

CREDENCE CARES

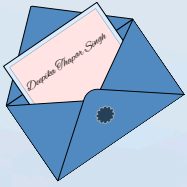
— 2026-27 —



VOICES OF WELLBEING
FROM CREDENCE COMMUNITY

JUNE 2026





CREDENCE CARES: VOICES OF WELLBEING



Dear Credence Family,

As we come to the close of a fulfilling term, we do so with immense gratitude for the journey we have shared as a school community. The months gone by have been filled with opportunities for learning, growth, resilience and celebration. None of this would have been possible without the unwavering support, trust and partnership of our parents. Your encouragement at home, your collaboration with the school and your commitment to your child's holistic development continue to make a meaningful difference. Thank you for walking alongside us in nurturing our confident, compassionate and resilient children.

In the midst of our busy schedules, we have often grappled with the simple moments—sharing a meal, enjoying conversations, exploring nature, reading together or simply being present with one another—that leave the deepest impact on our wellbeing. The long awaited summer break is here as it presents a valuable opportunity to pause, recharge and reconnect. We encourage every family to embrace this time to rest, strengthen relationships, pursue interests that bring joy and create memories that will be treasured long after the holidays end. A well-rested mind and a happy heart lay the foundation for renewed motivation and lifelong learning.

As you explore this edition of Credence Cares, we hope the ideas and reflections encourage meaningful conversations and inspire small, intentional practices that foster emotional wellbeing and resilience at home. May this season bring peace, happiness, and renewed energy and may we welcome our students back for the new term with refreshed minds, positive spirits and an eagerness to embrace new opportunities for learning and growth.

We wish you and your family a safe, healthy and joyful summer break.

Warm Regards,
Team Wellbeing

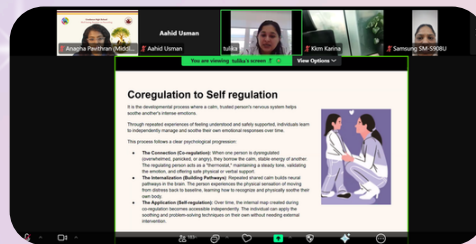
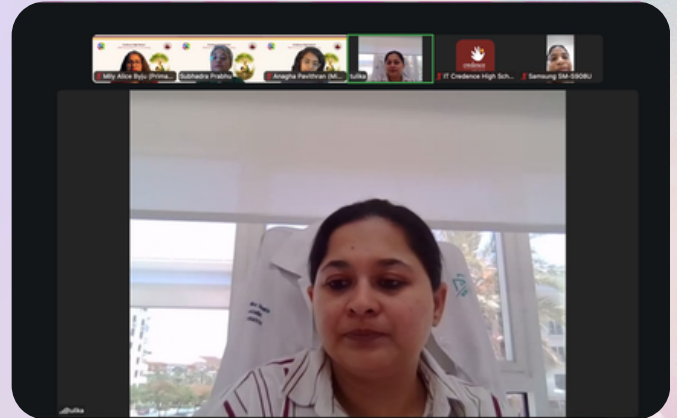


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Embedding Well-Being in Practise



Virtual Wellbeing Session on Parenting: Strong Roots, Bright Futures



Recognising the vital role that families play in children's overall development and wellbeing, Credence High School organised a virtual parent wellbeing session titled 'Strong Roots, Bright Futures: Strengthening the Parent-Child Ecosystem for Holistic Wellbeing' on Saturday, 6 June 2026, for parents of students from Pre-KG to Grade 12.

The session was facilitated by Dr. Tulika Shukla, Psychiatrist and Therapist at Zivanza Wellness, Dubai. Drawing on her extensive experience working with children, adolescents, and families Dr. Tulika shared evidence-based insights and practical strategies to help parents support their children's emotional wellbeing, strengthen family relationships and navigate everyday parenting challenges with confidence.

