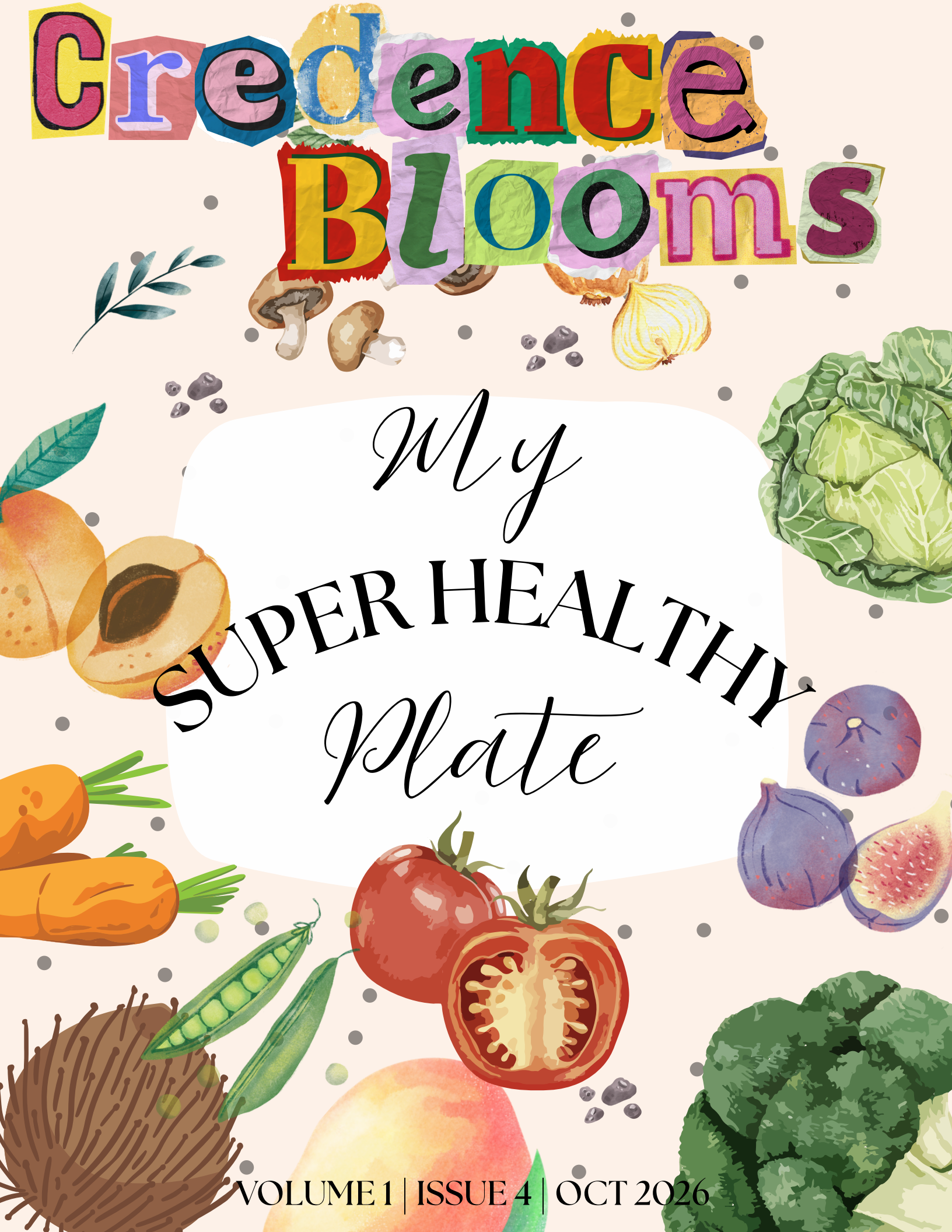
Credence Blooms



My SUPER HEALTHY Plate

VOLUME 1 | ISSUE 4 | OCT 2026

Little Voices, Healthy Choices!

