



CREDENCE CARES

MINDFUL REFLECTIONS

SEPTEMBER - 2025



Dear Credence Family,
Greetings!

At Credence, we believe that true learning flourishes when wellbeing thrives. This September, our vibrant wellbeing initiatives—ranging from Peer Mentoring to our inspiring Wellbeing Learning Walls—continue to nurture empathy, resilience and mindfulness in every child. Through heartfelt conversations about the dangers of drugs and thoughtful guidance on balancing gadget usage, we empower our students to make wise choices for body and mind. Our wellbeing tips aim to spark daily habits of positivity and calm. Together, we cultivate a culture where growth, care and joy bloom hand in hand. Here's to a month of mindful learning, healthy choices, and flourishing spirits!

Regards,
Deepika Thapar Singh,
Principal & CEO, Credence High School
Wellbeing Champion



WELLBEING ACTIVITIES



Pass it Forward: High Achievers Sharing Success Strategies

Success is rarely a solo journey. When our high achievers in the board examinations shared their experiences, strategies and lessons learned with their juniors, they created a ripple effect of inspiration and growth.

'Pass it Forward' is about fostering a culture where knowledge, skills and insights are shared openly, empowering other students to reach their potential faster. By learning from those who have walked the path before, we not only celebrate achievements but also equip the other students with tools to thrive. After all, true success multiplies when it's shared.



Summer Internship Programme 2025-2026

The Summer Internship Programme at Credence is designed to nurture experiential learning, foster career awareness and instill essential 21st-century skills in students. It provides a platform for learners to explore their interests, gain practical exposure and develop confidence beyond classroom walls.

This year, students from Grades 9 to 12, during the summer break, enthusiastically undertook internships across diverse fields including Artificial Intelligence, Graphic Designing, STEM, Medical Observership, Aviation, Human Resources, Cybersecurity, Publishing, Special Needs Education and Volunteering. Opportunities were offered both online and onsite, ranging from one week to eight weeks, ensuring flexibility and depth of experience. The programme allowed students to work alongside professionals, gaining first-hand insight into real-world challenges and industry practices. This programme bridged classroom learning with workplace realities, empowering our learners to step confidently into the competitive world of higher education and careers.



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Language Day Celebration 2025

Credence High School celebrated Language Day on 5th September 2025, honoring the richness of Hindi and Malayalam.

Students from Grades 6 to 8 showcased their talents with vibrant performances during the assembly, reflecting the beauty of language and culture. The entire school community joined in the festivities by donning traditional attire, adding color and spirit to the celebration.

The day also featured a fun tug-of-war competition among students of Grades 9 and 11, fostering teamwork and school spirit. The celebration was a perfect blend of cultural appreciation, student engagement and joyful camaraderie.



Teacher's Day 2025

Credence High School celebrated Teachers' Day on 5th September 2025 with a special assembly dedicated to honoring the invaluable contributions of teachers.

Students of the senior phase put up lively performances, expressing their gratitude and appreciation for their mentors. The celebration was filled with joy, respect and heartfelt tributes, making it a memorable day for both students and teachers.





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Cogito Hub Aptitude Test and Group Counselling

For the past two years, Credence High School has collaborated with CogitoHub.com, a Career Testing, Profiling & Counselling Platform that empowers students & young professionals to succeed by making 'Right Decisions' on subjects, college courses & careers.

Students of Grades 10 and 11 undertook the online CogitoHub Aptitude Test. The profiles generated from this assessment provided valuable insights into each student's interests, skill set and personality type. These insights serve as a guide to help them identify the most suitable career paths and make informed choices about subjects for specialization in the near future. A group counselling session was also held for parents and students to enable them to comprehend their reports better and clarify doubts if any.



Wellbeing Session: Personal Safety and Bullyproofing Oneself

On 3rd September 2025, a wellbeing session was conducted for students of Grades 4 and 5 focusing on personal safety and strategies to protect oneself from bullying.

