

## School's In!

THINK ABOUT WHAT  
COULD GO RIGHT



### Highlights

Evacomics: Back to School

Feature Story: Individuals go the extra mile  
to make a difference

What does Total Defence mean to you?

# Dear Agents of Kindness,

Welcome to the Kindness Headquarters! We are a group of agents with a common purpose: to spread happiness in school and in the community through simple acts of kindness.

Do you know that acts of kindness can be very powerful? Kind acts make people happy, and happy people are nice to others, so the whole ripple of kindness grows and grows.

As Agents of Kindness, your mission is to uphold the duties of a happiness hero, commit to a kindness cause and have as much fun as possible while doing it! Don't be afraid to step up to help someone in need, because your act of kindness can make a big difference to the people around you.

In this A-OK! issue, you'll find useful tips and fun activities to get you started on being an Agent of Kindness. We hope that you will have a fabulous year filled with an abundant of kindness and meaningful moments.

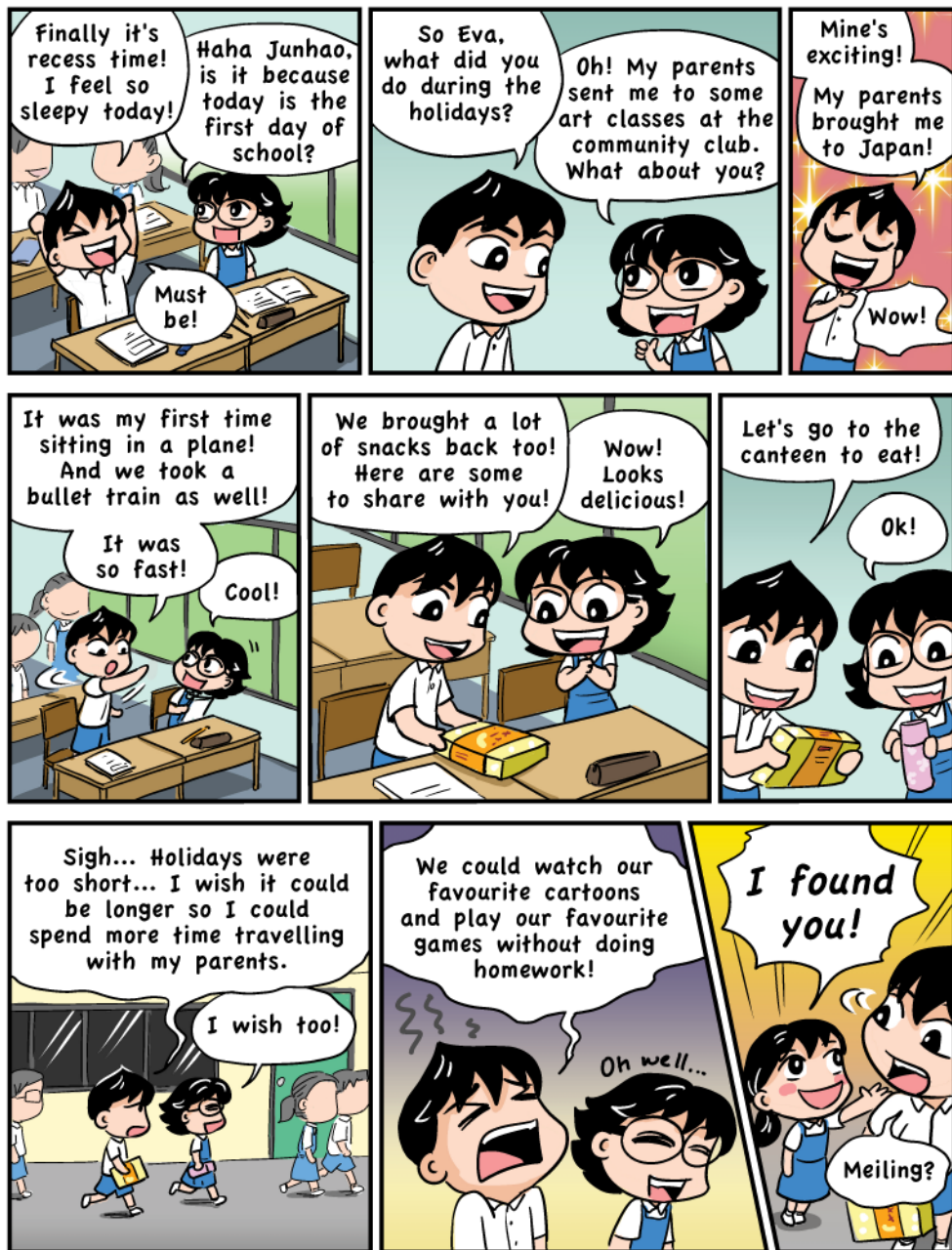
Good luck with your missions!



