

Rooted in Values.
Driven by Purpose.
Shaping Tomorrow.



CREDENCE
HIGH SCHOOL
— D U B A I —

INSPIRE.
EMPOWER.
TRANSFORM.



LAUNCH
EDITION

JUNE
2026



ROOTS *of* CREDENCE

A STAFF JOURNAL

ROOTED IN PURPOSE • NURTURING POTENTIAL • IMPACTING GENERATIONS

“

The best education is that which makes a child a confident, compassionate and curious learner for life.”



Every lesson.
Every moment.
Every child.

THAT'S OUR WHY.

WE PLANT TODAY.

They Flourish Forever.



WE CARE



WE NURTURE



WE INSPIRE

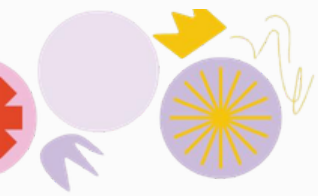


WE EMPOWER

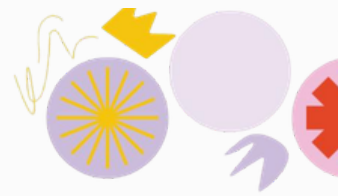


WE MAKE
A DIFFERENCE

KINDERGARTEN TO GRADE 12 | ONE FAMILY | ONE PURPOSE | ENDLESS POSSIBILITIES



EDITORS' NOTE



Dear Credence Family,

Welcome to the inaugural edition of **Roots of Credence**—a space created especially for you.

Every school has its achievements, but what truly gives it strength is its people. Like the roots of a flourishing tree, it is the unseen acts of kindness, encouragement, collaboration and resilience that quietly sustain our community and help it grow stronger each day. It is these shared moments, often unnoticed yet deeply meaningful, that form the foundation of the Credence family.

The past few months have reminded us of the remarkable strength of our school community. As we transitioned between online and on-campus learning, every member of staff embraced change with resilience, flexibility and unwavering dedication. Through every challenge, you continued to inspire, support and care for our students and for one another. Your commitment has been the heart of everything we have accomplished together.

It is from this very spirit that Roots of Credence has taken shape. More than a journal, we hope it becomes a space where we pause amidst our busy schedules to reflect, celebrate small victories, share stories that inspire and reconnect with what matters most—our wellbeing, our purpose and each other.

Our inaugural theme, **Nurturing Minds, Inspired Hearts & Renewed Spirits**, is a gentle reminder that while we devote ourselves wholeheartedly to nurturing young minds, it is equally important to nurture our own. Taking time to rest, recharge and care for ourselves is not a luxury—it is essential to sustaining the passion and purpose we bring to our work every day.

As a fulfilling term concluded, we hope the summer break offers you moments of peace, joy and meaningful time with your loved ones. May it be a season of rest, renewed energy and fresh inspiration, so that we return with open hearts, brighter spirits and enthusiasm for the exciting journey that lies ahead.

On behalf of the Wellbeing Department, thank you for your unwavering dedication, resilience and the kindness you bring to our school each day. It is your collective spirit that makes Credence not just a place of learning, but a place where we truly belong.

Wishing you a happy, peaceful and truly restorative summer vacation.

With warmest wishes,
The Wellbeing Team
Credence High School



STAFF WELLBEING & SATISFACTION SURVEY REPORT

JUNE 2026

At the outset, we extend our heartfelt appreciation to every member of our staff who participated in the **Staff Wellbeing and Satisfaction Survey – June 2026**. Your honest reflections, valuable insights and constructive feedback reaffirm our shared commitment to nurturing a positive, collaborative and future-focused workplace. As a school that values every staff member's voice, your perspectives play a vital role in strengthening our culture of excellence, wellbeing and continuous improvement.

We are pleased to share the outcomes of the survey, which reflect our staff's positive experiences across various aspects of professional life and workplace wellbeing.

Here's a brief summary of the survey results:

ACADEMIC & OPERATIONAL PREPAREDNESS

- **100%** of staff strongly agree or agree that they **have access to the resources, technology and materials required to perform their role effectively.**
- **100%** of staff strongly agree or agree that the **school provides clear and timely communication regarding academic and operational expectations.**
- **98%** of staff strongly agree or agree that **school systems and processes enable them to carry out their responsibilities efficiently.**
- **100%** of staff strongly agree or agree that **they are well-prepared to deliver high-quality learning experiences across different modes of instruction when required.**
- **100%** of staff strongly agree or agree that **they feel confident monitoring, assessing and supporting student learning effectively across various learning environments.**

ADAPTIVE READINESS & TRANSITION SUPPORT

- **100%** of teaching staff strongly agree or agree that ***the school leadership provides adequate training and guidance during transitions between online and in-person teaching.***
- **99%** of teaching staff strongly agree or agree that ***the school's systems and processes enable them to adapt smoothly to changes in teaching and learning delivery.***
- **100%** of teaching staff strongly agree or agree that ***the school's logistics and scheduling adjustments during emergency transitions are manageable.***
- **100%** of teaching staff strongly agree or agree that ***they feel confident adapting lesson plans when learning modes change at short notice.***
- **99%** of teaching staff strongly agree or agree that ***they are adequately equipped to balance live in-person teaching with asynchronous digital responsibilities.***

WELLBEING & SUPPORT SYSTEMS

- **99%** of staff strongly agree or agree that ***they feel safe, valued and respected within the school community.***
- **99%** of staff strongly agree or agree that ***they receive approachable guidance, encouragement and timely support from their supervisors.***
- **99%** of staff strongly agree or agree that ***there is a strong culture of teamwork and collaboration among colleagues.***
- **98%** of staff strongly agree or agree that ***they are able to maintain a healthy balance between their professional responsibilities and personal wellbeing.***

LEADERSHIP, COMMUNICATION & SCHOOL CULTURE

- **100%** of staff strongly agree or agree that **school leadership communicates important decisions in a clear, timely and transparent manner.**
- **100%** of staff strongly agree or agree that **their feedback and suggestions are valued and considered during decision-making.**
- **100%** of staff strongly agree or agree that **there is a shared sense of purpose and vision across the school community.**
- **99%** of staff strongly agree or agree that **communication between departments and teams effectively supports collaboration.**
- **100%** of staff strongly agree or agree that **they are kept well-informed about key school initiatives, priorities and developments that impact their work.**

PROFESSIONAL GROWTH, ENGAGEMENT & FUTURE READINESS

- **100%** of staff strongly agree or agree that **they are encouraged to take initiative and contribute ideas that support school improvement.**
- **99%** of staff strongly agree or agree that **the school provides meaningful opportunities for professional growth and career development.**
- **99%** of staff strongly agree or agree that **they feel motivated and engaged in their role as members of the school community.**
- **100%** of staff strongly agree or agree that **the school is well-prepared to meet future educational challenges and changes.**

The survey findings reaffirm our staff's strong confidence in the **school's leadership, collaborative culture and unwavering commitment to excellence.** The feedback highlights the positive impact of **transparent communication, meaningful professional development opportunities and a workplace environment built on mutual respect, teamwork and staff wellbeing.** In addition to these encouraging findings, staff also shared valuable suggestions. We have carefully reviewed all the feedback shared and deeply value the perspectives of every staff member. The insights will help us further strengthen our staff wellbeing programme and ensure that our initiatives continue to address the evolving needs of our school community.