The objective was to raise awareness about bullying, highlight its adverse effects, and encourage students to take an active role in reporting and preventing such behavior. The interactive session incorporated quizzes, videos, and practical strategies designed to equip students with the knowledge and skills required to safeguard themselves in different situations.

The session further emphasized proactive measures such as situational awareness, environmental scanning, and recognizing risky circumstances. Students were also provided with guidance on how to respond effectively during emergencies, including contacting appropriate authorities and accessing available resources. Additionally, the importance of cultivating confidence, resilience, and trusting one's instincts was reinforced. Overall, the session empowered students with practical tools to make informed and confident decisions while fostering a safe, supportive, and respectful peer environment.





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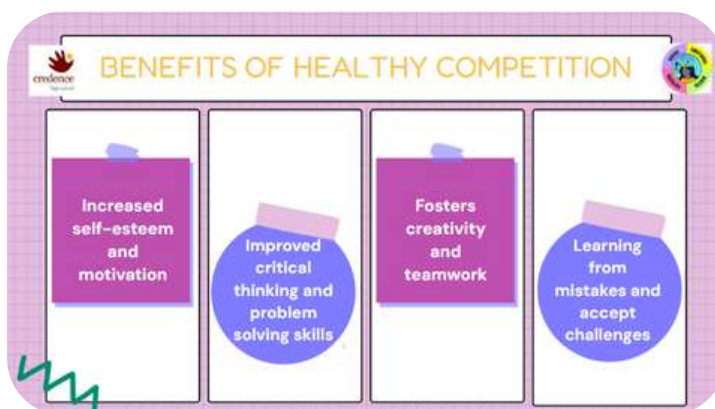
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Wellbeing Session: Healthy Competition and Empathy

A Wellness Session on Healthy Competition and Empathy was conducted for students of Grades 2 and 3 on 17th September 2025, with the objective of nurturing a balanced mindset among young learners. The session encouraged students to understand how competition can harmoniously coexist with kindness and mutual respect, and highlighted how healthy competition, when combined with empathy, fosters personal growth.

Through engaging activities such as a balancing game and a video-based exercise, students were encouraged to step into others' shoes, thereby developing both empathy and a spirit of healthy competition. They discovered that striving for excellence does not require diminishing others, and that valuing diverse perspectives transforms competition into a collaborative and enriching journey.



Wellbeing Session: Growth Mindset

On 24th September 2025, a wellbeing session was organized for students of Grades 4 and 5 on the theme of Growth Mindset, focusing on decision-making, gratitude and empathy.

The interactive activities and discussions encouraged students to think positively, make responsible choices, and appreciate the value of kindness and thankfulness in everyday life.

The key takeaway for students after the session included

- Understanding that challenges are opportunities to learn and grow
- Making thoughtful and responsible decisions
- Practicing gratitude to build happiness and resilience, showing empathy to strengthen friendships and respect others' feelings.

The session helped students develop a positive outlook, nurturing skills that contribute to both personal growth and a caring school community.



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Wellbeing Session: Unlock your potential - How to ace the Half Yearly Exam?

On 19th September 2025, a wellbeing session was conducted by the Phase Supervisor, Ms. Neelima, for students of Grades 6 to 8 on the theme 'Unlock Your Potential: How to Ace Half-Yearly Exams.'

The session provided practical tips, motivation, and strategies to help students prepare effectively and perform confidently in their upcoming exams.

Key takeaway for students included

- Importance of planning and time management while preparing.
- Developing a positive mindset to reduce stress and boost confidence.
- Practicing self-discipline and consistency in study routines.
- Using effective revision techniques to retain information better.
- Balancing study with rest, nutrition, and relaxation for peak performance.

The session empowered students to approach their exams with confidence, focus and a growth-oriented attitude.





