

A-OK!

Agents of Kindness

Issue

03

2018

Primary 5



singapore
kindness
movement

FOR
PRIMARY 5

WE ARE SINGAPORE NDP 2018

Highlights

- ★ Evacomics: NE Show 2018
- ★ The Pride: What Is Kampung Spirit?

Dear Agents of Kindness,



Singapore is 53 years old this year, and we want to celebrate our people, our nation and our home. The theme “We Are Singapore” defines the Singapore Spirit, and it is about all of us coming together to overcome future challenges and to build a kind nation.

In this issue of A-OK!, look out for the stars in Evacomics and have fun exploring our little island through the “NDP Jalan!” mobile app.

Let’s celebrate our National Day on August 9th by spending time with your family. Invite your neighbours to watch the National Day Parade together in the comfort of your living room.

You are privileged to be at the NE Show and you can’t wait to be there with your friends. Let’s be gracious spectators by remembering to do the following:

- Follow all instructions given by teachers and organisers.
- Cheer on the performers during the show.
- Make friends with people around you.
- Sing along and encourage others to do the same.
- Look out for anyone needing help during the show.
- Be kind, keep the place clean after the show. Keep all rubbish in the bag and hold on to them till you find the nearest rubbish bin to discard them.

As an Agent of Kindness, be sure to start, show and share kindness wherever you are. In being kind, you will spread happiness all around.

Have fun! And Best Always,



**Dr. William Wan, JP.,
General Secretary,
Singapore Kindness Movement.**



NE Show 2018

Let's Celebrate National Day!











SPOT ★ THE STARS ★ in Evacomics!

Join in the National Day fun by downloading the “NDP Jalan!” mobile app and follow the instructions below to see what appears on your smart device!

Note: This activity requires a smart device and teacher’s permission to use it in class.

Step 1:

Launch Apple App Store or Google Play Store.

Step 2:

Search for “NDP Jalan!”.

Step 3:

Download and launch the app.



Step 4:

Click on the “NDP 2018 AR Viewer”. It can be found in-game as well!



Step 5:

Hover your device’s camera over the pictures marked with a star★ in Evacomics (Pg 4) and see what appears on your smart device!



Continue exploring the app to learn more about Singapore. You may even stand a chance to win some NDP tickets!



NDP 2018 Theme Song: We Are Singapore

Preface:

How many times have you heard them say:
"The future is uncertain and everything must change"
Well all of my worries and all of my fears
Begin to lose their weight, when I hold you near

If all that we are is what we believe
Then I know I have to be the change I want to see
How easy we forget that everything takes time
No, nothing's ever perfect, but I still call you mine

Chorus (X2):

This is my country, this is my flag
This is my future, this is my life
This is my family, these are my friends
We are Singapore, Singaporeans

Pledge (Spoken/Sung):

We, the citizens of Singapore,
Pledge ourselves as one united people
Regardless of race, language or religion
To build a democratic society
Based on justice and equality
So as to achieve happiness
Prosperity and progress for our nation

Chorus:

This is my country, this is my flag
This is my future, this is my life
This is my family, these are my friends
We are Singapore, Singaporeans

We are Singapore, We are Singapore
We will stand together hear the lion roar
We are Singapore, We are Singapore
We're a nation strong and free forevermore

We are Singapore, We are Singapore
We will stand together hear the lion roar
We are Singapore, We are Singapore
We are Singapore, Singaporeans (X2)

Do you know?

"We Are Singapore", is an adaptation of the 1987 version of "We Are Singapore", with a new preface by local singer/songwriter Charlie Lim.



Watch!

Check out the music videos!

We Are Singapore (2018)




We Are Singapore (1987)



WE ARE SINGAPORE
NDP 2018

National Day BINGO

Have a friendly challenge with your friends by completing the National Day Bingo. The first to complete 5 challenges in a row wins!

