

# CREDENCE CARES

— 2026-27 —

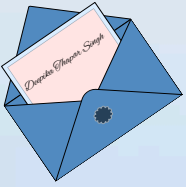


VOICES OF WELLBEING  
FROM CREDENCE COMMUNITY

MAY 2026



# CREDENCE CARES: VOICES OF WELLBEING



Dear Credence Family,  
Warm greetings!

We are delighted to present the May 2026 edition of our Wellbeing Journal, a heartfelt space created to strengthen connection, reflection and shared care within our school community. At Credence High School, we believe that wellbeing is at the heart of all meaningful growth—not only for students, but also for parents, families and educators, each navigating their own journeys of responsibility, emotion and care.

This journal is an invitation to pause amidst the pace of daily life and gently reflect on the experiences that shape both our children's learning journeys and your own wellbeing as parents. We deeply value the quiet strength you show each day—the encouragement you offer, the concerns you hold and the unwavering support that often goes unseen, yet makes a lasting difference in your child's life.

We remain sincerely grateful for your trust and partnership. You are an essential part of this shared journey, and your emotional wellbeing plays a vital role in creating a calm, nurturing environment where children feel secure, confident and ready to grow. When families feel supported and balanced, children are better able to thrive with resilience and positivity.

This journal also celebrates the lived experiences, voices and reflections that bring our school community closer together. It is our hope that these pages offer not only insight into student wellbeing practices, but also moments of reassurance, connection and quiet reflection for you as parents.

May this edition serve as a gentle reminder that you are not alone in this journey. As a school community, we stand together in care, understanding and shared purpose—walking alongside you in nurturing happy, grounded and thriving learners.

Warm Regards,  
Team Well-being

# CREDENCE CARES: VOICES OF WELLBEING



## Embedding Well-Being in Practise

### Sewa Drive 2026 : 'Family Serves Family'



Keeping in line with the motto of 'Family Serves Family', Credence High School successfully conducted the Sewa Drive 2026-27, bringing together students and staff in a heartfelt initiative of compassion and service. Members of the Credence community enthusiastically contributed donations, reflecting the school's spirit of empathy, generosity and social responsibility.

The donation drive, which ran from Tuesday, 28 April to Monday, 4 May 2026, witnessed active participation from across the school. Through thoughtful contributions, each member of the Credence family embodied the true essence of charity, inspiring one another through acts of kindness and collective giving. The initiative served as a meaningful reminder of the importance of supporting and uplifting those in need while strengthening the values of unity and community within the school.

### Commemoration of 50th UAE Armed Forces Unification Day



[Click here to watch the video](#)



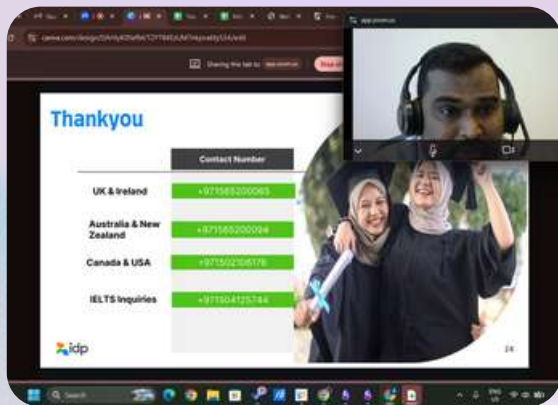
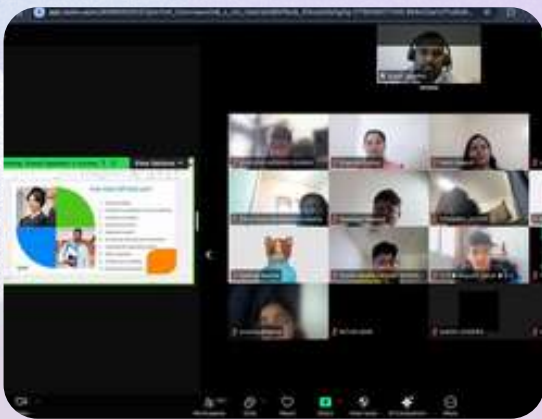
Credence High School proudly highlights the creative efforts of four Grade 12 students who collaboratively commemorated the 50th UAE Armed Forces Unification Day through a thoughtfully produced video tribute titled Commemoration of the 50th UAE Armed Forces Unification Day.

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Our students Yaamin, Rudransh, Rayan, and Ayaan came together to design and develop a meaningful presentation that reflects the respect and appreciation for this important milestone in the nation's history. Their work demonstrates a sincere effort to honour the legacy, unity and service of the UAE Armed Forces.

