CREDENCE CARES

2026-27

credence
high school

VOICES OF WELLBEING FROM CREDENCE COMMUNITY

OCTOBER 2026

CREDENCE CARES: VOICES OF WELLBEING

Dear Credence Family,

Greetings from the Wellbeing Team!

Every month brings its own moments, lessons and opportunities for growth, and October has been no different. With the Half-Yearly Examinations for Grades 2 – 9 and 11, alongside additional classes for Grades 10 and 12, the past few weeks have been filled with learning, preparation and meaningful experiences that encourage students to reflect, build confidence and progress towards their goals. Through it all, our students have continued to put forth their efforts, encouraged by their parents and supported by our dedicated teachers.

Beyond the classroom, this month has also given us reasons to pause and reflect on what truly matters. Our theme, Purpose and Values, invites us to look at the principles that guide our everyday choices and the ways in which we contribute to the lives of those around us. Whether it is showing kindness, taking responsibility, standing up for what is right or making time for someone who needs support, our values often find their strongest expression in the simplest of actions.

This spirit of care and connection was also reflected in our recent Parent-Teacher Meetings and parent engagement programmes over this month. Thank you to all our parents for taking the time to meet, share your perspectives and engage with us. The conversations we have with one another help us see our children more holistically and remind us of the importance of working together as they grow.

October's observances, including Breast Cancer Awareness Month and Invisible Disabilities Week, offered further opportunities to reflect on empathy and understanding. They remind us that not every experience is immediately visible and that a little more awareness, patience and consideration can make a meaningful difference in someone's day.

As we look ahead, may we continue to help our children discover what matters to them, appreciate the values that shape who they are and recognise the difference they can make through their actions. It is often in these everyday moments that purpose takes shape.

We also extend our warm wishes to all our families celebrating Diwali. May the festival bring light, happiness, peace and abundant blessings to your homes.

With much warmth and gratitude,
Wellbeing Team

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Embedding Well-Being in Practise



Exploring Higher Education Pathways in Indian and International Universities | Grades 10 & 12









On October 14th, 2026, students of Grades 10 and 12 participated in a career guidance session, 'Exploring Higher Education Pathways in Indian and International Universities,' conducted by Mr. Jitin Chawla. The session introduced students to diverse higher education opportunities, university selection, admission requirements and application procedures.

Students gained insights into building a strong university application through research, internships, projects, leadership and meaningful extracurricular engagement. The session emphasised early planning, appropriate subject selection and the importance of aligning academic choices and profile development with their interests, strengths and long-term career aspirations.

Pink of Health – Healthy Me, Healthy Family, Healthy Together | Grades 6-8









A special assembly titled 'Pink of Health: Healthy Me, Healthy Family, Healthy Together' was conducted on 23 October 2026 for students of Grades 6–8, in observance of Pink October and in alignment with the Year of the Family 2026. The session highlighted the importance of holistic wellbeing, emphasising that health extends beyond physical fitness to include mental and emotional wellbeing, as well as healthy relationships.

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Students explored everyday practices that support wellbeing, including maintaining personal hygiene, balancing screen time, managing stress, resisting peer pressure, preventing substance use, and fostering kindness and respect. The session also highlighted the interconnectedness of individual and family wellbeing, encouraging students to recognise how small, positive actions can create a meaningful impact on those around them.

Interactive activities, including a Mountain Pose, mindfulness exercises, and mindful breathing, offered students practical ways to pause, relax, and reconnect with the present moment. Towards the conclusion, students were encouraged to reflect on their personal wellbeing needs and identify one small, positive change they could make in their daily lives.

Following the assembly, class teachers instructed students to complete a Padlet activity, providing an opportunity to reflect on the session and identify actionable steps towards nurturing their own wellbeing and that of their families.

Managing Emotions | Grade 2 Classroom Wellbeing Sessions






The Managing Emotions classroom wellbeing sessions for Grade 2 commenced on 21 October and concluded on 27 October 2026. The sessions aimed to develop students' emotional awareness, self-regulation, and empathy. Students were introduced to six core emotions—sadness, anger, worry, fear, excitement, and happiness—and explored the physical cues associated with each feeling. Through an interactive PowerPoint presentation, they learned how emotions can influence their bodily responses and behaviour, while understanding that all emotions are a natural part of growing up.

