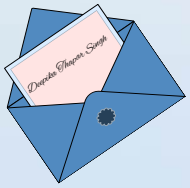
CREDENCE CARES

2026-27

credence
high school

Voices of Wellbeing
from Credence Community

September 2026



CREDENCE CARES: VOICES OF WELLBEING



Dear Credence Family,

Greetings from the Wellbeing Team!

We started this term with renewed energy, and a month in, we are glad to share with you that our days have been filled with a vibrant mix of activities and initiatives, all progressing smoothly and bringing our community together.

As we enter an important period of the academic year, examinations and assessments offer opportunities to reflect on learning, recognise progress and celebrate growth. While our days may feel a little more demanding, they can also be a time to strengthen confidence, resilience and self-belief. Students may be embracing new challenges, parents may be finding meaningful ways to encourage their children and teachers may be supporting their students while nurturing their own wellbeing.

In the midst of all this, we invite every member of the Credence family to pause and remember that wellbeing is an important part of learning and success. A growth mindset reminds us that our abilities, skills and understanding are not fixed. They can develop through effort, practice, reflection and a willingness to learn. During exam season, it can be easy to focus only on outcomes. However, growth is often found in the smaller moments — sitting down to try again, asking a question, seeking help, changing a revision strategy, learning from a mistake, or having the courage to begin again after a difficult day.

For our students, we hope this season brings not only determination, but also self-belief and self-compassion. For parents, may it be a time to offer encouragement, reassurance and a listening ear, reminding children that they are valued for who they are, not simply for their results. For teachers, may we also remember to extend the same patience and kindness to ourselves that we so readily offer to our students.

As one Credence family, let us support one another through this season by celebrating effort as well as achievement, progress as well as outcomes, and wellbeing alongside academic success. So, as we navigate this season together, let us be patient with ourselves, generous with one another and mindful of the importance of rest, balance and connection.

We do not have to be perfect to grow. We simply need to remain willing to learn, keep trying and take one step at a time.

Warmly,
Team Well-being

CREDENCE CARES: VOICES OF WELLBEING

Embedding Well-Being in Practise



Own your choices - Manage Emotions, Resist Peer Pressure and Stay Vape free | Grades 9 and 11







On September 3rd 2026, Students of Grades 9 and 11 participated in an interactive wellbeing session, “Own Your Choices – Manage Emotions, Resist Peer Pressure and Stay Vape-Free,” led by our senior school and career counselor, Dr. Subhadra Prabhu. The session explored how emotions and direct, indirect and digital peer pressure can influence choices, particularly around vaping.

Through realistic scenarios and practical activities, students learnt strategies such as the PAUSE strategy, 3-Breath Reset and 5 Rs to manage emotions, respond assertively and make thoughtful decisions. The session encouraged students to stay confident, seek support when needed and make choices aligned with their values, goals and wellbeing.

My Choices, My Wellbeing | Grades 2-5 Wellbeing Session









The Wellbeing Department conducted a wellbeing session on “My Choices, My Wellbeing” for students of Grades 2–5 on 9th and 16th September 2026 facilitated by our Primary School Counselor, Ms Mily Alice Byju. Designed as an interactive Wellbeing Rangers Training, the session took students on an engaging journey of discovering how their everyday choices can shape their health, happiness, and overall wellbeing.

CREDENCE CARES: VOICES OF WELLBEING

Students explored themes including eating well, mindful screen time, calming the mind, protecting happy time and respecting themselves and others. Through these activities, they learned that wellbeing is built through small, thoughtful choices made each day.

The session concluded with students embracing their role as Wellbeing Rangers, recognising that their choices can support not only their own wellbeing but also contribute positively to the wellbeing of those around them.

World's Biggest Gratitude Lesson (WBGL) : Growing With Gratitude | Grades 6-8







Gratitude took centre stage as students of Grades 6–8 joined the World's Biggest Gratitude Lesson (WBGL) virtually, on September 10th, a global initiative by Growing With Gratitude. The session offered students a meaningful opportunity to pause, reflect and recognize the people, experiences and everyday moments that contribute to their happiness and wellbeing.

During the engaging live online lesson, students took part in guided activities and reflections focused on gratitude, kindness, empathy and positive connections. The use of a Gratitude Passport encouraged students to actively reflect on what they appreciate in their lives and consider how gratitude can be expressed through everyday actions. Being part of a global lesson also gave students a sense of connection with young people from different schools and communities around the world.