Welcome to the October edition of Credence Blooms, where little ideas blossom into beautiful expressions of creativity! This month, our young learners have explored the colourful world of healthy eating through the delightful theme "My Super Healthy Plate!" 🍎🥕

From vibrant fruits and crunchy vegetables to nutritious lunchbox favourites, our little artists have shared their understanding of healthy food through imaginative drawings, colourful collages, and thoughtful expressions. Each contribution reflects their creativity, enthusiasm, and growing awareness of the importance of making healthy food choices. Through this theme, our young learners are discovering that eating healthy can be fun, colourful, and delicious!

We extend our heartfelt gratitude to our wonderful parents for their continued encouragement, support, and enthusiasm in making this edition special.

As you turn these pages, we invite you to celebrate the imagination, individuality, and joyful learning of our little stars. May their colourful creations inspire us all to embrace healthier habits, one little choice at a time!

Here's to healthy plates, happy hearts, and bright little minds!

With warm wishes,

Department of Inclusion and Well-being

Credence High School

From the Supervisor's Desk..

Dear Parents and Little Learners,

It gives me immense pleasure to welcome you to the October edition of Credence Blooms, themed "My Super Healthy Plate!"
Healthy habits begin at a young age, and this edition beautifully reflects our little learners' creativity, enthusiasm, and growing understanding of nutritious food choices.
I am delighted to see their colourful ideas and wonderful expressions come to life. A heartfelt thank you to our parents and teachers for nurturing these healthy habits and encouraging our young minds to shine.
Let's continue to inspire healthy choices, happy hearts, and bright futures!

Warm regards,
Ms. Dhanalaxmi
Supervisor - Early Years
Credence High School





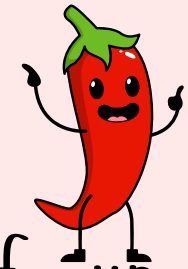




Little Hands, Big Ideas!

A Colourful Celebration of Healthy Choices





Discover the creativity of our little stars as they bring their super healthy plates to life!

