



# **CREDESCENCE CARES**

## **MINDFUL REFLECTIONS**

### **DECEMBER - 2025**



**Dear Credence Family,**

Greetings!

We have had a meaningful journey of togetherness, growth and shared joy all through the year at Credence. Our academic achievements, annual concerts, staff parties, field trips and remarkable sports and interschool achievements have all strengthened our sense of community and collective wellbeing. These moments of celebration and achievement remind us that wellbeing is nurtured not only through success, but through connection, creativity and belonging.

As we step into the winter break, may the season bring each of you precious time for rest, reflection and warm family bonding. Let us embrace the simple joys—quiet mornings, shared laughter and moments that recharge our mind and heart.

With gratitude for the year that has passed and all that we have accomplished together, we welcome 2026 with renewed hope for health, harmony and holistic wellbeing. May the new year inspire us to care for ourselves and for one another, now and always.

Regards,

Deepika Thapar Singh,

CEO-Principal, Credence High School

Wellbeing Champion



## **WELLBEING ACTIVITIES**



### **Annual Concert - Primary Phase**

The Annual Concert held on 22nd November 2025 was a vibrant celebration of creativity and talent, showcasing the enthusiasm of students from Grades 2 to 5. The event brought together parents, teachers, and students to witness a delightful day filled with dance and music.

The concert not only provided a platform for young learners to express themselves but also strengthened their confidence and collaboration skills. The event concluded with resounding applause, marking the event as a memorable highlight of the academic year.

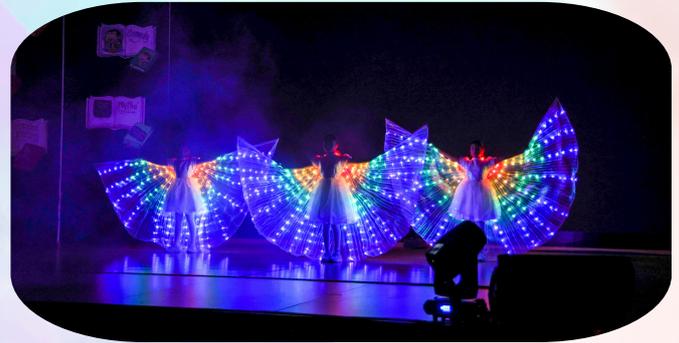




# CREDESCENCE CARES

## MINDFUL REFLECTIONS

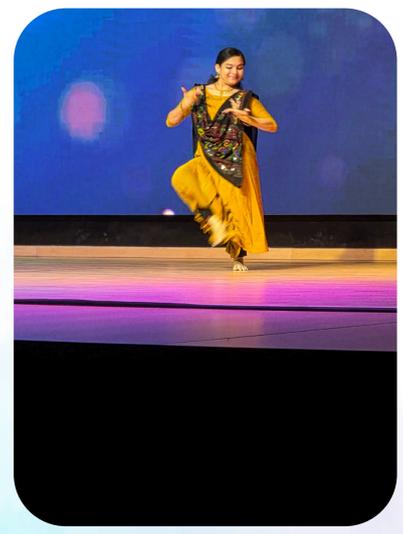
DECEMBER - 2025



### Children's Day Assembly - Grades 6 to 8

The Children's Day Assembly for Grades 6 to 8 on 14th November 2025 was a unique celebration where the stage belonged entirely to the teachers. With lively dances, soulful songs and poems, the teachers dedicated their performances to the students, creating an atmosphere of joy and surprise.

This special gesture reflected the teachers' appreciation for their students and added a personal touch to the occasion. The students' laughter, applause and excitement made the assembly truly memorable, reinforcing the bond of care and celebration between teachers and learners.





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### Converge 2025 - Annual Sports Event for Grades 9 & 11

The Annual Sports Event, Converge 2025, held on 14<sup>th</sup> November 2025, was a dynamic celebration of athletic spirit and teamwork of students of Grades 9 and 11. The day featured a vibrant mix of track and field events and skill-based competitions, all designed to showcase endurance, discipline and collaboration.