The experience highlighted that gratitude is more than simply saying "thank you"; it is a mindset that can help students notice the positive, strengthen relationships and build resilience during challenging times. Students were encouraged to continue practising small acts of appreciation in their daily lives, contributing to a more positive, empathetic and connected school community. The session also reinforced the value of making wellbeing practices simple, accessible and easy to carry into everyday routines. By sharing the experience collectively, students were reminded that positive change can begin with small moments of awareness and appreciation.

CREDENCE CARES: VOICES OF WELLBEING

Zivanza Wellness: Coping with Socio-Emotional Developmental Changes During Adolescence | Grades 6-8









On 18th September 2026, students of Grades 6–8 participated in a session on "Coping with Socio-Emotional Developmental Changes during Adolescence," facilitated by Dr. Tulika Shukla, M.D. Psychiatry, Zivanza Wellness, Dubai.

The session explored key aspects of adolescence, including identity, independence, friendships, peer influence, body image, self-esteem, and digital influences. Students were guided to understand and navigate these changes with greater awareness and confidence while developing healthy coping strategies, communicating effectively, building supportive relationships, and making mindful and responsible choices.

Managing Stress and Anxiety & Performing Your Best in Exams | Grades 6-8









On 22nd September 2026, the Wellbeing Department conducted an interactive session on "Managing Anxiety & Performing Your Best in Exams" for students of Grades 6–8, facilitated by Middle School Counsellor Ms. Anagha Pavithran.

CREDENCE CARES: VOICES OF WELLBEING

The session helped students recognise common signs of exam stress and understand how anxiety can affect their thoughts, emotions, physical wellbeing, and performance. Through reflection activities, an informative video, and interactive digital activities, students explored practical ways to manage stress and created their own 'Anxiety Relief Kit' with simple mindfulness and calming strategies to use during stressful moments.

The session reinforced that some level of stress is a natural part of preparing for exams, while learning to pause, regulate emotions, and respond constructively can help students approach examinations with greater confidence, self-awareness, and a focus on doing their personal best.

Celebrating Dedication – Teachers' Day Celebration | 3rd September 2026









Credence High School came together to celebrate Teachers' Day with a special afternoon dedicated to recognising the commitment, contribution and dedication of its Faculty and Admin members. The celebration was graced by Chairman Mr. Abdulla Nalapad, whose presence added warmth and significance to the occasion.

A key highlight of the programme was the recognition of staff members who completed 5, 10 and 15 years of service with the Credence family. Their years of dedication, consistency and contribution to the school community were acknowledged and celebrated. Staff members who achieved 100% attendance were also recognised and appreciated for their commitment throughout the year.

The celebration then moved into a relaxed and festive atmosphere, with music, lively interactions and a delicious spread of chaat and snacks. It provided colleagues with an opportunity to step away from their regular routines, enjoy one another's company and celebrate their shared journey as part of the Credence community.

The occasion was a meaningful reminder that a school is strengthened by the people who contribute to it every day. Through recognition, appreciation and togetherness, the Teachers' Day celebration honoured not only individual achievements but also the collective spirit and dedication that continue to shape the Credence High School community.

CREDENCE CARES: VOICES OF WELLBEING

Embedding Well-Being in Practise



Strengthening Practice Through Professional Learning: Staff CPD











As the new academic year began, Credence High School conducted a series of Continuing Professional Development (CPD) sessions from 25th to 28th August 2026, to support staff in strengthening their professional practice. The sessions focused on key areas including student mental health and wellbeing, behaviour management, the use of AI in teaching, universal design in learning techniques, and inclusive support for Students of Determination.

Through these sessions, staff had opportunities to refresh their understanding, explore practical strategies and consider new approaches to supporting student learning and wellbeing. The programme provided a positive foundation for the year ahead, reinforcing the school's commitment to continuous professional learning, inclusion and holistic student development.

