



CREDESCENCE CARES

MINDFUL REFLECTIONS

MAY - 2025



Dear Credence Family,

As we step into the month of June, let us take a moment to reflect on the strength, resilience and dedication demonstrated by our entire Credence community throughout May. The past month was filled with learning, collaboration and growth and it is heartening to see how students, teachers and parents continue to support one another with care and compassion. Wellbeing is not just a value—it is a shared responsibility and together we are creating an environment where everyone feels heard, valued and encouraged to flourish. Let us carry this spirit forward as we embrace the opportunities June brings.

Regards,

Deepika Thapar Singh,

Principal & CEO, Credence High School

Wellbeing Champion



WELLBEING ACTIVITIES



Session on Developmental Changes During Adolescence and Coping Strategies

A wellbeing session was organised for boys of Grades 7–9 by Mr. Sreehari, Consultant Psychologist from Zivanaza Wellness, with the aim of creating awareness about the developmental changes during adolescence.

The session addressed key topics such as physical changes during puberty, emotional fluctuations and the desire for independence. Cognitive developments like decision-making and abstract thinking were also explored.

Students discussed challenges including academic stress, body image concerns, peer pressure, digital overuse and bullying. The importance of respecting personal boundaries and fostering empathy in interactions, especially with the opposite gender was highlighted.

Mr. Sreehari encouraged students to view adolescence as a natural and transformative phase. He shared practical strategies to manage changes constructively and build emotional resilience. The session provided a safe space for open dialogue and self-awareness, empowering students to make informed and healthy life choices.





CREDENCE CARES

MINDFUL REFLECTIONS

MAY - 2025



Career Guidance Session - Auro.Edu (EdTech Platform)

A career guidance session for Grade 10 students was conducted on 12th May 2025 by Mr. Amar Singh Anand, President and Co-founder of Auro Group. Auro.edu is a globally acclaimed EdTech platform incubated at Stanford University. Mr. Anand engaged students with inspiring ideas and practical advice drawn from his professional journey and leadership experience.

The objective was to create awareness of potential career paths and empower students with the skills required to pursue them. This program was also intended to enable students to discover his/her capabilities, interests, aptitude personality & emotional traits, learning preferences, work values & environment fit and emotional intelligence.

Students were recommended to engage in internships, volunteering and hands-on learning opportunities as these activities would allow them to explore different career paths, develop practical skills and gain real-world exposure. Mr. Amar emphasized that learning by doing is essential for meaningful growth and that first-hand experience can bridge the gap between interest and informed decision-making.

Mr. Amar shared how mentorship, self-awareness and adaptability help shape long-term success. He urged students to remain open-minded and to learn from both success and failure. The session was interactive and thought-provoking, filled with real-life examples and student engagement.





CREDENCE CARES

MINDFUL REFLECTIONS

MAY - 2025



Wellness Session - My Body: Healthy Eating Habits, Play and Sleep

The session was thoughtfully designed to promote holistic wellbeing among students, emphasizing the interconnectedness of nutrition, physical activity and sleep. Led by the school counselor, Ms. Anupama, the session highlighted the importance of maintaining a balanced diet, engaging in regular physical activity and ensuring adequate sleep for overall health and development. Students were guided through strategies for making healthy food choices, understanding the value of balanced meals and practicing proper table manners to cultivate lifelong healthy eating habits. A hands-on activity enabled students to create their own balanced and nutritious meal plans, reinforcing the key concepts discussed.

The session also shed light on how physical activity supports muscle development, coordination and overall wellness. Furthermore, Ms. Anupama emphasized the significance of consistent sleep routines, explaining how quality sleep enhances memory, attention, problem-solving skills, and strengthens the immune system. By integrating essential lessons on nutrition, exercise, and rest, the session empowered students with practical knowledge to adopt and sustain a healthy, balanced lifestyle that supports their long-term wellbeing.

The interactive nature of the session encouraged active participation and reflection, allowing students to connect the concepts to their daily routines. It also fostered a sense of responsibility and awareness about making informed lifestyle choices. Teachers and staff supported the initiative by reinforcing these habits in the school environment, creating a consistent message around wellbeing. Such initiatives are a vital part of our commitment to nurturing healthy, happy and resilient learners.