The event fostered healthy competition and camaraderie, reminding everyone that sports are not only about winning but also about resilience, respect, and unity. The day concluded with a spirited medals and certificate distribution ceremony, celebrating both achievement and participation.



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

The Credence staff, parents and students enthusiastically participated in the Dubai Fitness Challenge (DFC) 30x30, embracing the spirit of health and wellbeing. For 30 minutes a day over 30 days, the school community engaged themselves in a variety of fitness activities ranging from yoga, aerobics and outdoor workouts.

This collective effort highlighted the importance of physical fitness, resilience and balance in daily life. The Credence family's active participation reflected its commitment to holistic development, proving that when a community moves together, it grows stronger together.





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### UAE Flag Day Celebration

On 3rd November 2025, the school came together to mark UAE Flag Day, a proud occasion that symbolizes unity, heritage and national identity. The ceremony began with the hoisting of the national flag, accompanied by the singing of the UAE National Anthem, filling the atmosphere with patriotism and respect.

The celebration was a heartfelt reminder of the nation's journey and the responsibility each individual carries in honoring its values. The day concluded with smiles, applause and a renewed sense of belonging to the UAE.



### UAE National Day Celebration

The school community came together on 27th November 2025 to joyfully celebrate the UAE National Day, honoring the nation's rich heritage and unity. The event began with the hoisting of the national flag and the singing of the anthem, filling the atmosphere with pride and patriotism. Students presented traditional dance and songs showcasing the UAE's history and values. As part of the celebration, a variety of food, accessories and games stalls were set up, creating a vibrant and festive atmosphere. What made the event truly special was the enthusiastic participation of parents, students and teachers, who volunteered their time and energy to manage the stalls. The celebration was a vibrant reminder of the UAE's vision and achievements, leaving everyone inspired and proud to be part of its story.





# CREDESCENCE CARES

## MINDFUL REFLECTIONS

### DECEMBER - 2025



### International Field Trip to Rajasthan - Grades 6 to 9

Students of Grades 6 to 9 embarked on an enriching international field trip to Rajasthan, immersing themselves in the region’s vibrant culture, history and traditions. The journey offered a unique blend of learning and exploration, as students visited iconic landmarks, experienced local art forms and engaged in interactive activities.

Visits to forts, palaces and heritage sites deepened their understanding of India’s rich history. The trip fostered cross-cultural awareness, encouraging students to value diversity and shared experiences. Traveling together strengthened bonds among peers and nurtured independence, responsibility, and collaboration.

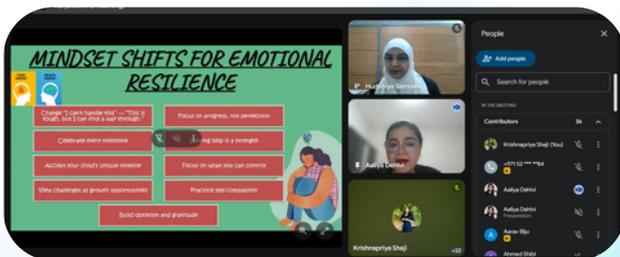
The Rajasthan field trip was more than a journey—it was a memorable educational experience that combined adventure with lifelong lessons.



### Coffee Morning - Together We Talk, Together We Grow

On 29th November 2025, the Department of Inclusion and Wellbeing hosted an online Coffee Morning session titled ‘Together We Talk, Together We Grow’ with the parents of our students of determination. The session provided a warm and supportive platform for parents to share their personal journeys - moments of challenge, resilience and growth.

Through heartfelt conversations, parents reflected on the challenges they have faced and the strength they discovered along the way. Their stories highlighted the power of perseverance, empathy and community support in nurturing both children and families. The session was a true celebration of resilience, reminding us that growth is a shared journey, and together we continue to build a stronger, more compassionate community.





