



Agents of Kindness

Issue

03

2019

Primary 5



singapore
kindness
movement

PRIMARY 5



Highlights

Evacomics: NE Show 2019

NDP Theme Song 2019

T-shirt Design Contest



MCI (P) 073/11/2018

Dear Agents of Kindness,



Singapore is 54 years old this year and we want to celebrate our people, our nation and our home.

Let's celebrate our National Day on August 9th by spending time with our families. Invite friends and neighbours to our parties. Enjoy watching the National Day Parade together in the comfort of our sitting rooms. If you attended the NE Show, you may share videos and pictures taken at the show.

It's a privilege 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 until 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,

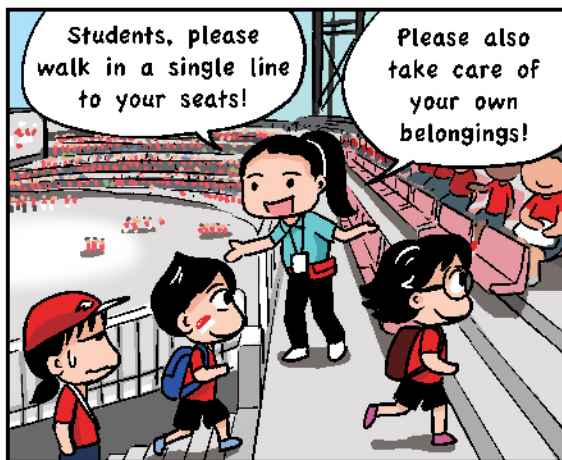
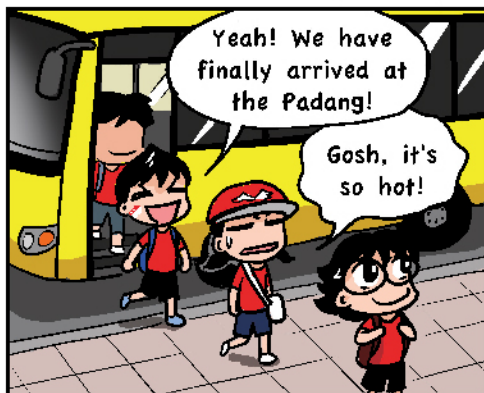


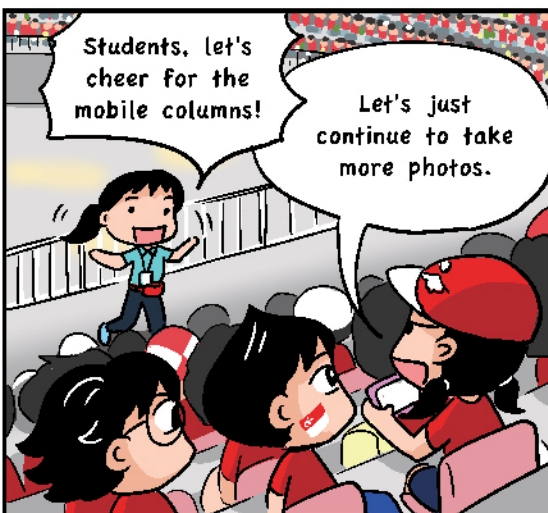
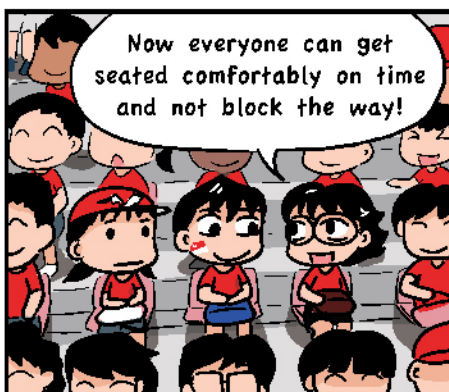
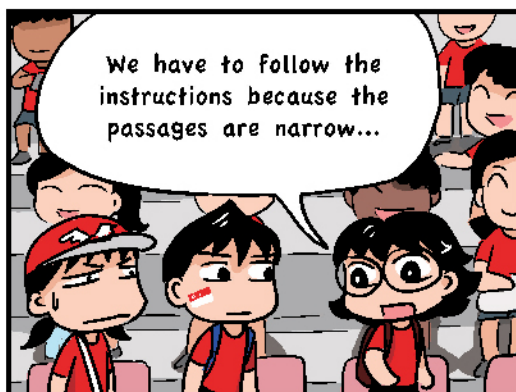
Dr. William Wan, JP,
General Secretary,
Singapore Kindness Movement