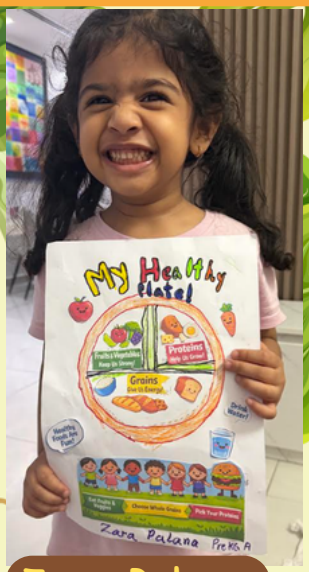




PRE-KG LITTLE CHEFS



Alfred Basil
PRE KG A



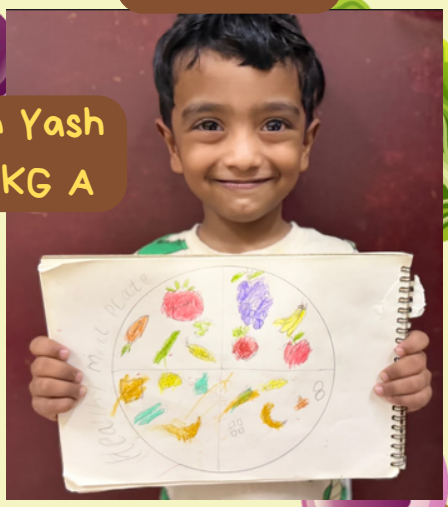
Zara Palana
PRE KG A



Tanya Prakash
PRE KG A



Dhvani
PRE KG B



Emin Yash
PRE KG A



Aaryan Chowdary -
PRE KG B



Prisha
PRE KG B



Alishba
PRE KG C



Vidushi Ishwar
PRE KG C



Saatvik Shuban
PRE KG D



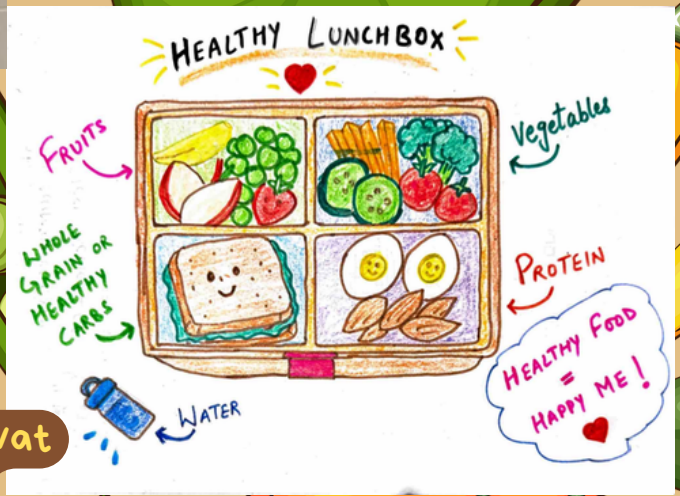
SB Sthevaan Beryl
PRE KG D



Ashritha Sajin
PRE KG D

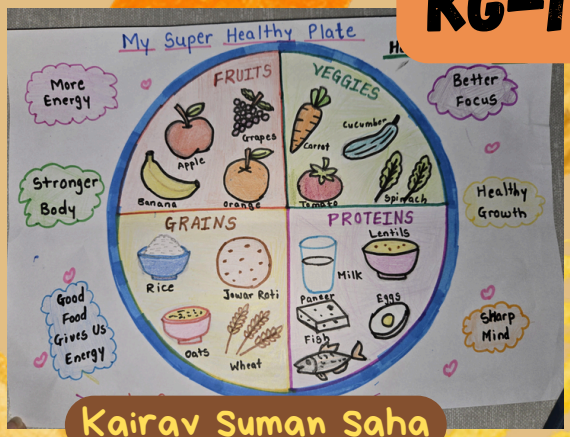


Veda Sri Mulagapaka
PRE KG D



Vamsee Mehlawat
PRE KG D

KG-1 RAINBOW EATERS



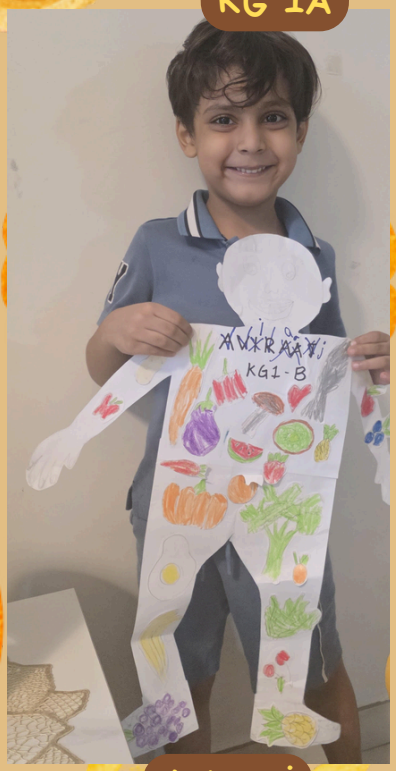
Kairav Suman Saha
