



# **CREDESCENCE CARES**

## **MINDFUL REFLECTIONS**

### **JANUARY - 2026**



Dear Credence Family,

As we step into a new year, we also step into new possibilities for growth, balance and deeper connections. The UAE has designated 2026 as the Year of Family, focusing on strengthening family bonds, supporting personal growth and passing on national values of unity and care to future generations. In alignment with the UAE's Year of the Family, the Credence Cares Wellbeing Journal is a shared space for parents, students, and staff to pause, reflect, and grow together. True wellbeing flourishes when physical health, mental resilience, emotional balance, and social connection are nurtured in harmony. Through daily reflections, gratitude practices and mindful activities, this journal encourages intentional living and self-awareness.

Our vibrant school experiences—annual concerts, sports day - Converge (2025-2026), celebrations and community events—remind us that joy, movement and togetherness are powerful wellbeing anchors. This journal invites you to capture meaningful moments and personal insights that shape our journey.

Let this new beginning be one of care, compassion and conscious choices, as together, one school family, we prioritise wellbeing not just as a goal, but as a way of life.

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



## **WELLBEING ACTIVITIES**



### **Give It Forward – Book Donation Drive**

The Library Department launched the “Give It Forward” Book Donation Drive from Monday, 19 January to Friday, 23 January 2026, with the aim of promoting a love for reading while supporting underprivileged children in the community. This initiative encouraged students, parents and staff to donate gently used books that could bring joy and learning to others.





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The collected books have been donated to the Emirates Red Crescent, reinforcing the school’s commitment to social responsibility and compassion. Clear guidelines were shared with the school community to ensure that only suitable materials were contributed. These included accepting only storybooks, educational books (excluding textbooks) and age-appropriate entertainment books in good condition. Books with religious or political content were not permitted.

Parents were encouraged to send donations through their children, and collection boxes provided by the Red Crescent were placed in school corridors to make participation easy and accessible. The campaign was promoted with the message: “A book is a gift you can open again and again,” reminding everyone of the lasting impact of sharing knowledge and stories.

### Awareness Webinar For Parents : A Comprehensive Guide to Drug Prevention

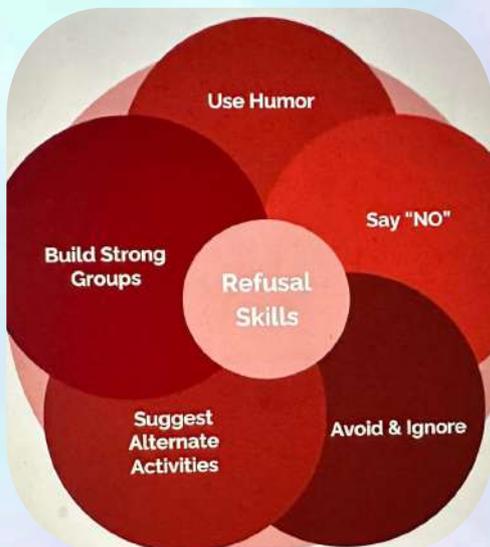
In its continued efforts to partner with parents, Credence High School organized a Parent Awareness Webinar titled ‘Building Safe Futures: A Comprehensive Parent’s Guide to Drug Prevention.’ The webinar was conducted in line with KHDA guidelines and the UAE’s SIRAJ National Program for Drug Prevention, aimed at strengthening preventive education and awareness within the school community.

**DRUG PREVENTION - AWARENESS PROGRAMME FOR PARENTS**

Topic: Building Safe Futures: Comprehensive Parent's Guide to Drug Prevention

Saturday, 17th January 2026

Resource Persons:  
**Dr. Kapil Sunderkant Kulkarni**, Psychiatrist, NMC Specialty Hospital Dubai  
**Dr. Lois Grace Mathews**, Clinical Psychologist, NMC Specialty Hospital Dubai



- Misconceptions
- Causes and indicators of abuse
- Protective factors
- Do's and Don'ts



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The session was thoughtfully designed to empower parents with knowledge about risk factors, early warning signs, and effective prevention strategies, as well as ways to engage in meaningful, age-appropriate conversations with children and adolescents. The webinar featured expert insights from Dr. Kapil Sunderkant Kulkarni, Psychiatrist, and Dr. Lois Grace Mathews, Clinical Psychologist from NMC Specialty Hospital, Dubai. Their interactive and informative discussion provided parents with practical tools to support their children's wellbeing and make informed choices.

