



CREDESCENCE CARES

MINDFUL REFLECTIONS

JUNE - 2025



Dear Credence Family,

As we conclude the April–June academic term, I would like to express my heartfelt gratitude to all students, staff, parents and families for their continued dedication and support. This term has been a rewarding journey marked by learning, growth and resilience. Together, we've created a nurturing environment that reflects our shared commitment to wellbeing. As we now step into the summer break, let us embrace this time to slow down, reconnect with family and nourish our minds and bodies. It's an opportunity to pause, reflect and celebrate the small joys that often go unnoticed. Whether through rest, travel, hobbies or simply being present, may this break bring peace and balance. Let it be a season of laughter, warmth and renewal. Wishing you all a safe, happy and fulfilling summer vacation.

Regards,

Deepika Thapar Singh,

Principal & CEO, Credence High School

Wellbeing Champion



WELLBEING ACTIVITIES



Investiture Ceremony 2025: Embracing Leadership with Purpose

The Investiture Ceremony for the newly elected Student Council members was held with great pride and solemnity on 22nd May 2025. This significant occasion marked the formal entrustment of leadership roles to students who have demonstrated exceptional dedication, discipline and a spirit of service.

The Principal delivered an inspiring welcome address, emphasizing the importance of leadership rooted in integrity and responsibility. The highlight of the ceremony was the conferring of badges and sashes to the newly appointed council members, including the Head Boy, Head Girl, House Captains and Ambassadors by the dignitaries present.

Following the investiture, the oath-taking ceremony was conducted, where the student leaders pledged to uphold the values of the school and carry out their duties with sincerity and commitment.

The ceremony concluded with a heartfelt vote of thanks and a renewed sense of purpose among the student body. It was a day of pride, promise, and new beginnings, one that was bound to be etched in the memories of all who witnessed it.





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Cross Destinations in Higher Education & Navigating University Applications Successfully

The Counselling and Wellbeing Department organized an informative session in collaboration with IDP Education on exploring global higher education opportunities for students (Grades 9-12).

The objectives of the session were to

- provide students with insights into education systems across countries.
- guide through documentation, application processes and scholarships.
- empower students with informed choices about their academic futures.

Comparative overview of popular study destinations like UK, Ireland, Australia, New Zealand, Canada, and the USA; entry requirements; tuition fees and living expenses; post-study work options and employment prospects; document checklist and centralized application portals (e.g., Common App, OUAC) and the role of IDP in supporting students' international academic aspirations were discussed.

Students gained clarity on the strengths of different education systems, including academic flexibility, global recognition and work-study opportunities. The interactive nature of the session encouraged thoughtful queries and the real-life data shared helped in realistic goal setting. It also fostered a sense of preparedness and motivation among the attendees.



Digital Wellbeing – Finding Balance in a Connected World

An interactive session titled 'Digital Wellbeing: Finding Balance in a Connected World' was conducted for middle school students with the aim to cultivate mindful and responsible digital habits. With increasing screen time and growing dependence on technology, the session addressed the importance of maintaining a healthy digital lifestyle.

The points discussed during the session included

- Understanding digital wellbeing and the impact of screen time on physical and emotional health.
- Strategies for achieving digital balance: tech-free zones, mindful consumption and time management.
- The importance of maintaining respectful communication and digital etiquette.
- An overview of the school's Social Media Policy highlighting responsible posting, privacy and cyber safety.
- Key digital laws in the UAE related to cyberbullying, identity protection and content sharing.





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The session was well-received by students who expressed appreciation for the practical tips and clarity provided. It served as a valuable platform to address concerns and empower students to make informed digital choices in a tech-driven world. Students actively engaged in the discussion, reflecting on their own digital habits. The emphasis on real-life scenarios and relatable examples helped students understand the implications of their online behaviour. The UAE laws section enabled them comprehend the seriousness of digital misconduct.



Let's Talk...



DIGITAL FOOTPRINTS

What do yours say?

BE CAREFUL ABOUT:

- What you share.
- Where you share.
- With whom you share.

BE SMART ABOUT:

- Sites you visit.
- Emails you open.
- Links you click.