The sessions incorporated a Guess the Emotions Charades activity, in which students acted out different emotions and identified the feelings portrayed by their peers using visual prompts and guided discussions. Following each activity, students explored healthy ways to respond to different emotions and practised simple coping strategies, including breathing, squeezing, and anchoring, to manage intense feelings constructively. Real-life school scenarios were also used to encourage reflection on emotional expression, personal boundaries, and supportive peer relationships.

The sessions concluded with the Wellbeing Rangers Graduation Pledge, which reinforced the importance of making positive emotional choices, demonstrating empathy towards others, and developing resilience. Through these structured and participatory activities, students were encouraged to apply the strategies they learned in their everyday school interactions and build confidence in managing their emotions.

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Round Square Postcard: The Psychology behind the World of Sports | Grades 11







On 21 October 2026, five Grade 11 students participated in an online Round Square Postcard hosted by Welham Girls' School, India, exploring the psychology of sports and athletic performance. The session examined the role of pressure, motivation, self-belief, teamwork, and identity, while emphasising integrity, fair play, and respect. Students from Japan, India, and other countries engaged in interactive activities, sports trivia, and discussions on resilience, failure, fan culture, and national identity.

The participating students—Daneen Rashid (11A), Delviya Joji (11B), Aisha Nuha Fiyaz (11C), Mohammed Faarus Kavungal Ashik (11C), and Nash Thomas Plamoottil (11C)—actively shared perspectives and collaborated in breakout-room discussions. Supervised by Mr. Vijesh, they strengthened their communication, listening, and cross-cultural understanding.

The session reinforced the importance of mental strength alongside physical ability and encouraged students to view setbacks as opportunities for growth. It also strengthened the Round Square IDEALS of Internationalism and Leadership, inspiring students to apply these insights to sports, academics, and everyday life.

Developing Global Perspectives Through MUN and Diplomacy | Grades 7 - 12











Pax Terra 3, hosted at The Millennium School, the Global Perspective Conference, held at New Indian Model School, Dubai, and the Model United Nations (MUN), held at GEMS Modern Academy, Dubai, provided students with valuable opportunities to develop research, public speaking, critical thinking, diplomacy, and leadership skills. Through debates on global issues, diplomatic discussions, and collaborative problem-solving, these events encouraged students to appreciate diverse perspectives and explore solutions to real-world challenges, aligning with Credence High School's vision of nurturing confident communicators, critical thinkers, compassionate leaders, and responsible global citizens.

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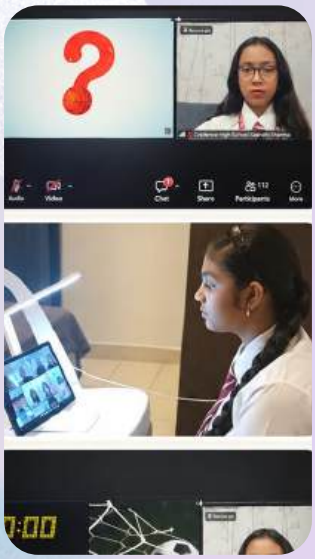
Students participated in committee debates, research presentations, and diplomatic negotiations, representing different countries and organisations. They demonstrated confidence, effective communication, teamwork, and negotiation skills while presenting well-researched arguments and engaging with global challenges. Highlights included students receiving awards such as Best Delegate, Best Speaker, Best Researcher, Best Judge, Best Position Paper, and Honourable Mentions across the conferences.

These experiences strengthened students' analytical thinking, research, public speaking, and problem-solving abilities. The recognition received reflected their preparation, dedication, and active participation. Continued engagement in MUNs, debates, and collaborative research activities will further enhance their diplomatic skills and confidence in addressing global issues.

Round Square Postcard: Everyone That Is Able to Play Sports Should Play Sports | Grades 6-8













Highlighting the role of sports in fostering holistic well-being, the Round Square Postcard session hosted by St. George's Grammar brought together students to explore the physical, mental, and social benefits of regular participation in sports. Centred on the theme 'Everyone That Is Able to Play Sports Should Play Sports,' the session encouraged students to reflect on the importance of staying active and maintaining a healthy, balanced lifestyle.

Through an engaging and interactive discussion, students learned how sports can improve physical fitness, reduce stress, enhance focus and boost self-esteem. The session also emphasised how team and individual sports help develop essential life skills, including discipline, resilience, communication, cooperation, and teamwork.

Students gained a deeper understanding of how sports extend beyond physical activity by strengthening social connections, building perseverance, and supporting overall well-being. The session was an enriching learning experience that encouraged students to make sports an integral part of their daily lives.