### Beyond Borders: Credence Judokas Shine at the Al Ain International Judo Championship 2026

Credence High School etched its name on the global sporting stage with an outstanding performance at the Al Ain International Judo Championship 2026, where our students competed against elite athletes from across the world. Facing formidable opponents from countries including Ukraine, Uzbekistan, Saudi Arabia, Tajikistan, Russia, and the UAE, the Credence Judo Team displayed exceptional courage, discipline and sportsmanship. The championship was not just a competition, but a true test of grit and global excellence.





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Our judokas brought immense pride to the Credence family by securing multiple podium finishes. Shayaan Saleem (Grade 8E) delivered a powerful performance to defeat competitors from Ukraine and Uzbekistan and clinch the Bronze Medal. Genell DeMello (Grade 8C) showcased strength and strategy against athletes from Saudi Arabia and Ukraine to earn another Bronze. Gowri Hari Shet (Grade 6D) demonstrated dominance on the mat against opponents from Saudi Arabia and Tajikistan to secure her place on the podium. Aradhana Rao (Grade 8D) fought with determination against a strong UAE contender to bring home a Bronze Medal. Alexander Lobo (Grade 6A) also impressed with his bravery and skill, giving a world-class performance against a highly competitive Russian opponent.

Behind this remarkable success stands the dedication and expertise of our Head Coach, Mr. Sarath Chandran, whose professional mastery and relentless pursuit of excellence have shaped our students into international-level athletes. We also extend our sincere appreciation to Coaches Ms. Anupama K.V. and Ms. Charlette for their constant guidance, motivation, and support throughout training and competition. Their collective efforts ensured the team was physically prepared and mentally resilient.

The success of our judokas reflects Credence High School's commitment to nurturing talent, discipline, and global competitiveness. With this achievement, Credence truly stands beyond borders, proving that our students are ready to take on the world—one match at a time.

### **Credence Shuttlers Soar at the GEMS Legacy Cup Badminton Tournament**

The GEMS Legacy Cup – Badminton Tournament provided an excellent platform for Credence High School's players to demonstrate their competitive skills and teamwork. The highlight of the event was Arjun Rao of Grade 9A, who secured the Silver Medal in the U15 Boys Singles category after a strong performance throughout the tournament.

In addition to Arjun's success, several other students represented the school with commendable effort and sportsmanship. The U15 team included Dharsan (8F), Dahamdee (9A), and Asmi (8A), while the U11 squad featured Sahithi (5D), Norah (5A), Shaurya (5F), and Lakshit (4B). All players progressed well in their respective categories, with many reaching the Pre-Quarterfinal and Quarterfinal stages.





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We extend our sincere appreciation to Ms. Mary Ann, whose guidance and dedication have been instrumental in developing the badminton program and preparing the team for competitive events. Her support has played a key role in the students' growth as athletes.

### **Middle School Sports Day – Converge 2025–2026**

The Middle School Annual Sports Day, Converge 2025–2026, was held on 30th January 2026 at the Sports & Track Field for students of Grades 6 to 8. The event focused on promoting fitness, teamwork, and sportsmanship under the theme 'Nurturing Health, Stronger Bonds.'

The programme was well planned and smoothly executed under the leadership of Ms. Neelima (CHS – Middle School) with strong support from the Middle School teachers and the PE Department led by Mr. Vijesh. Students participated enthusiastically in drills and sporting events, demonstrating discipline and energy.

The success of the event was further supported by effective compering, decorations, and coordination, with valuable contributions from Ms. Kanchan Pushpa Khurana and the Facilities Team led by Mr. Jyothish and Mr. S. Kumar. The Sports Day was a meaningful and engaging experience that celebrated school spirit and healthy living.





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### Annual Concert - Early Years Phase

The Annual Concert was successfully conducted on 31st January, showcasing the talents of our KG2 and Grade 1 students in two vibrant sessions. KG2 presented their themed performance, 'A Journey Through the Magical Lands', followed by Grade 1's cultural showcase, 'One Nation, Many Melodies'.

The programme reflected months of preparation and teamwork. Students performed with confidence, joy, and impressive stage presence, supported by thoughtful choreography, engaging music, elegant costumes, and creative stage décor. The event was led by the Early Years team under the guidance of Ms. Dhanalaxmi Induchudan, Early Years Supervisor, with dedicated coordination by Ms. Afreen (KG2) and Ms. Madhuri (Grade 1). The concert was enjoyed by the school community both on campus and through the live telecast, making it a memorable celebration of creativity, culture and collaboration.



### Achievement in Inter-School Quiz and E-Comic Competitions

Students from the Middle and Secondary Sections participated in inter-school Quiz and E-Comic Competitions hosted by GEMS Modern Academy, Dubai. The events provided students with an opportunity to demonstrate both academic knowledge and creative skills.