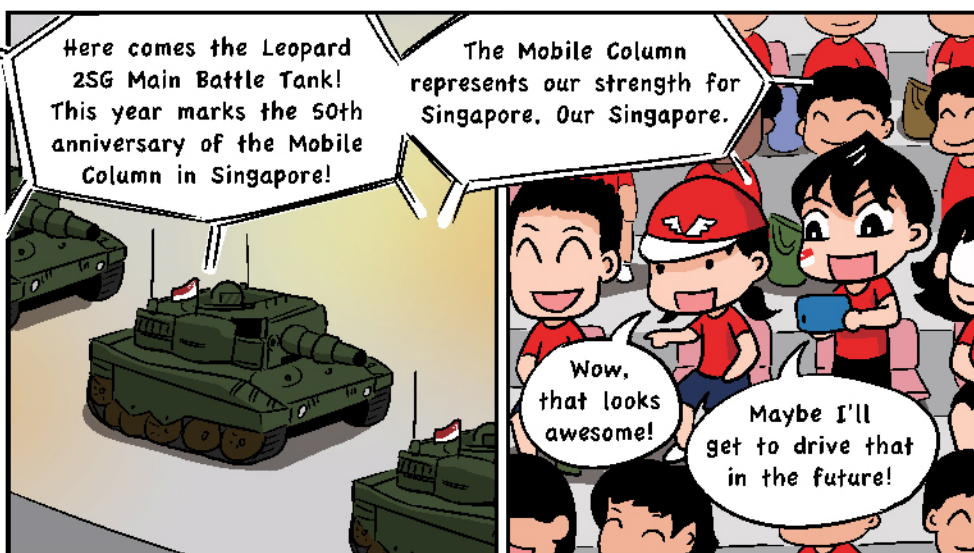
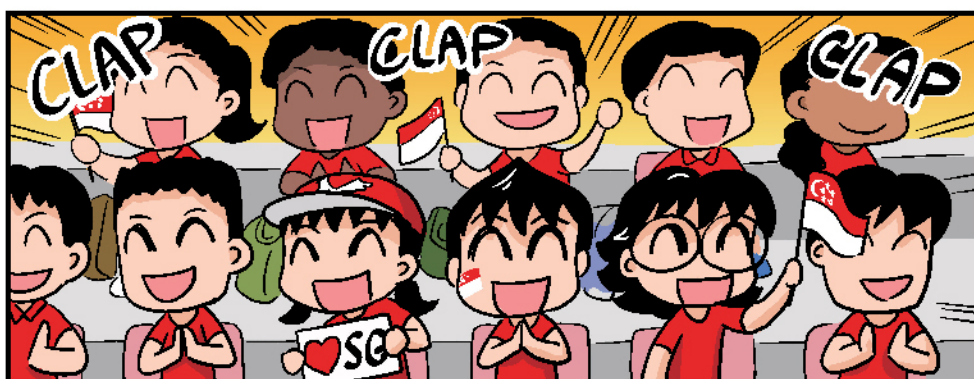
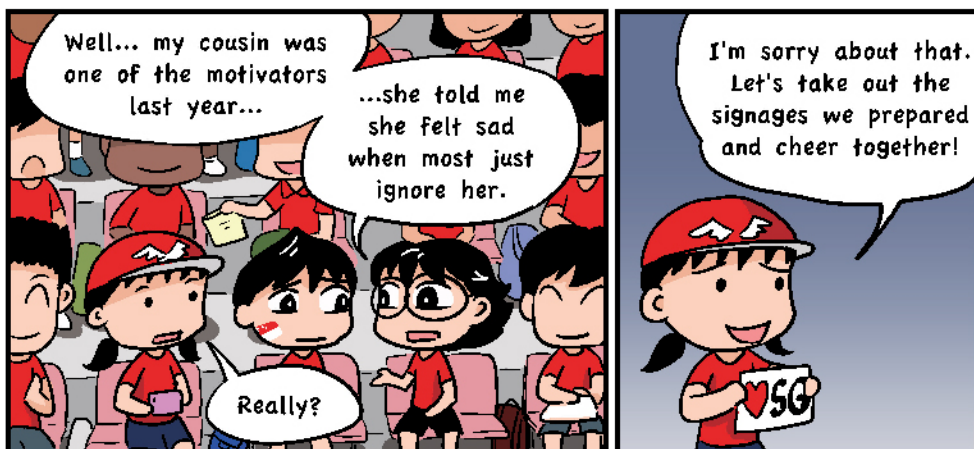