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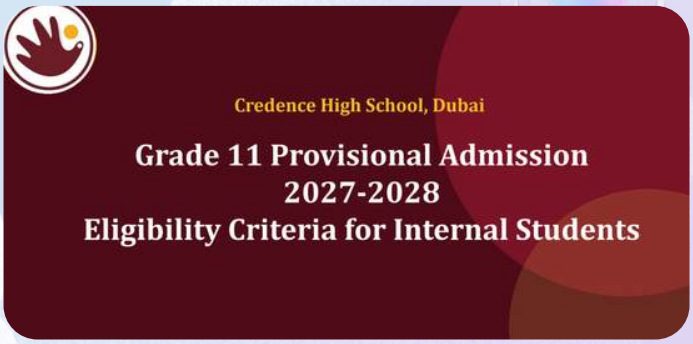
The Road Ahead: Board Exams and Beyond | Parents of Grade 10 Students









Following the student orientation session on 26 October 2026 for Grade 10 students on the Grade 11 provisional admission (2027-2028) eligibility criteria, a parent guidance session titled 'The Road Ahead: Board Exams and Beyond' was held on 30 October 2026, to prepare parents of Grade 10 students for the CBSE Board examinations and the transition to Grade 11.

The session offered practical guidance on supporting students through examination preparation, managing stress, maintaining healthy routines and recognising signs of anxiety. The importance of positive communication, emotional reassurance and a supportive home environment was also highlighted. Parents were familiarised with examination timelines, Grade 11 subject options, eligibility and provisional admission criteria, scholarship opportunities and the role of the CogitoHub Aptitude Assessment.

The session emphasised the importance of recognising children's efforts, avoiding comparisons and making informed subject choices based on their interests, strengths and aptitude. It reinforced the role of parents and school as partners in helping students navigate this important transition with confidence and clarity.

CogitoHub Post Test Group Counseling Session | Grade 10 and Grade 11 Students and Parents

Credence High School conducted a virtual post-test group counselling session on 31 October 2026 for Grade 10 and Grade 11 students and their parents. The sessions aimed to help participants understand their aptitude and personality assessment reports and use these insights to make informed decisions about their academic pathways.

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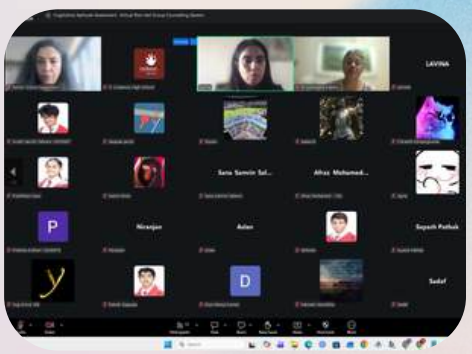
CogitoHub Aptitude Assessment – Subject & Career Profiling (Grade 10)





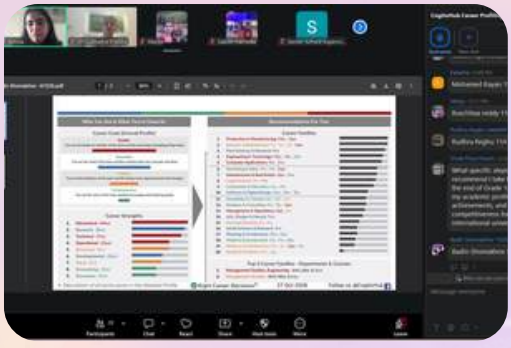


The session focused on interpreting the Summary Profile and Detailed Report to help students understand their individual strengths, interests and personality traits in relation to subject and subject-combination choices for Grade 11. Ms. Gehna Sawhney from CogitoHub explained the reports using sample profiles, while student volunteers shared their own reports for discussion. Participants also had the opportunity to clarify their doubts and better understand the recommendations.

The discussion highlighted that the assessment serves as a tool for self-awareness and guidance rather than a measure of ability or a ranking. Students were encouraged to consider the insights alongside their interests, aspirations and academic performance when making subject choices. Further personalised guidance from the School Career Counsellor, Dr. Subhadra, was also recommended where required.

CogitoHub Career Profiling & University Guidance Programme





The session explored how students could interpret their aptitude profiles in relation to undergraduate courses, specialisations and university recommendations. Ms. Gehna guided participants through sample reports and student profiles, explaining how individual strengths and personality insights could inform course and university selection. Students and parents also had the opportunity to clarify their doubts regarding the recommendations and university application process.

