



# CREDENCE CARES A WELLBEING JOURNAL



## 2025 - JANUARY EDITION

Dear Parents, Students and Staff,

Greetings!

As we embrace the fresh start of a new year, let's make our well-being a priority in every aspect of our lives. For students, focus on balancing academics with personal time, fostering emotional resilience, and finding joy in the learning journey. Parents, your active involvement and encouragement empower your children to thrive emotionally and socially, helping them to stay motivated and grounded. Staff, remember that nurturing your own well-being directly influences the positive environment we strive to create at Credence High.

This month, let's cultivate gratitude and mindfulness to help us navigate challenges with calm and clarity. We encourage everyone to take small moments to reflect on their mental, emotional and physical health. Together, we will build a supportive community where every individual can flourish and feel valued.

Here's to a healthy, happy and successful year ahead!

Warm Regards,  
Deepika Thapar Singh  
Wellbeing Champion

### *Wellbeing Activities*

### **Converge 2025 - Annual Sports Day**

The Annual Sports Event at Credence, **Converge 2025**, was successfully held on the 23rd and 24th, January 2025. Students from Grades 2 to 5, along with those from Grades 9 and 11, actively participated in a range of exciting field and track sports events. Our students demonstrated exceptional talent and sportsmanship, securing numerous accolades in both individual events and team competitions. May the spirit of sportsmanship and teamwork inspire us to prioritize health, happiness and overall well-being every day.





## Annual Concert 2024-2025 - Early Years

The Annual Concert by the students from Early Years took place on 25th January 2025, showcasing the talents of our young performers. Dressed in their finest attire, the little ones delivered heartwarming and exceptional performances that were truly delightful to witness. The event was a lively and visually captivating showcase of artistic expression, leaving the audience, especially the parents, beaming with pride and joy at the outstanding performances of their children. The event not only celebrated creativity and talent but also nurtured the emotional and social well-being of our young performers, fostering confidence, joy and a sense of accomplishment.



## Top Performing Class of Achieve 3000 (2024-2025)

Reading plays a vital role in overall well-being, enhancing cognitive development, reducing stress and fostering emotional resilience. It empowers students with knowledge, creativity, and critical thinking skills, contributing to their personal growth and academic success. By cultivating a strong reading habit, students not only excel in academics but also nurture a lifelong source of relaxation and mental well-being.

Achieve 3000 is a personalized reading program that adapts to students' levels, gives them relevant content and improves their reading skills with minimal teacher effort. Grade 9D has been honored as the Top Performing Class of Achieve 3000 for the academic year 2024-2025. With the guidance of their dedicated English teacher, Ms. Anu, the students showcased exceptional commitment in making the most of our school's reading platform. In recognition of their hard work, the Achieve 3000 Team awarded the class certificates and a plaque.

This remarkable achievement serves as an inspiration, motivating other students to set higher goals and excel in their reading endeavors.

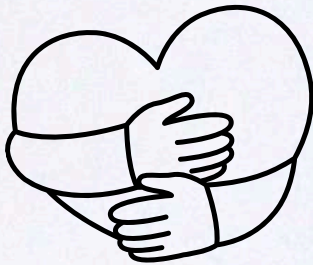




# WELL-BEING TIPS

## *SOCIAL*

Focus on forming genuine relationships with people who share your values and interests. Quality matters more than quantity when it comes to friendships.



## *EMOTIONAL*

Spend a few minutes each day focusing on the present moment. Mindfulness exercises, like deep breathing or guided meditation, can help reduce stress and increase emotional awareness..

## *DIGITAL*

Follow the 20-20-20 rule—every 20 minutes, take a 20-second break and look at something 20 feet away. This helps reduce eye strain and gives your mind a moment to reset.



## *PHYSICAL*

Ensure you get enough quality sleep each night (7-9 hours for adults). Good sleep is crucial for physical recovery, mood regulation, and overall health.



## **PARENTING TIPS**

*Kindly click on the link below to read the article on 'Confidence Boost: Building Strong Foundations for Child Self-esteem'*

<https://childdevelopmentinfo.com/development/confidence-boost-building-strong-foundations-for-child-self-esteem/>

# VOICES OF CREDENCE FAMILY

YOU ARE  
enough

Love  
YOURSELF



## PARENT'S VOICE

“

### STRATEGIES TO ADOPT FOR HOLISTIC WELLBEING

In this fast paced, over informative digital world, one needs to develop practical strategies for their overall wellbeing. Student wellbeing is a critical aspect encompassing physical, mental, emotional and social health, all of which contribute to academic success and personal growth.

The school, parents and students can implement the following pathways towards achieving this goal.

- Promote effective, free communication and mental health awareness.
- Engage students in close peer groups which helps to develop team spirit, making them emotionally wiser and academically stronger.
- Focus on physical health through outdoor activities, sports and yoga.
- Inculcate healthy habits and a happy positive mind-set.
- Engage in effective time management and mindful use of technology.
- Provide ample opportunities for students through practical approach to develop reasoning, critical decision making which are cornerstones in their academic and professional success.
- Actively involve in social cause and environment preservation.
- Appreciate and acknowledge at school and at home for small improvements and achievements as this will boost one's self-esteem and empower them to reach their full potential.