NE Show 2019

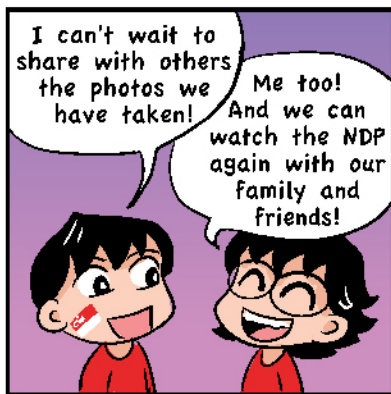
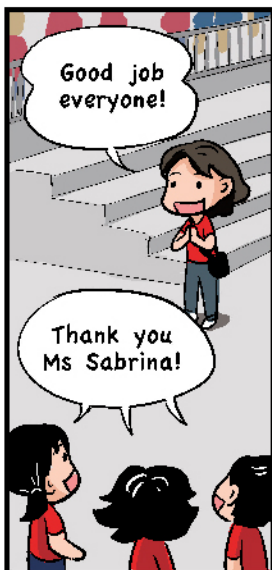
Let's Celebrate National Day!











NDP 2019 THEME SONG

Our Singapore

Verse 1 - Sung by Veterans

Remember the days,
we set out together with faith?
Remember the times, so fine,
when we thought that
Nothing could stand in our way?

Then things weren't the same,
the life that we knew had to change
We've struggled through, the darkest storms
We thought we couldn't tame

Oh-oh-oh-oh-oh-oh-oh

Verse 2 - Sung by Contemporaries

Through many years gone by,
we've moved ahead together
We've built a brave new world where
we could shine and grow
And now we only have to look towards
tomorrow
To carry on the dream as far as it will go

So now we look around us and we see
A nation built with love by you and me
A land to treasure right down to the core
Our home, our heart, our Singapore
Oh-oh-oh-oh-oh-oh-oh

Sing along to the theme
song together with your
family members as you
celebrate National Day!



Check out the NDP
music videos!



Verse 3 (Rap)

To my people of the future
We built it for the ones that dream
Hand in hand we make our land
Our home, the place to be
From young to Gold, our stories unfold,
Moments like these will speak
Words that last forever, world that come together
To show that we're all the same
We'll break the chains, to make a change
Burn bright, our lion city flame

Verse 4 - Sung by Icons

And amazing as it seems
It all started with a dream
And our dreaming isn't done
'Cause the best is yet to come

Oh-oh-oh-oh-oh-oh

Verse 5 - Sung by Children

Deep in my heart I just know
Right from the start, we will grow
Look where we are, we've come so far
And there's still a long, long way to go
With all of my heart, I will care
I'll play my part, I will share
With family and friends, together we'll stand
And in the end, hand in hand
We will get there
Oh-oh-oh-oh-oh-oh

Our Home, our heart, our dream



LET'S CELEBRATE NATIONAL DAY!

Singapore is celebrating her 54th birthday this year!
DO YOU KNOW WHAT THE SYMBOLS ON THE LOGO MEAN?

