MAHA BODHI SCHOOL
Well-Being Watch

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A Bulletin by the Character & Citizenship Education (CCE) and Student Well-Being (SWB) Departments

Growing Dreams, Nurturing Well-Being

Making the Year-End Holidays a Time to Discover, Connect and Grow

As the school year draws to a close, the holidays offer a wonderful opportunity for our children to rest, recharge and explore new interests.

In this issue of Well-Being Watch, we explore how parents can nurture their children's aspirations while strengthening their confidence, resilience and well-being.

Big dreams can begin with little moments of curiosity and discovery!

What new possibilities will you and your child discover together this holiday?





Every Experience Can Spark a Dream

At Maha Bodhi School, **Education and Career Guidance (ECG)** provides meaningful opportunities for students to discover their interests and strengths, broaden their perspectives and explore future possibilities.

From the **interactive ECG on the Move exhibition** and **hands-on activities during Experiential Learning Week**, to **career sharing sessions by parent speakers** and **learning journeys to workplaces**, our Maha Bodhians had opportunities to explore different industries, interact with professionals and gain insights into the world of work.

Students' reflections:

"The learning journey has inspired us to explore STEM further and deepen our understanding of its possibilities. Witnessing the impressive creations designed to solve real-world problems has motivated us to think critically and creatively about the challenges we face in our own lives. We hope that, like the innovators we encountered, we too can develop solutions that make life more convenient and meaningful — not just for ourselves, but for those around us."



Students on a learning journey to an Advanced Micro Devices Company



ECG Experiences:
Hands-on Activities during Experiential Learning Week, Talks by Parent Speakers & Alumni and Classroom ECG on the Move Activities

Exploring Interests, Inspiring Aspirations

Every experience can spark curiosity, inspire aspirations and nurture a sense of purpose.

Through diverse ECG experiences, our Maha Bodhians discovered new interests and broadened their horizons.

Heartfelt thanks to our parent speakers, alumni and partners for generously sharing their expertise and enriching our students' learning!

SPARKING CURIOSITY, NURTURING WELL-BEING

Beyond broadening students' horizons and inspiring their aspirations, ECG experiences also play an important role in nurturing students' well-being, as children explore their interests, discover their strengths, and embrace new possibilities.

These experiences can help students develop:

1. A Positive Sense of Self

- Discovering their interests and strengths helps children appreciate their unique qualities and recognise that everyone has different talents.

2. Confidence and Resilience

- Trying new things and overcoming challenges help children understand that abilities can grow through effort, practice and perseverance.

3. A Sense of Purpose

- Recognising how strengths can help children develop a stronger sense of purpose and contribution.

A Thought for Parents

Rather than asking, "What do you want to be when you grow up?", try asking:
"What would you like to learn more about?"
"How would you like to make a difference to others?"

What matters is that children feel encouraged to explore, confident to learn and supported through challenges as they discover their strengths and aspirations.

FOUR WAYS TO NURTURE YOUR CHILD'S ASPIRATIONS

Encourage Curiosity, Not Just Achievement

- Encourage your child to do their best by recognising their effort, perseverance and progress.
- Show genuine interest in what excites them and encourage learning through discovery.

Recognise Strengths Beyond Grades

- Help your child appreciate their unique strengths, including qualities such as kindness, creativity, responsibility and perseverance.
- Affirm their efforts and progress, not just their achievements, to build confidence and a positive sense of self.

Every effort brings new possibilities!

Normalise Setbacks as Part of Learning

- Help your child understand that mistakes and challenges are natural parts of learning.
- Encourage them to reflect on setbacks, explore solutions and persevere, while reassuring them that seeking help is also a strength.

keep learning

Explore Aspirations Through Strengths and Values

- Encourage your child to reflect on what they enjoy, what matters to them and how their strengths can contribute to others.
- Help them see that aspirations are not just about future careers, but also about the kind of person they hope to become.

Stay curious.
Dream big.
Keep growing!



Parenting suggestions informed by the Parenting for Wellness Toolkit and MOE's ECG Parent Guide, Journeying With Our Children, Supporting Their Aspirations.

DISCOVERING THE WORLD OF WORK TOGETHER

This Holiday, Explore a World of Possibilities!

Simple, everyday experiences during the holidays can help your child learn about different jobs, discover their interests and see how they can contribute.

1. Discover the People Behind Everyday Services



Look around and notice how different people, such as bus drivers, healthcare workers or cleaners, keep our community running smoothly.

Try asking: "What do you think their job is like? How do they help others?"

2. Learn from Family and Friends



Chat with family members or friends about their work. Learn what they do, what they enjoy and how they got started.

Try asking: "What do you enjoy most about your work? What skills do you use?"

3. Explore Interests Through Hands-On Experiences



Try a new activity, attend a workshop or join a holiday programme (e.g. coding, cooking, robotics or art) to see what you enjoy and are good at.

Try asking: "What did you enjoy about this experience? What would you like to try next?"

4. Discover How Work Makes a Difference



Explore how different jobs and everyday actions can make a positive impact—such as keeping our environment clean, supporting the elderly or helping those in need.

Try asking: "How does this work help others? How can I also make a difference in my own way?"



As the school year draws to a close, we hope you will find time to slow down, enjoy precious moments with your children and discover new things together.

May these little moments of connection and discovery spark new dreams, nurture aspirations and give children the confidence to embrace the possibilities ahead.

MAHA BODHI SCHOOL

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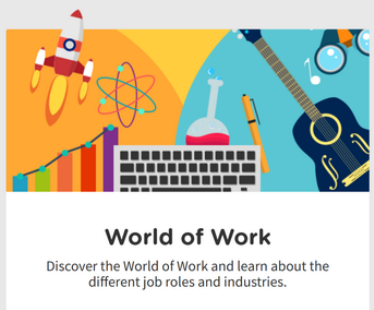
Additional Resources for Parents Explore and Discover Together



MOE's ECG Parent Guide – Journeying With Our Children, Supporting Their Aspirations
Practical tips for helping your child discover their strengths, explore interests and develop aspirations through meaningful conversations.

Read MOE's ECG Parent Guide

MySkillsFuture Student Portal (Primary)
Explore different industries, occupations and future possibilities together with your child.

Scan the QR code to explore the Parenting for Wellness Toolkit

RESOURCE	What Parents Can Find
MOE ECG Parent Guide	Conversation starters and guidance for supporting children's aspirations
MySkillsFuture Student Portal (Primary)	Information about different occupations and industries to explore together
Parenting for Wellness Toolkit	Practical strategies for building relationships, supporting resilience and nurturing well-being

Every dream begins somewhere. Through our encouragement, conversations and shared experiences, we can help our children discover the possibilities ahead.