Sang "Home" by Kit Chan	Attended a community National Day celebration	Participated in the NE Show with my classmates	Cheered loudly during the NE Show	Hung the National Flag outside my house
Went to the actual National Day Parade with my family	Wore red or white clothes on National Day	Ate something red or white	Said the Pledge loudly while standing still	Picked up litter after watching the parade
Used the temporary tattoos from the Funpack	Sang the National Anthem loudly during the NE Show		Saw the National Day Parade fireworks	Did the "Kallang Wave" at the National Day Parade
Saw the helicopter fly past	Did a good deed on National Day	Waved the National Flag	Sang the National Day Theme Song 2018	Watched the National Day Theme Song 2018 music video
Had a National Day party at home	Danced with "Reach Out For the Skies" which was 2005 National Day Parade Theme Song	Sang "Where I Belong" by Tanya Chua	Took photos with my friends during the NE Show	Watched the National Day Parade on TV

AMAZING ACROSTICS!

Contest

WHAT IS AN ACROSTIC?

An acrostic is a message or poem in which the first letter of each line spells out a word, phrase or sentence.

EXAMPLES OF AN ACROSTIC USING THE WORD 'KIND'

Kindness
Is
Necessary
Daily

Kindness means giving a helping hand,
In every moment that you can.
Nice never runs out of style,
Doing good deeds is never dull.

AMAZING ACROSTICS! *Contest*

WRITE AN ACROSTIC POEM BETWEEN 40-70 WORDS
USING THE LETTERS IN ONE OF THE WORDS GIVEN BELOW.

RESPECT

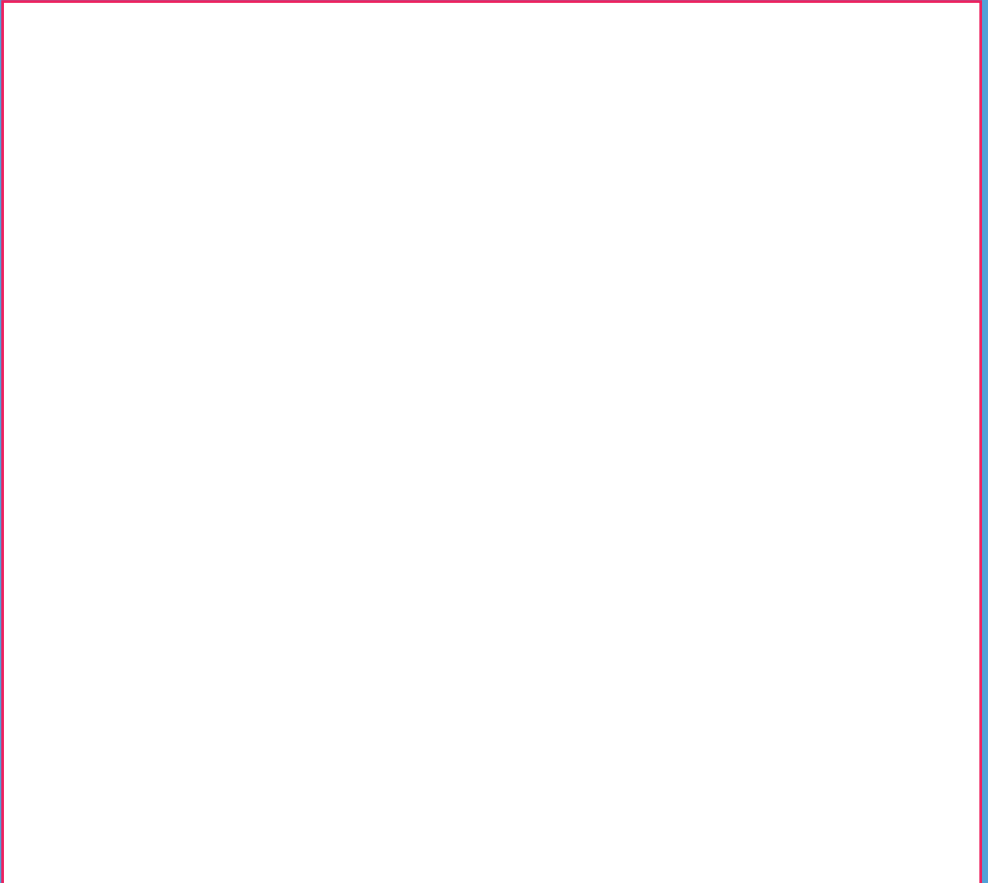
EMPATHY

HARMONY

KINDNESS

THEME:

WE ARE SINGAPORE – A NATION OF KINDNESS STARTS WITH ME!