The discussion emphasised that the assessment report is a starting point for self-awareness and career exploration rather than a definitive decision about one's future. Students were encouraged to look beyond scores and university rankings and consider how well a course and institution align with their interests, strengths and aspirations. Further guidance from the School Career Counselor, Dr. Subhadra, was encouraged to support their university planning.

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Credence shines at the DPS Model United Nations Conference!



Our students proudly represented Credence High School at the Model United Nations (MUN) Conference hosted by Delhi Private School, demonstrating confidence, critical thinking, research, diplomacy and leadership throughout the event.

Their efforts were recognised through the following achievements:

- Theres – Best Delegate (GA1)
- Amelia – Best Delegate (MCC)
- Kuvira – Runner-up Delegate (MOM)
- Aaruni – Special Mention
-

Adding to the celebrations, Credence High School also received a Special Mention at the conference, recognising the school's participation and contribution to the event.

Congratulations to our young delegates on their achievements! Their preparation, thoughtful engagement and enthusiasm reflect the spirit of leadership and collaboration that we strive to nurture at Credence.

Young Entrepreneurs Make Their Mark at GIIS Global Summit 2026!

A proud moment for Credence High School as our young entrepreneurs secured the First Runner-Up Position in Project-Pro at the GIIS Global Summit, Season 8 (2026)!

The team comprised:

- Khulood Palekar – Grade 9D
- Genell D'Mello – Grade 9D
- Adhira Arora – Grade 9C

Their achievement reflects their creativity, initiative and collaborative spirit. Congratulations to our young achievers on this wonderful accomplishment!



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Celebrating Innovation and Excellence at GSS 2026!



Adding to our moments of pride, our young innovators brought home First Prize in AI & Tech Innovation at GSS 2026!

This achievement celebrates our students' creativity, innovative thinking and enthusiasm for exploring the possibilities of technology.

We extend our heartfelt appreciation to Ms. Akhila and Ms. Vimi for their guidance and mentorship, and to Ms. Tanisha for her valuable support in making this achievement possible.

Congratulations to our young achievers, and a big thank you to everyone who contributed to this success!

DFC 30x30: Let's Get Moving, Credence!

Calling all Credennians! The Dubai Fitness Challenge (DFC) 30x30 is back! Starting 31 October 2026, this citywide initiative encourages everyone to commit to at least 30 minutes of physical activity every day for 30 days.

We invite all students, parents and staff to join the Credence team on the Steppi app and help us make this year's challenge a success!

How to join the Credence team on STEPPI:

1. Download the Steppi app and sign up or log in.
2. Go to Challenges.
3. Select the DFC 30x30 Challenge.
4. Tap With my organization.
5. Enter our organisation code: E93652.

Registration for DFC closes on 31 October 2026.
🔗 https://www.dubaifitnesschallenge.com/en/register/

Also join the Virtual CHS Health, Fitness & Well-being Club (Strava)
🔗 https://www.strava.com/clubs/1086983

Let's come together, get active and make every step count for Credence!

