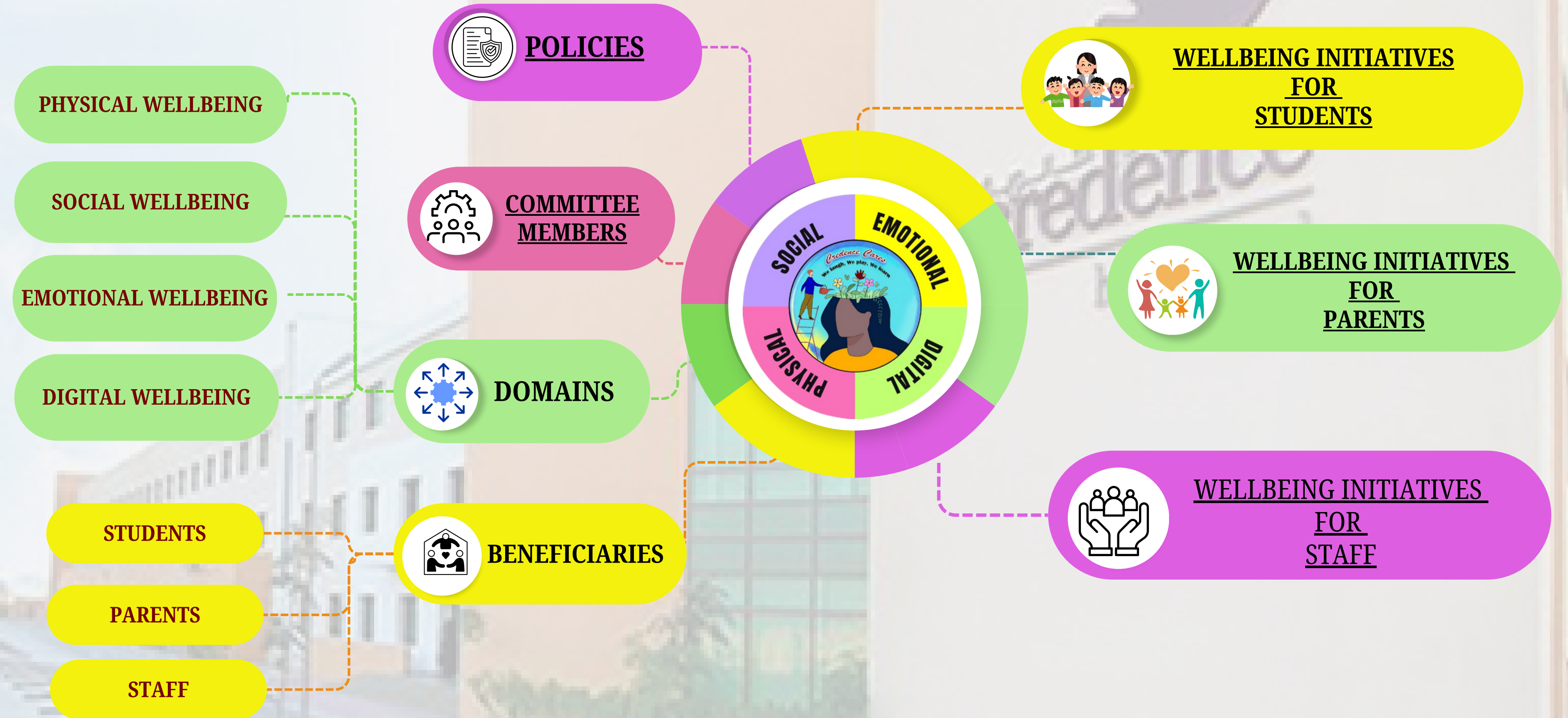




# CREDENCE WELLBEING MODEL



THRIVING TOGETHER: CREDENCE PATH TO HOLISTIC WELLBEING





# WELLBEING COMMITTEE

## WELLBEING CHAMPION



**Ms. Deepika Thapar Singh**  
**CEO-PRINCIPAL**



**Dr. Subhadra Prabhu**  
**Career & Senior School Counselor**



**Ms. Anupama Nair**  
**School Counselor**



**Mr. Vijesh**  
**HOD, Physical Education**



**Ms. Anila Sagar**  
**Senior School Supervisor**



**Ms. Neelima Byju**  
**Middle School Supervisor**



**Ms. Nirmala Prasad**  
**Primary school Supervisor**



**Ms. Dhanalaxmi**  
**Early Years Supervisor**



**Ms. Noor Nazia**  
**Early Years Coordinator**

## WELLBEING TEAM MEMBERS

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# WELLBEING INITIATIVES FOR STUDENTS

## Wellness Crew

### Mindful Assemblies

- Student Council
  - Wellbeing Ambassadors/ Prefects
- Assemblies:**
- Daily Wellbeing Assembly
  - Wellbeing Assemblies (Autism Awareness Week)
- Special Assemblies:**
- Mental Health Day
  - Pink October
  - SEWA Day

## Wellness Hub

- Learning Boards
- Happiness Lobby
- Celebrating Wellness (Annual inter-school event)
- Credence Cares Journal
- Credence Cares Webpage
- Student Wellbeing Surveys

## Empower Zone

- Academic & Career Guidance Webpage
- Each One, Trust One Programme
- My Hero Programme
- Peer Mentoring

## Wellness Star Moments

- Participation in well-being events
  - \* Day Boarding
  - \* Sports Pathway
  - \* Art & Music events
  - \* Annual Concert
  - \* Sports Day
- Principal's Badge

## Nurture Network

- Individual & Group Counselling
- Socio-emotional wellbeing support
- In-house wellbeing sessions
- Collaboration with external agencies (Zivanza Wellness)
- Round Square (Global exposure)
- Behaviour Reflection Sheets
- Drug Prevention Awareness Sessions
- Anti-vaping Awareness Drive

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## Communication & Engagement

- **Communication Channels:**
  - Cloud 9
  - Circulars
  - Email
  - WhatsApp
  - Phone calls

## Publication

- Credence Cares Journal
  - Monthly issue

# WELLBEING INITIATIVES FOR PARENTS



## Meetings & Support Groups

- Parent Support Group Representatives
- Parent orientation programmes
- Virtual Meetings (Guidance - Board exams)
- Student Led Conferences
- Principal's Note - Parenting
- Counsellor's Message - Parenting

## Parent Participation

- Volunteer Programmes
- National Day Celebrations
- Internships Support
- Career Talks
- Parent Wellbeing Surveys

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# WELLBEING INITIATIVES FOR STAFF

## PROFESSIONAL DEVELOPMENT

- CPD (In-house resources)
- CPD (Collaborations with Optimus Education)
- Wellbeing Sessions & Workshops (Inhouse and External expert led sessions)
- Representation in CBSE / KHDA meetings

## RECOGNITION & APPRECIATION

- Credence Spotlight
- Inspires & Prays (Birthdays, Accomplishments)

## COLLABORATION & SUPPORT

- Academic Support
- Field Trips/ Outings
- Annual Staff Party

## SURVEYS & FEEDBACK

- Staff Wellbeing Surveys conducted:
  - Beginning of the academic year
  - End of the academic year