Prioritizing wellbeing will ultimately equip students with skills needed to navigate academic and personal life with confidence and resilience and make them a valuable future asset of our society.

Dr. Tejal Desai (Specialist Anaesthetist, Mediclinic Welcare Hospital)  
Parent of Hargun Desai (12-C)

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# VOICES OF CREDENCE FAMILY

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enough

Love  
YOURSELF



## STUDENT'S VOICE

“ I keep myself happy by playing games with my brother.

I keep myself healthy by playing with my friends and drinking milk everyday.

Aarush Bagale (2-A)

”



## FROM THE TEACHER'S DESK

### The New World

A child's well-being was a far-fetched dream,  
Did anyone hear those silent screams?  
Listen or pretend was the only trend,  
As the rules once made, did never mend.

There was chaos in all forms, unsaid, unheard and unchanged.  
Wouldn't it be possible for many to be enraged?  
Gone are the days when silence was the only norm in classes.  
Shifting centuries had surely taught the masses!

Every struggling child was seeking a guiding light,  
All they ever needed was to make everything right.  
Where voices are heard and feelings never go unnoticed,  
And wandering thoughts are never over shadowed.

With dreams in their mind and resilience in their actions,  
They surely did a lot to change the existing notions.  
So, let's hold hands and get on to this new world fearlessly.  
Where freedom, safety, compassion and kindness flourish boundlessly.

Up they rise with those guiding lights in a flare,  
The new world is all for them and their welfare.  
This era brought a positive change which was long due,  
Remember, you young minds, we are always there for you.

Soumya Kappalliyil - Science Teacher, Co-ordinator (Grade 4)





# 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 (6 January - 31 January 2025) and applaud their commitment to excellence. Congratulations to each of them for their unwavering dedication!

## Admin Team



Mr. Mahinsha Podiparayil Nazar

## Support Staff



Mr. Thennarasu Maya



Ms. Haseena Mohammad



Mr. Syed Badin Eidal Gul

## Early Years



Ms. Harsha Deepak  
Mansukhani

## Primary School



Ms. Shruti Shukla

## Middle School

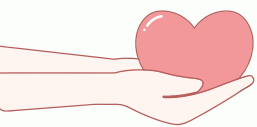
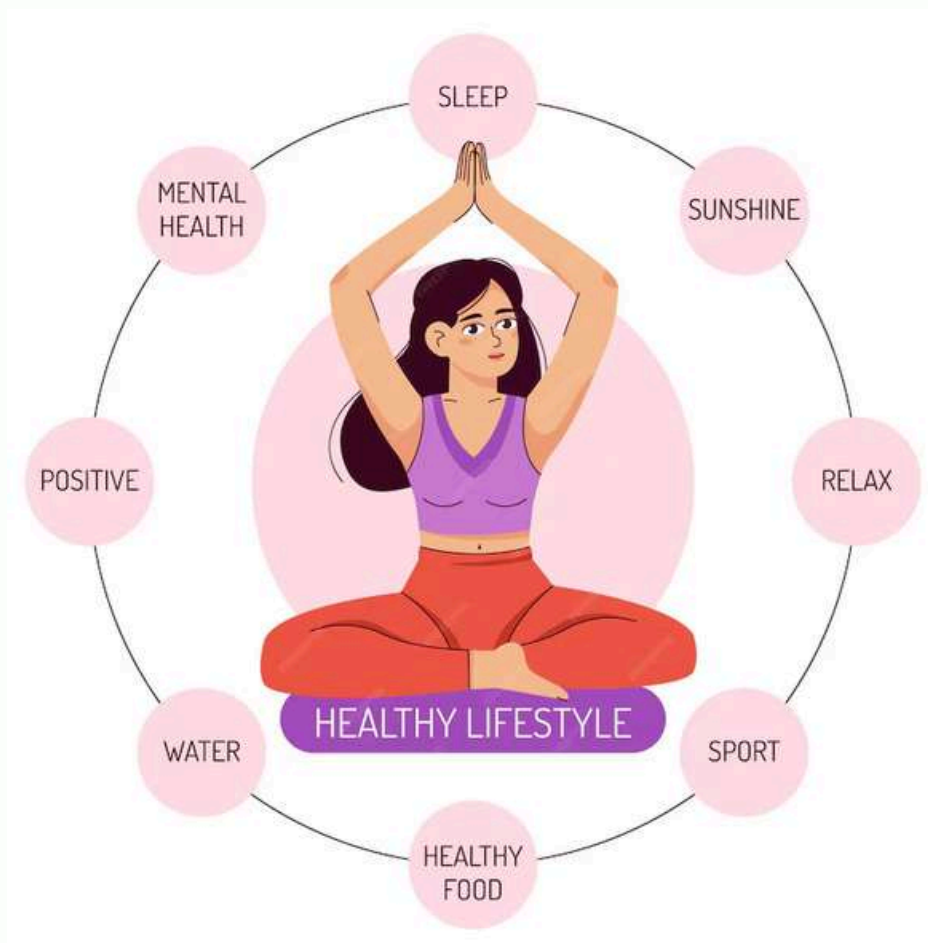


Ms. Harmeet Kaur

## Senior School



Ms. Shamna Rashid



## 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*

