



CREDESCENCE CARES

MINDFUL REFLECTIONS



FEBRUARY - 2026

Dear Credence Family,
Greetings!

In view of the ongoing geopolitical developments, we encourage our Credence community to remain calm and reassured, guided by the advisories of the authorities in the United Arab Emirates.

February has been a proud month at Credence. Receiving the Wellbeing Award reflects our shared commitment to a safe and inclusive environment. As we prepare our students for the upcoming examinations, structured wellbeing sessions have been conducted to equip them with strategies for balance, focus and confidence. Beyond academics, our Art Exhibition provided a meaningful platform for creative expression, while our sports achievements highlighted the resilience, teamwork and discipline our students continue to demonstrate. Each of these experiences contributes significantly to their holistic growth.

The warmth and unity witnessed during the Ramadan Gala beautifully reflected our values of empathy, gratitude, and community spirit. At Credence, we firmly believe that wellbeing and achievement go hand in hand. Thank you for your continued trust and collaboration as we work together to nurture not only successful learners, but emotionally strong and compassionate individuals.

Wishing all our families continued safety, peace and wellbeing.

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



WELLBEING ACTIVITIES



Credence High School Receives *The Wellbeing Award for Schools*

We are proud to share that Credence High School has received **The Wellbeing Award for Schools**, a nationally recognised standard for positive mental health and emotional wellbeing. This recognition affirms our sustained commitment to nurturing a school environment where every student feels safe, valued and supported.

The Wellbeing Award for Schools is presented in partnership with the National Children's Bureau, recognising institutions that demonstrate a whole-school approach to emotional wellbeing and mental health. This achievement reflects the collective effort of our leadership, staff, students and parent community in embedding wellbeing into everyday school life.





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This recognition belongs to every member of the Credence family. Wellbeing is not the work of one individual or one department — it is embedded in our relationships, our classrooms, our policies and in the everyday interactions that shape our students' experiences.

As we celebrate this milestone, we remain committed to continuously strengthening the emotional and mental wellbeing of all our stakeholders — students, parents, and staff alike. Together, we will continue nurturing a culture of care, respect and belonging.

The Credence Judo Legacy

We are delighted to celebrate another proud milestone in the Credence sporting journey as our young Judokas continue to raise the bar of excellence.

Following the remarkable achievement of our U-17 team at the Al Ain International Judo Championship, our U-13 students have now secured 4 medals at the Federation Cup for Youth in Sharjah, demonstrating resilience, discipline and true sporting spirit.

This accomplishment reflects our sustained commitment to nurturing talent, perseverance and character through sports. It is a testament to the dedication of our students, the visionary coaching of Mr. Sarath Chandran and the unwavering support of our staff and parent community.



Credence Young Champs Excel Again

We are proud to celebrate the outstanding achievement of our Grade 5 students at the Inter-school Chrysalis Competition hosted by GEMS Our Own Indian School, Dubai.

Our young innovators secured the Third Prize in Creatif-Innover – Designing to Innovate with their impressive project, “Smart Shade Stop.” Their creativity, critical thinking, and collaborative spirit truly reflected the innovation-driven learning culture at Credence High School.

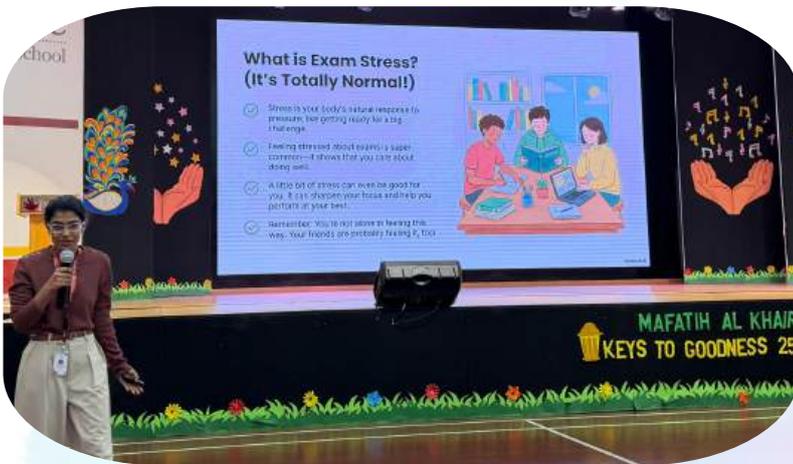
This accomplishment highlights our continued commitment to fostering problem-solving skills, teamwork, and future-ready competencies among our students. We commend Malhar, Kuvira, Avyukth, Vihaan, and Rida for representing the school with confidence and excellence.



