years, Primary, Middle School, Senior and Senior Secondary) gathered for the much-anticipated picnic at places like Zabeel Park, Al Mamzar Park, Sharjah Botanical Museum and Maharaja Bhog. It was a day dedicated to relaxation, team building and enjoying each other's company outside of the usual work environment. The picnic aimed to provide an opportunity for everyone to unwind, strengthen relationships and build a sense of camaraderie.



## Celebrating Our Staff

At Credence High School, we deeply appreciate each staff member and their valuable contributions. To cultivate a positive and supportive work environment, we celebrate teachers' birthdays and host end-of-term gatherings. These initiatives strengthen our culture of recognition and well-being, fostering a sense of appreciation and community among our staff.



## Judo Workshop

The Komatsu Judo Team had an amazing interactive session on Friday, February 13th, at Credence High School. Our Judokas had the unique opportunity to learn from world-class judokas Miku Taikaichi, Lien Chen-ling and Tsukasa Yoshida, all of whom are recent Olympians and medal winners, as well as their team manager Atsuko Nagai (Nakamura). Their presence and expertise have enriched our students' learning experience. Our students were thrilled to learn from such talented athletes and gain invaluable insights into the world of Judo and personal wellness.



# WELL-BEING TIPS

## *SOCIAL*

Focus on meaningful relationships rather than casual acquaintances. Show genuine interest in what the other person is saying. Small words like 'thank you' can strengthen your bonds.

## *EMOTIONAL*

Focus on potential solutions rather than dwelling on problems. Approach problems from different perspectives. Learn from your mistakes.

## *DIGITAL*

Do you check messages, emails or social media the moment you receive a notification? Customise the apps to reduce their distractions. Turn off push notifications.

تَقَبَّلَ اللهُ  
مِنَّا وَمِنْكُمْ

## *PHYSICAL*

Consume lots of fresh vegetables, vitamin rich fresh fruits, healthy sources of carbs, proteins and fats to avoid high incidence of cardiovascular and other lifestyle related diseases.



## **PARENTING TIPS**

Kindly click on the link below to read the article on 'Supporting children with exams'

<https://tenpencemore.wordpress.com/2023/03/23/supporting-children-with-exams-what-can-parents-and-carers-do/>

# VOICES OF CREDDENCE FAMILY

YOU ARE  
enough

Love  
YOURSELF  
♥



## PARENT'S VOICE

Credence High School has consistently prioritized the well-being of its students, creating a nurturing environment that supports both their physical and emotional growth. Initiatives like mindful breaks and buddy time allow students to pause, reflect and build meaningful connections with their peers, fostering a sense of belonging and emotional balance.

Beyond academics, the school actively encourages students to explore their passions through a wide range of activities, ensuring holistic development. By providing opportunities for creativity, self-expression and personal growth, Credence High School empowers students to thrive in all aspects of life.

I sincerely appreciate the school's dedication to shaping well-rounded individuals and extend my best wishes as they continue their remarkable journey of nurturing young minds.

Ms. Varsha Prakash Kulkarni  
Parent of Soham Siddappa (12-A)

## STUDENT'S VOICE

Being a student, I take care of my wellbeing by balancing my studies and personal life. I make sure to get enough sleep so I can stay focussed and perform well in school. Taking breaks while studying helps me avoid stress and keeps my mind fresh.

I also try to eat healthy meals and stay active to keep my body strong. Most importantly, I spend time with friends and family, their support makes me feel happy and motivated.



Izyaan Habeeb (6-A)

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## FROM THE TEACHER'S DESK

As a teacher, I take care of my well-being at school by maintaining a healthy work-life balance and taking short breaks when needed. I stay organized with schedules to manage my workload efficiently. Building positive relationships with students and colleagues help to create a supportive and enjoyable environment. Additionally, I prioritize self-care by staying hydrated, eating well and finding time to relax outside of work.

Sanjana Sundaravadhanan (Class Teacher - Grade 3A)



# Credence Spotlight Award

At Credence High School, we believe that a positive and supportive environment is key to overall wellbeing. 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 (3rd February to 28th February 2025) and applaud their commitment to excellence. Congratulations to each of them for their unwavering dedication!

## Admin Team



Mr. Senthilkumar Pitchai

## Support Staff



Mr. Lakshmi Narayana Padala



Ms. Dencymol Joseph



Mr. Qamar Din Asghar Ali

## Early Years



Ms. Zahra Saifuddin

## Primary School



Ms. Ankita Pathak

## Middle School



Ms. Okhiria Dave

## Senior School



Ms. Najeeba Khan

# AT A GLANCE

Celebrating our champions! From sports to choir and beyond, every achievement fuels our collective wellbeing—boosting morale, teamwork and a sense of belonging.



**Gems Legacy Inter School Championship 2025:** U-11 cricket team qualified for the quarterfinals, Basketball team advanced to the quarters, U-11 Boys football team made it to the pre-quarters, and the U-15 Girls team clinched the 2nd runner-up position.

**Special recognition:** Aradhana Parashuram Rao (7D) - Promising Player of the Tournament in football, Fiona Susan Joji (7E) - Best Defender of the Tournament in football, Arth Singh Patel (5D) - Man of the Match in the pre-quarter cricket match.



Aisha Abello was awarded the title of **Most Improved Player** in volleyball at a tournament held in her academy. Secured **Gold in the 50m breaststroke and Silver in the 100m individual medley** during the Apex Fundamentals Championship on February 16th, 2025, at Al Wasl Club.



Daiwik Gagneja of Grade 8 has been selected for the prestigious UAE Emirates Cricket Board's **Inter-Emirates Cricket Event** in the U-13 age category.



Adam Harry of Grade 11 participated in the Dubai Canal Run on 22nd February 2025 and completed the 3KM run and secured **1st position** under the age category 16 to 19.



# AT A GLANCE



Aadhya Kour Sandy of grade 5 participated in the All Star Championship held on 8th February 2025 in Hamdan Sports Complex and secured **3rd position in the 50 M freestyle**



Credence High School Choir, which featured 30 students delivered a standout performance with two memorable songs, "I See the Light" from Tangled and "The Climb" from Hannah Montana at Millennium Melodies 2025, the 9th edition of the **inter-school music festival** hosted by The Millennium School, Dubai

## 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

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*