NAME: _____

SCHOOL: _____

CLASS: _____

PARENT'S EMAIL ADDRESS: _____

PARENT'S CONTACT NUMBER: _____

HOME ADDRESS: _____

SUBMISSION:

- ★ In your submission, include your name, school, class, email address and contact number.
- ★ Send us your acrostic poem by mail to the following address by **18 July 2018**.

Amazing Acrostics Poem Contest
Singapore Kindness Movement
61 Stamford Road
#01-08 Stamford Court
Singapore 178892

JUDGING CRITERIA:

- ★ Relevance to the theme
- ★ Creativity and Originality
- ★ Language Use

PRIZES

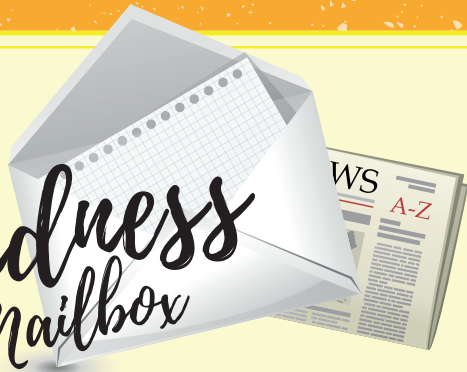
- ★ 1st, 2nd, 3rd
- ★ 3 consolation

Attractive prizes include SKM merchandise and Kidz Amaze vouchers (only top winners). Winning entries will also be featured in the following issue of Kindsville Times.





Kindness Mailbox



What makes you feel proud living in Singapore?
What are you grateful for?

Write them on this page or send in your response through

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



THE PRIDE

FEATURE

STORY

WHAT IS KAMPUNG SPIRIT?

50 years of friendship and going strong. Childhood playmates David Choo and Kalidass SKS tell us why they still feel the closeness with one another despite having lost touch for many years.

Stories are adapted from online newsletter 'The Pride' and edited for length.
MORE STORIES ON PRIDE.KINDNESS.SG

Long lost neighbours reconnect after 50 years

Childhood playmates David Choo and Kalidass SKS lived two doors away from each other at Syed Alwi Road in the 1950s. The pair grew up together, but lost touch when Kalidass and his family moved to a public housing flat in the 1970s.

Three years ago, Kalidass chanced upon David's profile on social media and sent him a message to reconnect. They exchanged phone numbers and chatted online sometimes, but a meet-up never happened.

Having found out about their long-overdue reunion, The Pride planned a gathering at Berseh Food Centre at Madam Teow Liang Hua's drink stall. Madam Teow also used to live in Syed Alwi Road. The food centre is an ideal location, considering how near it is to their old neighbourhood.

Seeing David, now 64, Kalidass, 66, and Madam Teow, 80, greet one another so warmly, you would hardly think it has been over 50 years since they last met.

Amid excited chatter in Hokkien, Madam Teow shuffled into her stall to make a round of drinks, as Kalidass invited everyone to try his homemade vadaii. Jokingly, he said, "Some people say my vadaii is good in Singapore, some say it's good in Batam, but I say it's good only in JB. You know what JB stands for? Jalan Besar!"

Everyone laughed and it seemed like a merry gathering of old friends.

While eating, they caught up on the usual: How has life been, what are you up to now, how is your family doing?

Suddenly, Kalidass remarked, "Now that I think about it, I can't imagine how we used to communicate when David and I first met. His family was Cantonese and he was Chinese-educated, while my family is Indian and we spoke no English back then!"

Yet, somehow they understood each other and, together with their siblings, hung out along Syed Alwi Road as The Robin Hood gang. The group consisted of Kalidass, David, David's elder brother "Big John", and Kalidass' late younger brother, Raju.

Amid: in the middle of something

Vadaii: savoury indian fried snack

Shuffled: walk by dragging one's feet



A bond that goes beyond language

Growing up, the younger, more **studious** David looked up to the **street-smart** Kalidass, and was much influenced by what he did, from his hairstyle, to his taste of music and choice of hobby.

As teenagers, the pair bonded over music.