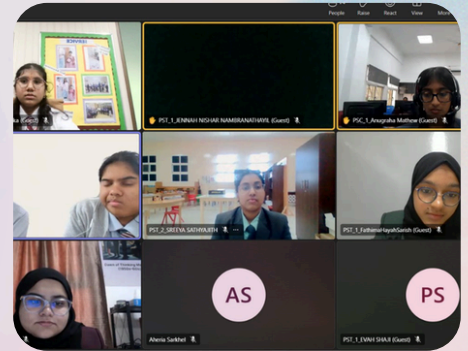
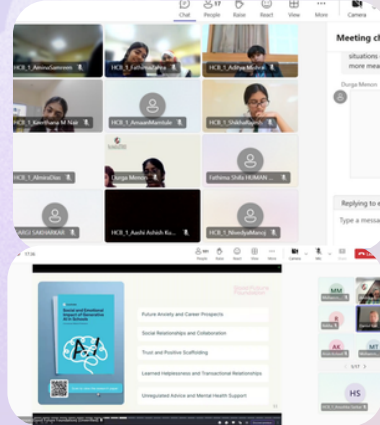
The session aimed to strengthen the partnership between home and school by equipping parents with a deeper understanding of the emotional, social and developmental needs of children across different age groups. The session focused on fostering healthy parent-child relationships, building emotional resilience and promoting positive communication within the family environment.

Through engaging discussions and practical examples, parents explored the importance of emotional attunement, consistent support and meaningful connection in nurturing children's wellbeing. The session highlighted how small, intentional interactions can strengthen trust, enhance communication and create a sense of emotional security within families.

The session reinforced the vital role that strong parent-child relationships play in promoting holistic wellbeing and long-term success.

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CBSE Gulf Sahodaya Students' Meet 2026 - What the Algorithm Can't Teach: Building Resilience and Courage in the Age of AI



Students of Grades 9 and 11 took part in the CBSE Gulf Sahodaya Students' Meet 2026, a virtual panel discussion hosted by The Millennium School on Wednesday, 3 June 2026. It focused on the theme 'What the Algorithm Can't Teach: Building Resilience and Courage in the Age of AI'.

The session aimed to help students explore essential human qualities such as resilience, courage, creativity, adaptability, leadership, and curiosity, while also reflecting on the responsible and meaningful use of artificial intelligence in daily life and learning.

Students engaged in interactive discussions with peers from different schools, sharing ideas and perspectives on the opportunities and challenges of AI. The dialogue encouraged critical thinking about the balance between technology use and human values.

The key insight from the session was that AI should be used as a supportive tool, not a replacement for human intelligence and character. Students were encouraged to strengthen independent thinking, creativity and ethical responsibility. Overall, the session reinforced the importance of resilience, adaptability and human values in navigating an AI-driven world, contributing positively to students' confidence, awareness and holistic wellbeing.

Wellbeing Session: Respect Yourself, Respect Others



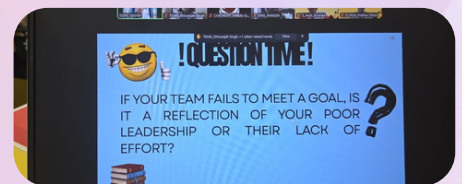
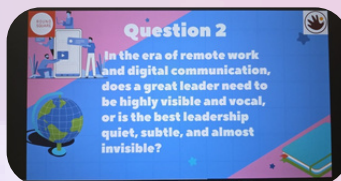
On Monday, 29th June 2026, a wellbeing session titled 'Respect Rangers Bootcamp: Respect Yourself, Respect Others' was conducted for students of Grades 4 and 5 in the school auditorium. Separate sessions were held for boys and girls to provide a safe, supportive and gender-appropriate environment for meaningful discussions.

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The session focused on developing students' understanding of self-respect and respect for others by exploring important areas such as personal safety, body boundaries, healthy decision-making, digital responsibility and positive relationships. Through an engaging detective-themed approach, students explored real-life scenarios and learned to identify respectful, safe and responsible choices.

Students actively participated in interactive activities, including scenario-based case file investigations and guided discussions. These activities encouraged students to reflect on personal responsibility, understand the importance of boundaries and recognize the role of trusted adults in ensuring their safety and wellbeing. The session concluded with the Respect Ranger Pledge, reinforcing the importance of respecting themselves and others and encouraging students to apply these values in their everyday lives. The activity provided students with meaningful insights into building confidence, making healthy choices and developing respectful relationships.

Round Square Zoom Postcard Event: 'Leading with Purpose, Inspiring with Wellbeing – The Change Starts Within'



On Wednesday, 24 June 2026, Credence High School had the privilege of hosting Round Square Zoom Postcard for students aged 13-15 years. The virtual event, titled 'Leading with Purpose, Inspiring with Wellbeing – The Change Starts Within', brought together students from Round Square schools around the world for meaningful dialogue on leadership, wellbeing and positive change.

