



CREDENCE CARES

A WELLBEING JOURNAL



2024 - DECEMBER EDITION

Dear Parents, Students and Staff,

As the final months of 2024 unfold, we embrace this special time of reflection, gratitude and togetherness. The months of November and December bring the perfect opportunity to pause, celebrate our accomplishments and nurture our collective wellbeing as a community.

This edition is dedicated to supporting your mental, emotional and physical health with practical tips, inspiring messages and moments of mindfulness to carry you through the bustling season. The season of giving reminds us of the importance of kindness, self-care and connection. Let us cherish the joy of shared moments and extend a helping hand to those in need. Together, we can create a warm, supportive environment where everyone thrives.

As we approach the holidays, I wish you all the blessings of the Christmas season—may your days be filled with peace, laughter and love. May this winter break bring you rest, renewal and cherished memories with loved ones. Here's to ending the year with joy and stepping into 2025 with hope and vitality.

Warm Regards,
Deepika Thapar Singh
Wellbeing Champion

Wellbeing Activities

Principal's Badge



The Principal's Badge was awarded to students across Grades 1 to 12 as a recognition for their exceptional achievements and contributions. This included consistent academic excellence, exemplary leadership and outstanding behavior that upheld the school's values. Students who excelled in co-curricular activities, sports, creative endeavors, as well as those who demonstrated significant contributions to community service were honored. The badge serves to celebrate students who act as role models for their peers while symbolizing the school's appreciation for their dedication, discipline and positive impact.



Wellbeing Session: Safe Environment - Understanding Personal Safety

Sessions were conducted across each section of Grades 2 to 5 on 'Understanding Personal Safety'. The objective of the session was to promote awareness by educating children on the importance of personal safety in various environments, including home, school and community settings; encourage proactive behavior by identifying potential risks and develop skills to equip them with practical strategies to enhance personal safety. The three key safety rules—trusting oneself, being responsible and using common sense—were highlighted. To reinforce the learning, group activities like quizzes, crossword puzzles and worksheets were conducted, focusing on the five-finger safety rule and general safety across different scenarios. The students became aware of the practical choices they can make to ensure their safety.



Wellbeing Session: Table Manners and Healthy Eating Habits

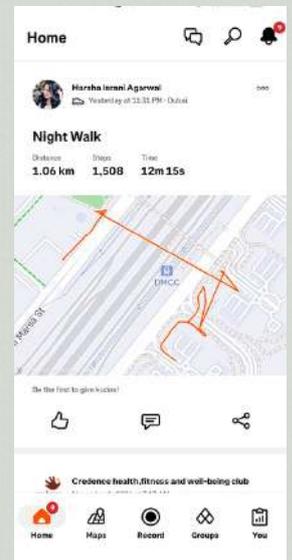
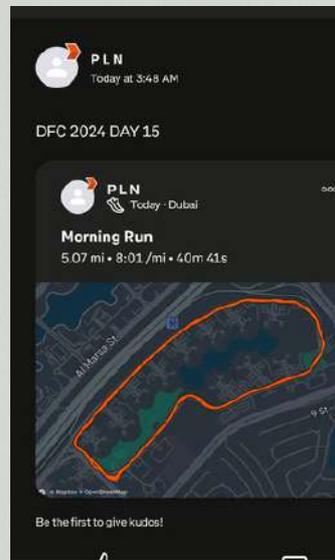
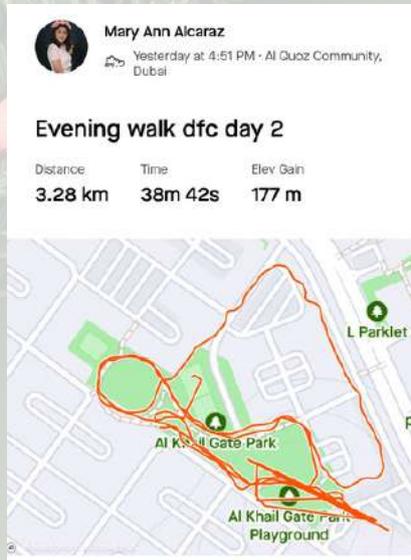
A session was conducted at the auditorium for students of Grades 2 and 3 to educate children on table etiquettes and create awareness on healthy food choices. The objective was also to orient them on consumption of balanced meals including a variety of foods and portion control. Tips like chewing slowly or including a variety of colors in one's meals were shared. They were encouraged to make nutritious food choices that benefit their physical and mental well-being. Table etiquettes like sitting erect, not talking with your mouth full, chewing food slowly and taking small bites were conveyed. An online activity on making healthy food choices were also done with students.



Uniting for Fitness: Dubai Fitness Challenge (DFC 30X30)

Credence High School has been a part of the DFC 30X30 Challenge since its inception, fostering a sense of unity by involving all its stakeholders, from morning stretches to afternoon sports and evening sessions. Our physical education curriculum has been tailored to incorporate elements of the DFC, ensuring students engage in meaningful physical activity while having fun. Leading by example, staff at Credence showed their commitment to promoting a healthy lifestyle, thus inspiring the entire community. Parents had also embraced the DFC 30x30 with enthusiasm by participating in fitness walks and other activities, thus prioritizing their health. To ensure accountability, the school community was encouraged to join the virtual Credence Health, Fitness and Wellbeing Club through

the Strava app which enabled to see the achievements and the progress in their fitness level. The participants who completed 30 minutes of physical activities for 30 days were awarded with DFC certificate of aspiration. They were tracked on the progress using the fitness app, thus encouraging healthy competition among peers. Across all stakeholders, the challenge has instilled values of teamwork, perseverance, and self-care.