# CREDENCE CARES

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### DECEMBER - 2025



### Field Trip for Students (Grades Pre-KG to 9 and 11)

Students from PreKG to Grade 9 and Grade 11 enjoyed a series of exciting and educational field trips to some of the UAE's most vibrant destinations, including Wadi Al Amardi Farm, Green Planet, Legoland and Ferrari World.

Our little learners experienced nature up close, interacting with animals. Students of Grade 1 discovered the wonders of biodiversity inside the indoor rainforest, learning about ecosystems and conservation. Creativity and fun came alive as students of Grades 2 to 4 engaged with interactive rides and imaginative play. Our older students experienced thrilling rides and learned about innovation and engineering behind the iconic brand.

These trips combined adventure with learning, offering students opportunities to bond, explore and broaden their horizons beyond the classroom. The experiences left lasting memories while reinforcing the values of curiosity, teamwork and discovery.





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## MINDFUL REFLECTIONS

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### Annual Get-together Party - CHS Staff

The Annual Get-together Party for CHS staff was held at the elegant Conrad Hotel, Dubai, bringing together colleagues for an evening of camaraderie, celebration and fun. The highlight of the event was the staff dance and music competition, which saw enthusiastic participation from members across all four phases of the school, along with the admin department.

The spirited contests showcased creativity, teamwork and a wonderful sense of unity, with staff members cheering each other on and enjoying the lively atmosphere. Beyond the competitions, the gathering provided an opportunity to strengthen bonds, appreciate collective efforts and celebrate the dedication of the CHS family.

Following the spirited contests, everyone gathered for a delightful dinner, where laughter and conversations flowed freely, strengthening bonds across departments. The shared meal added warmth to the occasion, making the evening not just a celebration of teamwork but also of friendship and community.

The event concluded with applause, smiles, and cherished memories, marking the get-together as a truly memorable highlight of the year.



# Wellness Compass

## recharted



### Social Wellness

Take time each day to engage meaningfully with those around you—whether it’s listening without distraction, offering encouragement, or sharing a moment of laughter.

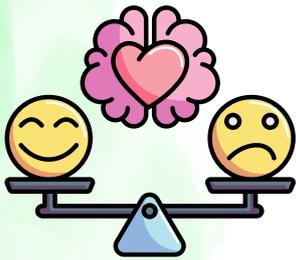
### Digital Wellness

Schedule intentional breaks away from devices to rest your eyes, recharge your mind, and reconnect with the world around you.



### Emotional Wellness

Instead of suppressing feelings, allow yourself to process them with compassion. Journaling, mindful breathing, or talking with a trusted friend can transform emotions into opportunities for growth and balance.



### Physical Wellness

Incorporate short bursts of physical activity throughout your day—whether it’s stretching between tasks, taking the stairs, or a brisk walk during breaks.



#### SEEDS OF SUPPORT

Kindly click on the link below to read an article on **Steps to More Effective Parenting**  
<https://kidshealth.org/en/parents/nine-steps.html>

#### PREVENT AND PROTECT

Kindly click on the link below to read an article on **Teen Drug Abuse: Help your teen avoid drugs**  
<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teen-drug-abuse/art-20045921>

# CREDENCE COLLECTIVE ECHOES OF US



## FROM A TEACHER'S HEART

Sometimes, life moves faster than I can keep up, and my thoughts feel louder than my voice. In moments like these, I pause, just for a minute, and take a deep breath. Slowly in and gently out.

It may seem simple, but the single breath reminds me that i'm still here, still capable, still connected to myself. With every inhale, I invite calm, and with every exhale, I release a little bit of what's weighing on me.

*Ms. Angel Annie Thomas (English Teacher - Middle Phase)*



## THROUGH A PARENT'S EYES

Wellness, to me, is a state of overall wellbeing, something I cultivate through intentional habits, conscious choices, and a mindset that keeps me feeling energized, resilient, and content. I am a firm believer in the power of gratitude and positive self-affirmations, both of which I practice daily.