Early Years Parent Engagement Program | KG2-Grade 1









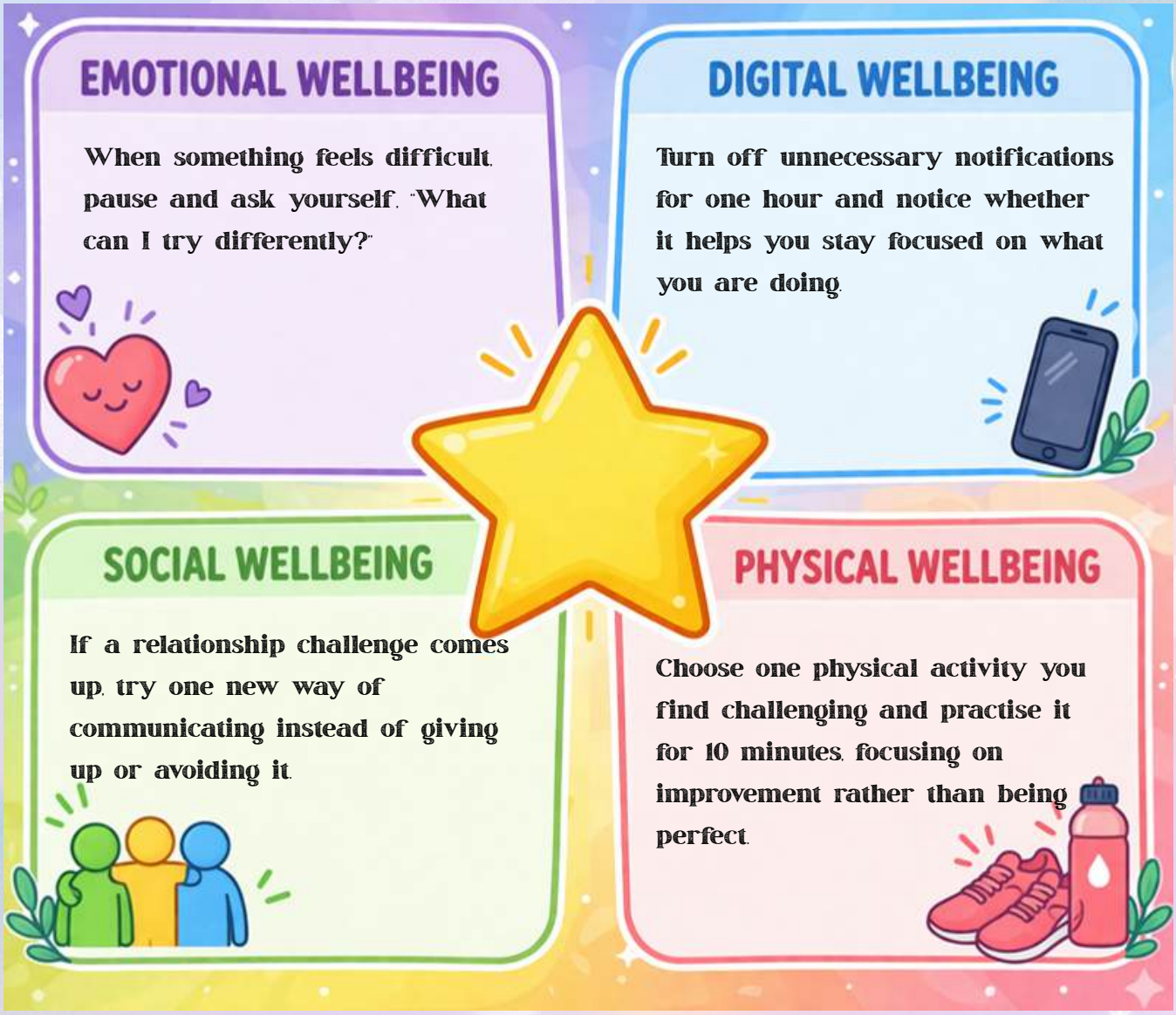
On 17th September 2026, parents of KG2 and Grade 1 came together for a joyful day of connection, creativity and shared learning. Through storytelling, fireless cooking, puppet shows, art and craft, music, yoga and dance, parents actively engaged in experiences that brought learning to life for our young learners. The event created meaningful opportunities for families to connect, participate and celebrate together, while strengthening the home–school partnership. It also highlighted how connection, community and shared experiences contribute to the wellbeing of both children and families.