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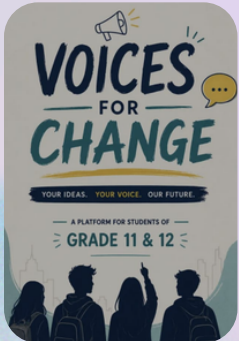
The session aimed to encourage students to reflect on the idea that effective leadership begins with self-awareness, personal responsibility and a commitment to wellbeing. Through guided discussions, participants explored how individual actions, attitudes, and choices can positively influence others and contribute to healthier, more compassionate communities.

The event featured an introduction, interactive Baraza discussions in small groups, and a concluding plenary session where students shared key insights and reflections. The international nature of the programme provided participants with a valuable opportunity to engage with diverse perspectives, exchange ideas, and learn from peers across different cultures and contexts.

Students demonstrated thoughtful participation, empathy and collaboration as they explored themes of purpose, wellbeing and positive leadership. The discussions highlighted the importance of self-reflection, resilience, kindness and taking initiative in creating meaningful change.

The experience reinforced that wellbeing is not only a personal journey but also a shared responsibility. By empowering students to lead with purpose and contribute positively to their communities, the session strengthened essential life skills and supported their social, emotional, and global development.

Voices for Change : A Platform for Students of Grade 11 and 12



Fostering student voice and leadership, 'Voices for Change' brought together students of Grades 11 and 12 on 19 June 2026 for a meaningful forum of dialogue and collaboration. Spearheaded by the Head Boy and Head Girl and led by the Student Council, the initiative provided a platform for students to share their perspectives, concerns and ideas on topics including Independent Learning, Future Pathways, Artificial Intelligence, Mental Health and Wellbeing, Life Skills, and Healthy Body, Healthy Mind.

The session gathered valuable student feedback and suggestions to support positive improvements within the school community. Students actively engaged in insightful conversations, reflecting maturity, empathy and a genuine commitment to shaping a positive school culture. The initiative strengthened student leadership by encouraging ownership, responsibility and collaborative decision-making. Voices for Change reflected Credence High School's commitment to empowering student leadership, amplifying student voice and fostering a culture of active participation.

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Digital Citizenship: Being a Safe, Respectful and Responsible Online User (Grades 9 & 11)



On 12 June 2026, students of Grades 9 and 11 participated in an interactive session conducted by Dr. Sreehari, Clinical Psychologist, Zivanza Wellness on Digital Citizenship: Being a Safe, Respectful and Responsible Online User .

The session was designed to promote responsible and ethical use of digital technology while raising awareness about online safety, privacy, cyber etiquette and the long-term impact of digital actions. Students explored the importance of thinking critically before sharing information online and learned how their online behaviour contributes to their digital footprint.

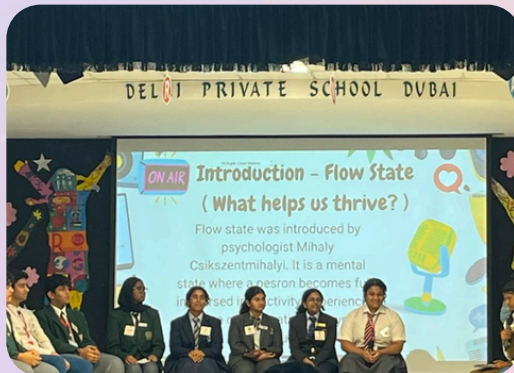
Through real-life examples and practical scenarios, students reflected on their own technology habits and discussed both the opportunities and challenges of navigating the digital world. The interactive discussions encouraged students to share their perspectives and experiences, fostering greater awareness of the need for mindful and responsible online engagement.

A key focus of the session was understanding that every online action can have lasting consequences. Students gained valuable insights into balancing technology use with personal wellbeing, healthy relationships, and academic responsibilities. They also recognised the importance of demonstrating respect, empathy, and accountability in digital interactions.

The session reinforced the message that technology, when used thoughtfully and responsibly, can be a powerful tool for learning, growth, and positive social engagement. By strengthening students' digital literacy and decision-making skills, the programme contributed meaningfully to their overall wellbeing and preparedness for an increasingly connected world.

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Wellbeing Conclave 2.0: Deepening Dialogue for Distinctive Design of Wellbeing



A team of six students from Grades 8, 9, and 11 represented Credence High School at the Wellbeing Conclave 2.0: Deepening Dialogue for Distinctive Design of Wellbeing, hosted by Delhi Private School, Dubai, on Wednesday, 17 June 2026.

Bringing together students from 13 schools, the conclave provided a dynamic platform for participants to explore innovative ideas and future-focused solutions centred on the PERMAH pillars of wellbeing, sustainability, and community impact.