Wellbeing session : Donut Stress—Just Do Your Best!

On Thursday, 23th February 2026, an exam special session titled “Donut Stress—Just Do Your Best! [Beat Exam Stress: Your Guide to Staying Cool & Confident]” was held in the Auditorium by the middle school counselor for students of Grade 5 to 8. The session focused on equipping students with practical strategies to manage exam stress while supporting both academic performance and personal wellbeing.

Through guided activities such as the Candle and Flower Breathing exercise and a Cognitive Behavioural Therapy-based activity on unhooking from stressful thoughts, students learned to recognize signs of stress, practice mindfulness, stay focused, and maintain emotional balance. Using engaging materials including videos and infographics, the session encouraged students to approach exams with confidence, adopt healthy study and coping techniques, and seek support when needed. The session focused on helping students transform exam experiences from a source of anxiety into an opportunity for growth, resilience, and self-awareness.





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Well-being Session: Mastering Exams – Smart Strategies for Confident Performance

A well-being session titled ‘Mastering Exams: Smart Strategies for Confident Performance’ was conducted for students of Grades 9 and 11 as part of their preparation for the Annual Examinations on 16th February, 2026. The session aimed to support students in approaching their exams with confidence, clarity and a balanced mindset. The session was delivered by our Career and Senior School counselor, Dr. Subhadra Prabhu.

The interactive session focused on key areas such as effective planning and time management, smart study techniques and practical stress-management strategies. Emphasis was placed on positive thinking, mindfulness and the role of healthy daily habits in enhancing focus and overall academic performance.

The primary objective of the session was to reduce exam-related anxiety and equip students with practical tools to manage academic demands in a calm, structured and confident manner. The session was well received and served as a timely initiative to promote students’ emotional well-being during the examination period.





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Fann Wa Bahjah Art Exhibition: A Celebration of Creativity and Collaboration

The Fann Wa Bahjah Art Exhibition was organised at school from 4th February to 6th February, 2026 as a vibrant celebration of artistic expression, creativity and collective effort. The exhibition showcased a diverse range of student artworks and reflected the passion, dedication, and professionalism of the Art Department in curating a visually engaging and inspiring experience.

The artworks on display represented a rich diversity of artistic styles and techniques, including dot painting, Warli art, compositions, still-life portraits, collaborative mural art, and nature-inspired paintings. The exhibition also featured koi fish paintings, abstract face art, monochrome portraits, zentangle patterns, and various forms of folk art, highlighting the creativity and versatility of the students. The event was further enriched by the presence and support of faculty members who took time to visit the exhibition and engage meaningfully with the students' work, thereby reinforcing a strong culture of appreciation for the arts within the school community.

Overall, Fann Wa Bahjah stood out as a memorable and joyful celebration that not only highlighted artistic talent but also demonstrated the power of collaboration, commitment, and shared vision within the school community.





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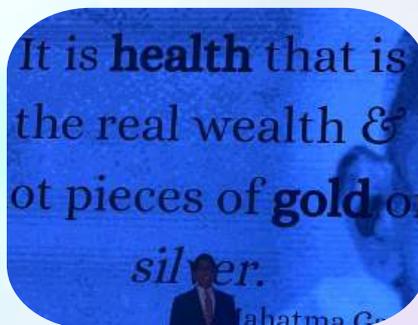
FEBRUARY - 2026

Middle School's Inaugural TED Talk: From Strong Roots to a Bold Future

The Middle School hosted its inaugural TED Talk on 9th February 2026, an inspiring platform for students to share powerful ideas and reflections on honoring the past while shaping the future. This landmark event provided students with an opportunity to step into the spotlight, develop their public speaking skills, and engage their peers in thoughtful dialogue.

Grade 8 students—Adhira, Genell, Gayathri, Gautham, Akash, Theres, Tanvi, and Aarav—hosted the session, guiding the audience through a morning of creativity, reflection and meaningful ideas. Students from Grades 5 to 8 attended the event, accompanied by their subject teachers, ensuring a supportive and well-organized environment.

Supervised by Ms. Neelima (Middle School) and Ms. Nirmala Prasad (Primary), the TED Talk was met with enthusiasm and appreciation from both students and staff. The event marked a proud milestone for the Middle School, showcasing the confidence, creativity, and vision of its young speakers.