KG 1A



Manishka P.S
KG 1B



Vamika Nyrah
KG 1B



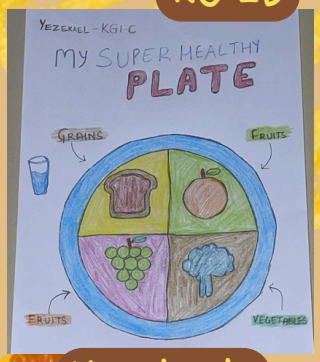
Aviraaj
KG 1B



Manvik
KG 1B



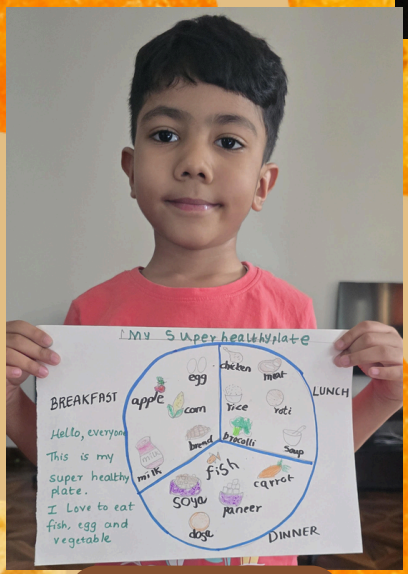
Zidan Mohammed
KG 1B



Yezekael
KG1C



Tapaswini
KG 1C



Vivan Dayal
KG 1E



Hatim
KG1E



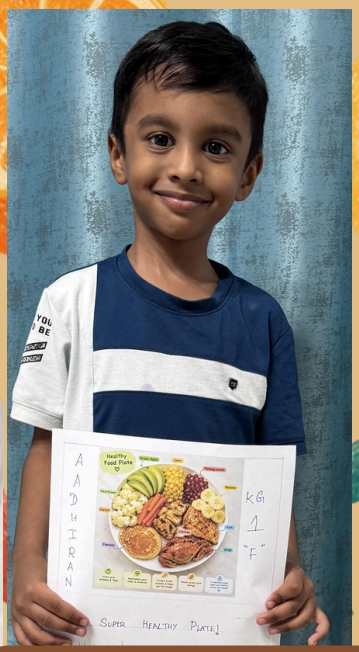
Shreyansh Jangir
KG 1E



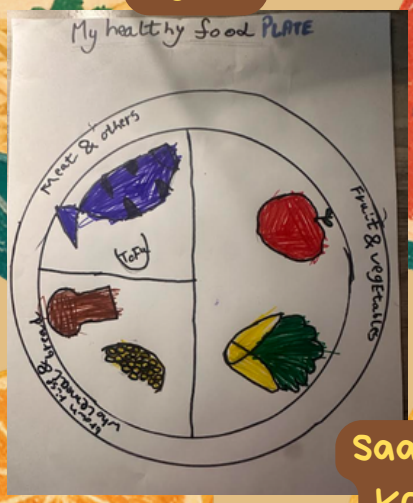
Shriram
KG1 E



Aihan Azzi
KG 1E



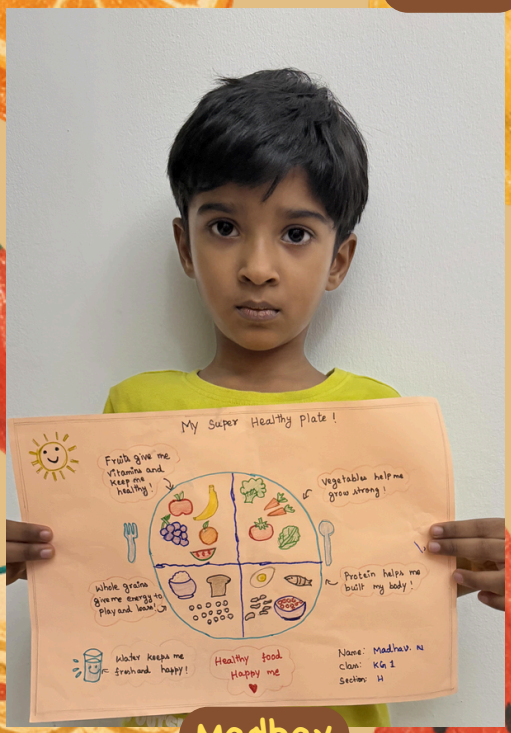
Aadhiran Thangapandi
KG 1F



Saathvik
KG 1F



Karthika Siliveru
KG 1H



Madhav
KG 1H



Aanya Kafle
KG 1H



Sripada Manvitha
KG 1 H



Ammar & Awwad Bin Hashim
KG1 I