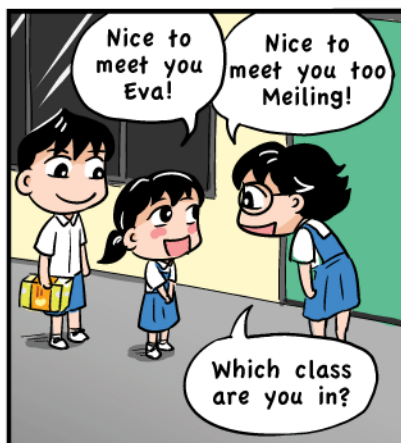
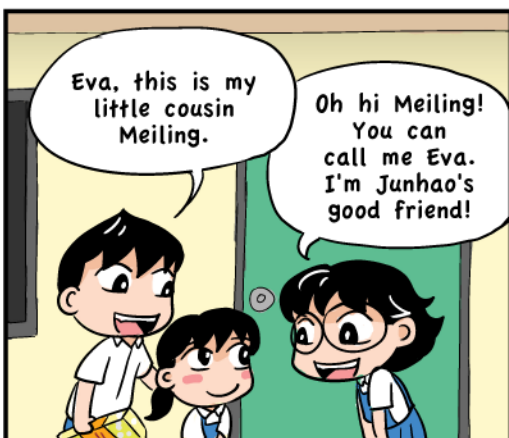
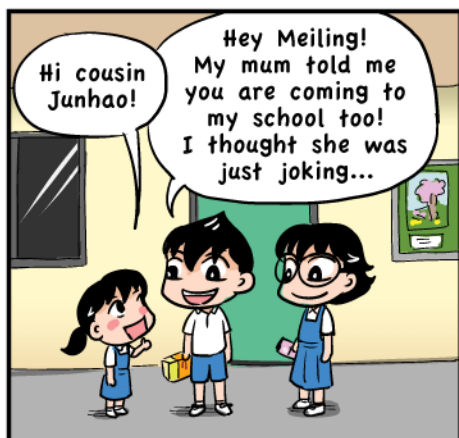