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Together Under the Stars: An Evening of Laughter and Togetherness

The school hosted a delightful staff gathering 'Together Under the Stars' to provide an evening of relaxation, entertainment and camaraderie. The event offered a variety of activities, ensuring that all attendees could unwind and enjoy the company of their colleagues.

The evening commenced in the auditorium with a movie screening, enabling staff to unwind. This was followed by a refreshment break and an exciting Tambola session, accompanied by chai, pakoras and lively music, which added to the cheerful atmosphere.

As the festivities moved outdoors, the open lawn became the hub of activity with a variety of games, including Musical Chairs, Friendly Cricket and the Lemon & Spoon Race. Warm soups and beverages kept participants comfortable, while a barbecue, live music and dancing created a lively and festive ambiance. Among the highlights of the evening were the winners of the games. Mr Divya won Musical Chairs, Ms Gayatri excelled in 4 Corners, Mr Sriraj and Ms Kavita were the champions of Jaldi 5, Ms Maya, Ms Muskan, and Ms Vimi succeeded in Line, Ms Jiji, Ms Rafa, and Ms Angel achieved Full House, and Ms Shabnam triumphed in Jaldi 7.

The evening offered a perfect blend of entertainment, relaxation, and togetherness, strengthening the sense of community within the school.





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Mafātih Al-Khayr – Ramadan Gala

We are delighted to share the successful organisation of Mafātih Al-Khayr – Ramadan Gala 🌙, our student-led exhibition held in the School Auditorium from 18th to 20th February.

The event offered a vibrant blend of activities, allowing our students to showcase their talents through games, art & craft, calligraphy, storytelling, and interactive sessions, reflecting the true spirit and values of Ramadan. Each day was filled with creativity, engagement, and learning, highlighting the dedication and collaborative effort of our students and the Islamic Education Department.

We look forward to continuing such enriching initiatives that foster faith, creativity, and a strong sense of community spirit within our school.





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Class Awareness Wellbeing Session: Joke Vs Bullying

As part of the school's ongoing efforts to promote a safe and respectful learning environment, class-to-class awareness sessions were conducted for students in Grades 6–8 during the month of February on the topic 'Joke vs. Bullying'. Facilitated by Ms. Anagha, Middle School Counselor, the sessions aimed to sensitise students to the often-blurred line between harmless humor and behavior that can cause emotional harm. Using a carefully designed vignette depicting a relatable peer interaction, students were guided to examine how teasing can gradually shift into bullying, particularly when intent and impact do not align.

Through structured reflective questions, students explored themes such as empathy, emotional consequences, peer dynamics, and the responsibility of bystanders. The discussions encouraged critical thinking about how repeated 'jokes', exclusion, or targeting can affect an individual's sense of belonging and self-esteem. Students actively engaged in sharing perspectives and identifying healthier alternatives for communication and conflict resolution. Overall, the sessions strengthened awareness, promoted respectful peer interactions, and reinforced the school's commitment to fostering an inclusive and emotionally supportive middle school environment.



Wellness Compass

recharted

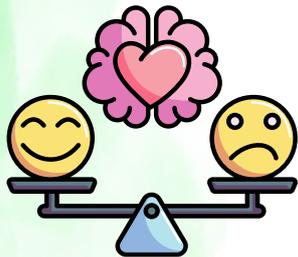


Social Wellness

Reach out to one person each day with a kind word or genuine question, and give them your full attention.

Digital Wellness

Leave phones in another room during study sessions or meals.



Emotional Wellness

Take a pause once a day to notice your thoughts and feelings, and remind yourself that it's okay to feel what you feel.

Physical Wellness

Give your body regular breaks by changing your posture, stretching, or taking a short walk to stay energized.



SEEDS OF SUPPORT

[How To Talk to Your Children About Conflict and War?](#)

PREVENT AND PROTECT

[Talk to Your Child About Vaping and its Effects](#)