We sincerely thank all our staff members for their continued dedication, commitment and unwavering contribution towards making our school a vibrant, inclusive and nurturing place to learn and work.

MY SON BROUGHT HOME A FRIEND FOR DINNER ON A TUESDAY EVENING

Ms. Deepika Thapar Singh
CEO-Principal

Dear Team,

I read this on my way back home.
It's short, it's beautiful, and I promise it will stay with you.

And when you're done, ask yourself this one question:

While I teach my subject, am I also teaching my students the real curriculum of life?

That's all.

Warmly
Deepika

My son brought home a friend for dinner on a Tuesday evening. No heads-up, no "Is it okay?".

He just walked through the door at 6:00 PM with this boy in tow. "Hey Dad, this is Leo. He's staying for dinner." It wasn't a request; it was an announcement.

My son, Ryan, is fourteen and usually follows the rules, so this caught me off guard. Leo looked small for his age, drowning in an oversized sweatshirt despite the humid evening.

He kept his eyes glued to his shoes. I had exactly four pork chops defrosted for our family of four. Now, we were five.

"Nice to meet you, Leo" I said, already doing the mental math to shrink our portions. "I hope you're hungry." Dinner was heavy with silence. Leo ate with a sort of desperate politeness, tiny, careful bites, whispering "thank you" every time a dish was passed.

My wife tried to start a conversation about school, but he gave nothing but one-word replies. Ryan just watched us, his jaw set, like he was waiting for us to mess up. Once Leo headed home, I pulled Ryan aside. "You can't just spring guests on us like that, Ryan. We need to know ahead of time."

”

**You don't need
a charity board
or a massive
budget. Just
set an extra
plate.
Sometimes,
that's all it
takes to
change a life.**

“

A cold knot formed in my stomach. *"Did he tell a counselor? The school must have resources".* Ryan looked at me with a tired kind of wisdom. *"If he tells the school, they call the state. Then his dad gets investigated, they might get separated, and everything falls apart. He just needs a hot meal, Dad. That's all."*

He needed a meal" Ryan said flatly.

"What do you mean, he 'needed"

"Dad. He needed to eat. There's nothing in his pantry. His dad is working two jobs just to keep the lights on, and his mom hasn't been around in years. He gets a school lunch, and that's it until the next morning."

At fourteen, my son was seeing a world I had been comfortably ignoring.

"Tell him to come back tomorrow" I said. Ryan finally cracked a smile. "Already did." Leo became a fixture at our table.

Monday through Friday, he was there. He was always quiet, always grateful, and never asked for a second helping unless we practically forced it on him.

By the end of the first month, he finally looked me in the eye. "Why do you let me stay?" "Because you're our guest" I told him. "And there's always enough to share." He didn't sob; he just let out a long, shaky breath as a few tears hit his plate.

"Nobody ever just... helped. Without a catch." It turned out Leo was a brilliant kid. He was obsessed with aerospace engineering and was already teaching himself calculus. He graduated top of his class last spring with a full ride to a tech institute.

During his commencement speech, he thanked his mentors and his father. Then he added, "And to the Wayne family, who gave me a seat at their table for four years without making me feel like a charity case. You taught me that being in need doesn't mean you're a failure. Thank you for always having a plate ready." I was blindsided. I sat in the bleachers and ruined my shirt sleeve wiping my eyes. The truth is, I didn't do anything heroic. I just bought more groceries. I put an extra chair at the table. That's it. But to a kid who felt invisible, it was a lifeline.

Ryan is eighteen now. He still brings people home. Last month, it was a classmate whose family was living out of their car.

Last week, it was a kid whose house was freezing because the heat had been cut off. He doesn't ask anymore. He just sets the table. And I just keep cooking. Look around your community.

There's a kid in your neighborhood who isn't just "struggling", they're hungry.

Right now. You don't need a charity board or a massive budget. Just set an extra plate. Sometimes, that's all it takes to change a life.

THE BELL STILL RINGS



She walks in bright as a button, neat and light,
Though storms have stolen half her sleep last night.
With a heart on her sleeve she softens every scar,
Yet hides her shattered pieces where no children are.

She carries the world on her shoulders each day,
Still paints little dreams in a colorful way.
While worries pile up to the ceiling unseen,
She enters the classroom with a smile serene.

For teaching is never a piece of cake, true—
It's building brave souls from the timid and blue.
She bends over backward for futures untold,
Turning trembling young hands into hearts made of gold.

And when tiny voices cry, "Ma'am!" with delight,
Her weary soul suddenly feels warm and bright.
Because deep in her calling, through joy and through pain,
She knows every child is sunshine after rain.

Ms. Swapna Kunjumon
Department of English



Ms. Muskan Sheikh
Early Years Inclusion Team



Ms. Pallavi Manjeshwara
Department of Science



Capturing the enduring resilience of
HH Sheikh Zayed bin Sultan Al Nahyan and HH Sheikh Rashid bin Saeed Al
Maktoum, reflecting their determination, vision and unwavering commitment
in shaping a united and thriving nation of United Arab Emirates.

Mr Deviprasad BK
Art Teacher



Ms. Harsha Agarwal
Admin Team

She Keeps Moving

She falls, but never stays on ground,
No final silence, no defeat found.
Each bruise she wears is strength in disguise,
A lesson learned that makes her rise.

The world may push, the winds may bend,
But still she finds a way to mend.
Not broken—just reshaped by pain,
To stand up stronger
once again.

She knows the weight of heavy days,
The hidden storms, the winding ways.
Yet in her heart, a steady flame,
Keeps whispering her fearless name.

She stumbles once, she stumbles twice,
But never trades her dreams for price.
For every fall becomes her art—
A map of courage in her heart.

So watch her rise, again, anew—
Not held by what she's been through.
She falls... she learns... she finds her way,
And keeps on moving every day.

