



CREDESCENCE CARES

MINDFUL REFLECTIONS

OCTOBER - 2025



Dear Credence Family,

Greetings!

October is a month that reminds us of the importance of nurturing our whole selves — in body, mind, and spirit. At Credence, we believe that true success stems from holistic wellbeing — when our students feel balanced, supported, and inspired to be their best in every sphere of life. This month's issue of Credence Cares celebrates Pink October — a reminder to prioritize health, spread awareness, and embody resilience. Through initiatives that highlight physical, emotional, and social wellness, we encourage our students and families to make mindful choices that promote long-term wellbeing.

As we move forward, let us continue to champion a culture where wellbeing is not just a concept but a daily practice — where every member of our community feels empowered, valued, and “in the pink of health.”

Regards,

Deepika Thapar Singh,

Principal & CEO, Credence High School

Wellbeing Champion



WELLBEING ACTIVITIES



CBSE Judo National Competition

At the CBSE Judo Nationals held in Sri Ganganagar, Rajasthan this year, three of our players earned Top-10 finishes in their respective age and weight categories.

- Kashish (Grade 6C) secured 3rd place (Bronze) in the U-17, below 36 kg
- Saanvi Niranjana Shetty (Grade 12B) — 4th place, U-19, below 63 kg
- Miraj Ahamed (Grade 5C) — 7th place, U-11 below 40Kg

This championship offered our students invaluable exposure to elite-level competition. The learning, resilience and sportsmanship our athletes displayed will fuel their growth in the seasons ahead.





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Dubai School Games - Table Tennis Championship 2025

Akshaj Kumar Singh of Grade 9B became the U15 Boys Singles Table Tennis Champion. Akshaj earned the Gold Medal after a perfect performance against Dubai's elite school zone players at the Danube Sports World, Dubai. He secured the victory by powering through 7 rounds (best of 3 sets) and clinching the final (best of 5 sets). This incredible result marks our school's inaugural Gold in the Dubai Schools Games.



CBSE UAE Cluster - Roller Skating Championship 2025

The CBSE UAE Cluster Roller Skating Championship 2025 was organized by Ryan International School, Sharjah on October 10th - 11th, 2025 with great camaraderie and sportsmanship. The championship was categorized into two main events, namely Inline Skating and Quads Skating, conducted for both Boys and Girls of different age groups.

Our young skaters participated in the event displaying their agility, balance and competitive spirit. A total of 11 students participated in this championship, competing in multiple events with great zeal and determination.

The event was a testament to the spirit of teamwork, dedication and discipline.





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Pink October Assembly: Being in the Pink of Health

The Pink October Assembly was organized on the theme, 'Being in the Pink of Health', to raise awareness among students of Grades 6-9 on the importance of physical vitality, mental health, emotional resilience and digital wellness. The assembly aimed to inspire students to adopt balanced lifestyles and cultivate inner harmony through informed choices and mindful habits.

Dr. Subhadra, Senior School and Career Counselor, delivered a thought-provoking talk. She spoke about the importance of self-awareness, emotional balance and the role of supportive relationships in maintaining mental health. The session reinforced the school's commitment to nurturing not just academic excellence but emotional intelligence and personal growth.



Career Guidance Session: New Age Careers and STEM-based Career Options

An insightful session on 'New Age Careers and STEM-based Career Options' was conducted for students of Grades 9–12 by Mr. Jitin Chawla and Dr. Venkata Dilip Kumar. The interactive presentation provided valuable insights into the evolving world of work and learning, highlighting the importance of future-ready skills and STEM-driven innovations. Students gained awareness about emerging fields, modern-age STEM careers and global university programs relevant to their aspirations. The engaging discussions encouraged learners to think beyond conventional choices and explore diverse opportunities aligned with global trends. These apart, the session inspired students to plan their academic paths with clarity, confidence and purpose, equipping them for the demands of the future world of work.