It can be as simple as starting your day by expressing thanks for a new day on earth, for the restful sleep you just had, for the joy of seeing your loved ones, that bright Sunlight etc.

Even your morning bathroom routine can become a moment of grounding: smiling at yourself in the mirror and affirming that you will have a peaceful, happy, and successful day.

These daily simple habits help me to shift my mindset towards positivity and support my overall wellbeing.

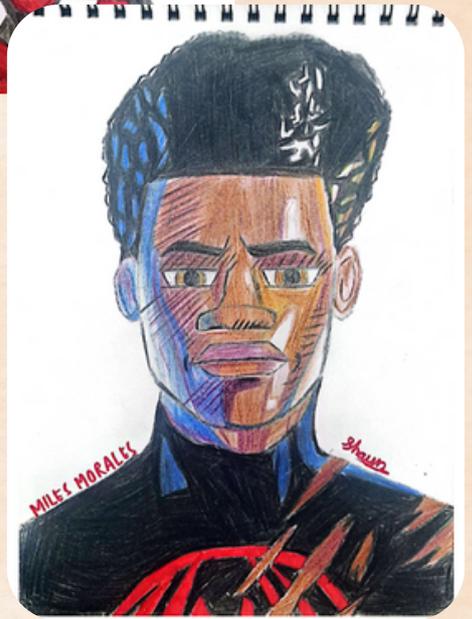
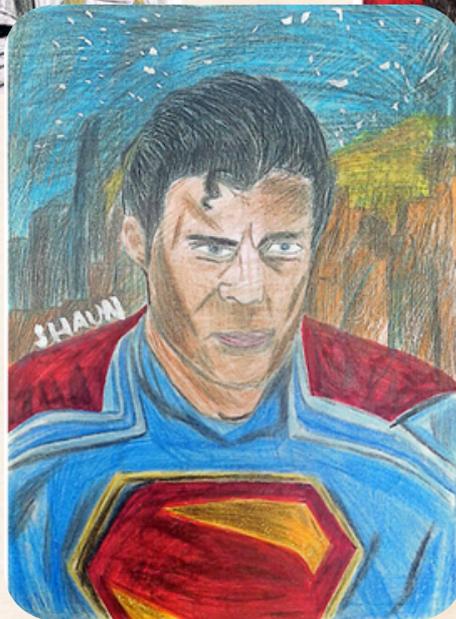
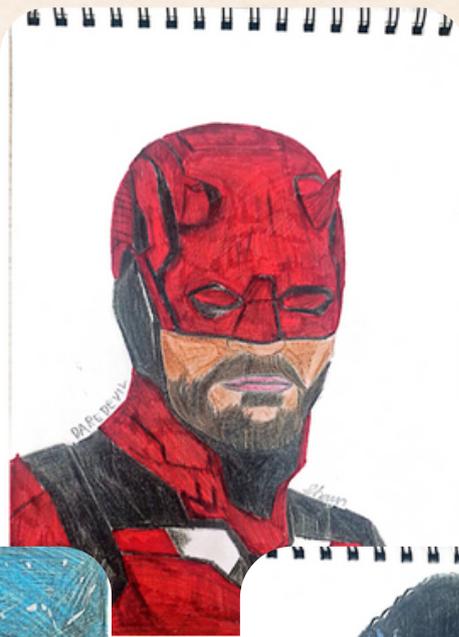
*Ms. Anjana Ramakrishnan*

# CREDENCE COLLECTIVE

## ECHOES OF US



**FROM A STUDENT'S CANVAS**



*By*  
*Shaun Samuel Vanchipara (9-D)*

**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 and applaud their commitment to excellence. Congratulations to each of them for their unwavering dedication!