Wellness Compass

recharted



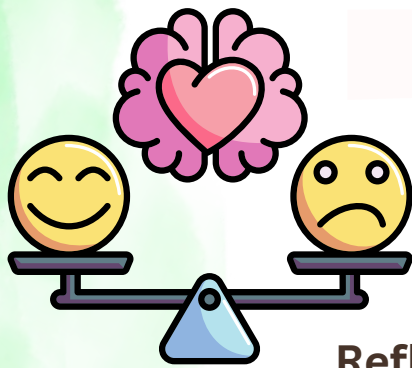
Social Wellness

Try to understand other's perspectives and feelings. This strengthens bonds and reduces misunderstandings.



Digital Wellness

Create 'tech-free zones', designated areas in your home (e.g., bedroom, dining table) where devices are not allowed.



Emotional Wellness

Reflect on what situations, people or thoughts tend to bring up certain emotions. This awareness helps you anticipate and prepare.

Physical Wellness

High stress levels can make it difficult to fall asleep. Practice relaxation techniques before bed if needed.



SEEDS OF SUPPORT

Kindly click on the link below to read the article on '**Strategies to Support your Child During Exams**'

<https://www.brainwonders.in/blog/14-things-parent-should-do-during-their-childs-exam>



CREDENCE COLLECTIVE ECHOES OF US

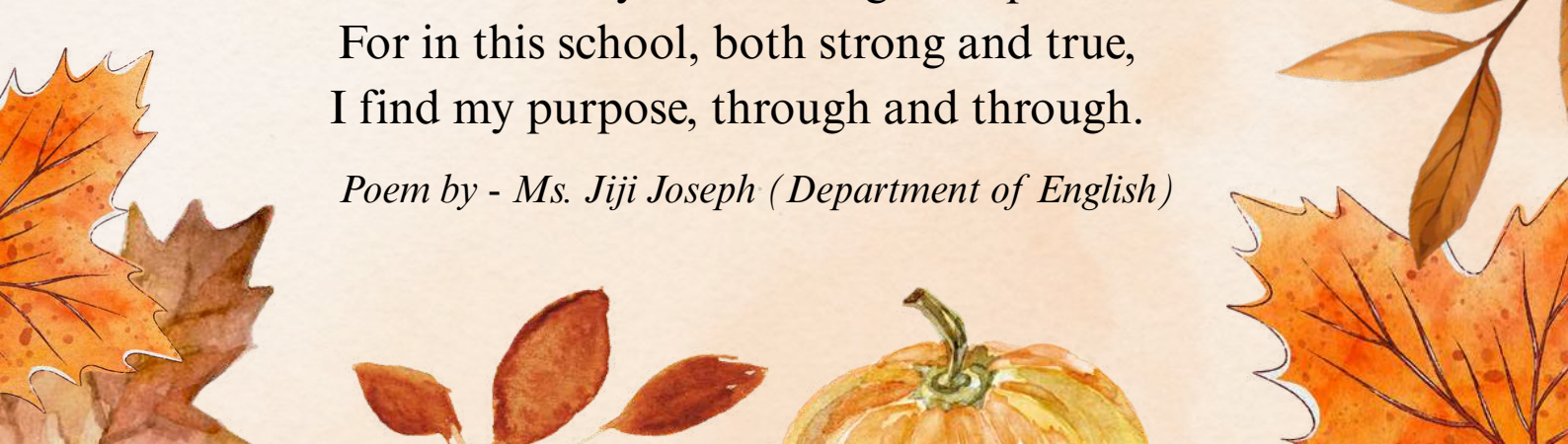


FROM THE TEACHER

A Teacher's Joy at Credence

In Credence High, where hearts take flight,
Each day I teach with pure delight.
The classroom buzzes, young minds shine,
As knowledge grows, so do they climb.
With every question, spark and thought,
I guide them, sharing all I've sought.
The joy of seeing them succeed,
Is all I need, a heart to feed.
From English books to math's vast sea,
Their growth brings joy, it's plain to see.
We share our laughs, our dreams, our fears,
And build a bond that lasts for years.
In every lesson, every chance,
I witness minds begin to dance.
At Credence, I'm not just a guide,
But part of something deep inside.
Together we learn, together we rise,
Each new day holds a bright surprise.
For in this school, both strong and true,
I find my purpose, through and through.