Wellness Compass

recharted

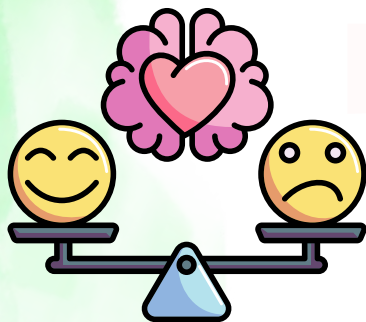


Social Wellness

Communicate openly and kindly - express your thoughts with respect and empathy

Digital Wellness

Avoid multitasking with devices - focus on one task at a time.



Emotional Wellness

Limit Negative Inputs - Reduce exposure to harmful media or toxic situations.

Physical Wellness

Maintain Healthy Weight - Keep a healthy BMI through diet and exercise.



SEEDS OF SUPPORT

Kindly click on the link below to read an article on 'Emotionally Safe Parenting'

<https://www.cnbc.emotionally-safe-parenting.html>

CREDENCE COLLECTIVE ECHOES OF US



FROM A TEACHER'S CANVAS



A Masterpiece in every detail
Art by Ms. Vandana Joshi



CREDENCE COLLECTIVE ECHOES OF US



FROM A STUDENT'S HEART

Well-being refers to a state of physical, mental, social, and emotional harmony. The term itself — derived from “well” and “being” — signifies healthy and balanced living. In my view, well-being plays a vital role in leading a long, meaningful, and fulfilling life. Embracing positivity enhances one's overall well-being, while negativity can diminish it. I believe that well-being can be nurtured by building meaningful connections, understanding others, and fostering an optimistic and supportive environment.

As Zeno of Citium, (Greek Philosopher), aptly stated, “Well-being is realized by small steps, but is truly no small thing.”

Keya Ashvin Gabani (8 - F)




THROUGH A PARENT'S EYES

The Quiet Art of Well-Being

In a world that constantly asks us to do more, be more, and prove more, true well-being lies in slowing down. It's in the small moments: sipping tea without checking your phone, watching the sunset without rushing to capture it, or forgiving yourself for not having it all figured out. Well-being is not a distant goal, it's the way we treat ourselves today.

As a teacher, a parent, or simply a human being, we often pour love into others and forget to refill our own cup. But when we pause, breathe, and reconnect with what brings us peace, everything around us begins to align. Happiness is not found in perfection but in presence, in being gentle with us as we grow. Because the more we nurture our inner calm, the lighter we have to share with the world.

Ms. Georgina Varghese



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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 October to 31st October 2025) and applaud their commitment to excellence. Congratulations to each of them for their unwavering dedication!

Senior School



Mr. Ramesh Babu

Middle School



Ms Sajeena Muhammed Rashad

Primary School



Ms. Nidhi Rakesh

Early Years



Ms Geeta Arora

Admin Team



Ms Vijetha Vittal

Support Staff



**Mohamed Labeeb Abdul
Muthalif**

**Support
Staff**



Ms Romelyn Ilustrisimo



Ms Yasir Arafat

CREDENCE CHRONICLES



PINK POWER: A DAY OF WELLNESS, AWARENESS, AND STRENGTH AT CREDENCE HIGH SCHOOL



JOIN THE CHS HEALTH, FITNESS & WELL-BEING CLUB AND EMBRACE THE DUBAI FITNESS CHALLENGE 2025 - 30 MINUTES A DAY, 30 DAYS OF MOVEMENT, AND A CELEBRATION OF CONSISTENCY!

THE DUBAI FITNESS CHALLENGE (DFC 30 X 30) IS A CITYWIDE INITIATIVE INSPIRING RESIDENTS AND VISITORS TO COMMIT TO 30 MINUTES OF DAILY PHYSICAL ACTIVITY FOR 30 DAYS.