# Back To School

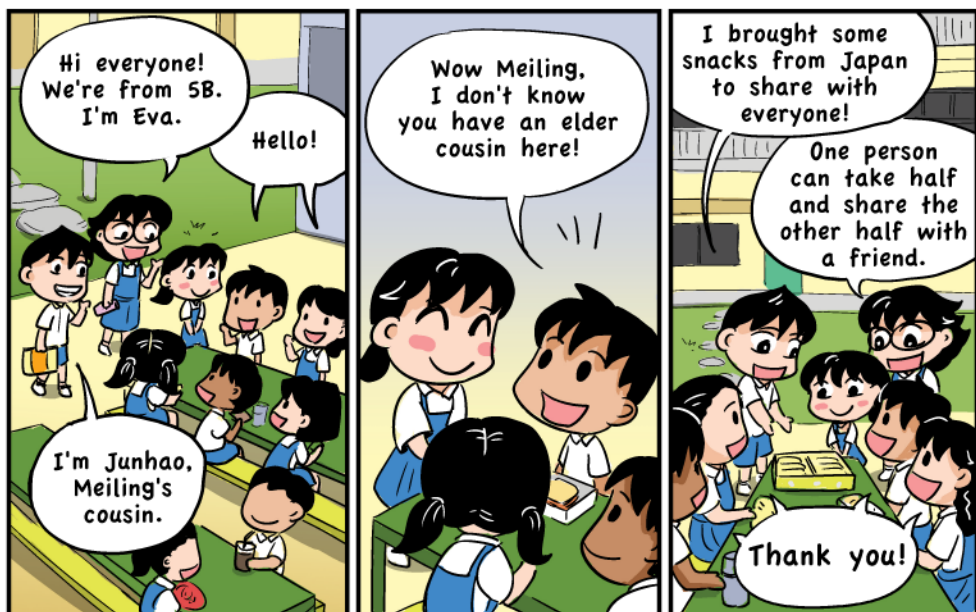
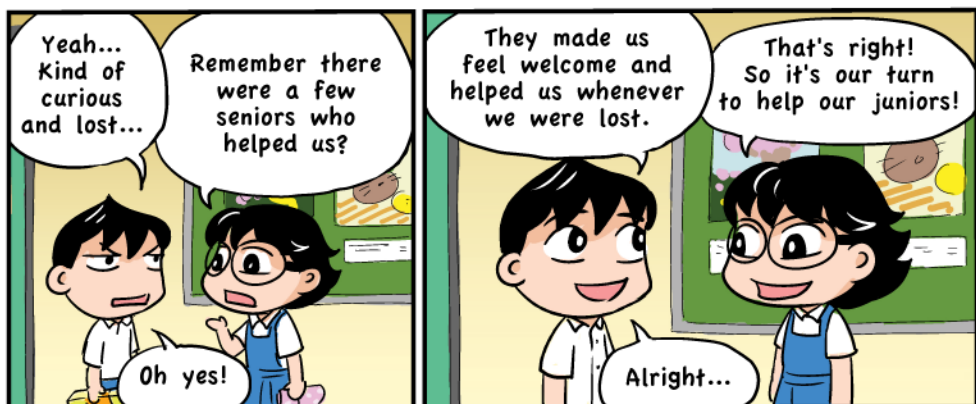
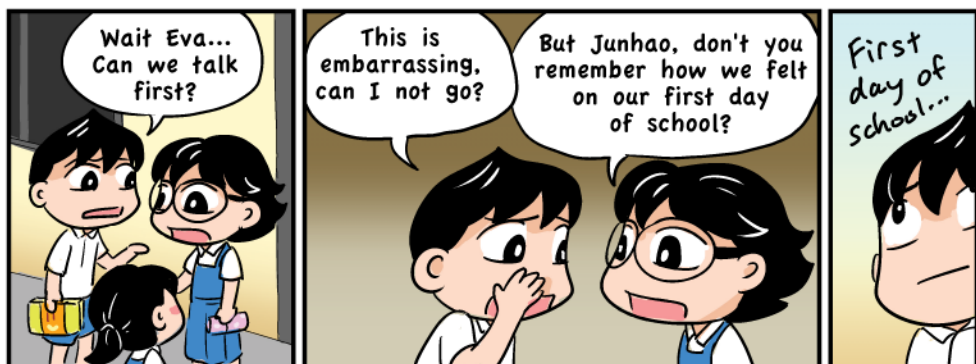
Bring along kindness and a friendly smile

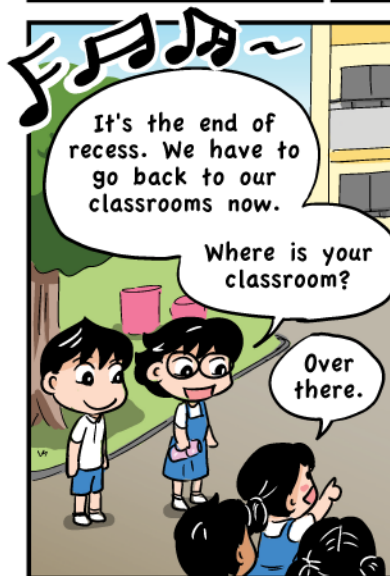
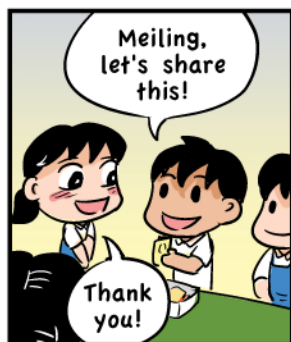












End

# Back to School Tips



## 1 *Make new friends*

To have a friend is one of the most wonderful experiences in school life. You can make friends by saying 'hello' and introducing yourself!

## 2 *Be a supportive friend*

A supportive friend listens to others, encourages one another, shares with others and celebrates achievements together.

## 3 *Be responsible*

Everyone has a part to play in keeping the school a clean and happy place. You can start by returning your plate after meal. Be Kind, Keep Clean!