Through collaborative activities, discussions, and design challenges, students engaged with topics including positive emotions, engagement, relationships, meaning, achievement and health. Participants worked together to develop creative solutions addressing issues such as digital wellbeing, mental health, environmental sustainability, and community connectedness.

The conclave offered valuable opportunities for students to interact with peers from different schools, exchange ideas, and gain diverse perspectives on what contributes to lasting happiness and holistic wellbeing. A key takeaway from the experience was the understanding that wellbeing is shaped by daily choices, meaningful relationships, a sense of purpose, and active contribution to the wider community.

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CBSE UAE Girls Judo Championship- June 2026



Credence High School proudly hosted the CBSE UAE Girls Judo Championship on Friday, 19 June 2026, bringing together over 273 participants for a day of competitive sport and athletic excellence.

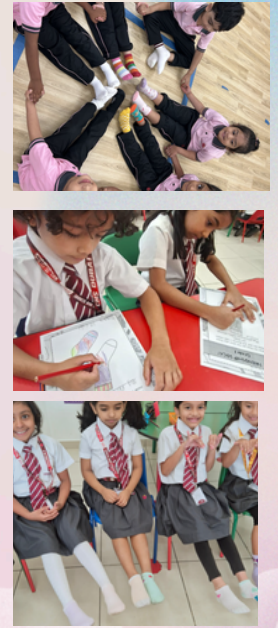
The event was conducted seamlessly across multiple venues within the school, including the auditorium, exam hall, and designated support areas, with the Physical Education Department taking the lead in coordination. The championship witnessed strong collaboration across staff teams, ensuring smooth organisation, safety, and efficient event management throughout the day.

Students demonstrated outstanding sportsmanship, discipline, and determination, making the event a celebration of perseverance and teamwork. A highlight of the championship was the remarkable performance of Credence High School's girls' team, who secured the title of Overall UAE CBSE Girls Judo Champions.

The championship not only strengthened the school's sporting culture but also promoted values of resilience, respect, and healthy competition among students.

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Celebrating Our Differences - Odd Socks Day



On 18th June, as part of the 'Celebrating Our Differences' initiative, the Early Years Department celebrated 'Odd Socks Day' for our young learners from Pre KG- Grade 1 to recognise, appreciate, and embrace the uniqueness that makes each individual special. Odd Socks day is a delightfully frolicky-themed event designed to celebrate our unique differences through a burst of colorful, mismatched footwear. Children were encouraged to understand that just as socks can be different yet equally wonderful, every person is unique in their own way.

The initiative aimed to nurture values of kindness, respect, empathy, and inclusion while helping children appreciate that people may look different, think differently, learn differently, and have diverse strengths and qualities

Achieving Success Together - Grade 9,11 & 12 (2025-2026) Award Ceremony



On 25 June 2026, Credence High School hosted the 'Achieving Success Together' Award Ceremony to honour the outstanding achievements of students from Grades 9, 11, and 12 for the 2025-2026 academic year.

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The event brought together students, parents, teachers, and school leaders to honour award recipients in a well-organised and memorable ceremony. The programme featured a Quran recitation, choir performances, dance presentations, and student comperes, adding a vibrant and celebratory spirit to the occasion.

Award winners were recognised for their dedication, perseverance, and exceptional accomplishments, inspiring their peers to strive for excellence. The ceremony reflected the school's commitment to acknowledging student success and fostering a culture of achievement, motivation, and pride within the school community.

Observance of the International Day Against Drug Abuse and Illicit Trafficking

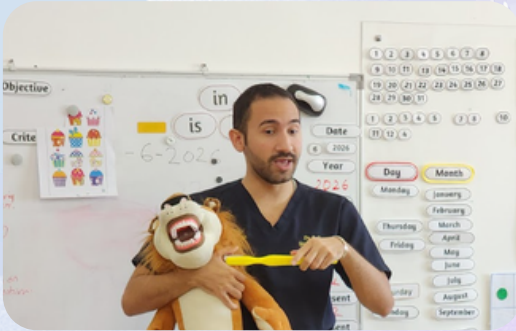


As part of Dubai's observance of the 2026 International Day Against Drug Abuse and Illicit Trafficking, Credence High School conducted a Drug Awareness programme for students in Grades 4–12 on Friday, 26 June 2026. The class-based awareness sessions were led collaboratively by teachers and students, encouraging active participation and peer learning.

