

# SMEIS Newsletter

## January 2026

### Principal's Message

Dear Students, Parents, and Staff,  
With the beginning of the new year, I am delighted to welcome our school community back with renewed energy and optimism. January marks a time for fresh beginnings, thoughtful reflection, and purposeful goal setting. Our students have returned with enthusiasm and a strong commitment to learning, leadership, and personal growth, and it is inspiring to see each girl continue her journey of discovery and confidence.

I look forward to the months ahead and the opportunities they will bring for achievement, collaboration, and growth across our **SMEIS** community.

Warm regards,  
**Mrs. Alice Joseph**

## School life & Celebrations

### • Parents–Teachers Meeting

**SMEIS** held a meaningful Parents–Teachers Meeting on Thursday, 22 January 2026, providing a valuable opportunity for open communication and collaboration. Teachers shared insights into students' academic progress, learning goals, and overall development, while parents engaged in meaningful discussions and offered thoughtful feedback.

We sincerely thank our parents for their time, cooperation, and continued partnership in supporting every girl's growth and success.



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## Academic Programs

### • Quarter Two Exams | January 25 to 28, 2026

**SMEIS** students completed their Quarter Two exams with confidence and determination, demonstrating responsibility and commitment across all grade levels, and we wish each of them the best of luck as they continue to grow and shine.



## Parent Engagement

### • Teaching Priorities at Home

“Decide what your priorities are.  
If you don’t, someone else will.”

**John C. Maxwell**



The 80/20 principle teaches us that focused effort on what matters most leads to meaningful results. Parents play a key role in helping their daughters identify these priorities by guiding them to understand the “jar of priorities” and recognize the difference between what is essential and what is less important.

Encourage your daughter to identify her “rock”—a priority that should always come first, such as learning, values, or well-being. Help her recognize her “pebbles”, the routines and responsibilities that support her daily growth, and gently reflect on the “sand”, the small distractions that may take time away from what matters most.

These conversations build self-awareness, responsibility, and purposeful decision-making, supporting both academic success and personal growth.

### Parent Inspiration:

- Have a 5-minute daily check-in: Ask your daughter, “What was your rock today?”
- Set one family priority per week and protect time for it.
- Model the behavior you want to see by showing how you choose your own “big rocks.”
- Create a simple routine that puts learning, rest, and values first.
- Help her plan her time by identifying one rock, one pebble, and one sand activity each day.
- Limit distractions intentionally, especially screen time during homework or family time.
- Praise effort and focus, not just outcomes or grades.

**Based on concepts from the iLead Program by the Maxwell Leadership Foundation (2017).**

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