***AI assisted**

Ms. Kavita Aul
Department of Mathematics

वो यादगार पल

जीवन एक बहती नदी है — हर पल नया पानी, हर मोड़, एक नई कहानी। इस नदी में अनगिनत लहरें उठती हैं और बिखर जाती हैं, लेकिन कुछ लहरें ऐसी होती हैं जो किनारे पर अपनी छाप छोड़ जाती हैं। ऐसे ही पलों को हम 'यादगार पल' कहते हैं — वो क्षण जो बीत तो जाते हैं, पर कहीं भीतर हमेशा के लिए ठहर जाते हैं।

सोचिए उस सुबह को, जब परीक्षा का परिणाम आया था। घड़ी की सुइयाँ जैसे रुक गई थीं। और जब नाम देखा — उस एक पल में माँ की आँखों में जो चमक थी, वो किसी भी पुरस्कार से बड़ी थी। या वो बरसात की दोपहर, जब स्कूल की छुट्टी अचानक हो गई और दोस्तों के साथ भीगते हुए घर लौटे — बिना किसी योजना के, बिना किसी कारण के, बस हँसते हुए। ऐसे पल कोई कैलेंडर में नहीं लिखता, फिर भी ये सबसे पहले याद आते हैं।

यादगार पलों की सबसे बड़ी सच्चाई यह है कि ये किसी बड़े मौके या महँगे तोहफे के मोहताज नहीं होते। एक पुराने दोस्त का अचानक फोन, दादी की कहानियों वाली रात, या कक्षा में किसी मुश्किल सवाल का जवाब देने पर पूरी क्लास की तालियाँ — ये छोटे-छोटे पल ही जीवन की असली दौलत होते हैं। बड़े-बड़े समारोह भूल जाते हैं, पर ये पल नहीं भूलते।

दरअसल, ये पल सिर्फ यादें नहीं होते — ये हमारी पहचान बनाते हैं। जब हम थके हुए होते हैं, जब रास्ता मुश्किल लगता है, तब यही पल हमें याद दिलाते हैं कि हम कौन हैं, कहाँ से आए हैं, और किनके लिए आगे बढ़ना है। एक मुस्कान, एक स्पर्श, एक शाम — ये जीवन की नींव होते हैं।

वो बहती नदी रुकती नहीं। वक्त किसी के लिए नहीं थमता। लेकिन अगर हम ध्यान से जीएँ — आँखें खुली रखें, दिल हाज़िर रखें — तो हर दिन में कहीं न कहीं एक यादगार पल छुपा मिलेगा। बस उसे पहचानने की ज़रूरत है। **श्रीमती बिनी जोकलिन -हिंदी विभाग**

Ms. Bini Jokelin
Department of Hindi

THE LITTLE WINS WE OFTEN FORGET

Ms. Aliya Dehlvi
Early Years Inclusion Coordinator

NOT EVERY SUCCESS IN EDUCATION COMES WITH APPLAUSE.
SOMETIMES, IT IS THE CHILD
WHO FINALLY RAISES A HAND AFTER WEEKS OF SITTING SILENTLY.

SOMETIMES, IT IS A STUDENT
WHO WALKS INTO THE LEARNING CENTRE
WITH A SMILE INSTEAD OF HESITATION.

SOMETIMES, IT IS HEARING, "MISS ALIYA, LOOK WHAT I DID!"
AFTER COUNTLESS ATTEMPTS, REMINDERS AND ENCOURAGEMENT.

AS EDUCATORS, WE SPEND MUCH OF OUR TIME
PLANNING, TEACHING, SUPPORTING AND
WORRYING ABOUT WHETHER WE ARE DOING ENOUGH.

WE OFTEN FOCUS ON TARGETS
YET TO BE ACHIEVED AND GOALS STILL AHEAD.
IN THE PROCESS, WE SOMETIMES FORGET TO PAUSE
AND NOTICE THE SMALL VICTORIES HAPPENING AROUND US EVERY DAY.

A CHILD REMEMBERING A STRATEGY INDEPENDENTLY.

A PARENT SHARING THAT THEIR CHILD IS MORE CONFIDENT AT HOME.

A COLLEAGUE STEPPING IN TO HELP WITHOUT BEING ASKED.

***A STUDENT WHO ONCE STRUGGLED TO STAY SEATED
COMPLETING AN ACTIVITY WITH FOCUS AND PRIDE.***

**THESE MOMENTS MAY SEEM SMALL,
BUT THEY ARE OFTEN THE TRUE MEASURE OF PROGRESS.**

WORKING IN INCLUSION HAS TAUGHT ME THAT GROWTH IS RARELY LOUD.
IT IS GRADUAL, PATIENT AND OFTEN HIDDEN WITHIN ORDINARY DAYS.
THE MOST MEANINGFUL CHANGES HAPPEN ONE STEP AT A TIME,
BUILT THROUGH TRUST, CONSISTENCY AND CARE.

AS ANOTHER ACADEMIC TERM DRAWS TO A CLOSE,
I FIND MYSELF GRATEFUL FOR THESE LITTLE WINS.
THEY REMIND ME WHY WE DO WHAT WE DO AND WHY EVERY EFFORT,
NO MATTER HOW SMALL IT MAY SEEM, MATTERS.
BECAUSE SOMETIMES THE GREATEST ACHIEVEMENTS
ARE NOT FOUND IN REPORTS, GRADES OR CERTIFICATES.

**THEY ARE FOUND IN THE QUIET MOMENTS WHEN A CHILD BEGINS TO BELIEVE,
"I CAN DO THIS."**

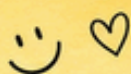
AND THAT IS A WIN WORTH CELEBRATING.



Nurturing Each Other, Inspiring Every Day

Small gestures. Big impact.
Stronger together.

You are appreciated!



SHARED WISDOM CORNER – PASS IT ON TIPS

A simple appreciation sticky note with kind words like "You are appreciated" or "Thank you for always supporting others" can instantly brighten a teacher's day. Small gestures of encouragement create positive energy, stronger connections, and smiling hearts within the workplace.

Thank you
for being
amazing!

UNEXPECTED KINDNESS

Your hard work
never goes
unnoticed.



After a long day, a teacher found a handwritten note and a warm cup of coffee left by a colleague with the message: "Your hard work never goes unnoticed." That small act of kindness became a powerful reminder that support from one teacher to another truly matters.

We uplift
each other.

STAFFROOM THERAPY – THE BEST PART

Between busy schedules and demanding days, the staffroom often becomes a space filled with laughter, conversations, shared snacks, and encouragement. Sometimes, a few moments with supportive colleagues are all we need to recharge, reconnect, and continue inspiring others with renewed spirits.