The sessions focused on understanding what vaping is, its harmful effects and debunking common myths through evidence-based facts. Students also explored healthy alternatives to vaping and practised practical refusal skills to help them resist peer pressure with confidence. This initiative reinforced the school's commitment to promoting student wellbeing and creating a safe, healthy and drug-free learning environment.

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Dental Hygiene Session- Pre KG-Grade 3



The Dental Hygiene Awareness Session, held on 9th June (KG - Grade 1) and 10th June (Grade 2-3) 2026, promoted healthy oral care habits while reinforcing the importance of self-care as part of overall wellbeing. Through engaging discussions, practical demonstrations, and interactive activities, students learnt the correct brushing technique, the importance of brushing twice daily, making healthy food choices, and visiting the dentist regularly.

The session encouraged children to understand that small, consistent daily habits contribute to a healthy lifestyle, helping them build responsibility for their own health and wellbeing in a fun, meaningful, and age-appropriate way.

Growing with Confidence: Understanding My Changing Body, Mind & Choices



On 2 July 2026, wellbeing sessions for middle school boys and girls were hosted to support students in understanding the physical, emotional, and social changes that occur during adolescence. The sessions covered topics including personal hygiene, body image, emotional wellbeing, peer pressure and healthy boundaries, while encouraging students to make informed, values-based choices and seek support from trusted adults when needed. The sessions were interactive, informative, and well received by the students.

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Team Credence does it again!



Under-15 Women's Compound (18-Meter) Category 2026-27

Tharika Muruganandam of Grade 9C, secured 3rd Place in the Emirates Talent Identification Archery Indoor Cup Final 2026-27 in the Under-15 Women's Compound (18-Meter) Category.

Sporting Excellence in Action

Throughout June 2026, our talented Credence athletes actively represented the school in several prestigious inter-school sporting events, including the Dubai School Games Basketball Championship and the CBSE UAE Cluster Basketball and Badminton Championships.

Students from Grades 7 to 12 showcased exceptional talent, teamwork, discipline, and sportsmanship while competing against schools across the UAE. Their participation reflected the school's commitment to nurturing holistic development by encouraging excellence beyond the classroom and providing students with valuable opportunities to develop resilience, confidence, and leadership through competitive sport.

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Small Steps, Holistic Wellbeing

June Theme: Confidence

EMOTIONAL WELLBEING

Write three things you are good at and one new skill you would like to develop.



DIGITAL WELLBEING

Set a phone reminder with an encouraging message to yourself, such as "I am capable of learning and growing."



SOCIAL WELLBEING

Introduce yourself to someone new or start a conversation with someone you don't usually speak with.



PHYSICAL WELLBEING

Practice a confident posture for one minute—head up, shoulders back.



SEEDS OF SUPPORT

12 Tips For Raising Confident Kids



PREVENT AND PROTECT

When Teens Explore Their Self-Expression



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



Ameerah, G3 C



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Wellbeing Student Council Corner

2026-27

Well-being is not about having a perfect life, it is about finding peace and strength through life's ups and downs.

Well-being grows when we care for our minds, bodies and hearts with the same attention we give to our goals.

True success means little if it comes at the cost of our happiness, health and inner peace.

Well-being is not a destination we reach , it is a choice we make every day through small, mindful actions.

A calm and balanced mind can face challenges with courage, clarity, and confidence.

The foundation of a meaningful life is not what we achieve, but how well we take care of ourselves and others along the way.

Gautham Maneesh G9-C
Wellbeing Secretary



If life were a book, well-being would be the pages that connect every chapter and give the story a meaning.

. To me well-being means the ability to stay at peace with who you're while you are constantly growing into the person you want to be

. It is not about having a perfect and honest life, it is about finding balance, purpose, and positivity in everyday moments.

. Well-being helps us discover the light in difficult moments even in the simplest experiences.

. It gives us the resilience to learn from our mistakes, the confidence to enjoy success and the courage to keep going.

. I believe well-being is the foundation that allows people not merely to exist, but to thrive and reach their full potential in life.

Adhira Arora G9-C
Wellbeing Joint Secretary



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Wellbeing Student Council Corner

2026-27



Bullying and hurtful teasing have absolutely no place on our campus, and we must stand together to shut them down. Real strength means lifting classmates up, never targeting their insecurities or tearing them down under the disguise of a joke.

Teasing officially crosses the line into bullying the moment it becomes repetitive, intentional and causes someone distress.

Don't just watch from the sidelines—be an active upstander who speaks out when you see any classmate undergoing mental distress.