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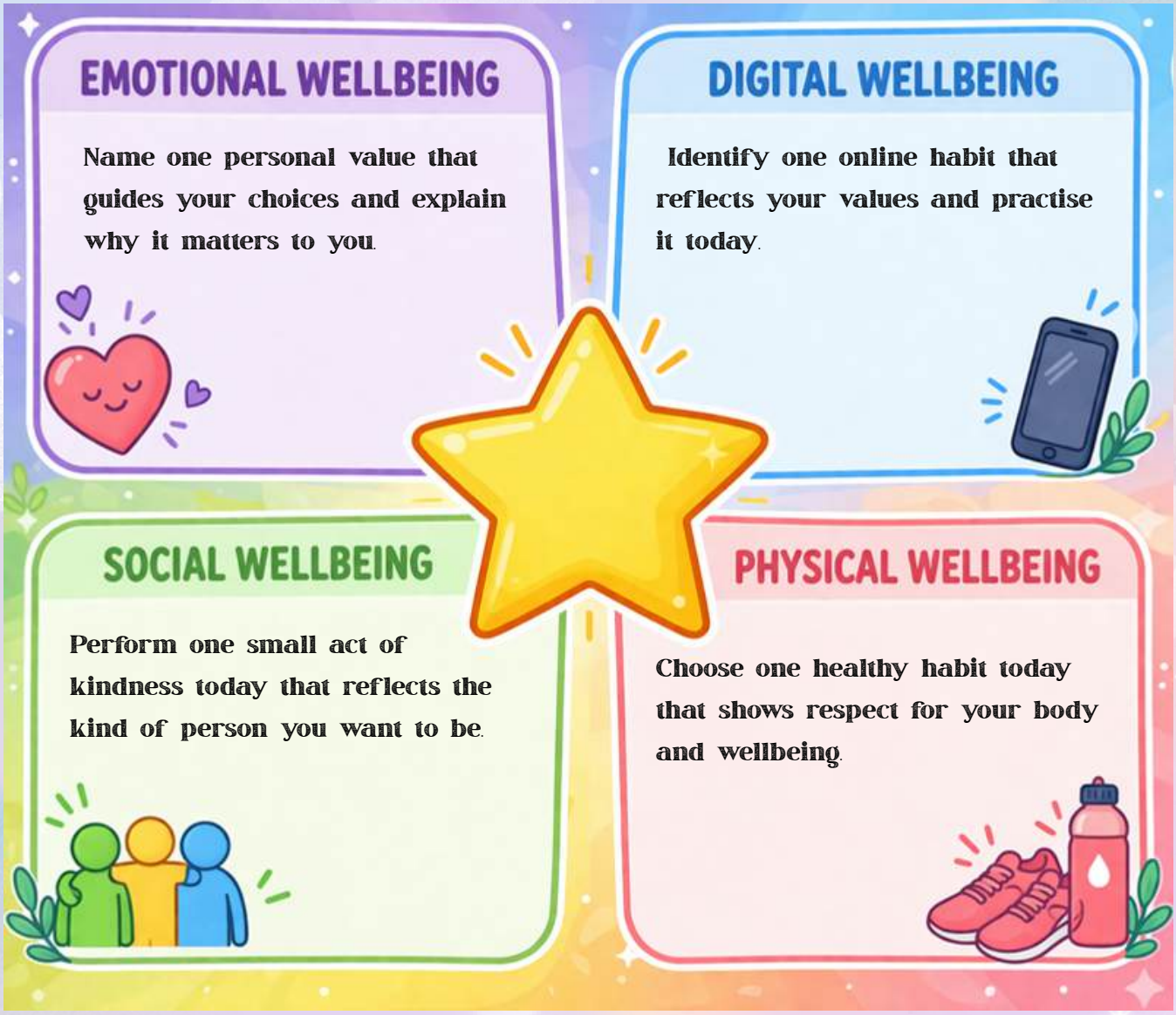
Small Steps, Holistic Wellbeing

October Theme : Purpose and Values



SEEDS Of SUPPORT

Role of Parents in Building the Value System Among Students

PREVENT AND PROTECT

Substance Abuse Prevention Tips for Every Age

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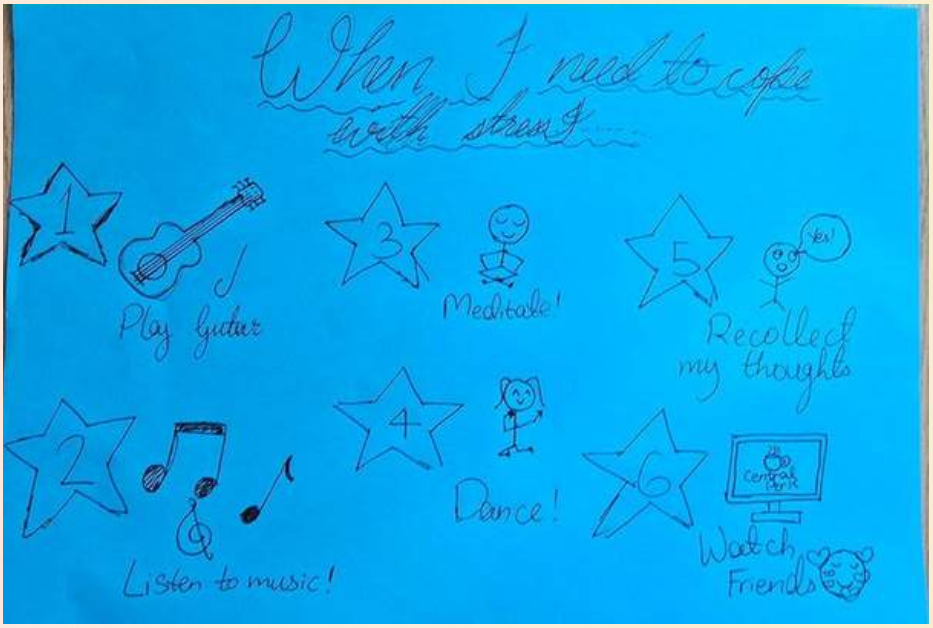
How I Think, Feel, and Grow: Student's Mind Uncovered

When I need to cope with stress, I.....