Together,
we make a difference
every single day.

Thank you for being the heart of our school community.

From
Ms Kavita

Ms. Kavita Aul
Department of Mathematics

*AI assisted



This mixed-media collage was created as a gentle visual reflection celebrating words that inspire connection, compassion and the humanity that we all share amidst challenges.

Ms. Mily Alice Byju
Primary School Counselor

A Pocketful Of Calm



Take a peek at these cute handmade **Clay Worry Stones**. These were designed by me to support moments of calm and focus. Their smooth texture invites gentle fidgeting, making them a simple yet meaningful tool for grounding, mindfulness and everyday wellbeing.



Ms. Anagha Pavithran
Middle School Counselor

THE POWER OF PRESERVING DIGNITY: A LESSON THAT CONTINUES TO GUIDE ME

Dr Subhadra Prabhu
Career & Senior School Counselor

In our professional journey, we encounter stories that remain with us long after we have read them. Some resonate because they affirm what we already believe, while others challenge us to become better educators and human beings. One such story that has profoundly influenced me is the account of a teacher who chose compassion over condemnation and dignity over humiliation.

As educators, we are entrusted not merely with imparting knowledge but with shaping character, nurturing self-worth and guiding young minds through moments of success and failure. The following story beautifully captures the essence of what true teaching means.

An old man meets a young man who asks, "Do you remember me?"

The old man replies, "No."

The young man explains that he was once his student.

The old man asks, "What are you doing now?"

The young man smiles and says, "I became a teacher."

"Like me?" the old man asks.

"Yes," replies the young man. "In fact, I became a teacher because you inspired me."

Curious, the old man asks what had inspired him.

The young man recounts an incident from his school days. A classmate had brought a beautiful new watch to school. Tempted by it, he stole the watch from his friend's pocket. When the theft was discovered, the classmate informed the teacher.

The teacher asked the entire class to stand in a circle and close their eyes. He then searched every student's pocket until he found the watch. Once it was recovered, he announced, "We have found the watch," and returned it to its owner. He never revealed who had taken it, never scolded anyone publicly and never referred to the incident again.

The young man continued, "That day was the most embarrassing day of my life, yet you protected my dignity. Because of your response, I learned a lesson that changed me forever.

”

**As educators, we
are entrusted not
merely with
imparting
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with shaping
character**

“

**I resolved never to steal again. Your compassion taught me more than any punishment could have.”
The young man then asked, “Do you remember that incident, teacher?”**

The old teacher replied, “Yes, I remember finding the watch. But I do not remember who stole it, because I too closed my eyes while searching.”

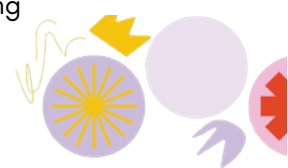
This simple yet profound story serves as a powerful reminder that education is not about exposing mistakes but about creating opportunities for growth. The teacher corrected the behaviour without damaging the child’s self-respect. In doing so, he transformed a moment of wrongdoing into a lifelong lesson in integrity.

We often witness students struggling with mistakes, poor choices, emotional challenges and lapses in judgment. What they need most in those moments is the opportunity to learn and make amends. The preservation of a child’s dignity can be the turning point that inspires positive change.



The story continues to guide me and serves as a constant reminder that every corrective action should be rooted in empathy and respect as our words, actions and responses can leave lasting imprints on young minds—either as wounds or as wisdom.

**The most enduring lessons are not always found in textbooks;
they are found in the humanity we show our students every day.**



REFLECT

IN THE WHIRLWIND OF A BUSY CLASSROOM, SPLIT-SECOND REACTIONS CAN SHAPE A STUDENT'S ENTIRE DAY. "REFLECT, PAUSE, AND CHOOSE" IS AN INVITATION TO STEP INTO THE GAP BETWEEN STIMULUS AND RESPONSE.

BY MASTERING THESE SMALL, INTENTIONAL CHOICES, WE UNLOCK THE EXTRAORDINARY POWER TO TRANSFORM ROUTINE CHALLENGES INTO PROFOUND MOMENTS OF CONNECTION AND GROWTH.

♥ Reflect. Pause. Choose. ♥

Every situation is a chance to grow.

💡 Read each situation. Pause and reflect. What will YOU do?

SITUATION 1



I will _____

SITUATION 2



I will _____

SITUATION 3



I will _____

SITUATION 4



I will _____

♥ Small choices. Big difference. You have the power to choose how you respond. 🌿

ULTIMATELY, THE CLIMATE OF OUR CLASSROOMS IS NOT DEFINED BY MAJOR CRISES, BUT BY THE QUIET CHOICES WE MAKE IN ORDINARY MOMENTS. WHEN WE PAUSE AND REFLECT, WE RECLAIM OUR AGENCY AS EDUCATORS AND MENTORS. REMEMBER, WE HOLD THE POWER TO CHOOSE OUR RESPONSE—AND IN DOING SO, WE POSSESS THE POWER TO MAKE A WORLD OF DIFFERENCE.

TIME OUT CORNER





ROOTED RECIPES

Nourishing body,
mind and
community:
one recipe at a time.

A Bowl of Health and Happiness

Ms Radhika Suresh
Department of English

We all experience moments when sweet cravings strike, but satisfying them doesn't have to mean reaching for sugar-laden treats. With the right ingredients, it is possible to enjoy desserts that are both delicious and nourishing.

One ingredient that has recently gained immense popularity on social media is **Makhana**, also known as fox nuts or lotus seeds. Curious about the growing trend, I decided to give a makhana-based dessert a try. After seeing countless recipes online, I decided to try a makhana-based dessert myself—and it turned out to be a delightful surprise! Creamy, naturally sweet, and packed with nutrients, this wholesome fruit salad is perfect as a refreshing breakfast or a light dessert after dinner.



INGREDIENTS

- ½ cup makhana (fox nuts)
- 4-5 almonds
- 4-5 cashews
- 4-5 dates
- 1 tablespoon oats
- ½ tablespoon chia seeds
- Fruits of your choice (mango, apple, banana, blueberries, pomegranate, melon, etc.)
- 1 tablespoon honey
- Melon and pumpkin seeds for garnishing

METHOD

- Soak the makhana for 10-15 minutes. Also soak the almonds and cashews until they become soft and tender.
- Blend the soaked makhana, almonds, cashews, oats, dates, and mango pieces into a smooth and creamy mixture.
- In a serving bowl, combine the chopped fruits of your choice with the soaked chia seeds. Pour the prepared makhana mixture over the fruits and drizzle with a little honey for natural sweetness.
- Garnish with melon and pumpkin seeds, then chill before serving.
- This nutrient-rich fruit salad offers a delightful balance of taste and health. Packed with fibre, vitamins, healthy fats, and natural sweetness, it is a guilt-free way to satisfy your dessert cravings while nourishing your body.
- So, the next time you're looking for a sweet treat, choose a bowl of goodness that leaves you feeling energized and happy. After all, healthy eating can be both enjoyable and rewarding!