**Senior School**



Ms Prathibha Murikkoli Kannoath

**Middle School**



Ms Archana Shyam Kishore

**Primary School**



Ms Radhika Suresh

**Early Years**



Ms Sapna Roop Chand Munshani

**Admin Team**



Ms Gayathri Jothybasu

**Support Staff**



Mr Md Anwar Hossain

**Support  
Staff**



Ms Nishani Prathiba



Mr Din Marjan

# CREDENCE CHRONICLES



**OUR U16 GIRLS BASKETBALL TEAM SECURED THE 2ND POSITION IN THE HIGHLY COMPETITIVE DFC 30X30 U16 GIRLS YOUTH BASKETBALL TOURNAMENT 2025**



**OUR U16 BOYS BASKETBALL TEAM SECURED AN IMPRESSIVE 3RD PLACE AT THE DFC 30X30 U16 BOYS YOUTH BASKETBALL TOURNAMENT 2025**



**FOR THE FIRST TIME EVER, CREDENCE COMPETED IN DUBAI SCHOOL GAMES ARCHERY CHAMPIONSHIP!**

**THARIKA MURUGANANDAM OF GRADE 8B, SECURED THE 3RD POSITION IN THE U15 GIRLS CATEGORY WITH AN IMPRESSIVE SCORE OF 530 POINTS**

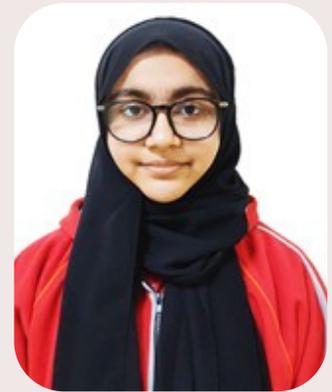
**ADHIRA ARORA (GRADE 8C) WITH 469 POINTS AND GOWRI HARI (GRADE 6D) WITH 447 POINTS ACHIEVED AMONG THE TOP 10 POSITIONS**



**OUR PRIMARY BOYS FOOTBALL TEAM SECURED THE 2ND POSITION AT THE GNMS INTER-SCHOOL FOOTBALL CHAMPIONSHIP**

**YUSUF (GRADE 5C) WAS AWARDED BEST PLAYER OF THE TOURNAMENT**

# CREDENCE CHRONICLES



**IN BIOGENESIS 2.0, THE INTER-SCHOOL STEM COMPETITION AT AMITY UNIVERSITY, DUBAI,**

**NASH THOMAS (GRADE 10) SECURED THE 1ST PRIZE IN THE FOOD TECHNOLOGY CATEGORY**

**MS ANITHA AND MS SRUTHY WERE HONOURED WITH THE BEST MENTOR AWARD**

**FATIMA ASLAM (GRADE 11C, IP) SECURED 3RD POSITION FOR HACKRUSH PYTHON CODING CHALLENGE, IN BYTEFEST 2025**

**OUR LEARNERS DEMONSTRATED OUTSTANDING PERFORMANCE AT THE TECHNOVATE CHAMPIONSHIP 2025, HELD AT THE INDIAN ACADEMY, DUBAI.**



**MEDHANSH RAWAT (8D),  
NIVA GANESH BABU (8C)  
SECURED 1ST PRIZE  
IN SOLAR TRACKER CATEGORY (GR 7-8)**



**JULIA MARIYA VARGHESE (6E),  
ESTHER MIRIAM JOBY (6E)  
SECURED 1ST PRIZE  
IN COST COURIER BOT CATEGORY (GR 5-6)**



**ANIRUDH RAVISHANKAR (6B),  
NIRANJAN VIBI (6D)  
SECURED 1ST PRIZE  
IN SMART STORE ROBOT (GR 5-6)**



**SIDDHARTH OM PRAKASH (7A),  
IZYAAN HABEEB (7A)  
SECURED 3RD PRIZE  
IN VISION CARE AI (GR 7-8)**



# 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>