BE YOURSELF
but be your best self.

Wellness Session - Healthy Competition and Empathy

A Wellness session on Healthy Competition and Empathy was conducted for students of Grades 2-5 with the aim of nurturing a balanced mindset among students. The session helped students explore how competition can coexist with kindness and mutual respect.

The key objectives of the session were to

- distinguish between healthy and unhealthy competition.
- promote empathy as a core value.
- encourage emotional intelligence and collaborative growth among students.

Students engaged in a light-hearted challenge that emphasized cooperation among students over winning. The session also emphasized on how healthy competition can drive personal growth when paired with empathy. Students also shared personal experiences on how they showed empathy in real-life situations.





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This was an eye-opening session for the students. Activities like balancing game and video activity helped them step into others' shoes, fostering healthy competition and empathy. They learnt that striving to be better doesn't mean putting others down. Indeed, it often leads to stronger bonds and mutual respect among competitors. Students understood that when we value each other's perspectives, competition becomes a shared journey.



CBSE UAE Cluster Championship 2025

This was our first time participating in the Taekwondo Championship - a prestigious event, held on Thursday, June 29th and Friday, June 30th at GNMS, Al Khail, Dubai. Out of 16 talented students who competed in the U14 and U17 boys and girls categories, we're thrilled to announce that our team secured four medals.

- Dalia Ahmed (Grade 5A) — 3rd Place (Bronze) in U14 Girls
- Aradhana Rao (Grade 8D) — 1st Place (Gold) in U14 Girls
- Joanna Maria (Grade 9C) — 1st Place (Gold) in U17 Girls
- Muhammed Zakariya (Grade 5F) — 2nd Place (Silver) in U14 Boys

Aradhana Rao, Joanna Maria, and Muhammed Zakariya have all qualified for the CBSE Nationals in India this September.

Aisha Abello of Grade 9C secured third place in the 50M Backstroke in the recently held CBSE UAE Swimming Competition for Girls.

Atharva Raj Saxena (Grade 7D) won three medals (two bronze, one silver) at the CBSE UAE Cluster Swimming Championship, and he's now qualified for CBSE Nationals in India this September.

A proud moment for all of us at Credence High School — not only did we successfully host the UAE CBSE Judo Championship for both girls and boys on the 13th and 14th of June 2025, but we also delivered an exceptional performance on the mat. Credence High School emerged as the First Runners-Up in the Girls' Championship and were crowned Champions in the Boys' Championship. 16 students qualified for the CBSE National Championship in India, which will take place in September 2025.



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Our U-17 girls football team has proudly secured an impressive 3rd position in the highly competitive CBSE UAE Cluster U-17 Girls Football Championship, held at Gems United Indian School, Abu Dhabi.



Credence Champions: Powered by Passion, Driven to Win





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UAE School Games 2025

In our debut at the UAE School Games,

1. At Dubai School Games Basketball Championship, our students competed in all categories: U13 boys, U13 girls, U15 boys and U15 girls. All our teams performed admirably, reaching the quarterfinals.
2. Our school badminton team performed at the Dubai School Games Badminton Championship held at We Met Sport Clubs & Facilities, DIP Dubai.
 - Our students, Sahithi of 5D and Norah of 5A battled their way through to the quarterfinals in the U11 Girls Doubles category.
 - Our U13 athletes showcased their relentless spirit with Zaki of 7A, Dhanav of 7B, Asmi of 8B, and Nivedita of 8A, all advancing to Round 3 across all events.
 - The U15 Girls Doubles, Dahamdee of 9A and Swarnangi of 11A displayed exceptional talent, reaching the quarterfinals. In the Mixed Doubles, Arjun of 9A and Swarnangi of 11A soared high, also making it to the quarterfinals. Arjun of 9A, clinched an impressive 3rd place in Boys Singles.



Award Ceremony (Grades 9 to 12)

The Award Ceremony was conducted for students of Senior School on 20th June 2025 which aimed to recognize and celebrate the academic, co-curricular and personal achievements of students across the Grades 9 to 12. It provided a platform to appreciate hard work and excellence, fostering motivation, self-confidence and a commitment to continuous growth while inspiring all learners to strive for their personal best.