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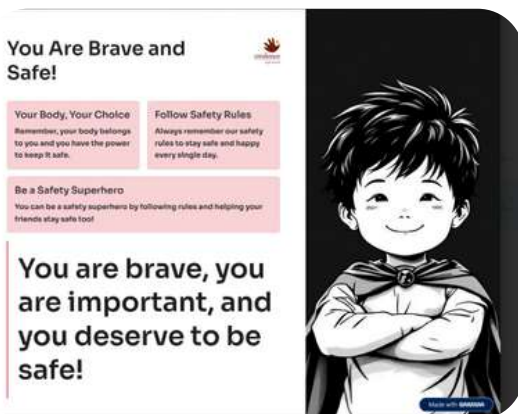


Drug Prevention: Awareness Session for Students

Drug Prevention and Safety Awareness sessions were conducted for students across all phases, from Early Years to Senior School during this month.

My Body is Precious - Early Years

For the tiny tots, the program included interactive talks and engaging activities focused on important safety topics such as understanding good and bad touch, bathroom safety and hygiene, traffic safety, and the importance of staying safe around medicines at home.



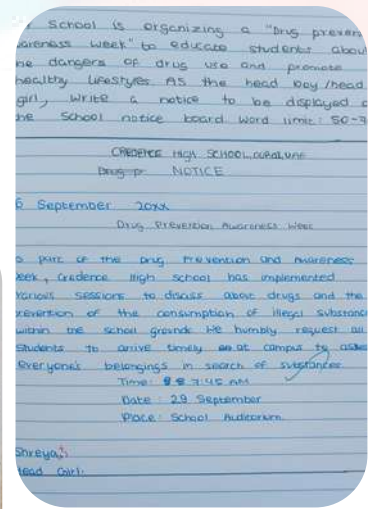
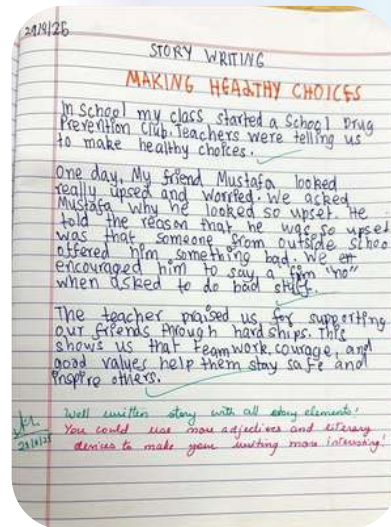
Growing Strong, Staying safe - Primary Phase

For younger children, interactive activities on drug misuse awareness and personal safety were conducted during their Emirati Club sessions.





For Middle School students, drug awareness was integrated into regular classroom activities across different subjects. In English, students engaged in story writing and notice-making tasks that highlighted the dangers of substance misuse. In Mathematics, they explored the topic through data handling activities, while in Science, they created posters emphasizing the harmful effects of drug use on both physical and mental health.



Among the adolescents, students participated in an interactive session on drug abuse awareness and prevention. The session included hands-on activities that focused on addressing common misconceptions versus facts, highlighting the harmful effects of drug use, and promoting self-awareness through real life scenarios.





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Interactive Session on Drug Prevention in School Environment for Staff at Credence

In alignment with the SIRAJ Drug Prevention Programme initiated by KHDA, an interactive session on Drug Prevention in the School Environment was organized for the staff at Credence. The session focused on the comprehensive school drug prevention policy, raising awareness about the growing concerns of substance abuse and empowering teachers with the knowledge and strategies required to prevent, respond and report drug abuse in the school setting.

Chairperson of the Drug Prevention Committee - Principal, Co-Chair, Dr. Subhadra Prabhu (Senior School Counselor) and Committee Member, Ms. Anila Sagar (Phase Supervisor - Senior School) highlighted the misconceptions versus facts about drugs, their immediate and long-term impact on physical, emotional, and mental health, and the crucial role educators play in early identification and timely intervention. The staff members explored the practical approaches to address drug-related issues and strengthen a proactive, supportive environment for students at Credence High School.



