



Issue #2 Term 2, 2026

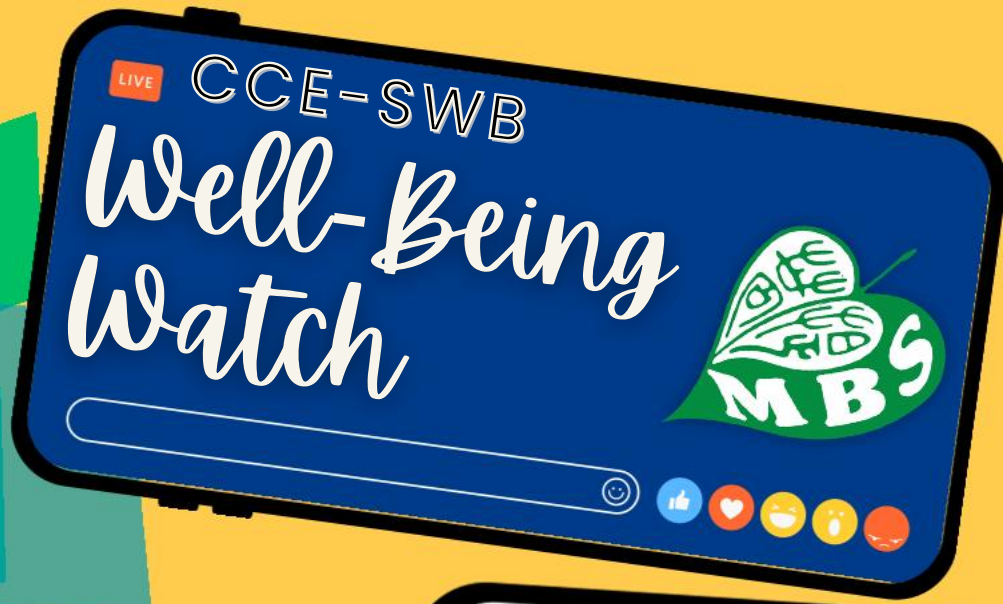
Together We Raise a
Happy, Kind and
Confident
Generation!

At Maha Bodhi School,
we are committed to
strengthening partnerships
with parents to enable our
pupils to thrive both
academically and
emotionally.

In Maha Bodhi School,
we educate our students on
the importance of cultivating a
growth mindset, mindfulness
and resilience to navigate
challenges with confidence.



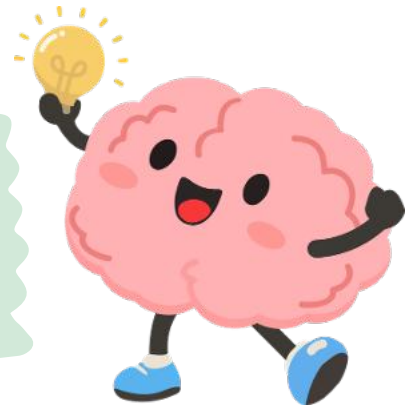
Find out what your child
is learning about the
Growth Mindset in
school.



Well-Being Watch



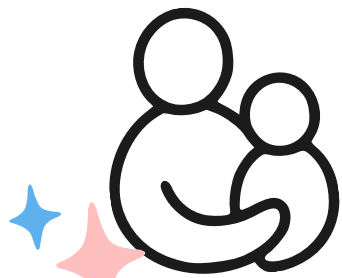
First, let's consider this...



It is normal to face challenges in life that will cause us to experience stress and uncomfortable emotions. It is common for students to face stress related to academic performance, CCAs and social dynamics.

A child's mindset is often shaped by the messages they hear about success, mistakes and what truly matters. Before we encourage our children to embrace challenges, we may first need to reflect on the signals we are sending them.

Do we build resilience through our words and actions?



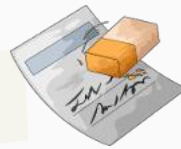
DO WE BUILD RESILIENCE THROUGH OUR WORDS AND ACTIONS?

1. Academic Stress



Do the daily experiences communicate that learning is about growth and progress—or mainly about grades and results?

2. Fear of Failure



When our children make mistakes, are we helping them see setbacks as opportunities to learn and improve?

3. Mental Fatigue



Do our children have enough time to play, rest and recharge so they can grow with joy, curiosity and resilience?

4. Relationship Management



When our children face challenges in their relationships with others, do we help them learn to communicate, adapt and grow?

Growth Mindset in Maha Bodhi School

Believing in ourselves and our power to grow stronger

Primary 1



Our brain is like a muscle. The more we exercise it, the stronger it gets.

Primary 2



I can and I will. The Power of YET reminds me I am still learning and growing.

Primary 3

Mistakes are proof that we are trying. Learning from our mistakes helps our brain muscle get stronger.

Oops!

Sometimes, we win.
Sometimes, we learn.

Primary 4

When we challenge our brain, the neurons in our brain make new connections. Our brain gets stronger even before we succeed in what we do.



Primary 5

Learning something new may bring frustration when it becomes challenging. This is when we face a hurdle. Even experts face hurdles. Let's face them with resilience.



Primary 6

Resilience is about bouncing back stronger. Cultivate an Attitude of Gratitude to help us see obstacles and setbacks as learning opportunities.





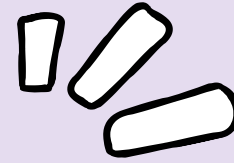
Connection Before Correction

At school, we remind our pupils that help-seeking is a sign of strength and resilience and that they should reach out to a trusted adult when needed. This reinforces that they are never alone.

We encourage you to continue these conversations at home. They could be simple, regular check-ins that reassure your child that you are always there for them. As they navigate responsibilities and challenges, they are also learning through a growth mindset that effort, setbacks and mistakes are part of growth.

Alongside guiding them, we also hope families will make time for joy and connection. These moments help children feel supported, valued and ready to keep learning.

Together, we can nurture children who are resilient, open to growth and confident in seeking support when needed.



The MOE Resilience Boosters are curated resources designed for parents and educators to help children and teenagers build mental toughness, manage emotions, and overcome challenges. They provide practical tips for fostering a positive mindset and social skills to help students navigate adversity.

Tips for developing
POSITIVE THINKING in Your Child

Use these steps and questions to guide your child to think **POSITIVELY**

RECORD
thoughts and feelings of the situation.

What do you think and how do you feel about the situation?

RATIONALIZE
irrational thoughts associated with the event by challenging them.

What evidence supports or challenges these thoughts?

REPLACE
irrational thoughts with rational thoughts. Check if feelings have improved.

What is the most rational way to think about the situation?
How do you feel about the situation now?

Child sees friend joining other friends for recess...

Sue is ignoring me. She doesn't like me anymore.

After rationalizing...

Sue may not have seen me, and maybe thinks I'm not around.

Child fails a class test...

I'm such a failure. I'll surely fail all my other subjects too and be retained this year.

After rationalizing...

ENGLISH
MOTHER TONGUE
HUMANITIES
MATHEMATICS

I can do better for this test next time. I've also not received the other test results.

Child's sibling is a star CCA performer in school...

Brother is good at everything while I'm not. Mum and Dad will not love me as much.

After rationalizing...

Brother is good in certain areas while I'm good in others. Mum and Dad love us for who we are.

Ministry of Education

For more tips on how to support your child in developing the resilience to persevere and adapt positively in the face of challenges, visit: <https://www.moe.gov.sg/api/media/3371d656-50e5-4a76-a0b0-72537cddca6e/gb-resilience.pdf>

