

7 May 2024 | Ducens Iter Semper

Greetings from the Management.



Deputy Principal's Message

In the journey of raising children, one of the most valuable gifts we can impart is resilience. In a world filled with challenges and uncertainties, fostering resilience in our children equips them with the inner strength and adaptability they need to thrive in any circumstance.

Resilience is more than just bouncing back from adversity; it's about the ability to navigate through life's ups and downs with courage, perseverance, and optimism. As parents, we play a crucial role in nurturing this vital quality in our children.

One way to cultivate resilience in our children is by embracing failure as a learning opportunity. We can encourage them to view setbacks as stepping stones to growth rather than stumbling blocks. By helping them understand that failure is a natural part of the learning process, we empower them to develop resilience and problem-solving skills.

Another important aspect is fostering a growth mindset. We can teach our children the power of believing that their abilities can be developed through dedication and hard work. By encouraging them to embrace challenges, persist in the face of obstacles, and learn from feedback and criticism, we instill in them the resilience to overcome any hurdle they may encounter.

Creating a safe and supportive environment is also essential. We can provide unconditional support, allowing our children to feel comfortable expressing their emotions and seeking help when needed. By being their cheerleader, offering encouragement and guidance, we help them navigate through life's challenges with confidence.

As adults, we have the opportunity to model resilient behaviour for our children. By facing challenges with courage, adaptability, and a positive attitude, we show them how to overcome adversity gracefully. Sharing our own experiences of resilience and the lessons learned along the way can further reinforce this valuable trait.

Additionally, we can encourage our children to develop healthy coping strategies. Teaching them techniques such as mindfulness, deep breathing exercises, physical activity, and creative expression can help them manage stress, regulate their emotions, and build resilience in the face of adversity.

By fostering resilience in our children, we empower them to embrace life's uncertainties with confidence and optimism. Together, let's cultivate a generation of resilient individuals who are equipped to overcome any obstacle they encounter.

New Teachers

We would like to officially introduce Ms Balveen Kaur and Ms Priscilla Reena who recently joined our team of teachers.

Instant Insights

[Young Entrepreneurs Family Bazaar \(Family Briefing\)](#)

Date: 8 May 2024 (Wednesday)

Time: 8am

Venue: Level 5

All parents are encouraged to join the briefing.

[World Book Day 2024](#)

In conjunction with World Book Day 2024, we are inviting all students to dress up as their favourite book characters on Friday, 17 May 2024.

[Year-End Examination](#)

Year 10: 31 May 2024 to 14 June 2024

Year 1 to Year 9: 10 to 14 June 2024

It is highly recommended that your child does not miss these dates. A letter containing the revision scope and examination timetable will be sent to parents and students later this week.



WORLD
**BOOK
DAY**