## 4 *Be positive*

Forget about the past bad events and look forward to each new day!

## 5 *Set goals*

What would you like to achieve this year? For example, reading 2 storybooks a week. You can also brainstorm with your friends on how you can help one another.







THE PRIDE

FEATURE

STORY

# INDIVIDUALS GO THE **EXTRA** **MILE** TO MAKE **A DIFFERENCE**

Another amazing year has gone by! As we embrace a new start, let's remember the kind happenings and individuals that made a difference to our community in 2017.

*Stories are adapted from online newsletter 'The Pride' and edited for length.*  
MORE STORIES ON [PRIDE.KINDNESS.SG](http://PRIDE.KINDNESS.SG)

## *NTU student runs his own school to teach English to migrant workers*

23-year-old Sazzad Hossain, who studies at Nanyang Technological University (NTU), dreams of helping all migrant workers in Singapore learn English. It all started through casual encounters with Bangladeshi workers, when he learnt how communication was a huge issue for them. Hossain was giving informal English lessons to four or five workers at a park in Lakeside before he began teaching over a hundred interested students.

Today, these small beginnings have grown into a massive social enterprise at SDI Academy, with classes held at five locations run by teachers, staffs and two hundred volunteers.

Hossain juggles his English school amidst the demands of his university education. He hopes his work is not just about teaching a language, but also encourages Singaporeans to build friendships with these migrant workers.



## *Honesty really is the best policy*

Grab driver Lindy Sim lost her wallet at Geylang Serai and had no idea she had misplaced it until a young man named Farhad contacted her. As it turned out, Farhad had found the wallet and discovered a Toyota workshop receipt in it that he used to seek out her contact information. In a social media post, Sim thanked him and said: "Without his kindness by returning my wallet, all my important cards would have needed to be replaced."

Another Singaporean also experienced the kindness of others. In July, reader Jonathan Yap wrote to The Straits Times and shared that he had accidentally left behind a watch at Leisure Park Kallang's Koufu foodcourt while dining there. Rushing back an hour later, he was told that cleaner Madam Lim Yok had found the watch and passed it to a supervisor for safekeeping. Without her honest gesture, he would have lost an item that was not only expensive, but also one that held great sentimental value for him and his wife.



# Sambal Saviour

*10-year-old girl raises money for cancer-stricken hawker by selling homemade sambal on social media*

When Phoebe Lim heard that Mr. Tan Boon Teck of the Armenian Street Char Kway Teow was suffering from colon cancer, she cooked up a plan to raise funds for the hawker's expensive cancer treatment. She wanted to make and sell sambal chilli.

The 10-year-old launched her charity sale on social media, asking if anyone wanted to place orders for her homemade sambal. Phoebe and her family expected 50 orders at the very most. Little did they expect that Phoebe's kindness would go viral, resulting in a hundred, then a thousand orders for her homemade chilli. Phoebe's kind act even inspired others to join in. A chef offered to let her use the commercial kitchen and helped Phoebe to order the ingredients in bulk.

Phoebe managed to raise \$14,000 for Mr. Tan's chemotherapy treatment. The pair met for the first time in August and Mr. Tan received her donation gratefully, promising to treat everyone to char kway teow when he recovers.





## *Circuit road residents care for needy 91-year-old neighbour*

When 54-year-old Madam Liang first noticed that her elderly neighbour had lost a lot of weight, she decided to pay her a house visit.

Despite living in the same Circuit Road block, the pair seldom interacted. That did not stop her from showing her concern. To her shock, she found the elderly woman's house rubbish-strewn, smelly and so cluttered that there was only a narrow space to walk through the house.

Speaking to Shin Min Daily News, Madam Liang said she was worried for her neighbour's difficult circumstances, and wanted to help. So, since early July, she has accompanied the old lady to the food collection point below their block every morning, making sure that the latter manages to pick up her free meal for the day. According to Madam Liang, she's not the only one who is stepping up to lend a hand. Another neighbour also occasionally buys food and leaves it at the old lady's door.



# One Kind Act a Day

Doing acts of kindness is one of the best things you can do together with your family or guardian. Plan what you and your family or guardian can do together!