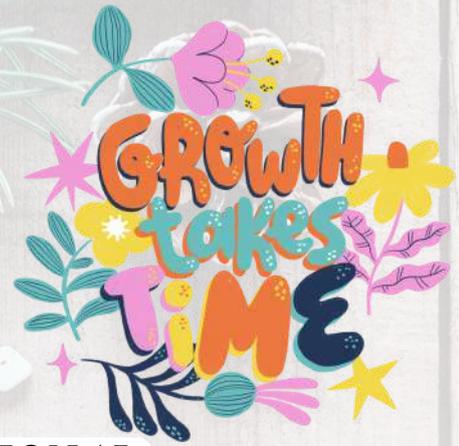




WELL-BEING TIPS

SOCIAL

Try to stay in contact with close ones (or people you would like to become close friends with) at least once a fortnight. This might be meeting up for lunch or just dropping them a quick text to see how they're doing.



EMOTIONAL

Embrace self-care and focus on what's within their control. Create actionable ideas on what you can do within their own circle of control.

DIGITAL

Rearrange your apps and reduce accessibility to unnecessary apps. You will become more mindful of your actions rather than automatically clicking on them.



PHYSICAL

Avoid fad diets – try and have sustainable, healthy eating habits. Consider probiotics and fiber to aid gut health.



PARENTING TIPS

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>



VOICES OF CREDECE FAMILY

YOU ARE
enough

Love
YOURSELF



STUDENT'S VOICE

Self-care Isn't Selfish!

One can only care for others when they start caring for themselves. This could be in the form of setting boundaries, getting enough rest, spending time on hobbies, or anything that helps recharge your mind and body. Taking time to pause and reflection your needs is essential for maintaining balance and avoiding burnout. When you nurture your own wellbeing, you build the resilience needed to support others through their challenges. By prioritizing your wellbeing, you not only benefit yourself but also create a positive effect on everyone around you. After all, the best gift you can give others is a healthier, happier you!

Liz Ajeeth 11-C



PARENT'S VOICE

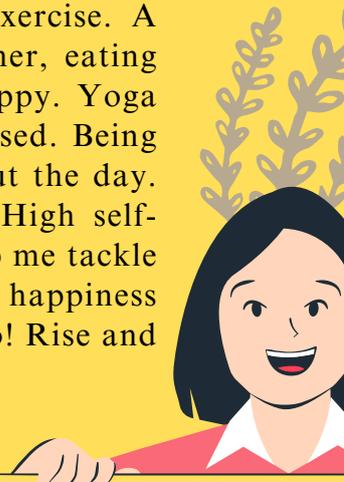
Wellbeing is a multifaceted concept that encompasses an individual's overall quality of life, including physical, mental, emotional and social health. It gives us a holistic perspective towards one's growth and development. I am glad that Credence has been successful in effectively implementing mental health and values through moral science, physical education, and social studies included in the curriculum. Students develop coping skills and resilience through this. The government of UAE has also launched several programs to cultivate wellbeing as a way of life and enrich the greater happiness of nation.

Sonali Shrivastava Sarkar (Mother of Swanik Sarkar 4-F)

FROM THE TEACHER'S DESK

My wellbeing mantra is my family, prioritizing self-care with a balanced diet, following a skincare routine, having adequate sleep and regular exercise. A good family bonding is all you need to be content. Cooking together, eating together, jokes, and all the simple fun, make me stress-free and happy. Yoga makes me feel connected with myself and keeps me calm and composed. Being able to love myself, makes me confident and stay positive throughout the day. Being organized with my things and tasks makes me even better. High self-motivation and low expectations keep me emotionally strong and help me tackle challenges easily. Believe in yourself, spread positivity and love, find happiness within yourself, and do not forget to pat your back for all that you do! Rise and Shine!

Noor Nazia - Early Years Coordinator (PreKG & KG1)



AT A GLANCE



Morning Training Session for students in sports at CHS



Judo Training for our students as part of DFC 30X30 held at Dubai Police Caravan



Community Outreach Programme: Our staff volunteering at Al Noor Training Centre for People of Determination



Annual Concert 2024 (Middle School)



UAE National Day Celebration



Children's Day Celebration



Life Skill Activity - Flip the Flop (Grades 6 to 8)





Field Trip for our Students

Pond Park (Pre-KG), Safa Park (KG1 & KG2), Green Planet (Grade 1), Kidzania (Grade 2), Warner Bros. (Grades 3 - 9 & 11)



CHS Staff Cruise Party - Queen Elizabeth 2



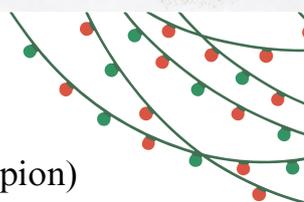
Board Exams: Stay Strong, Stress Less, Succeed More (Wellbeing Session for Gr. 10 & 12)



Term End Party

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

