CREDENCE WELLBEING MODEL

THRIVING TOGETHER: CREDENCE PATH TO HOLISTIC WELLBEING

POLICIES

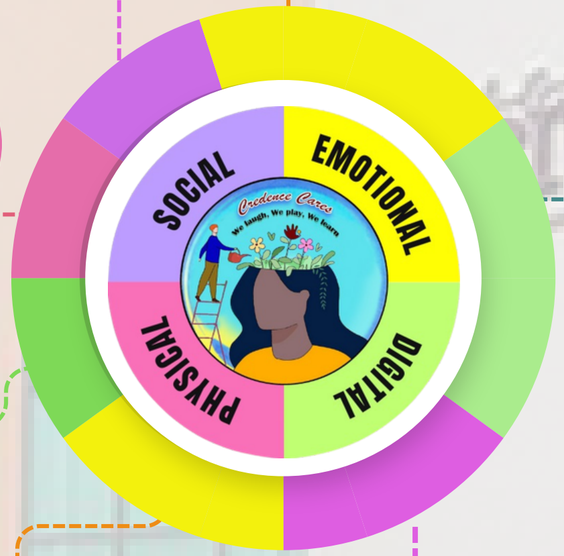
COMMITTEE MEMBERS

DOMAINS

- PHYSICAL WELLBEING
- SOCIAL WELLBEING
- EMOTIONAL WELLBEING
- DIGITAL WELLBEING

BENEFICIARIES

- STUDENTS
- PARENTS
- STAFF



WELLBEING INITIATIVES FOR STUDENTS

WELLBEING INITIATIVES FOR PARENTS

WELLBEING INITIATIVES FOR STAFF

WELLBEING COMMITTEE

WELLBEING CHAMPION



Ms. Deepika Thapar Singh
CEO-PRINCIPAL

WELLBEING COORDINATORS



Dr. Subhadra Prabhu
Career & Senior School Counselor



Ms. Anagha Pavithran
Middle School Counselor



Ms. Mily Alice Byju
Primary School Counselor



Mr. Vijesh
HOD, Physical Education



Ms. Anila Sagar
Senior School Supervisor



Ms. Neelima Byju
Middle School Supervisor



Ms. Nirmala Prasad
Primary School Supervisor



Ms. Dhanalaxmi
Early Years Supervisor



Ms. Noor Nazia
Early Years Coordinator

WELLBEING TEAM MEMBERS

BACK

WELLBEING INITIATIVES FOR STUDENTS

Wellness Crew

Mindful Assemblies

- Student Council
- Wellbeing Secretaries, Anti-bullying Secretaries, and Ambassadors/ Prefects

Assemblies:

- Daily Wellbeing Assembly
- Wellbeing Assemblies (Autism Awareness Week)
- Special Assemblies:
  - Mental Health Day
  - Pink October
  - SEWA Day

Wellness Hub

- Learning Boards
- Happiness Lobby
- Celebrating Wellness (Annual inter-school event)
- Credence Cares Journal
- Credence Cares Webpage
- Credence Blooms Journal
- Student Wellbeing Surveys

Empower Zone

- Academic & Career Guidance Webpage
- Each One, Trust One Programme
- My Hero Programme
- Peer Mentoring
- AEMAL Project

Wellness Star Moments

- Participation in well-being events
  - * Day Boarding
  - * Sports Pathway
  - * Art & Music events
  - * Annual Concert
  - * Sports Day
- Principal's Badge
- Credence Cheers Programme

Nurture Network

- Individual & Group Counselling
- Socio-emotional wellbeing support
- In-house wellbeing sessions
- Collaboration with external agencies (Zivanza Wellness)
- Round Square (Global exposure)
- Behaviour Reflection Sheets
- Drug Prevention Awareness Sessions
- Anti-vaping Awareness Drive

BACK

WELLBEING INITIATIVES FOR PARENTS



Communication & Engagement

- Communication Channels:
  - Jusklik
  - Circulars
  - Email
  - WhatsApp
  - Phone calls

Publication

- Credence Cares Journal
  - Monthly issue

Meetings & Support Groups

- Parent Support Group Representatives
- Parent orientation programmes
- Virtual Meetings (Guidance - Board exams)
- Student Led Conferences
- Principal's Note - Parenting
- Counsellor's Message - Parenting

Parent Participation

- Volunteer Programmes
- National Day Celebrations
- Internships Support
- Career Talks
- Parent Wellbeing Surveys

BACK

WELLBEING INITIATIVES FOR STAFF

PROFESSIONAL DEVELOPMENT

- CPD (In-house resources)
- CPD (Collaborations with Optimus Education)
- Wellbeing Sessions & Workshops (Inhouse and External expert led sessions)
- Representation in CBSE / KHDA meetings

RECOGNITION & APPRECIATION

- Credence Spotlight
- Inspires & Prays (Birthdays, Accomplishments)

COLLABORATION & SUPPORT

- Academic Support
- Field Trips/ Outings
- Annual Staff Party
- Credence Roots Staff Wellbeing Journal

SURVEYS & FEEDBACK

- Staff Wellbeing Surveys conducted:
  - Beginning of the academic year
  - End of the academic year

BACK