CREDENCE CARES: VOICES OF WELLBEING



Small Steps, Holistic Wellbeing

September Theme: Growth Mindset



SEEDS OF SUPPORT



[What not to say to your kids during exam season]

PREVENT AND PROTECT

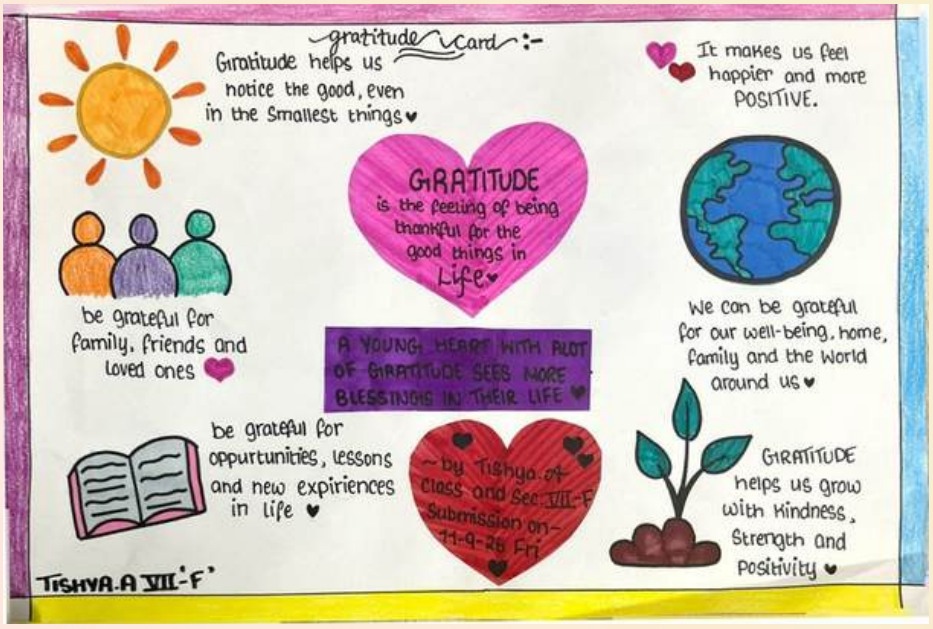


[When Your Child's Friends Are a Bad Influence: How to Truly Support Your Child to Make Good Choices]

CREDENCE CARES: VOICES OF WELLBEING

How I Think, Feel, and Grow: Student's Mind Uncovered

Gratitude Card



Twisha. A, G7 F

CREDENCE CARES: VOICES OF WELLBEING

Through a Parent's Loving Heart



This summer was a deeply meaningful season of learning and connection for our family. We traveled to India, bringing us all together under one roof. What made this break truly special was the quality time my ten-year-old son spent with his grandfather, who was not feeling well during our visit.

Rather than a typical vacation filled with sightseeing, this summer offered my son a real-life lesson in love, compassion, and family values. He eagerly stepped up to assist in taking care of his grandfather, engaging in small acts of seva—from bringing him fresh water and sitting by his bedside to sharing stories and keeping his spirits bright. Seeing a young child naturally embrace the responsibility of caring for an elder was a touching experience for all of us.

Through these quiet, gentle moments, my son learned values that no classroom textbook can teach: empathy, respect for elders, and the warmth of unconditional family support. This trip grounded him in our heritage and showed him the true beauty of being present for loved ones when they need us most. It was a humble, reflective holiday that enriched his heart, deepened our family bond, and gave him memories of his grandfather that he will cherish forever.

Ms. Gurpreet Kaur
M/O Sidhvir Singh (Grade 5E)





CREDENCE CARES: VOICES OF WELLBEING



Where Teaching Inspires Wellbeing - Teacher's Tales



Balancing Roles, Nurturing Wellbeing

Stepping into motherhood while continuing my professional journey has been a meaningful experience of growth, resilience and self-discovery. Balancing the responsibilities of caring for a newborn with teaching, lesson planning and supporting students has encouraged me to become more intentional with my time, energy and priorities.

Through thoughtful planning, organization, and a greater awareness of my own wellbeing, I have been able to navigate this transition while remaining committed to my personal and professional responsibilities. This journey has reminded me that wellbeing is about embracing change, giving ourselves grace and finding sustainable ways to nurture both our personal and professional selves. Motherhood has strengthened my adaptability, patience and appreciation for the importance of balance—qualities that continue to enrich my personal journey and my role as an educator.

-Ms.Sheethal Bheemiah
Senior School Teacher







CREDENCE CARES: VOICES OF WELLBEING

Family Time Corner: Watch, Read, Talk



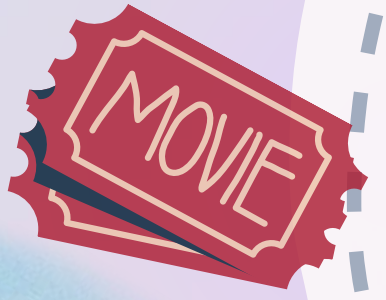


'Hope' Is The Thing With Feathers
By Emily Dickinson

"Hope" is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I've heard it in the chillest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.