Fathima
KG 1I



Huda Noor
KG1 I



Arvee
KG1 I



Takshvi Nagdeo
KG1 I

KG-2 HEALTHY HEROES



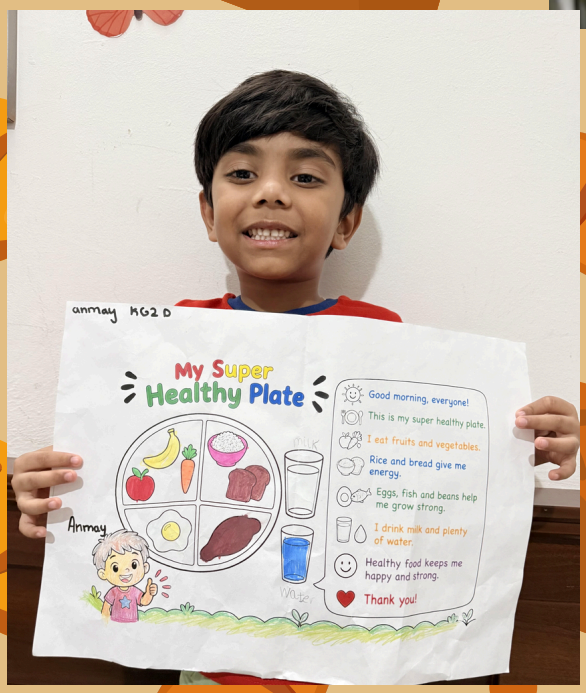
Tresa Scaria
KG2A



Arthur
KG2A



Pranvith Ragul
KG2 B



Anmay Aneesh
KG2D



Hania Anwar
KG2D



Aisha Jhaveri
KG2 E



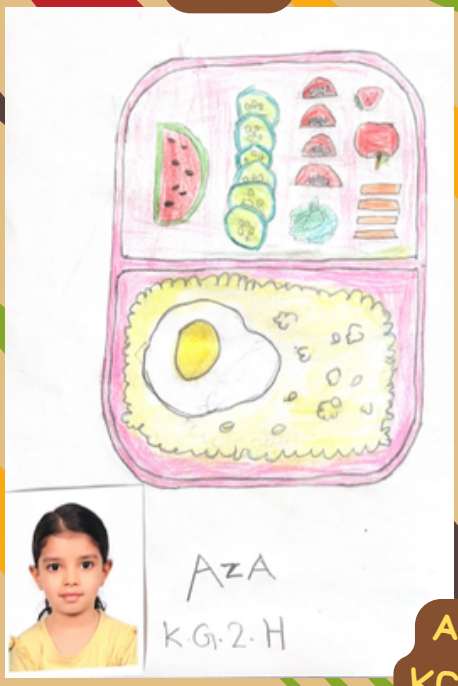
Ahaan Krishna
KG2F



Rudra Tikoo
KG2G

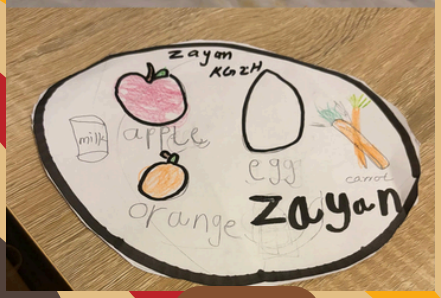


Devmi
KG2G



Aza
KG 2H

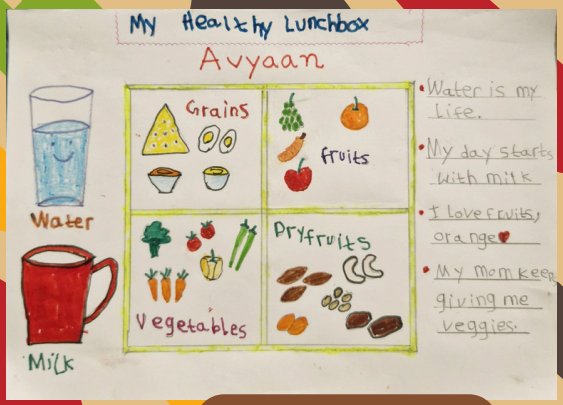




Zayan
KG 2H

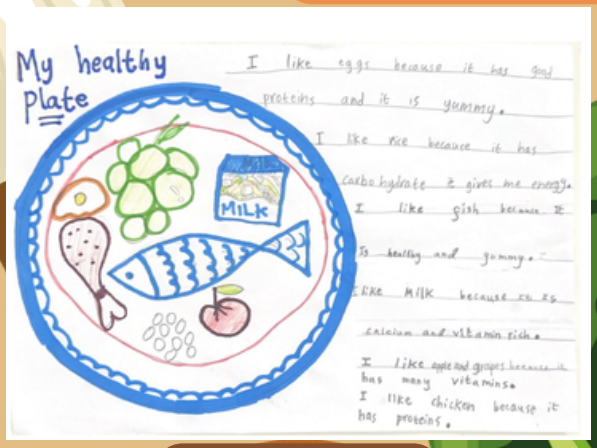


Prisha Bisht
KG2 I



Avyaan Mishra
KG2 I

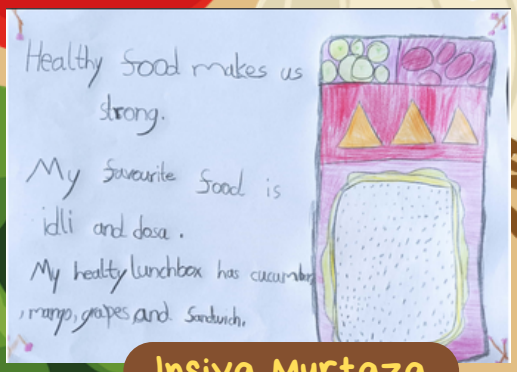
GRADE 1 SUPER PLATE STARS