One of the key insights from the award ceremony was the enthusiasm and gratitude displayed by the students as they received their awards. Their smiles and positive energy showed that recognition nurtures self-belief and encourages them to do even better. The ceremony highlighted how celebrating achievements not only boosts individual morale but also inspires the entire student body to aim higher and support one another, creating a culture of encouragement and excellence across the school.



Wellness Compass recharted



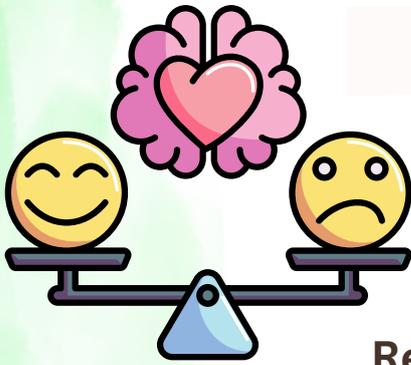
Social Wellness

Share your feelings and needs with others in a respectful way.



Digital Wellness

Engage in meditation or other mindfulness exercises to stay present and resist the urge to constantly check your phone.



Emotional Wellness

Replace self-critical thoughts with positive and realistic ones

Physical Wellness

- Schedule routine checkups with your doctor to monitor your overall health and address any potential issues early on.



SEEDS OF SUPPORT

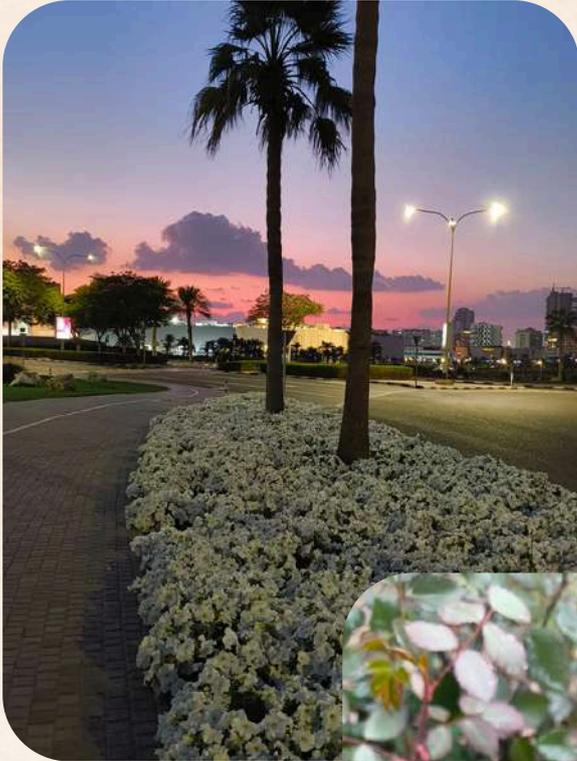
Kindly click on the link below to read the article on '**Meaningful ways to connect with your kids during the summer vacation**'

familius.com/meaningful-ways-to-connect-with-your-kids-during-summer-vacation/?srsftid=AfmBOopPQtt70da8jUm5U2g4NVrms-ePd3d8jkBU-25QGAOsBFU1C3R3

CREDENCE COLLECTIVE ECHOES OF US



FROM THE TEACHER



*Nature's Symphony
Through the lens of Ms. Harmeet*

CREDENCE COLLECTIVE

ECHOES OF US



FROM THE STUDENT

I maintain my physical wellbeing through activities like football and cycling.

For mental relaxation and enjoyment, I engage in creative hobbies such as building Lego sets, sketching cars, and playing video games for short bursts of about 20 minutes.

I consistently prioritize my happiness, though I don't follow a specific routine to achieve it. It is more about doing what I enjoy in the moment.

Akash Ray (8 - F)



FROM THE PARENT

I often practice stress-reducing activities like meditation or deep breathing.

I engage in regular physical activity, such as walking or yoga.

I make sure to get enough sleep each night (7-9 hours), stay connected with friends and family to support my mental health.

I also ensure taking breaks and prioritizing self-care activities.