Enjoy your very own Bowl of Health and Happiness! 🍌🍇✨





The Viral Idli Cooker Chicken Sandwich

[planes to plates](#)



Ingredients:

- 200 gms boneless chicken pieces
- 1 egg
- 1-2 red chillies
- 7-8 garlic cloves
- 1/2 tsp mixed herbs
- 1/2 tsp salt or as per taste
- 1/4 cup each chopped capsicum (red, yellow, green)
- Bread

Instructions:

- In an idli steamer or any steamer, place an egg, chicken pieces, red chillies and garlic. Steam them for 10-12 mins on a medium flame.
- Add the steamed chilli, garlic and egg into a blender along with yogurt, mixed herbs and salt and blend it into a thick sauce.
- Chop the cooked chicken into tiny pieces, then add the sauce as required along with some salt. Add chopped capsicum and mix everything well.
- Lay the filling on the bread, cover it with another bread. Apply butter and roast it on pan or a sandwich maker. Once toasted, your healthy chicken sandwich is ready to go. Bon Appétit!

Ingredients:

- 3 cups pressure-cooked chickpeas
- 1 teaspoon grated lemon zest
- 3 tablespoons lemon juice, divided
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 3/4 teaspoon garlic powder
- 1/4 teaspoon ground pepper

Instructions:

- Preheat oven to 400°F. Place a large rimmed baking sheet on the upper oven rack to preheat. Spread the chickpeas on a clean kitchen towel or layers of paper towels. Gently pat dry and loosen the skins; discard any loose skins.
- Combine the cooked chickpeas, 2 tbsp lemon juice, 1 tbsp oil and 1/2 teaspoon salt in a large bowl; toss to coat. Carefully spread in an even layer on the hot baking sheet. Roast, stirring once halfway through, until crispy and golden brown, 35 to 40 minutes.
- Transfer the chickpeas to a large bowl. Add the remaining 1 tablespoon lemon juice, 1 teaspoon lemon zest, 3/4 teaspoon garlic powder and 1/4 teaspoon pepper; toss to coat. Let cool completely, about 15 minutes. Your dish is ready to serve.

Lemon-Garlic Crispy Chickpeas

Jasmine Smith

SOURCE: [EATINGWELL](#)



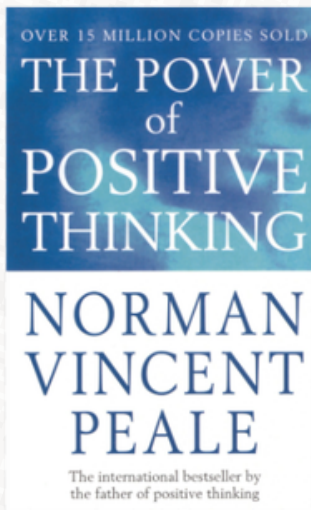
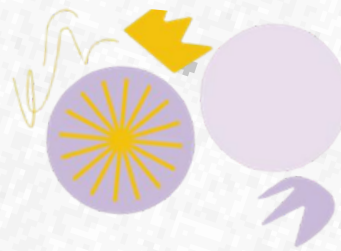


ROOTED READS

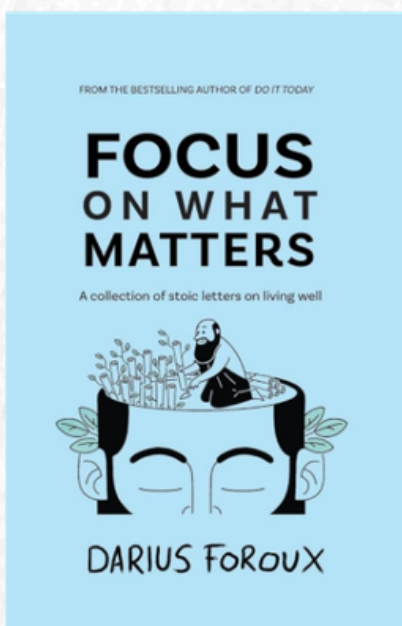
Nourishing minds,
hearts, and
community: one
book at a time.