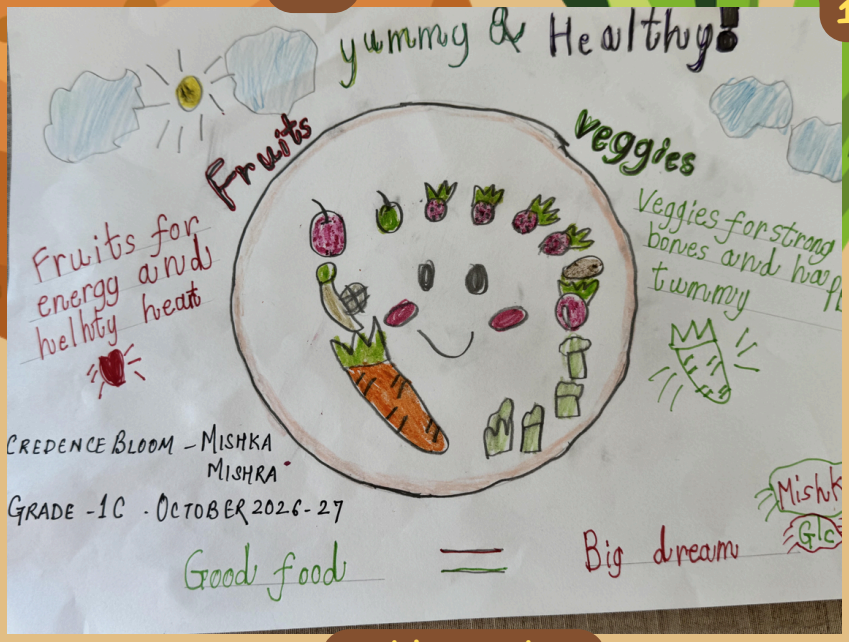
Razwa Husnu
1A



Anaira
1A



Insiya Murtaza
1B



Mishka Mishra
1C



Mahika Mishra
1C



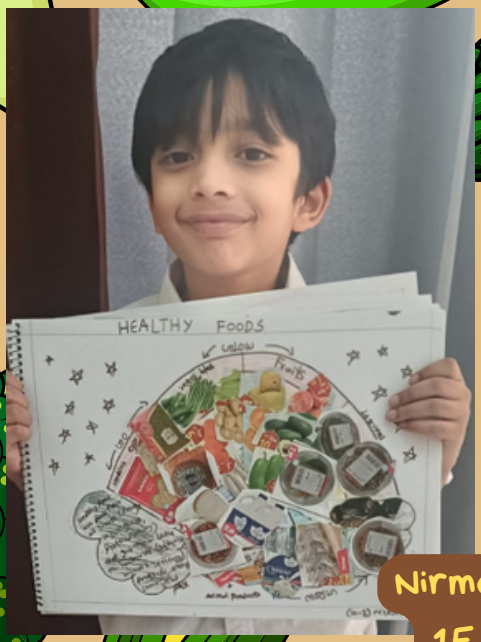
Jayed Mir
1D



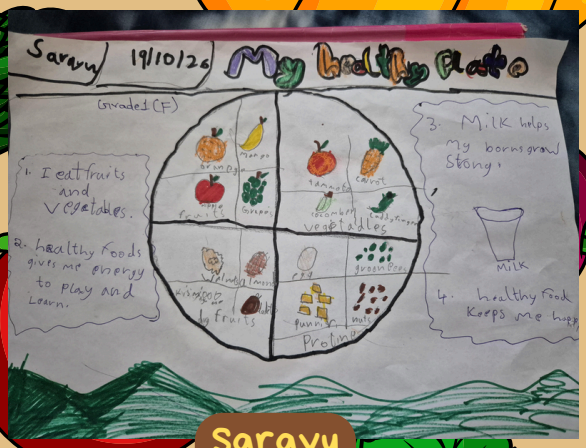
Nilaa V
1E



Anika
1E



Nirmal
1E



Sarayu
1F



Jenifer Rose
1G



Aditri Verma
1H



Pratyuksh
1H



Hardik
1J



Ameya Nambiar
1I



Eva Rahul
1J



Akhilan
1J

Little Bites, Big Benefits!...

1 Eat the Rainbow!

Fill your plate with colourful fruits and vegetables.



2 Sip, Sip, Hooray!

Drink plenty of water to stay fresh and active.



3 Snack Smart!