Pratyaksh and Sanvi (Middle School) secured Third Prize in the Quiz Competition, while Aarush and Prabhleen (Secondary Section) won Third Prize in the E-Comic Competition for their creative entry.

The students were guided by Ms. Amisha, Ms. Divya, Ms. Swati, and Ms. Jyoti, whose support played a key role in their success. In addition, Ms. Jyoti received a Certificate of Appreciation for her poem recital on the theme "Maa."



# Wellness Compass

## recharted



### Social Wellness

Make one small connection each day: smile, say thank you, or ask someone how they're doing and really listen.

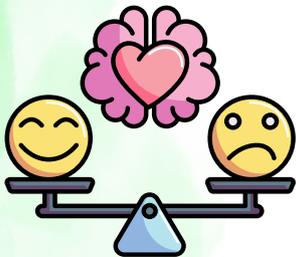
### Digital Wellness

Choose one time each day to put your phone away and be fully present with your surroundings.



### Emotional Wellness

Start your day with a check-in: ask yourself "How am I feeling?" and name the emotion without judging it.



### Physical Wellness

Move your body for at least 5 minutes every hour: stretch, walk, or stand up to reset your energy.



#### SEEDS OF SUPPORT

Kindly click on the link below to read an article on **Guiding Your Child Through Sensitive Conversations**: <https://www.mindtalk.in/blogs/discussing-sensitive-topics-with-children>

#### PREVENT AND PROTECT

Kindly click on the link below to watch a video on **How to Identify Emotions: Social Story for Kids** :

<https://youtu.be/64vNirtN1Cc?si=dThwlQasW06enZK0>

# CREDENCE COLLECTIVE ECHOES OF US



## FROM A TEACHER'S HEART

### *The Space to Breathe*

*Well-being begins with awareness—those small pauses where we notice our breath, our thoughts, and our needs without rushing to fix or judge them. When we choose to slow down, stretch, sip water, or sit quietly with our feelings, we remind ourselves that balance is not a luxury but a daily necessity. Each mindful moment invites calm back into the body and clarity back into the mind.*

*As we move through routines, conversations, and responsibilities, gentle self-care becomes an anchor. A few deep breaths, a kind word to ourselves, or a moment of stillness can shift an entire day. In choosing presence over pressure, we learn that well-being is not about perfection—it is about listening, softening, and returning to what restores us.*



- Aliya Dehvi, Inclusion Coordinator (Early Years)

# CREDENCE COLLECTIVE ECHOES OF US



## THROUGH A PARENT'S EYES

Well-being is like a vibe, it's about feeling good physically, mentally, and emotionally. It's not just about being stress-free, but about being resilient and finding joy in life's moments.

When it comes to the well-being of Family, it is about creating a supportive and loving environment where everyone thrives. It's about quality time, open communication, and showing appreciation for each other. Simple things like shared meals, game nights, or just listening to each other can strengthen bonds and create lasting memories. Prioritizing one's family's well-being and making time for what matters most is the need of the hour because A Happy Family will eventually lead to a happy society on large.

- *Keerthana Jei Saravana*

# CREDENCE COLLECTIVE ECHOES OF US



**FROM A STUDENT'S CANVAS**



*By  
Anika Singh (G1-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 Sruthy Ramesh

**Middle School**



Ms Dinta Sunny

**Primary School**



Ms Deepa Idicula

**Early Years**



Ms Neha Sharma

**Admin Team**



Mr Kuldeep Singh

**Admin Support**



Ms Violetta Morillo

**Support Staff**



Ms Rhona May Banse



Mr Harwinder Singh

# CREDENCE CHRONICLES



**ON 19 JANUARY 2026, SELECTED GRADE 4 AND 5 STUDENTS PROUDLY REPRESENTED THE SCHOOL AT THE DUBAI SCHOOL GAMES FOOTBALL CHAMPIONSHIP HELD AT AL NASR CLUB, OUD METHA.**



**ON 19 JANUARY 2026, SELECTED STUDENTS FROM GRADES 7, 8, 9, AND 11 REPRESENTED THE SCHOOL AT THE GEMS LEGACY CUP BASKETBALL TOURNAMENT AT GEMS LEGACY SCHOOL, DUBAI, WHERE JOANNA MARIA JOBY (9C) WAS AWARDED BEST PLAYER IN A MATCH AGAINST GNMS.**



# WELLBEING TEAM

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

**DR. SUBHADRA PRABHU - CAREER & SENIOR SCHOOL COUNSELOR**

**MS. ANAGHA PAVITHRAN - MIDDLE SCHOOL COUNSELOR**

**MS. MAHIMA SHARMA - EARLY YEARS AND PRIMARY SCHOOL COUNSELOR**

**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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