**Sunday**

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**Monday**

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**Tuesday**

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**Wednesday**

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**Thursday**

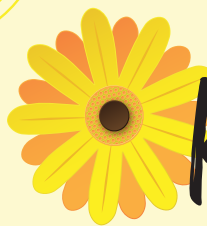
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**Friday**

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**Saturday**

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# Kindness Mailbox



What does kindness mean to you? How can you advocate kindness  
in school or in the community?

Write them on this page or send in your response through

[www.mailbox.kindness.sg](http://www.mailbox.kindness.sg)

Name: \_\_\_\_\_

School: \_\_\_\_\_

Class: \_\_\_\_\_



TEAR OUT THIS PAGE AND SEND IT TO US.

POST IT BY SNAIL MAIL TO:

Agents of Kindness  
Singapore Kindness Movement  
61 Stamford Road  
#01-08 Stamford Court  
Singapore 178892

— FUN WITH FRIENDS —

Who  
AM I ?

Friends that play and laugh together, stay together. Here's how you can have some fun time with your friends!

## Steps:

- 01 Write down a famous character or occupation on a post-it note.
- 02 Stick the post-it note on one player's forehead so that he/she cannot see what is on it.
- 03 The player then asks questions to his group members for which they should either answer yes or no.
- 04 He/she should finally try to guess the character or occupation.
- 05 Each player gets a maximum of three attempts to guess the answer.



# WHAT DOES TOTAL DEFENCE MEAN TO YOU?

Do you know that Total Defence involves everyone playing a part, individually and collectively to build a strong, secure and cohesive nation? Total Defence comprises the 5 pillars – Psychological Defence, Social Defence, Economic Defence, Civil Defence and Military Defence.

Here are some stories of people contributing to the 5 pillars of Total Defence in Singapore.

## *Economic Defence*

A housewife took up a nursing course knowing that having this knowledge is a permanent skill. Her mindset of lifelong learning will help her to adapt to the growing needs of the healthcare system.



## *Military Defence*

A supportive family who encourages NS man to do their best during National Service training. Their kind words give NS man a morale boost.

## *Civil Defence*

A KFC delivery rider and LTA officer braved the rain to clear a huge branch that had fallen from the roadside tree. Their courage to step in and offer their help manage to ease the traffic.





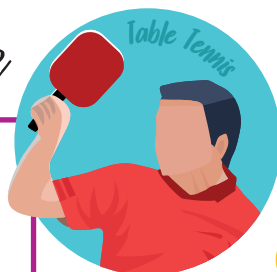
## Social Defence



A student makes new friends from different backgrounds, and invites or joins them during festivities. His respect and understanding towards someone of another race or religion brings people together.

## Psychological Defence

National athlete lost 3 limbs in an accident years ago, but this did not prevent him from representing Singapore in the ASEAN Para Games. His resilience and fighting spirit is an inspiration to all.



**IN MY OPINION, TOTAL DEFENCE IS ABOUT...**

**I CAN CONTRIBUTE TO TOTAL DEFENCE BY...**

FOOD FOR THOUGHT

## Case Study

# BIKE-SHARING, BIKE-CARING.

Bike-sharing is an increasingly popular way to get around. However, inconsiderate behaviours by some users are tarnishing the image and usability of harmless shared bicycles!

From indiscriminate parking to bike theft, bike-sharing has hit the news for the wrong reasons lately. Operators and the authorities are addressing these issues with new technology and rules, but sometimes, all it really takes is a little kindness, consideration and respect.



### IT'S OURS, NOT YOURS.

Bikes have been misappropriated by repainting the frame, chaining with a personal lock, or even removing the locking mechanism.

### Ride RIGHT.

THERE ARE RULES AND GUIDELINES IN PLACE TO ENSURE SAFE RIDING, which not everyone – especially newer riders – may be familiar with.



### BREAKING BIKES.

Bikes have been found with their seats, baskets, and even wheels removed, rendering them unusable and costing operators money to repair or replace.



### BIKES, BIKES EVERYWHERE!

Errant parking is the most common problem.

From footpaths to lift lobbies, plenty of bikes are parked everywhere except in their designated spots.