CREDENCE HIGH SCHOOL HAS PROUDLY PARTICIPATED IN DFC SINCE ITS INCEPTION, PROMOTING WELLNESS ACROSS ITS COMMUNITY. EACH YEAR, THE SCHOOL MOTIVATES STUDENTS, STAFF, AND PARENTS TO TAKE PART IN THIS TRANSFORMATIVE JOURNEY OF HEALTH AND RESILIENCE.

TO SUPPORT THIS CHALLENGE, CREDENCE HOSTS A DEDICATED VIRTUAL CLUB - CHS HEALTH, FITNESS & WELL-BEING CLUB - ON STRAVA APP: [HTTPS://WWW.STRAVA.COM/CLUBS/1086983](https://www.strava.com/clubs/1086983)

THIS YEAR, FROM NOVEMBER 1ST TO NOVEMBER 30TH, 2025, WE INVITE EVERYONE TO JOIN THE CLUB AND LOG THEIR DAILY 30-MINUTE ACTIVITIES, WHETHER IT'S RUNNING, WALKING, CYCLING, HIKING, OR ANY MOVEMENT THAT GETS YOUR HEART PUMPING.

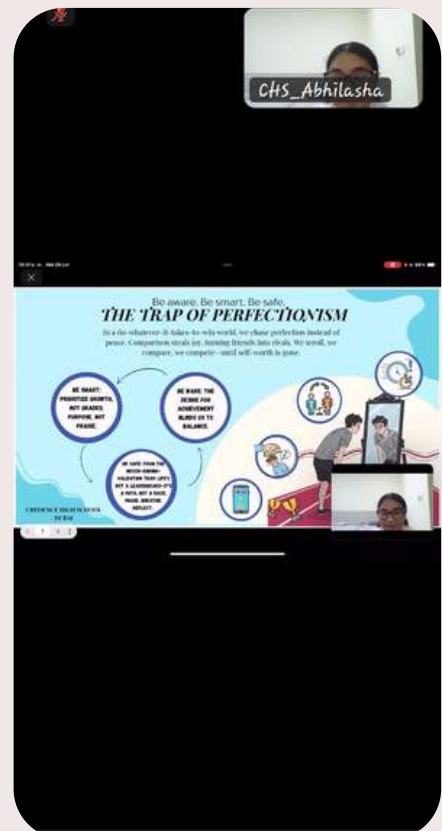
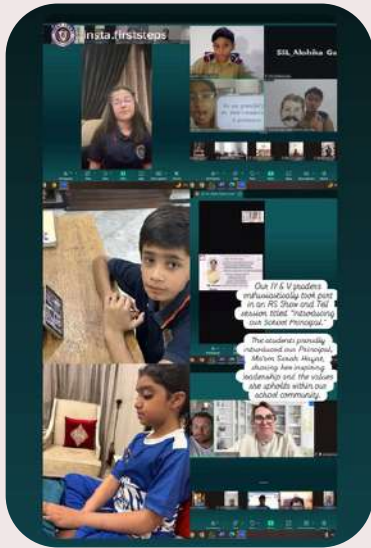
LET'S MOVE TOGETHER, INSPIRE EACH OTHER, AND MAKE THIS NOVEMBER A CELEBRATION OF HEALTH. JOIN THE CHS VIRTUAL CLUB TODAY AND FIND YOUR CHALLENGE!

CREDENCE CHRONICLES



EVENTS ORGANISED BY 'ROUND SQUARE'

PARTICIPATION IN THE ROUND SQUARE POSTCARD FOSTERS WELLBEING BY ENCOURAGING GLOBAL CONNECTION AND CULTURAL UNDERSTANDING AMONG CHILDREN. IT ENHANCES SOCIAL AND EMOTIONAL GROWTH AS THEY SHARE IDEAS AND EXPERIENCES WITH PEERS WORLDWIDE. THE EXCHANGE NURTURES EMPATHY, OPEN-MINDEDNESS, AND CONFIDENCE IN COMMUNICATION. OVERALL, IT PROMOTES A SENSE OF BELONGING, POSITIVITY AND GLOBAL CITIZENSHIP.





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)

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