Wellness Compass

recharted



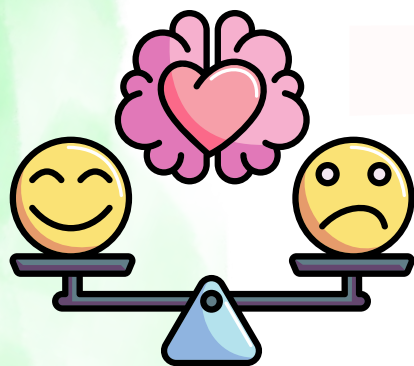
Social Wellness

When engaging in a conversation, focus fully on the person speaking, put away distractions, maintain eye contact, and show genuine interest.



Digital Wellness

Keep certain spaces (like the dining table or bedroom) and times (like an hour before bed) free from devices. This helps improve sleep, reduces stress, and allows more meaningful face-to-face interactions.



Emotional Wellness

When you feel overwhelmed, take a moment to identify and label your emotions—whether it's stress, excitement, sadness, or joy. Acknowledging what you feel is the first step toward managing emotions in a healthy way.

Physical Wellness

Incorporate short activities throughout your day like stretching, walking, or climbing stairs. Regular movement boosts energy, improves circulation, and supports overall health.



Seeds of Support



Parents sometimes feel pressure to give their child a smartphone early. A smartphone gives access to the whole internet, which brings opportunities but also challenges that many children simply aren't ready to manage. By delaying, you're giving your child valuable time to grow in maturity and learn important lessons about real-life relationships, problem-solving, and self-control before facing the pressures of technology.

Children also need guidance and education on issues they'll likely encounter online—such as pornography, cyberbullying, and protecting private information. When parents wait, they create more space to teach these lessons gradually in safe, age-appropriate ways, rather than reacting after a problem has already happened.

Research also shows that heavy use of social media and unrestricted internet access is linked to higher rates of anxiety, depression, and low self-esteem in

young people. Delaying smartphone use helps protect your child's mental health, giving them more time to build resilience and confidence offline.

And here's a bonus: waiting reduces the amount of parenting energy required to constantly monitor apps, screen time, and online behavior. Instead of feeling like the "tech police," you get to spend more time enjoying your child and guiding them through positive, real-world experiences.

In short, saying "not yet" isn't holding your child back—it's helping them move forward with stronger skills, healthier habits, and a better foundation for when they are ready.

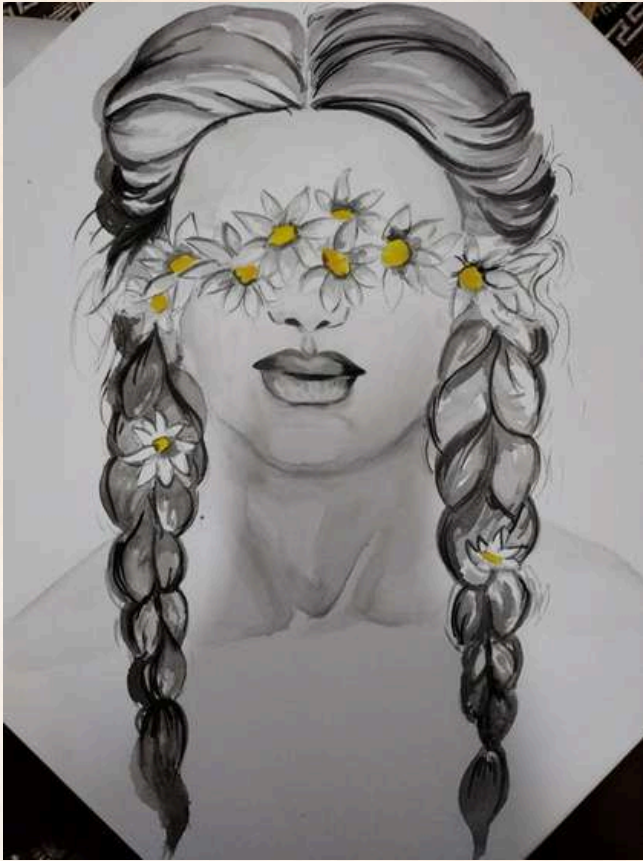
BE THEIR SAFETY NET: RAISING DRUG - FREE FUTURES

Kindly click on the link below to read the article on 'Talking to your kids about Drugs'
<https://kidshealth.org/en/parents/talk-about-drugs.html>