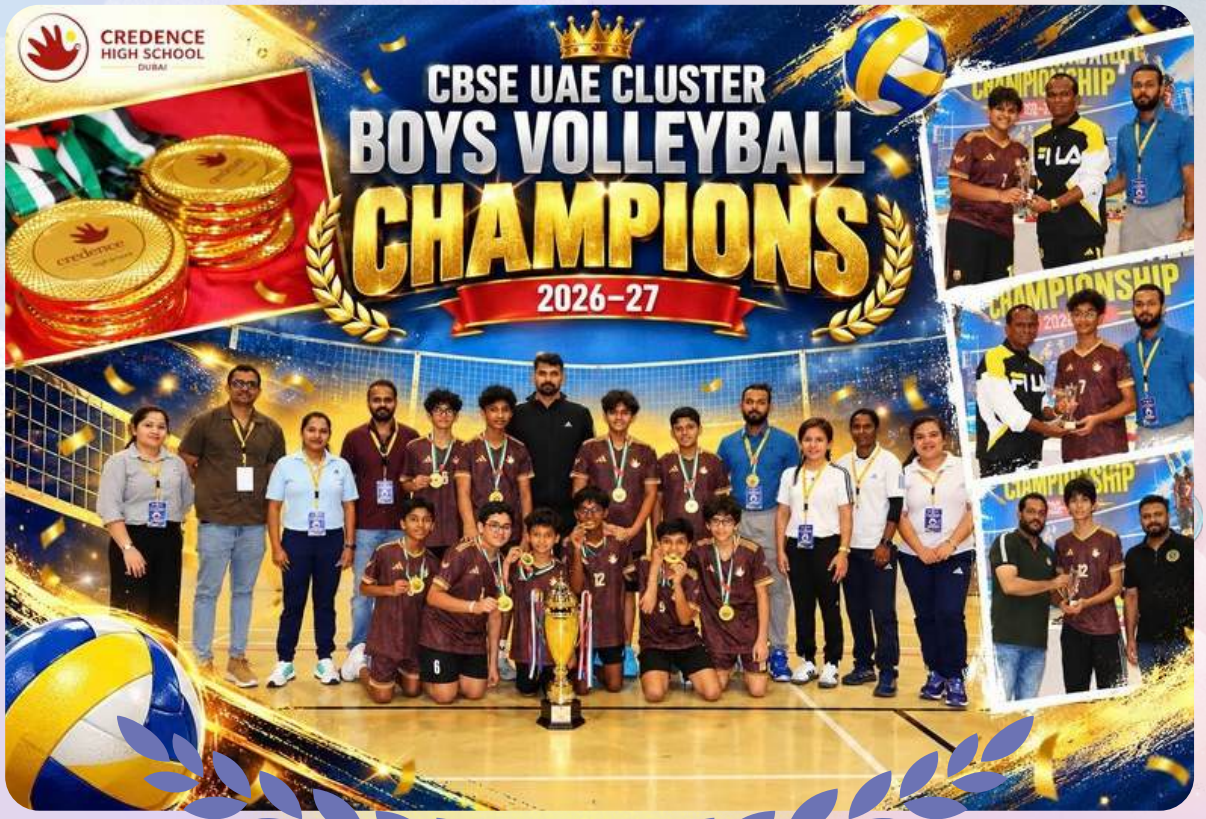


CREDENCE CARES: VOICES OF WELLBEING

Team Credence Does it Again!



CREDENCE CARES: VOICES OF WELLBEING



Teamwork, Resilience & Success: CHS U-14 Boys Volleyball Team Crowned Champions of the CBSE UAE Cluster Volleyball Championship 2026–27 🏐🏆

