



Founded 1954

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20 March 2026

Dear Parents,

Warmest greetings to you and your family.

To our Muslim families, we would like to take this opportunity to wish you a **Selamat Hari Raya Aidilfitri; Maaf Zahir Dan Batin**. May this festive season bring peace, forgiveness, and renewed bonds with your loved ones. To all our families, we want to wish you a happy and restful public holiday break. May this be a meaningful time to bond and rest with your child before we start the new school term on Tuesday, 24 March 2026.

This month, I would like to share the value of **resilience**. At its heart, resilience is about *not giving up easily* and having a *growth mindset* — the belief that our children can improve through effort, learn from mistakes, and grow stronger through challenges. Please allow me to start with a short story which I shared with our children during morning assembly, and the story will offer the reason why butterfly was chosen, through our parents' voting in Nov 2025, as our mascot for resilience:

**The Butterfly Story** - A man once noticed a butterfly struggling to emerge from its cocoon. He wanted to be helpful by gently cutting an opening in the cocoon. The butterfly came out easily, but its body was swollen and its wings were small and weak. It could never be able to fly for the rest of its life.

What the man did not realise was that the struggle to break out of the cocoon was essential. As the butterfly pushed through the narrow opening, fluid from its body was forced into its wings, strengthening the wings for future flight. As a result, the process had made the body of the butterfly smaller and the wings bigger and stronger. With this struggle, the butterfly was able to soar.

In the same way, our children need opportunities to face small challenges, solve problems, and learn from discomfort. When we step in too quickly or remove every difficulty, we may unintentionally deprive them of the strength that they may need to overcome future challenges. I would love to see our children soar to greater heights, like the butterflies, in our Mee Toh Family.

**Nurturing Resilience in Our Children:** In today's fast-paced world, it is natural for us as parents to want to protect our child from any obstacles or discomfort. Yet, resilience is built not by removing all these challenges, but by guiding our children through the processes and experiences. As parents and us as our children's teachers, we play a very important role in building this resilience through everyday experiences and routines. I remember in the past, when we got into trouble with school, our parents would cane or reprimand us for the inconvenience that we had caused to the school. As such, we chose not to have complaints from the school. This scenario seems to have been very different today when parents become more protective and less supportive of the school.

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**Vision** : Touching Souls, Challenging Minds

**Mission** : To maximise students' potential and develop in them a passion for life-long learning guided by compassion, conscience, purity and righteousness.

**Motto** : Compassion, Conscience, Purity, Righteousness

**愿景** : 净化心灵, 挑战思维

**使命** : 以校训慈、良、清、直为指引, 激发终身学习之热忱, 务必人尽其才。

**校训** : 慈、良、清、直

I would like to offer three practical ways we can support our children together:

1. Encourage conversation over devices to develop social skills

Instead of handing a device to keep our child occupied, let us make time to talk with them — about their day, their feelings, and their friendships. These conversations build social confidence, language skills, and emotional resilience. It also fosters positive relationships between parent and child. That explains why we have a “No telecommunication devices in school policy” as we want our children to interact and play with their peers. Studies have shown that children who are glued to digital devices tend to be more anxious in managing friendships and this is not helpful in their growth.

2. Teach accountability and the courage to apologise

Help our child understand that making mistakes is part of a learning process. Encourage her or him to say “I’m sorry” when she or he has done something not right. This builds humility, responsibility, and integrity. Even if it is an accident, making an apology is the right way to strengthen a relationship. We say sorry not because we admit our mistake; we say sorry because we treasure our relationship more.

3. Guide children in managing conflicts appropriately

When children feel upset or threatened, some may react physically by hitting or pushing. While this may be instinctive, it is important to guide them towards safe and respectful responses. There is a better way to teach our children to adopt safer and more respectful alternatives:

- Use words to express feelings (“I don’t like that”)
- Walk away from the situation
- Seek help from a trusted adult

When our child faces a challenge such as friendships, we can guide her or him to think:

- What happened?
- What can I do next, in a respectful and caring manner?
- Who can help me?

I would discourage parents from advocating hitting back as a defensive mechanism. Ideally to resolve a conflict, we hope to coach our children to remain calm, express emotions using “I feel” statements and work out a win-win solution together. Children are capable to make peaceful resolutions on their own. If that does not seem to work, then enlisting trusted adult assistance will be helpful. We also hope with the next few years, we will grow a pool of peer supporters who are able to champion positive relationships and offer win-win resolutions to conflict. Please do give us time to train them so that they form a safety net to create a safe and caring environment for all.

In conclusion, our shared goal is to nurture our children in our Mee Toh Family, who are not only academically ready, but also emotionally strong, socially aware, and grounded in good values — **respect, responsibility, resilience, integrity, care, and harmony**. Let us continue to work hand in hand to raise our children who, like the butterfly, gain strength through their struggles and are ready to take flight with confidence and purpose for the future.

Partnering with you,

Kelvin Tay / Principal

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