Poem by - Ms. Jiji Joseph (Department of English)





CREDENCE COLLECTIVE ECHOES OF US



FROM THE STUDENTS

Wellbeing is the combination of wellness of physical health and mental health. Wellbeing can be enhanced and improved by self-reflection and self care. Wellbeing is the state of feeling happy and healthy. It includes high life satisfaction and ability to manage stress.

Nivedha Mohanbabu (12 C)


Wellbeing Messages from our Student Council Members

My name is Bhani Krishna, and I'm honoured to be serving as the Wellbeing Secretary at our school. Wellbeing, to me, means feeling happy, safe and supported. It's about taking care of our mental and physical health, being kind to ourselves and others and helping create a positive and inclusive environment for everyone. One initiative I would love to introduce is 'Compliment Tag', a positive chain-reaction game where one student gives a genuine compliment to another, then 'tags' them to pass on a compliment to someone else. This can really encourage kindness and boost confidence among students. I'm excited to work towards making our school a place where every student feels valued, heard and cared for.

Bhani Krishna (10 C), Wellbeing Secretary

As Joint Wellbeing Secretary, I, Shivangi, look forward to helping make the school a kinder and more caring place. In this capability, I would further promote mental, emotional and social wellness among my fellow student peers, things I believe are crucial to a successful and happy school experience.

To me, mental wellbeing is all about feeling in balance — and connected, not just in your academics, but in your emotions, as well. It's about being in tune enough with yourself to know it's alright to pull back, ask for help and leave enough space and time for doing things that bring peace and joy. Wellness is taking care of yourself and others, and particularly in times of stress or pressure.





CREDENCE COLLECTIVE ECHOES OF US



FROM THE STUDENTS

One small but meaningful initiative I'd like to introduce is a "10-Minute Calm Time"—a short, daily routine students can do at home. It could involve deep breathing, stretching, writing in a journal or listening to music. I believe that just these ten minutes of quiet reflection every day can help students feel more relaxed, reduce stress and sleep better making a big difference over time.

Shivangi Sehgal (9 A), Joint Wellbeing Secretary

My name is Nicole Basil, and I proudly lead as our school's Anti-Bullying Secretary. As a leader, my goal is to be a voice for the unheard and stand strong for those who feel alone. Bullying can shake confidence, create fear and force many into silence. Staying silent shields the bully while speaking up protects the victim. Let us build a school where respect isn't requested, it's expected.

Nicole Basil (11 A), Anti-Bullying Secretary

"Blowing out someone else's candle doesn't make yours shine any brighter."

Bullying can hide in any corner — in silent whispers during class, crowded hallways or on social media platforms. But just as bullying can spread quietly, so can kindness and respect. Respect should know no boundaries — not your background, the food you eat, or the colour of your skin. Kindness costs absolutely nothing, yet the warmth it brings through simple gestures can be priceless. A small act of kindness can make someone's entire day. As the Joint Anti-Bullying Secretary, I am committed to creating a safe, friendly environment where everyone feels valued and where bullying has no room to grow. Together, we can ensure that everyone feels seen and supported — and that we brighten everyone's flame, not just our own.

Diya Manoj Kumar (9 D), Joint Anti-Bullying Secretary





CREDENCE COLLECTIVE ECHOES OF US



FROM THE STUDENTS

Wellbeing Messages from our Student Council Members (Wellbeing Ambassadors)

Being in this position, it is my responsibility to take care of people. As a wellbeing ambassador of Credence, I will help and guide students when they need it, like, guiding someone to the clinic, washroom, classroom when they are new to school. If someone does not follow the rules, I will report it to the teacher for their safety (like running around in the class, just in case they might hurt themselves).

Noman Zeeshan Aamir Khan (2F)

I became the wellbeing ambassador because I prefer being kind to people. I like helping teachers and help my peers complete their work.

Luke Isaiah Fernandes (3B)

I am very happy that I am the wellbeing amabassador from Grade 4. In this role, I would help any kid if they have trouble with something. I will take care of the wellbeing of all the children by preventing instances of bullying in school. As a wellbeing amabassador, I will make sure all kids are happy and safe.

Lakhi Niharika Raju (4B)

I chose to be a wellbeing ambassador because I know I can take this responsibility up. Other people have chosen me because they trust me with my responsibilities as a wellbeing representative. I can make them feel it is worth it.