“David’s dad bought him a piano, so my siblings and I would gather at his house and play together. He’s got a really good ear for music and only needs to listen to a song a few times before telling me all the chords. We didn’t have songbooks to refer to then,” said Kalidass.

At that point, another youthful memory came back as he continued his story, “Also, we never needed a watch when we played together because David’s mother would serve as one. At 6pm, she would yell, “eat rice” in Cantonese and at 9pm, it would be “sleep” in Cantonese. We all just followed his timetable!”

As the boys grew older, they took an interest in photography. Back then, twin lens cameras were the trend, and both got their hands on a Yashica twin lens **vintage** camera. According to Kalidass, they were “taking selfies before selfies were even a thing”.

They went on to **reminisce** about how their photos would turn out with only half a face in it.

Studious: spending a lot of time reading and studying

Street-smart: having a good common sense

Vintage: something from the past

Reminisce: to remember

Fond memories of 25-cents auntie

Madam Teow first met Kalidass and David in 1962, as a hawker selling drinks along the shophouses where they lived.

“Why do you call her 25-cents auntie,” I asked curiously.

“Because that’s how much her drinks cost last time!” Kalidass laughed.

Many years later, when Madam Teow had settled at Berseh Food Centre, he recognized her and called out “25-cents!” and that’s how they reconnected. From then, Kalidass would pop by the food centre occasionally to visit Madam Teow for old time’s sake.

“They were always running around, playing outside my shop every day, although Kalidass’s younger brother, Raju was the naughtiest! She said with a **chuckle**.

Memories last forever

Abruptly, David took out his mobile phone and started typing something. When he had found what he was looking for, he turned eagerly to Madam Teow and pointed out an image of Syed Alwi Road on Google Maps.



Along with Kalidass, they stared at the screen, listening attentively as David explained where their old houses used to stand. His father’s dentistry clinic was at No. 79, the hairdressing salon at No. 80, and Kalidass’ place at No. 81.

It was a heartwarming scene I could not bear to interrupt.

Chuckle: laugh quietly

But I had a burning question, so I asked, “Why didn’t you try keeping in touch after you left the neighbourhood? Surely you could have exchanged **residential** phone numbers?”

“Yes”, said David, “but it wasn’t something that was commonly done then. Also, that was around the time we started having our own circle of friends from work. I always remembered Kalidass, I just never had a way to contact him.”

Both Kalidass and David **marvelled** over the miracle of social media and how it had helped bring long-lost friends together, even though David now lives in Johor Bahru in Malaysia.

When asked if they were planning to meet up more regularly, they replied that they would definitely keep in touch. In fact, one of David’s sisters, who currently lives in Melbourne, is planning to return soon for a visit.

The Kampung spirit

Before leaving, I asked a final question about why they felt such lasting closeness with one another, despite having lost touch for so many years.

The answer came easily: Kampung spirit.

“While we weren’t exactly a kampung, I think we all **embodied** that same spirit. For example, during the 1969 flood, all of us were quick to join together and support one another. It was a really bad flood where houses were filled with mud and furniture were floating around the neighbourhood. Everyone came to help move them back into **respective** homes. We didn’t even need to ask whose they were, we just knew,” said David.

Kalidass agreed, adding that back then, “nobody talked about race and religion. They’ll call me the Indian boy, but without any racist intentions. Even today, if I see any of our old neighbours and they call me that, it makes me happy because it transports me back to the old days.”



Residential: home/house

Marvelled: filled with wonder and surprise

Embodied: contained

Respective: belonging or relating to

CASE STUDY

Reviving The Kampung Spirit

What did you do when you met your neighbour at the lift this morning? Did you look away or take out your phone? Did you smile or say "Hello" to your neighbour? When your neighbours are mere strangers to you, conflicts arise more easily, and may be harder to resolve. This results in unhappiness for all.



Mdm. Xie

A housewife, Mdm. Ng, claimed that her neighbour, Mdm. Xie, often scolded her with vulgarities, resulting in frequent quarrels.

One day, Mdm. Xie found her shoe cabinet toppled, assumed it was Mdm. Ng, and retaliated by pouring bleach over the latter's potted plants.