**What are your observations of shared bikes in Singapore?**

**What can you do as a responsible shared-bike user?**

**How can we encourage better and more considerate behaviour among bike-sharing users, so as to make the experience more pleasant for everyone?**



## SHOWING KINDNESS THE MPS WAY

Kindness Ambassadors from Macpherson Primary School adopted the theme of “How full is your bucket?” for their kindness project. Pupils were encouraged to fill their buckets according to the following days of the week:

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Motivation Monday	: Have you motivated someone today?
Terrific Choice Tuesday	: Have you made the choice to say a kind word today?
Warm-hearted Wednesday	: Have you warmed anyone’s heart today?
Thumbs Up Thursday	: Have you done a kind act for Thumbs Up Thursday?
Feel Good Friday	: What have you done to make yourself feel good today?

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Pupils participated in Kindness Week activities such as spinning a Kindness Wheel and performing the kind acts listed; making a Kindness Bucket using a paper cup; playing a Kindness Game; taking post-its from the Kindness Wall and doing acts of kindness listed on those post-its, and completing crossword puzzles.

The Kindness Ambassadors created a video to showcase staff’s daily tasks to allow pupils to appreciate their roles better. Every class made an appreciation gift to thank a staff member which was then presented on Staff Appreciation Day. For the entire year, Primary 3 to 6 students took turns to clean the canteen for 10 minutes according to a planned schedule.

Through this project, pupils learnt to be “bucket-fillers” of kindness.



## FRIEND OF SINGA, WRITE FOR KINDNESS & KINDNESS BADGE AWARDS 2017



Friend of Singa award winners from  
Casuarina Primary School

The Friend of Singa, Write for Kindness and Kindness Badge Awards Ceremony was held on 10th November 2017 at Our Tampines Hub. Pupils and teachers from 166 schools, together with our Guest of Honour, Mr Masagos Zulkifli, Minister for the Environment and Water Resources came together to celebrate the success of the schools' kindness projects.

Friend of Singa, a programme that aims to empower students to lead their school in a 5-month kindness campaign, is into its 27th year. It is open to all primary, secondary and special education schools. We are glad to have 9 new schools taking part in 2017's programme. With the theme of "Kindness, it's up to us.", Kindness Ambassadors from participating schools did projects within their schools to spread kindness.

Some participating schools also contributed to the awards ceremony by putting up performances on stage. It was a meaningful event for everyone present at the awards ceremony. We would like to congratulate and thank all participating schools!

We hope to see your school participating in Friend of Singa 2018!





# Kindness Mailbox

## Featured!

2017 / Issue 4

**Do you think being an Agent of Kindness is cool? What motivates you to spread happiness in school and in the community through acts of kindness?**

Being an Agent of Kindness is cool because we can make others smile with our kind acts! Everyone is happier when they know that there are caring people surrounding them. I am motivated to spread more kindness because it makes everyone feel better! We can all help to make this world a better place by showing simple acts of kindness.

– Kinjal Johri, Seng Kang Primary School, P5(2017)

Being an Agent of Kindness is cool. My heart feels warm whenever I do a good deed. I am motivated to spread kindness as I believe being kind allows me to make more friends and have someone to talk to when I need help. I wish people could say more kind words!

– Chan Cheuk Yiu Ryan, Maris Stella High School, P5(2017)

Being an Agent of Kindness is cool! A person who receives kindness never fails to smile! Kindness spreads joy and only brightens up their day. Being able to spread happiness to others through acts of kindness motivates me to go that extra mile!

– Natalie Seto, Raffles Girls' Primary School, P5(2017)

Complete the activity in page 13 and your response may get featured in the next issue of A-OK! You may send in your response through [www.mailbox.kindness.sg](http://www.mailbox.kindness.sg) as well!

Contest

# Write for Kindness

## JUNIOR

**Theme:**  
**Kindness, It's Up to Us.**

Write a story between 150 - 220 words on an act of kindness that you have done or received.

### Submission:

- ★ In your submission, include your name, school, class, email address and contact number.
- ★ Send us your story by mail to the following address by **28 February 2018**.



### Write for Kindness

Singapore Kindness Movement  
61 Stamford Road  
#01-08 Stamford Court  
Singapore 178892

### Judging Criteria:

- ★ Relevance to theme
- ★ Originality
- ★ Language use



### Prizes:

- ★ 1st, 2nd, 3rd
- ★ 3 Consolation
- ★ 1 Special mention

Attractive prizes include limited edition SKM merchandise, Scholastic books & Kidz Amaze vouchers. Winning stories will also be featured in the following issue of A-OK!

Organised by:



Prize sponsors:





To spread happiness in school and in the  
community through simple acts of kindness.