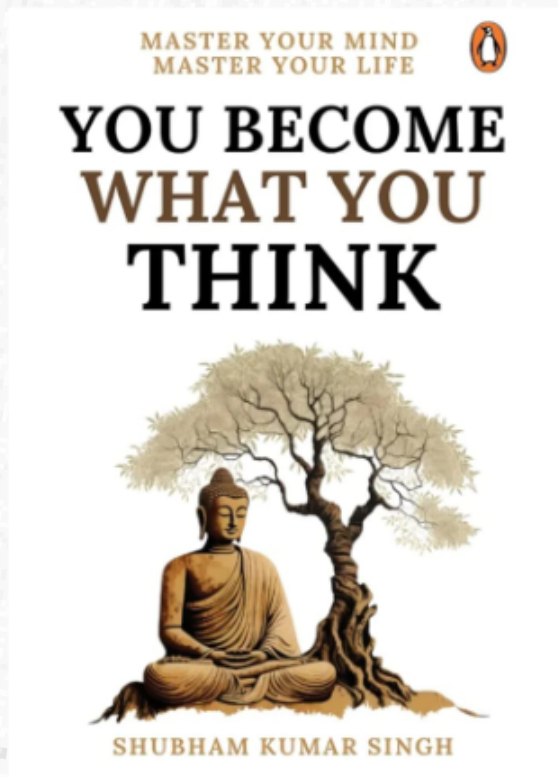
Book Recommendations



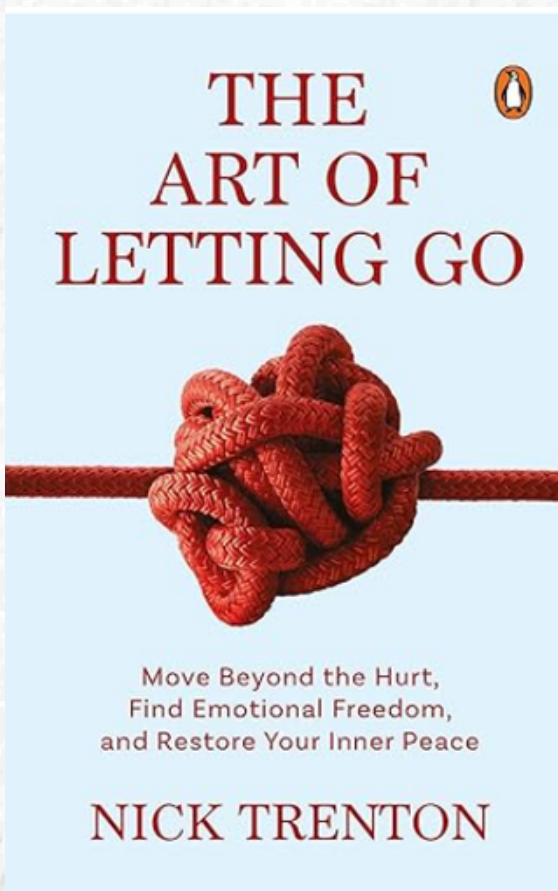
The Power of Positive Thinking by Norman Vincent Peale is a timeless self-help classic that explores how a positive mindset, faith, and self-belief can help individuals navigate challenges and lead more fulfilling lives. Through practical strategies and inspiring insights, the book encourages readers to build confidence, manage worry, strengthen relationships, and develop the resilience needed to pursue their goals with optimism and purpose.



Focus on What Matters by Darius Foroux draws on Stoic philosophy to offer practical guidance for living with greater clarity, resilience, and purpose. Through a collection of thoughtful letters and essays, the book explores themes such as happiness, health, relationships, and success, encouraging readers to focus on what they can control, stay present, and make intentional choices that lead to a more meaningful and balanced life.



You Become What You Think by Shubham Kumar Singh is a practical guide to personal growth that encourages readers to develop greater self-awareness and cultivate a positive mindset. Drawing on lessons from a wide range of books and life experiences, it offers actionable strategies to improve happiness, strengthen relationships, enhance mental well-being, and unlock one's full potential through intentional thinking and everyday habits.



The Art of Letting Go by Nick Trenton is a practical guide designed to help you stop overthinking and break free from negative mental spirals. It focuses on "organizing the mess in your mind" by teaching you to stop dwelling on the unchangeable past or worrying about uncertain futures. The core philosophy centers on the dichotomy of control: learning to distinguish between what you can influence and what you cannot. Trenton blends psychological techniques—such as self-distancing and brain dumping—with actionable, everyday advice. Ultimately, the book serves as a roadmap to let go of unnecessary baggage, release the drive for perfectionism, and restore your inner peace.

The Covenant of Water

A Book Review

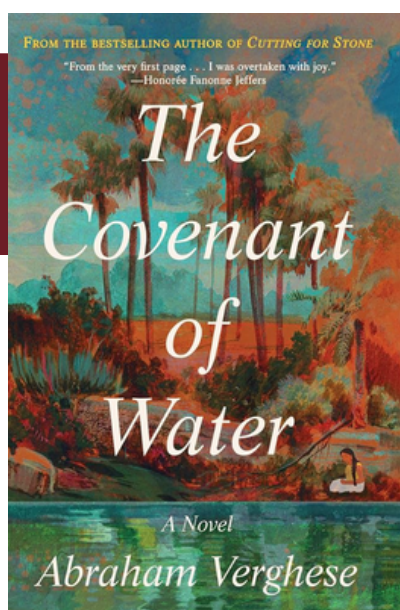
Ms. Swapna Yohannan
Early Years Team

The Covenant of Water is a novel that tells the story of three generations of a family in Kerala.

One of the most interesting parts of the story is the mysterious family condition that causes some family members to drown unexpectedly.

Because of this, the family lives with a deep fear of water, even though they are surrounded by rivers and monsoon rains.

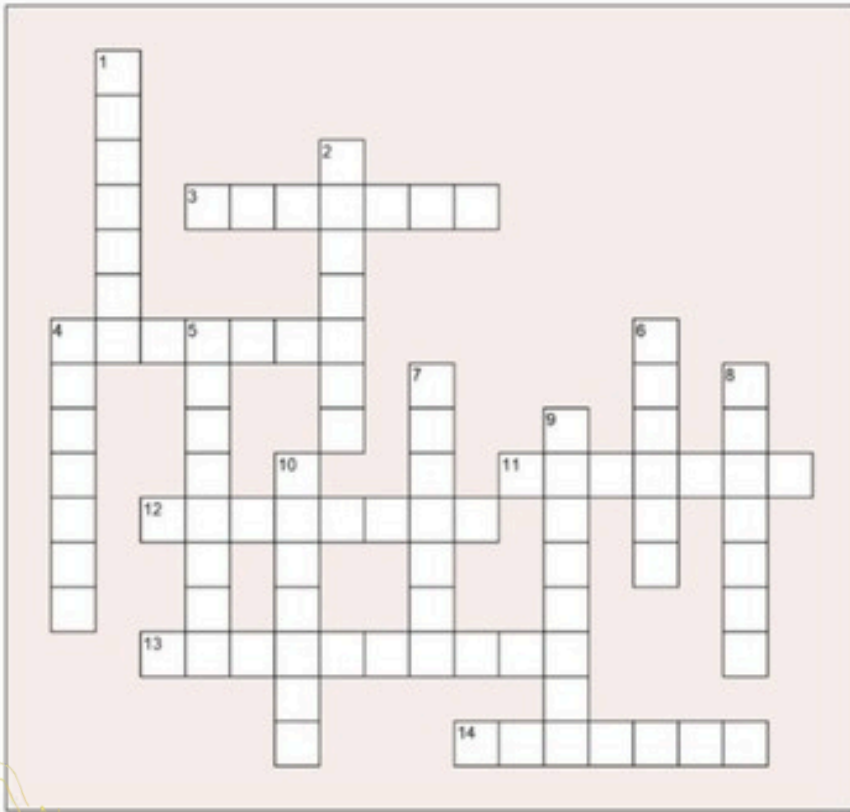
One of the things that stayed with me after I finished the book was its message of hope and the importance of compassion. Even in the face of grief and hardship, the characters continue to care for one another, reminding us of the strength that comes from kindness.



What I enjoyed most about this book was the way the author, Abraham Verghese brought each character to life. His writing is vivid and immersive, making it easy to connect with the characters and their journeys.

The novel is beautifully written, emotionally rich, and filled with sophisticated vocabulary and unforgettable characters. While it requires patience, the journey is incredibly rewarding. I would highly recommend it to anyone who enjoys stories that leave a lasting impression.

UNWIND



DID YOU KNOW?



Spending **just 10-15 minutes** on a crossword puzzle can help sharpen your memory, improve concentration, and reduce stress by giving your mind a chance to focus on something enjoyable. It's a simple way to exercise your brain while taking a well-deserved break.