The final video is marked by strong research, effective storytelling, and constructive editing, resulting in a respectful and engaging tribute. This initiative reflects the values nurtured at Credence High School- gratitude, excellence and national pride, while showcasing the students' creativity, collaboration, and dedication.

## Navigating the University Application Process Across Destinations



A Virtual Career Guidance session titled 'Navigating the University Application Process Across Destinations' was hosted by the Wellbeing Team in collaboration with an external resource person from IDP Study Consultancy on 6th May 2026. The session aimed to guide students from Grades 9-12 on global higher education options, application timelines, and the benefits of pursuing studies abroad.

The session began with a brief welcome by the Wellbeing Team, followed by an informative presentation by Mr. Shamil Buhary, IDP Destination Manager, Dubai. Students were introduced to key international study destinations and provided with an overview of university application processes and expectations.

Overall, the session offered valuable insights into higher education pathways and encouraged students to begin planning proactively for their future academic and career goals.

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## Digital Responsibility : Safety, Balance and Smart Choices



The Wellbeing Team organised a session on 'Digital Responsibility: Safety, Balance and Smart Choices' for students of Grades 6–8 on 18th May 2026 in collaboration with Dr. Sreehari Nair, Clinical Psychologist at Zivanza Wellness. The session focused on creating awareness about responsible digital behaviour, the impact of excessive screen use and the importance of maintaining a healthy balance between online and offline life.

Students actively engaged in discussions and reflective activities throughout the session. Using relatable examples and practical scenarios, Dr. Sreehari Nair encouraged students to examine their screen habits, emotional responses to device use, and the effects of excessive smartphone engagement on attention, sleep, emotions, and overall wellbeing. The discussion also highlighted the importance of respectful online behaviour and practical strategies for healthier technology use.

The session provided valuable insight into how digital devices are designed to capture attention and how excessive screen use can affect emotional regulation and daily functioning. Students developed a better understanding of dopamine-driven reward systems, the effects of blue light exposure and the importance of setting healthy boundaries with technology while building supportive offline connections and routines.

## Celebrating Excellence: Grade 6–8 Award Ceremony (2025–26)



Credence High School hosted the Grade 6–8 Award Ceremony on Thursday, 14th May 2026, in the school auditorium to celebrate the academic accomplishments of students. The programme began with a welcome address by the student emcees, followed by a Quran recitation, a motivational speech by Barack Obama that was played for the audience, and an inspiring address by the Principal and CEO, Ms. Deepika Thapar Singh.

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The highlight of the ceremony was the distribution of awards and trophies to the class toppers and subject toppers of Grades 6, 7, and 8 in recognition of their hard work, dedication and excellence in academics. By acknowledging students' accomplishments, the event contributed to a supportive and encouraging school environment that promotes motivation, inclusion, and holistic growth.

## Credence Convergence 2026-27: A Celebration of Innovation & Collaboration



Credence High School proudly hosted the fifth season of Credence Convergence 2026-27, a mega virtual inter-school competition, on Saturday, 16th May 2026. The event brought together enthusiastic young learners from various schools across the UAE in a vibrant celebration of creativity, critical thinking, collaboration and holistic learning.

Aligned with the spirit of the UAE's vision of fostering innovation, empathy and community engagement, Credence Convergence provided students of Grades 3 to 8 with a dynamic platform to showcase their talents across multiple disciplines including English, Mathematics, Science, Social Science, Arabic, and Islamic Studies.

The virtual event featured a diverse range of engaging competitions designed to nurture problem-solving skills, creativity, communication and teamwork. From language-based activities such as Readers' Smackdown, Reel Deal, and Arabic storytelling competitions, to intellectually stimulating events like Escape Room, Brain Board Blitz and sustainability-focused challenges under Sustainnovation, students demonstrated remarkable enthusiasm, confidence and innovation throughout the day.



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## Celebrating Excellence: Grades 2–3 Award Ceremony (2025–26)



Credence High School, Dubai, hosted the Award Ceremony for students from grade 2 & 3 last year (Present Grades 3 & 4) on Wednesday, 20th May 2026 8.30am-9.30am, in the school auditorium to celebrate the academic accomplishments of students over the 2025-26 academic year.

The ceremony on Day 1 was presided over by CEO-Principal, Ms Deepika Thapar Singh and also welcomed Early Years Supervisor, Ms Dhanalaxmi Induchudan, to hand out awards for the second half of the award ceremony. The event reflected the school's continued commitment to fostering a culture of wellbeing where recognition and appreciation reinforce confidence, belonging, and positive engagement in learning.

## Celebrating Excellence: Grades 3–4 Award Ceremony (2025–26)



Credence High School, Dubai, hosted the Award Ceremony for students from grade 4 & 5 last year (Present Grades 5 & 6) on Thursday 21<sup>st</sup> May 2026 8.30am-9.30am in the school auditorium to commemorate the academic achievements of students over the 2025-26 academic year.