Our collective choices every single day determine whether we maintain a safe, inclusive and respectful school culture.

Vedaish G11 A
Antibullying Secretary

I believe that bullying has no place in CHS, where only kindness leads the way. As Joint Anti-Bullying Secretary, I am committed to encouraging respect, inclusion and kindness among all students.

I believe that every voice matters and every student deserves to feel safe and supported. By standing up for one another, we can create a happier and stronger community. Small acts of kindness can make a big difference in someone's life.

Together, let's choose kindness every day. In a nutshell, I alone can't make a difference; I would need each one of your support to create an inclusive environment.

Aarav Jonathan G9 B
Antibullying Joint Secretary



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Through a Parent's Loving Heart

Hello Credence

As a working mother of two children studying at Credence, I am truly grateful for the progress our children have made - both academically and in their extra curricular activities.

When our daughter entered her teenage years, we realized that this phase required a different approach to parenting - and it was unknown to us.

With the help of Team Credence, the transition became much smoother. We have been able to navigate this important stage and also strengthen our relationship with our daughter.

I encourage every parent experiencing their child's teenage years for the first time to make use of the available wellbeing opportunities. They can make the journey enriching and help you identify ways to navigate the unknown step by step.

-Ms Athira Babu



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Where Teaching Inspires Wellbeing - Teacher's Tales



WHAT TRULY MATTERS!

A smile must not be fleeting;
And must reflect your inner joy.
Listen not merely to reply,
But to understand and share the pain.

Say "No" when it is wrong,
Say "Yes" when it is just and fair.

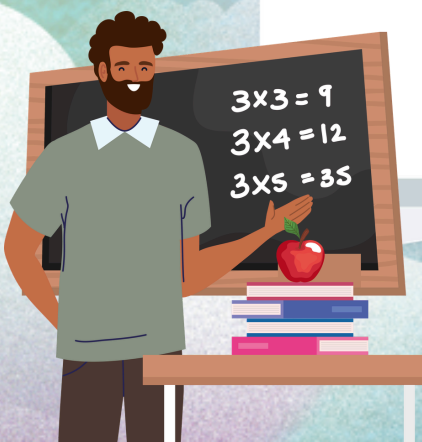
Try to see the good in others;
Do not judge; do not be biased
Empathy connects people
And broadens the spectrum of humanity.

Money is not everything;
Position is not the ultimate goal.
Keep your peace as a priority,
Not the pursuit of others' approval.

Gain is not the measure of life,
Nor are power and followers.

Family is a haven, nature a solace,
A good book is a true friend,
And music is pure bliss.

RENJANA PRADEEP
Senior School English Teacher

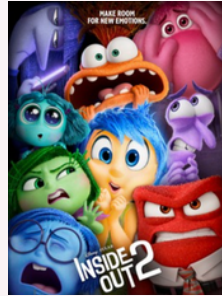


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Family Time Corner: Watch, Read, Talk



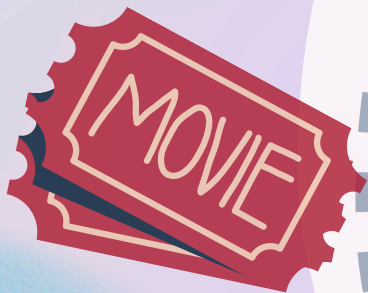
Inside Out Franchise by Pixar Animation Studios



The Inside Out films are absolute must-watches for families because they brilliantly turn a young girl's emotions—like Joy, Sadness, and Anxiety—into colorful, relatable characters that give kids a visual vocabulary to understand their own minds.

The first movie captures 11-year-old Riley navigating a major family move, while the sequel tackles her sudden transition into a 13-year-old teenager dealing with puberty, peer pressure, and high school hockey camp. Parents will love how these movies validate the messy reality of growing up, teaching kids that every feeling serves a purpose and that it is completely healthy to not feel okay all the time.

It is a profoundly moving, funny, and comforting experience that serves as the perfect, low-pressure conversation starter for families to talk about mental health, anxiety, and self-esteem.





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 Jyotsana Chaudhry

Middle School



Ms Jyoti Ram

Primary School



Ms Munira Khambaty

Early Years



Ms Rekha Chotalia

Admin Team



**Mr Mustak Ahmed Awlia
Mohamed**

Admin Support



Mr Abhineg Panakkal

Support Staff



Mr Kuruvilla Samuel



Ms Jocelyn Berdin

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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>