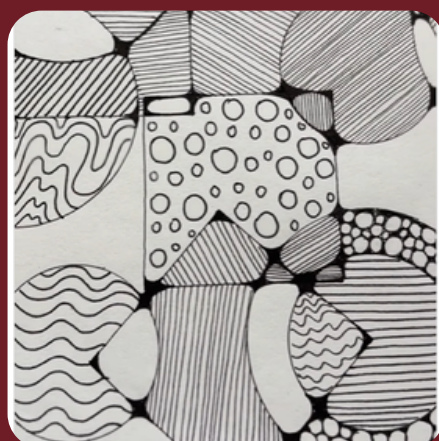
across:

- 3: Living peacefully with yourself and others.
- 4: Admiration felt or shown for someone or something that you believe has good ideas.
- 11: Paying attention to the present moment.
- 12: Calm and peaceful.
- 13: Bouncing back from setbacks.
- 14: To make (someone) want to do something

down:

- 1: Having a sense of meaning and direction.
- 2: Stepping into another's shoes.
- 4: To think carefully about experiences, thoughts, or feelings.
- 5: Staying calm while waiting or facing challenges.
- 6: Knowledge that is gained by having many experiences in life
- 7: To help (something or someone) to grow, develop, or succeed.
- 8: Bravery.
- 9: Being considerate.
- 10: Curative.

ANSWERS AVAILABLE AT THE END OF THE JOURNAL



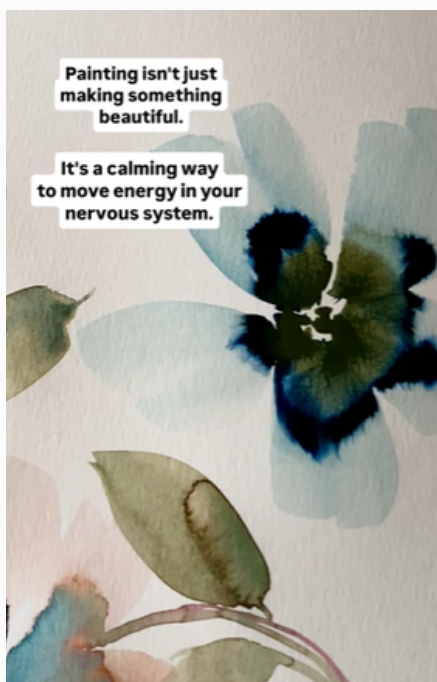
NEUROGRAPHIC ART

Neurographic art is a therapeutic drawing practice developed in 2014 by Russian psychologist Pavel Piskarev. It combines psychology and abstract creativity to relieve stress by allowing you to intuitively process emotions and alter neural pathways.

HOW TO CREATE NEUROGRAPHIC ART

- **Set an Intention:** Focus on a specific challenge, emotion, or goal you want to explore.
- **Draw Neurographic Lines:** Using a permanent marker, draw spontaneous, fluid, freeform lines across the paper, letting them intersect and wander off the edges.
- **Round the Intersections:** Wherever lines cross, use your marker to round out the sharp angles, connecting the lines smoothly. This meditative process models how neural pathways in the brain connect.
- **Add Color:** Fill the newly created organic shapes using watercolors, markers, or colored pencils.
- **Add Patterns:** Use intricate zentangle patterns or embellishments to fill the spaces.

[HTTPS://WWW.INSTAGRAM.COM/ARTPEOPLECT/REEL/DTTAYXFEQIR/?HL=EN](https://www.instagram.com/artpeoplect/reel/DTTAYXFEQIR/?hl=en)



WHAT IF 3 MINUTES COULD RESET YOUR ENTIRE MOOD?

✨ Painting isn't just about making something pretty... it's a way to move energy within you. Every brushstroke helps you release stuck emotions, soothe your nervous system, and come back home to yourself. That's why painting can feel like such a reset. 🧘‍♀️

And the best part?

You don't need hours or fancy supplies. Just a brush, paper, and a little space to breathe. Because let's be real: life gets overwhelming. Between responsibilities and stress, it's easy to feel disconnected. This ritual helps you drop back in, quickly and gently.



-Stephanie Ryan (Artist)

https://www.instagram.com/stephanie.ryan.artist/p/DZGHmKaiYiH/?img_index=8

MINDFUL MOVES

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1 OVERHEAD PENDULUM



2 WINDMILLS



3 DUMBBELL SIDE DIPS



4 WOODCHOP



5 LUNGE TWISTS



6 KNEE TUCK EXTENSIONS



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6 Standing Exercises to Strengthen Your Core



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Beat the Heat: Your Ultimate UAE Budget Summer Snapshot

Not travelling this summer? Looking for epic summer plans that won't drain your wallet? We have compiled the ultimate list of indoor escapes, fitness hubs, and stunning nature reserves across UAE. Every single option is either completely **free** or **under AED 25!**

Active & Wellness Hubs

• Dubai Mallathon

- **The Vibe:** Swap the outdoor heat for a massive, air-conditioned indoor walking track inside one of your favorite malls in town.
- **Cost:** FREE.
- **When:** Daily from June 15 to September 15, 2026 (6:00 AM - 10:00 AM).
- **Where:** Dubai Mall, Mall of the Emirates, Dubai Hills Mall, City Centre Mirdif, City Centre Deira, and Dubai Festival City Mall.
- **Highlight:** Track your progress across 2.5K, 5K, or 10K indoor routes.

• Dubai Night Swimming Beaches

- **The Vibe:** Safe ocean swimming under the stars after the sun goes down.
- **Cost:** FREE.
- **Where:** Select public beaches in Jumeirah 2, Jumeirah 3, Umm Suqeim 1
- **Highlight:** Bright floodlights and 24/7 lifeguards keep the water safe and cool.



Explore the UAE's Marvellous Biodiversity

• Wasit Wetland Centre (Sharjah)

- **The Vibe:** An oasis of secret lagoons packed with rare, native birds
- **Cost:** AED 15 for adults | FREE for kids under 12.
- **Highlight:** A long, fully air-conditioned glass viewing gallery lets you spot wildlife in comfort.

• Sharjah Desert Park

- **The Vibe:** A massive, multi-center educational and nature hub completely optimized for summer exploring.
- **Cost:** AED 21 (AED 20 + 5% VAT) for adults | FREE for kids under 12. While the park comprises distinct specialized venues, a single entry ticket conveniently grants you access to each center inside.
- **Highlight:** Enjoy a fully air-conditioned, guided museum experience inside the stunning Islamic Botanical Gardens and the Natural History & Botanical Museum. Do not leave without stopping by the impressive Arabia's Wildlife Centre, where you can view thriving regional wildlife up close within a spectacular, climate-controlled indoor habitat. Complete your journey at the interactive Children's Farm, where you can interact with farm animals and watch ducks paddle by.