The Day 2 ceremony was presided over by Vice Principal, Mr Shivender Kumar Bhardwaj and also welcomed, Middle School Supervisor, Ms. Neelima Byju to hand out awards for the second half of the award ceremony.

The event reflected the school's continued commitment to a wellbeing-focused culture, where acknowledging student achievements helps build emotional security, strengthens connection to the school community, and motivates sustained engagement in learning.

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## Vaping Related Health Risks: Recognition, Response & School Safety Protocols



A wellbeing awareness session titled 'Vaping Related Health Risks – Recognition, Response and School Safety Protocols' was conducted by the Wellbeing Team in collaboration with the Credence High School Medical Team on 13th May 2026 for students of Grades 9–12. The session aimed to create awareness about the health risks of vaping, nicotine addiction and the importance of prevention, early intervention, and adherence to UAE laws and school safety protocols.

The session was facilitated by Dr. Naish Nasim, who provided students with insights into the physical, psychological and social consequences of vaping, while also addressing common myths associated with e-cigarettes. Through medical evidence, real-world examples and interactive discussions, students gained a better understanding of the addictive nature of vaping, its impact on adolescent wellbeing, and the importance of making informed and healthy choices.

## Celebrating Success - Farewell Ceremony of Graduating Grade 12 Batch (2025-26)



The school hosted a 'Celebrating Success' event on 16 May 2026 for the graduating Grade 12 students, marking an important milestone in their academic journey. The programme brought together students, teachers and school leadership in a warm and reflective atmosphere to honour the achievements and growth of the graduating cohort. The event highlighted not only academic accomplishments but also the resilience, commitment and personal development demonstrated by the students throughout their school years.

The celebration included addresses by the Principal and Grade 12 teachers, who appreciated the students' efforts and encouraged them to carry forward the values and learning experiences into their future pathways. Along with the outgoing Head Girl, several graduating students also shared their reflections and experiences, adding personal and meaningful perspectives to the occasion. The event concluded on an inspiring note, celebrating the bonds formed and wishing the graduating class success in their next chapter.



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## Team Credence Does it Again!

### DUBAI SCHOOL GAMES VOLLEYBALL CHAMPIONS TEAM CREDENCE U-13 BOYS TEAM



#### Dubai School Games 2026 U-13 Boys Volleyball Championship

**U13 Boys** – 1st Place (Championship Title)

**U13 Girls** – 4th Place

**MVPs:** Vihaan Reddy (7A)

Ayush Chandra Bedrodi (8B)



#### Dubai School Games 2026 Judo Championship

**33** talented Credence athletes  
**28** on the Podium  
**18** Gold | **7** Silver | **3** Bronze  
Competed against **11** schools



#### Dubai School Games 2026 U15 Boys and U17 Girls Volleyball

**U15 Boys:** 3rd Place  
**U17 Girls:** 4th Place  
**MVP:** Mazin Arif (9E)



#### Dubai School Games 2026 Taekwondo Team

Aradhana Rao (9C) – Gold & Silver  
Dalia (6A) – Silver  
Joanna Maria (10C) – Bronze

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## Small Steps, Holistic Wellbeing

### May Theme: Self-Compassion

#### EMOTIONAL WELLBEING

Pause and name one feeling you are experiencing without judging it.



#### DIGITAL WELLBEING

Take a 5-minute break from screens and gently notice how your mind and body feel in the moment.



#### SOCIAL WELLBEING

Allow someone to support you today instead of saying 'I'm fine' automatically.



#### PHYSICAL WELLBEING

Slow down your walking for one minute and match it with steady breathing.



## SEEDS OF SUPPORT



Three simple ways to encourage self-compassion in kids

## PREVENT AND PROTECT



Media Guidelines for Kids of All Ages- Tips for Parents

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How I Think, Feel, and Grow: Students' Mind Uncovered



Vikash Sivakumar-3F



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## Through a Parent's Loving Heart



One evening after a long day,  
my child was upset over something that seemed small to me.  
My first instinct was to brush it off, but I stopped and really listened.  
As he spoke, I saw how important it felt in their little world.

Sitting beside him quietly made more difference than giving advice.  
That moment reminded me that children don't always need solutions  
—they need understanding.

I realized how often I rush instead of being present.  
It taught me that emotional well-being starts at home,  
in these simple, everyday moments.

Since then, I try to slow down and  
respond with patience, not just reactions.  
It's a learning journey for both of us.

- Ms. Vimi Varghese (Parent of Noah Tilson, G2 C)




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## Together We Thrive

### A SCHOOL COMMUNITY THRIVES WHEN **WE ALL DO OUR PART!**

♥ Different roles. Shared responsibility. One goal: Student Success!