Ms. Ansa Shahid

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



Mr. Sarath Chandran

Middle School



Ms. Olivia Guerrero Bernardo

Primary School



Ms. Aliya Dehlvi

Early Years



Ms. Aishwarya Devadiga

Admin Team



Ms. Honey Ganglani

Support Staff



Mr. Sithum Sasanka
Wickramaratna

**Support
Staff**



Ms. Jocelyn Neri



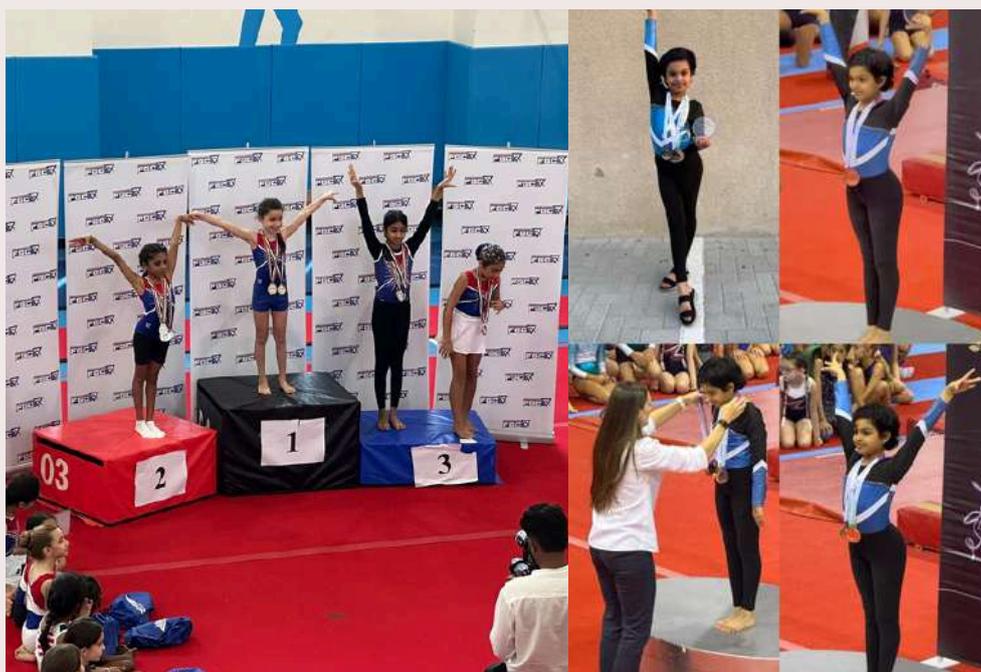
Mr. Tej Prasad Pokharel

CREDENCE CHRONICLES



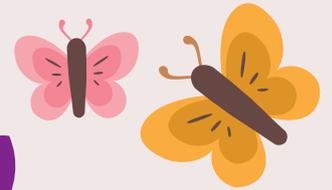
INTERNATIONAL YOGA DAY CELEBRATION

ABDUL HADI OF GRADE 8A
WINNING 3RD PLACE AND 2ND PLACE, RESPECTIVELY,
IN THE KART RACING COMPETITIONS
HELD AT DUBAI AND RAS AL KHAIMAH,
WHILE MAINTAINING A
NATIONAL RANKING OF 6TH AND A GLOBAL RANKING OF 50TH



OUR GIRLS SHINING IN GYMNASTICS
MEDHA REGHU (4 A) - FLIP GYMNASTICS ANNUAL COMPETITION
WON 2ND AND 3RD IN 3 ROUTINES - BEAM, BAR, VAULT

AYESHA BINT SHAHEEN (3 D) - ASPIRE GYMNASTICS
WON 4 MEDALS - LEVEL 2 TOURNAMENT
OVERALL CHAMPIONSHIP POSITION - 2ND PLACE IN LEVEL 2



WELLBEING TEAM

MS. DEEPIKA THAPAR SINGH - CEO-PRINCIPAL (WELLBEING CHAMPION)

DR. SUBHADRA PRABHU - CAREER & SENIOR SCHOOL COUNSELOR

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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