• Khor Kalba Mangrove Nature Park (Kalba, Sharjah East Coast)

- **The Vibe:** Kalba is a beautiful coastal destination on the east coast of Sharjah, hosting a number of landmark attractions. The Khor Kalba Mangrove Centre is one of the most recent ecotourism projects in Kalba, reflecting the area's rich ecological terrain.
- **Cost:** AED 15 for adults | FREE for kids under 12.
- **Outdoor Highlight:** Due to its unique location in the middle of an ancient stand of mangroves, visitors taking the outdoor tour have an opportunity to see the oldest mangrove forest in the Emirates, with trees up to 8 meters tall.
- **Indoor Highlight:** Inside the centre, visitors enjoy watching many beach birds such as the rare Arabian Collared Kingfisher, in addition to elements of the marine environment such as crabs, green turtles, and many fish and microorganisms.





Traditional Road Trips & Hidden Gems

• The Friday Market (Souq Al Juma'a)

- **The Vibe:** Head down to Friday Market in Fujairah! Despite the name, this legendary open-air mountain market is actually open every single day. It is a vibrant, bustling roadside strip framed by dramatic mountain views.
- **Cost:** FREE entry.
- **When:** Daily from 7:00 AM to midnight (visit during late afternoon or evening hours to avoid the midday sun).
- **Where:** Located on the main highway near Masafi, right on the scenic drive towards the East Coast.
- **The Highlight:** It is the ultimate place to practice your bargaining skills! You can find towering stacks of handmade clay pottery, colorful woven carpets, and exotic plants.
- **The Food:** Don't leave without buying fresh summer fruits, drinking straight out of a chilled fresh coconut, or grabbing a steaming hot cob of grilled sweet corn for just a few dirhams.



Fancy a Read? Head to the Library

• Mohammed Bin Rashid Library (Dubai)

- **The Vibe:** A massive, world-class architectural marvel shaped like an open book.
- **Cost:** FREE to enter and browse.
- **Highlight:** Multiple floors of absolute silence, specialized book collections, and cozy, cool study zones. Placed right by the creek with beautiful views

• House of Wisdom (Sharjah)

- **The Vibe:** A high-tech, futuristic reinvention of a traditional library.
- **Cost:** FREE to enter and browse.
- **Highlight:** Stunning glass architecture filled with vibrant, indoor climate-controlled gardens perfect for reading, and quiet work





Official Website Directory

Planning your visit? Use these official links to check timings, rules, or to pre-book your entry tickets:

- **Dubai Mallathon Registration:** www.dubaimallathon.ae
- **Mohammed Bin Rashid Library:** www.mbrl.ae
- **House of Wisdom Sharjah:** www.houseofwisdom.ae
- **Sharjah Investment and Development Authority (For Wasit & Kalba):** www.shurooq.gov.ae
- **Sharjah Museums Authority (For Desert Park & Wildlife Centre):** www.sharjahmuseums.ae

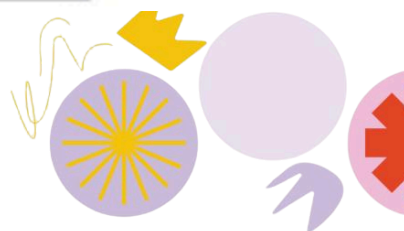
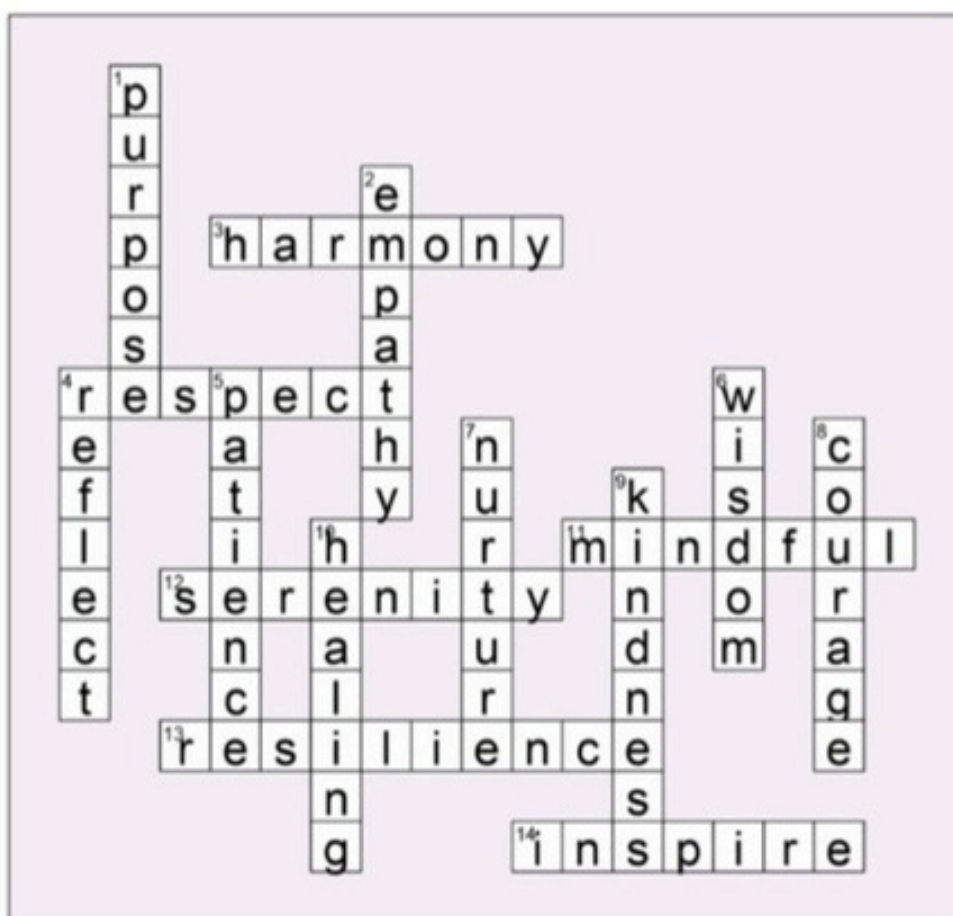


DID YOU GET IT RIGHT?



Answer Sheet crossword puzzle

Nurturing Minds Inspired Hearts and Renewed Spirits





ROOTS OF CREDENCE

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SEE YOU NEXT TERM!
HAPPY SUMMER VACATION