CREDENCE COLLECTIVE ECHOES OF US



FROM THE TEACHER



*A Masterpiece in every detail
Art by Ms. Swapna Rani*



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FROM THE STUDENT

Wellbeing is a combination of a person's physical, mental, emotional, spiritual, and social factors. It is not mere absence of disease or illness. It involves higher levels of positive emotions and lower levels of negative emotions. It is also thought to include a general satisfaction with one's life. Positive relations with others, self acceptance, autonomy, environmental mastery, personal growth are the distinguishable characteristics of wellbeing. I practice well-being by staying positive and grateful for all that I am blessed with. Staying hydrated and following a nutritious diet also plays a significant role in my physical well-being. Most importantly, healthy and open communication with my parents contribute immensely to my overall well-being

Shivapriya Sanjay (12 - C)




FROM THE PARENT

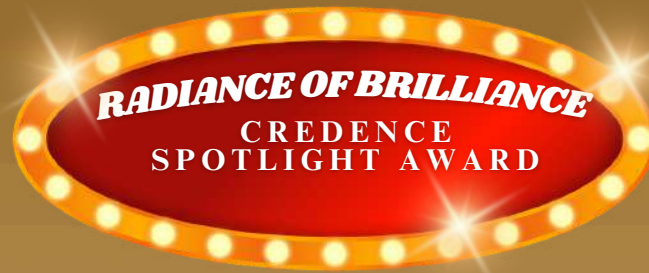
It is important to maintain a healthy lifestyle by eating healthy foods and engaging in useful activities such as walking and cycling.

Sleeping patterns are also an important part of this process, and a minimum sleep duration must be maintained, ideally 7-8 hours.

Diet should be regulated to include all essential nutrients through various sources, avoiding fast foods and processed food.

Ms. Arshiya Ahmed Khan





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 September to 30th September 2025) and applaud their commitment to excellence. Congratulations to each of them for their unwavering dedication!

Senior School



Ms. Afshana Khathun

Middle School



Ms. Bhavika Ramesh

Primary School



Ms. Indu Manesh

Early Years



Ms. Jeewanthi Chathurangani

Admin Team



Mr. Mustak Ahmed Awlia
Mohamed

Support Staff



Mr. Muniyasamy Ramaiah



Ms. Asini Irand

Support Staff



Mr. Sri Naga Venkata Ramana Kudupudi

CREDENCE CHRONICLES



AT CREDENCE HIGH SCHOOL,
WELLBEING BULLETIN
BOARDS HAVE BEEN SET UP
ACROSS ALL PHASES

TO CREATE A POSITIVE AND
SUPPORTIVE ENVIRONMENT
FOR STUDENTS.



THESE BOARDS SERVE
AS A VIBRANT SPACE TO
SHARE MESSAGES ON
MENTAL, EMOTIONAL,
PHYSICAL AND SOCIAL
WELLNESS AMONG
STUDENTS AND STAFF

CREDENCE CHRONICLES



THIS INITIATIVE AIMS TO PROMOTE AWARENESS, INSPIRE POSITIVITY, AND REINFORCE THE IMPORTANCE OF SELF-CARE AND RESILIENCE, ENSURING THAT WELLBEING BECOMES AN INTEGRAL PART OF EVERYDAY LIFE FOR BOTH OUR STUDENTS AND STAFF



CREDENCE CHRONICLES



AISHA NUHA SECURED AN OUTSTANDING 5TH PLACE IN VAULT AND AN IMPRESSIVE 9TH PLACE OVERALL IN THE HIGHLY COMPETITIVE U-17 GIRLS CATEGORY IN CBSE GYMNASTICS NATIONALS HELD IN MAHARASHTRA.



HIGHLIGHTS FROM THE DAY BOARDING ACTIVITIES ORGANISED AT CREDENCE



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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