Naisha, Grade 12

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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)

Note: Republished with corrections





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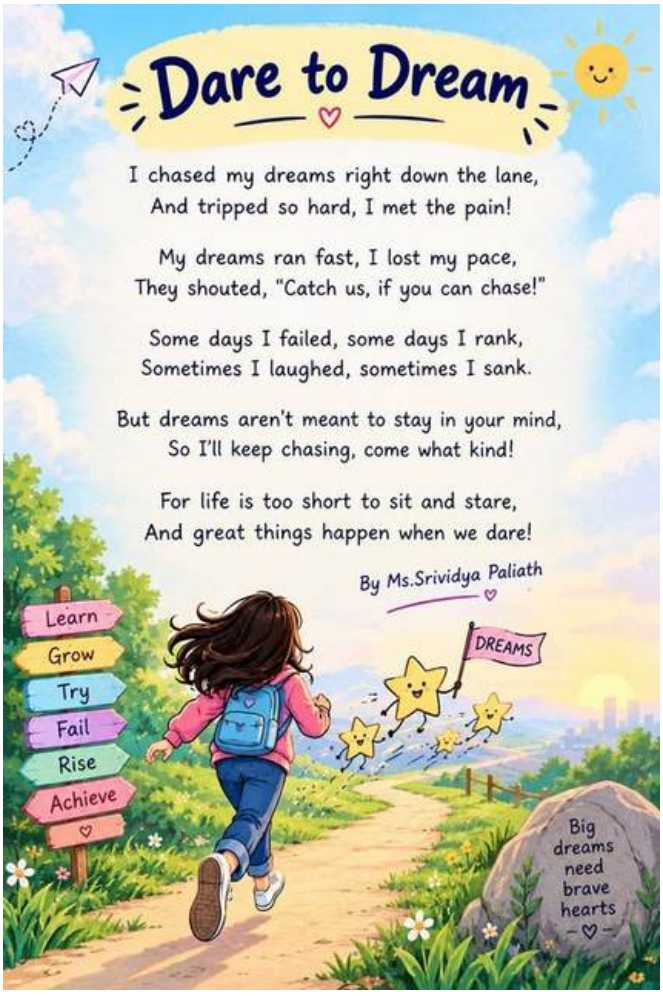
Where Teaching Inspires Wellbeing - Teacher's Tales





-Ms. Srividya
Primary School Teacher





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Family Time Corner: Watch, Read, Talk

Soul

by Pixar Animation Studios



Joe Gardner dreams of becoming a successful jazz musician, but an unexpected journey leads him to question what makes life truly meaningful. The film explores purpose beyond achievements, encouraging us to appreciate everyday experiences, discover what brings us joy, and recognise the beauty of simply living.

A Moment to Share: Parents are encouraged to watch this film with their children and engage in a conversation about what gives their lives meaning, reminding them that purpose is not just about achieving big goals but also about finding joy in the little things.

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Way-to-go Tharika!





A Moment of Pride for the Credence Family!

Our talented young archer, **Tharika Muruganandam Ganthi** of **Grade 9C**, has achieved an impressive milestone, earning three medals across two prestigious archery competitions. Her commitment to the sport, precision and perseverance make these accomplishments truly worth celebrating!



1. **Silver at the Dubai School Games Archery Championship**
Tharika secured the Silver Medal in the U-18, 18M Compound Event at the Dubai School Games Archery Championship 2026–27, held on 14 October 2026 at the Dubai Club for People of Determination.



2. A Double Medal Win!

At a competition organised by the **UAE Archery Federation and the Ministry of Sports, Tharika** achieved further success in the Under-18 category, winning:

- **Gold Medal – Individual Compound (50 m)**
- **Silver Medal – Compound Women's Team Event**

Tharika's outstanding performance across both individual and team events is a testament to her dedication and commitment to archery.

Congratulations, Tharika! We are incredibly proud of your accomplishments and wish you continued success as you aim for even greater milestones!

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 Hudebiya Samreen Ansar Pasha

Middle School



Ms Piyali Roychowdhury

Primary School



Ms Charlette Baldelovar

Early Years



Ms Sunita Prusty

Admin Team



Ms Maya Sasidharan Nair

Admin Support



Mr Pandu Kodamanchi

Support Staff



Mr Gul Rahman Maeen Khan



Ms Reglyn Quizon

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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

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