Mdm. Ng has sought the help of the Community Mediation Centre (CMC) many times, but Mdm. Xie repeatedly refused to go for mediation, as she felt that she wasn't in the wrong.

Consider this: if these neighbours had been friends, these conflicts might not have happened in the first place!



Mdm. Ng



25% of residents surveyed

desire more neighbourliness from their neighbours.[^]



[^]Information extracted from Graciousness Index 2017 by the Singapore Kindness Movement.

The

Task

How can we revive the kampung spirit in our neighbourhoods? How can we encourage residents to make friends with their neighbours so as to avoid conflicts?



BUILDING A CULTURE OF GRATITUDE AND KINDNESS IN ANGSA NA

With the theme "Kindness. It's Up to Us", Kindness Ambassadors from Angsana Primary School carried out several activities:

Let's be Grateful

Students shared what they were thankful for and wrote appreciation notes on kindness shields.



Thank You, My Friend

Students shared greetings using different languages and participated in fun activities such as memory games. These games provided students with ideas on how to show care and concern for their friends.



A Month of Kindness

Students celebrated Warm-hearted Wednesday, Terrific Thursday and Feel Good Friday. They wrote positive messages to one another on post-it notes. Students thanked their parents by making appreciation notes in shapes of flowers and ties. To end the month of kindness, students were given a 40-day Kindness Gratitude Journal. Upon completion of the journal, students were given a Super Kindness Captain keychain badge.

I Appreciate You, My Beloved Teacher

Handmade coasters were given to teachers and students who wrote appreciation notes at a Shout Out! Station during recess.

Practising kindness is not a one-off thing. Through these activities, students were constantly reminded to be kind to one another.



Kindness Mailbox

Featured!



2018 / Issue 1

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

Kindness means being considerate to others and putting others before you. We can show kindness in school by greeting teachers when we see them or encouraging our friends. Kindness brings joy to people. One kind word can make someone's day!

– Maisarah Rafiz, Elias Park Primary School, P5

Kindness to me means being helpful, caring, and compassionate towards others and to think of others before myself. There is no right or wrong time to be kind to others. One word of kindness can make a difference to someone's day.

– Johanna Castillo, Marymount Convent, P6

Kindness is about making someone's day. Action speaks louder than words and kindness starts with us. We can be role models to everyone by doing good deeds and inspiring others especially our juniors to do so.

– Karanam Navya, Park View Primary School, P5

Kindness means helping others without expecting anything in return. I believe when we do an act of kindness, it comes back to us. We can spread kindness in the school or community by starting a ripple effect. If we go the extra mile to make a difference for someone, he or she will continue the ripple of kindness.

– Adhithyavelan, Jiemin Primary School, P6



How did you celebrate International Friendship Day in school? What can you do, as an Agent of Kindness, to promote peace, harmony and happiness among the locals and our foreign friends?

In school, we celebrated International Friendship Day over a few days. Each day, we learnt about an ASEAN country. On a Wednesday, someone from the Embassy of the Philippines came to our school to share about the Philippines. Parent volunteers also came to share about their home country. Dr Tan, a stamp collector, showed us his stamp collection. Parent volunteers also played games and shared more about their country's culture and food with us. I enjoyed it!

– Lucille Anne Gabriel, Stamford Primary School, P6

I participated in the games at the booths set up at the canteen and listened to the presentations presented by the teachers and parent volunteers. I learnt a lot about the different ASEAN countries. I enjoyed the activity where we designed our ASEAN stamp. It was a ASEAN stamp design competition!

I can be kind, caring and helpful to my neighbours and foreigners living around my neighbourhood. I can help the elderly in my neighbourhood to carry their heavy groceries, help them across the road or hold the lift door open. I can also greet the foreign workers every morning when they are cleaning our neighbourhood. In school, I can help the local and foreign friends in their school work if they need help.

– Lau Yook Fong, Stamford Primary School, P6

On International Friendship Day, I got to know more about the different ASEAN countries through the sharings done by various Stamfordians and their parents. As an Agent of Kindness, I can promote peace, harmony and happiness among the locals and our foreign friends by showing respect to other countries' cultures.

– Alexandra, Stamford Primary School, P6



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