Choose fruits, nuts (when age-appropriate), or yoghurt instead of sugary treats.



4 Balance Your Plate!

Include fruits, vegetables, grains, and proteins in your meals.



5 Try Something New!

Explore a new healthy food every week.



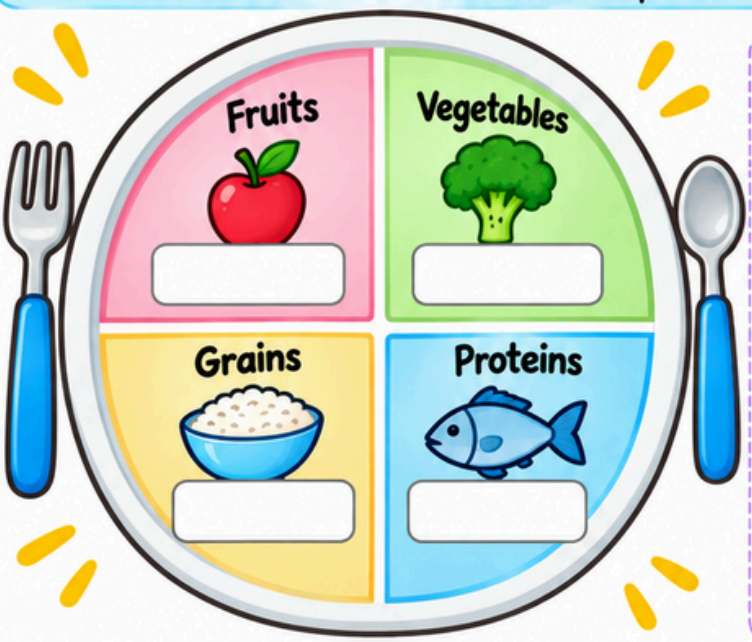
6 Eat Well, Grow Strong!

Healthy food gives you energy to play, learn, and grow.



My Healthy Plate Challenge!

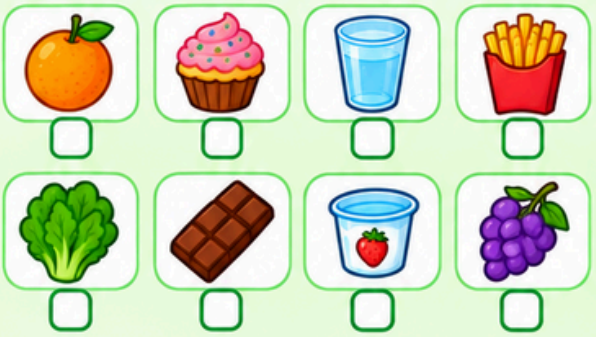
1 Look at the food pictures. **Colour** the healthy foods and **match** them to the correct section of the plate.



Food Pictures



2 Tick (✓) the healthy choices.



3 **Circle** the food group for each food.