CREDENCE COLLECTIVE ECHOES OF US



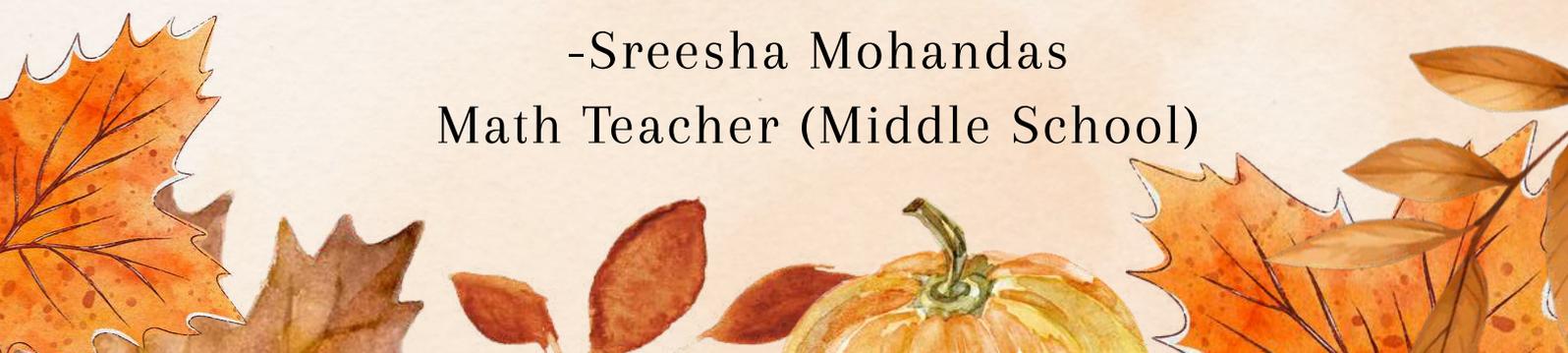
FROM A TEACHER'S HEART

We may be exhausted, our wings torn and worn,
But with excitement,
we notice new wings beginning to grow.

We don't grieve the broken,
we lift our gaze high,
Dreaming of skies where fresh wings will fly.

We spread joy in every corner,
chasing fear and hatred away,
With humility and courage holding us tight,
We turn every classroom into a home of love.

-Sreesha Mohandas
Math Teacher (Middle School)



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THROUGH A PARENT'S EYES

As a mom of a 5-year-old girl, well-being means more than just being free from illness. It means my daughter is growing in a way that feels healthy, happy, and balanced. It's about her whole world — her body and her mind.

Wellbeing starts with her physical health. She needs nourishing food, enough sleep, time to run and play. When her body feels good, she has the energy to explore and learn.

But wellbeing is also emotional. At five years old, feelings are big and sometimes overwhelming. I want her to feel safe expressing happiness, sadness, frustration, or fear. Knowing she is deeply loved and that home is her safe place builds her confidence and security.

Mental and social wellbeing matter just as much. I want her to stay curious, to enjoy learning, and to believe it's okay to make mistakes. I hope she builds friendships, learns kindness, and understands how to share and communicate.

To me, wellbeing means my daughter feels loved, protected, encouraged, and understood. It doesn't mean every day is perfect. It means she has support, stability, and space to grow into herself with confidence and joy.

- Sruthy Ramesh

- Shredheya Manikandan - KG1 B

CREDENCE COLLECTIVE ECHOES OF US



FROM A STUDENT'S CANVAS



By
Samim Jalali (G1-B)

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

Senior School



Dr Subhadra Prabhu

Middle School



Ms Faten Fouad Mohamed Abdelghani

Primary School



Ms Srividya Paliath

Early Years



Ms Swapna Mariam Yohannan

Admin Team



Ms Harsha Hemant Agarwal

Admin Support



Mr Thennarasu Maya

**Support
Staff**



Mr Unni Muhammed



Ms Chaya Dilmani Liyana

CREDENCE CHRONICLES



SEVEN OF OUR FOURTEEN STUDENTS MADE HISTORY AT THE SHARJAH OPEN JUDO CHAMPIONSHIP 2026, WITH ARADHANA PARASHURAM (8D) WINNING GOLD AND FIONA (8E), SHAYAAN (8E), GENELL (8C), TIYA (8B), GOWRI (6D), AND JULIA (6E) SECURING BRONZE MEDALS, UNDER THE GUIDANCE OF COACH SARATH CHANDRAN, MS CHARLETTE, AND MS ANUPAMA.



ON 17 FEBRUARY 2026, OUR GIRLS' BADMINTON TEAM—DAHAMDEE (9A), JOANNA (9C), SWARNANGI (11A), SABRINA (11A), AND SHARVARI (11B)—ACHIEVED 2ND PLACE AT THE BITS PILANI SPORTS FESTIVAL, WITH OUR BOYS' TEAM ALSO SHOWING REMARKABLE SKILL AND RESILIENCE, GUIDED BY MS ANN AND MS CHAMIKA.



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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