 **STUDENTS**  
You Belong. You Matter.  
You've Got This!

 **SHOW UP & GIVE YOUR BEST**  
Come ready to learn and participate.

 **SPEAK UP & ASK FOR HELP**  
Advocate for yourself and others.


 **MAKE GOOD CHOICES**  
Your actions impact yourself and others.

 **BE KIND & INCLUDE OTHERS**  
Small actions create a big impact.


 **BELIEVE IN YOURSELF**  
You can grow, learn, and succeed!


 **STAFF**  
We Lead. We Support.  
We Believe.

 **BUILD RELATIONSHIPS**  
Know your students.  
Connect with families.  
Support your colleagues.

 **CREATE POSITIVE LEARNING ENVIRONMENTS**  
Set high expectations and celebrate growth.

 **COMMUNICATE & COLLABORATE**  
Work together as a team and keep families informed.

 **KEEP LEARNING & GROWING**  
Model curiosity, resilience, and a love for learning.

 **BELIEVE IN EVERY STUDENT**  
Your belief can change a life!

 **PARENTS**  
You're Partners. You're Powerful.  
You're Essential!

 **STAY INVOLVED**  
Show interest, attend events, and stay connected.

 **COMMUNICATE & PARTNER**  
Share information, ask questions, and work with us. Together, we build trust and support your child's success.

 **SUPPORT LEARNING AT HOME**  
Encourage, read together, and celebrate progress.

 **PROMOTE POSITIVITY**  
Help your child believe in themselves and treat others with kindness.

 **HELP YOUR CHILD BE ACCOUNTABLE & A RESPONSIBLE CITIZEN**  
Help your child take responsibility for their actions and grow as a respectful, contributing member of the community.

♥ **WHEN WE WORK TOGETHER, EVERY STUDENT WINS!**

Thank you for being part of the team!

@thefriendlyprincipal

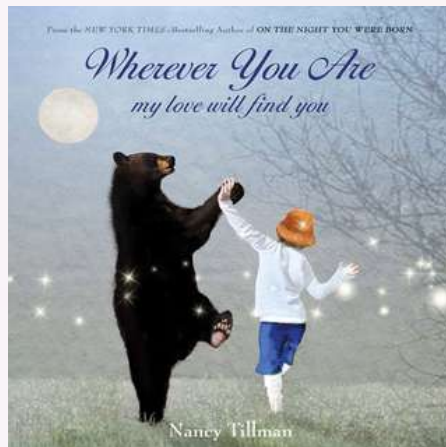


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## Family Time Corner: Watch, Read, Talk



### "Wherever you Are: My Love will Find You" Nancy Tillman

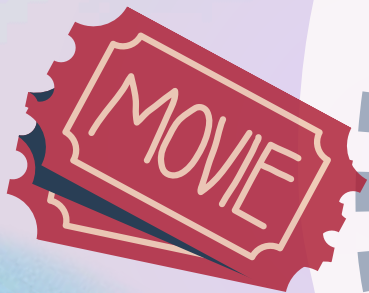


(Click on the image for read aloud video)

"Wherever You Are, My Love Will Find You" is a heartwarming children's picture book written and illustrated by Nancy Tillman, first published in 2010. The book is a beautiful ode from a parent to a child with a gentle reassurance of their unconditional love that will always surround them.

One of our favorite lines from this book-: "If you're still my small babe or you're all the way grown, my promise to you is you're never alone. You are my angel, my darling, my star... and my love will find you, wherever you are."

Why not take a few quiet moments to read this story with your child and explore what connection and closeness mean to both of you?





## Congratulations

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 Renjana Pradeep

### Middle School



Ms Shabnam Banu

### Primary School



Ms Kavita Aul

### Early Years



Ms Thabu Puthiya Veedu

### Admin Team



Mr Nithinlal Vadavathi

### Admin Support



Mr Segan Samith  
Samarakoon Mudiyansele



Mr Muhammad Asghar

### Support Staff



Ms Nedy Dorada

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## Your Circle of Support: Meet the Wellbeing Team

Ms. Deepika Thapar Singh - CEO-Principal (Wellbeing Champion)

Dr. Subhadra Prabhu - Career and Senior School Counselor

Ms. Anagha Pavithran - Middle School Counselor

Ms. Mily Alice Byju - Primary School Counselor

Mr. Vijesh V - HoD of Physical Education and Wellbeing Coordinator

hello 

For more information on Credence Cares and the range of well-being initiatives we offer for all stakeholders, please visit our website.

### Credence Cares on School Website:

<https://www.credencehighschool.com/wellbeing---credence-cares.html>

