Issue #6 Term 3, 2025

MAHA BODHI SCHOOL
Well-Being Watch

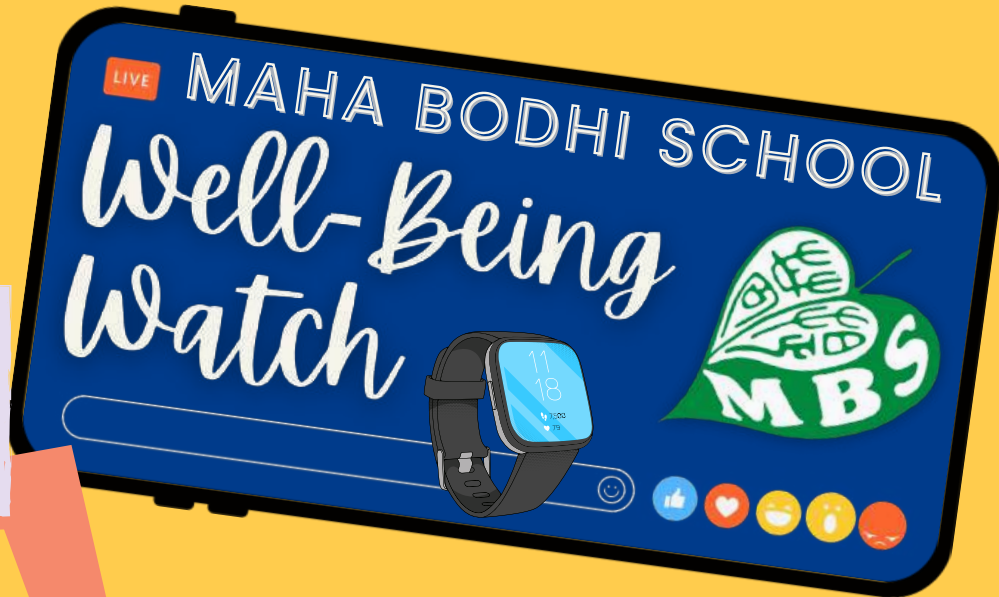## Cyber Wellness Week: Empowering Digital Citizens of Tomorrow

In this edition, we are excited to share highlights from Term 3 Cyber Wellness Week.

Our students took part in meaningful activities designed to help them build the skills and values they need to navigate the online world safely and responsibly. Together, we hope to nurture confident and caring digital citizens.

THINK SMART, SAFETY ONLINE! Empowering Digital Citizens of Tomorrow

Check out fun-filled recess activities planned by our peer support leaders!

Check out our specially curated resources for parents!

Read our newsletter attachment to find out more!

Well-Being Watch

ASSEMBLY PROGRAMME

### Little Red Riding Hood & the Big Cyber Wolf

Did You Know?

National Wellness Month, observed every August, promotes self-care, healthy habits, and stress management.

In today's digital age, it also reminds us to practise cyber wellness by building safe and balanced online habits.

This term, we kicked off Cyber Wellness Week with an engaging professional theatre performance that brought digital safety to life. A creative adaptation of Little Red Riding Hood transported our students to a modern world where Red Riding Hood navigates challenges of social media.

As Red Riding Hood encounters 'digital wolves' and learns about online safety, our students discovered valuable lessons on protecting themselves in cyberspace. This entertaining and educational performance set the stage for a week of exciting activities held throughout Cyber Wellness Week.
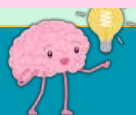
Food for Thought

How can we be allies in our children's digital world?

Recess with a Purpose: Promoting Cyber Wellness through Play

Firewall Defenders

Station 1

Station Objective:
Learn how to protect ourselves from cyber security threats.

Step into the shoes of a cyber security expert! Students tackle engaging quizzes that teach them about creating strong passwords, understanding copyright, and sharing information responsibly online.

S.P.O.T Detective

Station 2

Station Objective:
Learn how to spot and identify fake images.

Can you spot what's real or fake? Students take on the role of young detectives as they learn to identify manipulated images, developing critical thinking skills essential for today's digital world.

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Are You Fast Enough?

Station 3

Station Objective: Test your typing skills!

At the Touch Typing Station, students boost their speed and accuracy through fun, interactive challenges. These activities help them build essential digital literacy skills, fostering confidence and efficiency in a tech-driven world.

Netiquette Masters

Station 4

Station Objective: Guide respectful, responsible and safe use

Through engaging crossword puzzles, students explore the art of online etiquette, learning how to communicate respectfully and effectively in digital spaces.

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Positive Influence Online

Station 5

Students contribute to a collaborative wall of kindness, writing positive affirmations that remind us about the power of spreading joy and encouragement in the digital world.

Station Objective:
Encourage use of positive words in online interactions.

S.T.A.R.S. in Action

Station Objective:
Apply S.T.A.R.S in online interactions – Sense. Think. Act. Refer. Support

Station 6

Real-world scenarios challenge students to apply the S.T.A.R.S. framework, helping them make wise decisions when faced with online situations.
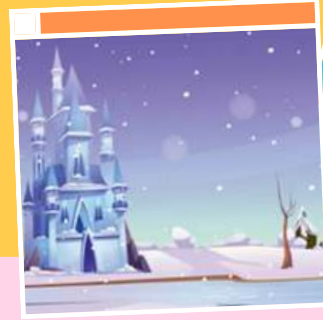
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Resources for Parents

1. Learning Cyber Safety through Disney Stories

This charming guide by the Cyber Security Agency of Singapore uses beloved Disney characters and narratives–such as Elsa's ice castle, Ursula's deception, and the glowing footprints in Inside Out–to illustrate key lessons about cybersecurity in a way that is easily understood by young children and relatable for families.

It covers three essential tips – how to create strong, memorable passwords (like a personal "magic spell" that protects your digital "castle"), how to recognise phishing attempts disguised as friendly messages, and why it is important to limit sharing personal information online to avoid leaving behind "digital footprints." Through familiar storytelling, it helps parents spark meaningful conversations about online safety with their children.

Click to read the guide here

2. What does a student's AI-enhanced day look like? Here's a peek

In this article on MOE SchoolBag, parents will discover how classrooms are evolving with technology. From real-time feedback dashboards to personalized learning through the Singapore Student Learning Space (SLS), AI is enabling students to learn at their own pace and helping teachers provide targeted support. This insightful read offers a glimpse into the future of education and how it is preparing students for a tech-driven world. It is a must-read for parents eager to understand and support their child's learning journey in today's digital age.

Click to read the article here

Additional Resources from MOE SchoolBag

3. Children and their devices: How to strike the right balance

4. 'The future looks rosy': why this dad isn't afraid of the rise of AI