Aleshka Rodrigues (5F)





CREDENCE COLLECTIVE ECHOES OF US



FROM THE STUDENTS

Wellbeing Messages from our Student Council Members (Wellbeing Ambassadors)

I chose to be the wellbeing ambassador to help everyone maintain a happy atmosphere and wellness among students. I look forward to stop bullying, if any and conflicts within school among students. I will try my best to guide the students keep the school neat while making it a safe place for everyone.

Arham Bothra (6E)

I'm excited to be the wellbeing ambassador from 7th grade! I'm here to support my classmates, promote kindness and help make sure everyone feels safe, happy and included. I can't wait to work together to make our school a place where everyone feels their best every day!

Ayden Bijou (7B)

I chose this role because, I genuinely care about how people feel - mentally, emotionally and physically. School can get stressful. I wanted to be someone others can talk to, without judgement. I believe that when students feel supported, they perform better in all areas. As a wellbeing ambassador, I want to help create a space where everyone feels safe, heard and respected. I'll spread awareness about mental health and encourage small things that make a big difference - like kindness, listening and taking breaks. In the future, I hope to leave a culture where wellbeing is part of our everyday school life.

Theertha Vinod (8F)



CREDENCE COLLECTIVE ECHOES OF US



FROM THE PARENT

FOR PHYSICAL WELLBEING

- Firstly, starting a day early with a detox drink makes you fresh and active.
- 20 minutes of yoga or any stretching exercise relaxes your entire body and calms your mind and you are ready for the tasks that the day has in store for you.
- Planning a balanced diet according to your body condition gives you all the energy you need to handle different tasks.

FOR THE MENTAL WELLBEING

- Music therapy: I listen to different genres of music that would transform me into whole new world.
- Art Therapy: The colours, brushes and strokes makes me calm and I feel a sense of tranquility in my mind.
- Journaling: Notebooks and pen are my best friends, so I pour out all my emotions into it as it only listens and never judges.
- Dancing (any type of dancing) helps you to let out all your emotions and makes you feel so light.
- Cooking: Trying out new dishes and different techniques make you joyful. It's the best way to be connected with the family.
- Trying out new things everyday expands your horizon and perspective towards life.
- Reading your favourite book before bedtime will make you relax and feel better at the end of the day.
- Playing badminton with my son during weekends.
- Catching up with friends and socializing once in a while. Also meeting new people (travel) will expand your interests.
- Last but not the least, going for long walks and admiring the beauty of nature, I feel nature is always there looking after certain things and just reminds me that everything is a phase of life and taking small steps is what matters the most for a beautiful wellbeing of a person.

Note: People say 'I don't have time' but making time for yourself is very important. As mothers we have to take care of ourselves in order to take care of others.

Ms. Nithya Hariharan

RADIANCE OF BRILLIANCE
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 (1st May to 30th May 2025) and applaud their commitment to excellence. Congratulations to each of them for their unwavering dedication!

Senior School



Ms. Sushmitha Raghuram Shetty

Middle School



Ms. Anila Sajid

Primary School



Ms. Bharti Sharma

Early Years



Ms. Rafa Puthiya
Panthakkalakam

Admin Team



Ms. Sumisha Aneesh

Support Staff



Ms. Edelene Comendador

**Support
Staff**



Mr. Md Ariful Islam



Mr. Radha Krishnan

CREDENCE CHRONICLES



U14 GIRLS BASKETBALL TEAM -
SECURED 3RD PLACE
IN
THE INTERSCHOOL BASKETBALL CHAMPIONSHIP
HELD AT
GEMS NEW MILLENNIUM SCHOOL



U-16 GIRLS PREMIER UNO VOLLEYBALL LEAGUE
CHAMPIONSHIP 2025 -
SECURED 2ND PLACE
HELD AT
THE UNIVERSAL AMERICAN SCHOOL,
FESTIVAL CITY, DUBAI



CBSE UAE CLUSTER
BOYS SWIMMING CHAMPIONSHIP



UAE SCHOOL GAMES-
SWIMMING AND TAEKWONDO
CHAMPIONSHIP



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)

<https://www.credencehighschool.com/wellbeing---credence-cares.html>