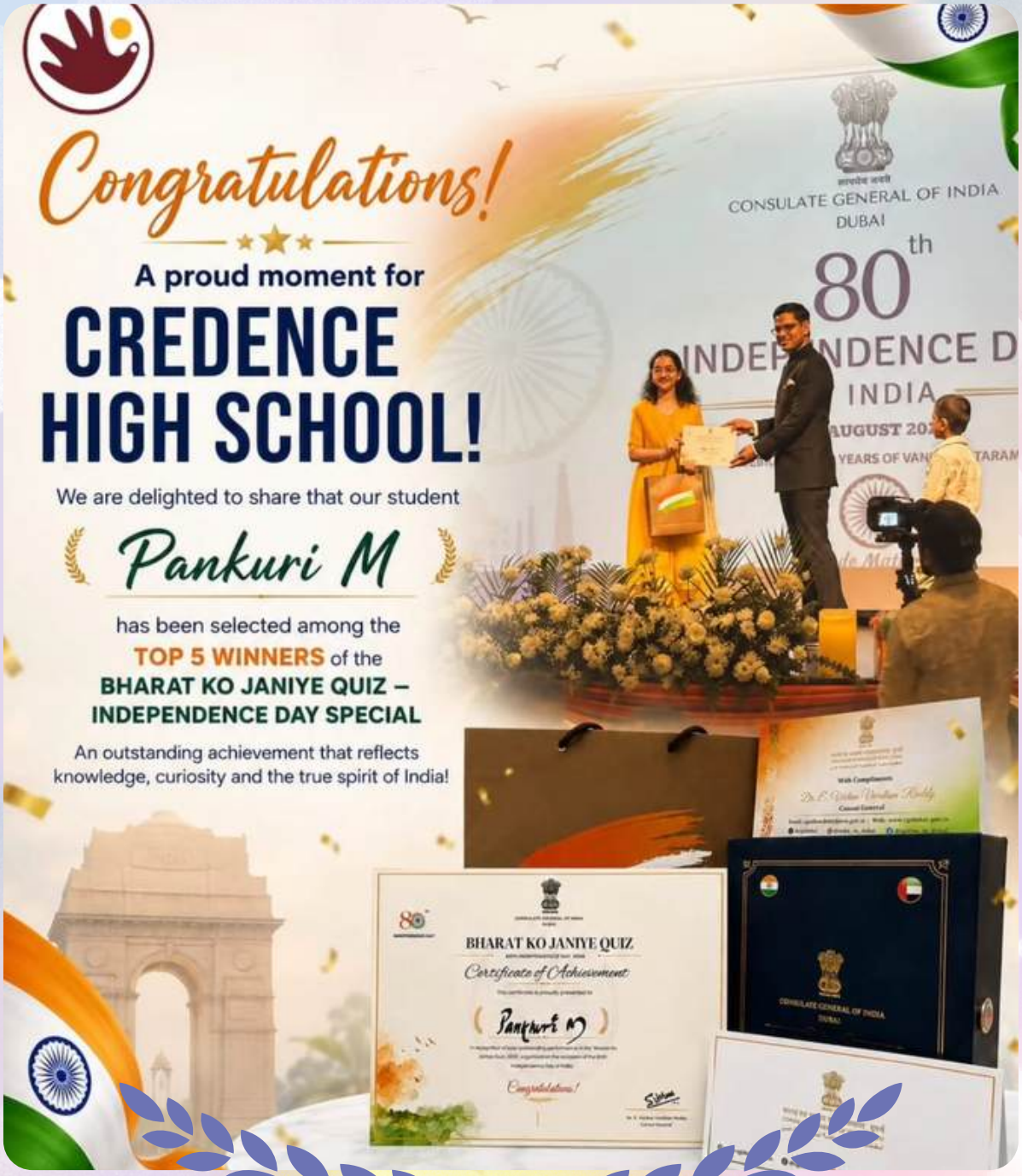
This month, we celebrate the wonderful achievement of our U-14 Boys Volleyball Team, who were crowned Champions of the CBSE UAE Cluster Volleyball Championship 2026–27.

We extend our heartfelt appreciation to the PE Department and Coach Mr. Rakesh for their dedication, encouragement and unwavering belief in our young athletes. Their guidance has helped our students grow not only as players, but also as individuals who value commitment, teamwork, responsibility and resilience.

As our champions prepare to represent Credence at the CBSE National Volleyball Championship in Himachal Pradesh, we wish them confidence, joy and continued growth.

A proud moment for our school and a wonderful reminder that when we work together, support one another and persevere, we can achieve great things. Go Team Credence!

CREDENCE CARES: VOICES OF WELLBEING



Radiance of Potential
Credence Spotlight Award

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 Dolly Sadashiv Khade

Middle School



Ms Sidra Khan

Primary School



Ms Amisha Ashish Kumar Patel

Early Years



Ms Nisreen Salhi

Admin Team



Ms Arya Panickaveettil Abraham

Admin Support



Mr Mohamed Arshad Abdul Razzaq

Support Staff



Mr Muhammad Rasool



Ms Yumie Librehan

CREDENCE CARES: VOICES OF WELLBEING

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

credence high school