	Fruits	Vegetables	Grains	Proteins
	Fruits	Vegetables	Grains	Proteins
	Fruits	Vegetables	Grains	Proteins
	Fruits	Vegetables	Grains	Proteins

4 Which foods give you energy to...

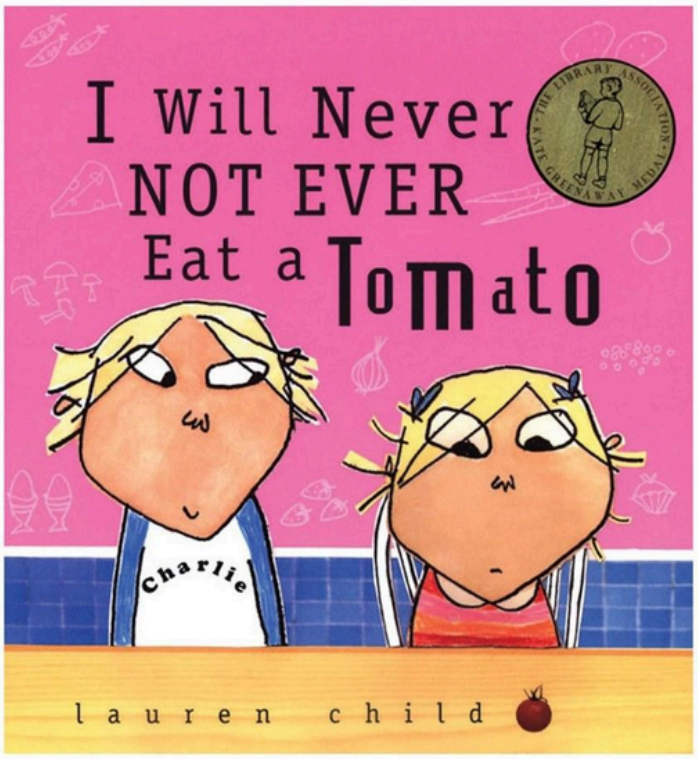


5 What healthy food would you like to try? **Draw** and **colour**.

6 Which healthy food is your favourite? **Circle**.



The Blooming Book Shelf..



A delightful and imaginative story that follows Lola, a picky eater who refuses to eat vegetables. Her clever brother Charlie uses creativity and playful storytelling to make ordinary foods exciting and appealing. Through this fun-filled journey, Lola discovers the joy of trying new foods. This charming story encourages children to develop healthy eating habits, explore different foods, and make positive food choices.

Recommended Age: Early Years Learners (4-8 years)



A Healthy Farewell to Our Super Healthy Plate Edition!

As we come to the close of another wonderful edition of Credence Blooms, we celebrate the joy of healthy eating, mindful choices, and happy habits shared by our young learners through the theme "My Super Healthy Plate."

This edition has taken us on a colourful journey into the world of healthy food, where our little learners explored the importance of fruits, vegetables, balanced meals, and nutritious choices. From discovering the goodness of different food groups to understanding how healthy eating helps us grow strong and stay active, every contribution reflects the curiosity, creativity, and enthusiasm of our children.

At Credence, we believe that developing healthy habits from an early age lays the foundation for a happy and healthy future. Through Credence Blooms, we continue to encourage our young learners to make thoughtful choices, explore new ideas, express their creativity, and develop essential life skills in a fun and meaningful way.

We extend our heartfelt gratitude to our children, parents, and teachers for their continued enthusiasm, creativity, and support in making this edition a delightful and enriching experience.

Remember...

"A little colour on your plate, a little goodness in every bite, and a healthy habit each day make a brighter tomorrow!"

As our little learners continue their journey towards healthier living, we encourage them to eat the rainbow, try new foods, stay active, and remember that every healthy choice counts.

We look forward to bringing more exciting themes, inspiring ideas, and wonderful learning experiences in the next edition of Credence Blooms, where every little learner continues to grow, shine, and bloom!

Department of Inclusion & Wellbeing - Early Years



Keep Growing, Keep Glowing!
Little hands, healthy bites, happy hearts!

Every colourful fruit, crunchy vegetable, and healthy choice helps us grow stronger, brighter, and happier.

Keep exploring, keep smiling, and keep making healthy choices every day!
Eat Healthy • Stay Happy • Bloom Bright!

With love, Department of Inclusion & Wellbeing - Early Years