The crescent symbolises...



The five stars symbolise...

WRITE DOWN ONE THING YOU WANT TO DO FOR SINGAPORE.

As a pioneer of our future, I want to...

MY ROUTINE

ON NATIONAL DAY

What will you do over the National Day public holiday? Ask your family and friends and compare your preferences!

ME

- ☐ Wear red
- ☐ Wear white
- ☐ Sing 'Home'
- ☐ Sing 'Count on Me, Singapore'
- ☐ Watch the National Day Parade on TV
- ☐ Watch the National Day Parade on a smart device
- ☐ Watch the National Day fireworks live near City Hall
- ☐ Family time at home
- ☐ Have nasi lemak or chicken rice
- ☐ Have a play date with my friends
- ☐ Spend a day out with my family
- ☐ Attend a National Day Observance Ceremony in my neighbourhood
- ☐ Hang the national flag outside the house
- ☐ Visit *From Singapore to Singaporean: The Bicentennial Experience* event at Fort Canning Centre with your family

MY FAMILY OR FRIENDS

- ☐ Wear red
- ☐ Wear white
- ☐ Sing 'Home'
- ☐ Sing 'Count on Me, Singapore'
- ☐ Watch the National Day Parade on TV
- ☐ Watch the National Day Parade on a smart device
- ☐ Watch the National Day fireworks live near City Hall
- ☐ Family time at home
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FAMILY TIME

Together with your family members, take time to visit these exciting exhibitions that bring you back in time to witness key moments in Singapore's transformation from as far back as 1299.



From Singapore
To Singaporean

The Bicentennial Experience

1 JUNE TO 15 SEPT 2019 AT FORT CANNING CENTRE



Artist's Impression

Pathfinder

Explore Singapore's evolution from past to present at the Fort Gate!

Time Traveller

Travel back in time into the heart of Singapore's history & experience 700 years in an hour at the Fort Canning Centre!

Scan QR Code to find out more!



Artist's Impression



Kindness Mailbox



What are the things you enjoyed the most at the NE Show? What do you hope to see if you go to the National Day Parade again?

Write them on this page or send in your response through

<https://mailbox.kindness.sg>

Name: _____

School: _____

Class: _____

Home Address: _____

Receive a personal reply from the Kindness Headquarters when you send in your response. (Parental consent required)

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



Kindness Mailbox

Featured!



2019 / Issue 2

When was a time you showed or received an act of kindness from someone who came from another country?

I used to have a neighbour from Taiwan. She often said "Hi" and smiled at me when we saw each other. There was once I did not know how to solve a question, so I went to her house to ask for her help. She welcomed me into her house and taught me how to do my homework.

– Dana Heng, Raffles Girls' Primary School, P5

When I was in Japan during the December holidays, my family members and I lost our way in the train station. We did not know which train to board to get to our destination. When we were looking at the map, an elderly lady approached us and told us which train to board. She tried to speak to us in English to help us!

– Davina, Woodlands Ring Primary School, P6

Last year, a girl called Megan came to our school for an immersion programme. Megan was from Hong Kong, so she was unfamiliar with the school environment here. I decided to give her a tour around the school and guided her when she needed help with her homework. She stayed in our school for about 3 weeks. She learnt so much about Singapore's culture and the education system.

– Jolin Aw Jia Hui, CHIJ Primary (Toa Payoh), P5

A-OK TIPS FOR A GOOD NIGHT'S SLEEP

Sleep is vital to both your physical and mental health. Some indicators of good sleep are falling asleep in less than 30 minutes, not waking up more than once a night and spending at least 85% of your total time in bed sleeping.

Good sleep is important because it helps you to focus and learn efficiently. Lack of sleep can result in negative consequences like weight gain and a weaker immune system (It means falling sick more easily!).

Since good sleep is so important, be kind to yourself by getting some quality sleep with the following tips:

- ★ Stop watching TV or using your smart devices two hours before bedtime to reduce blue light exposure. This blue light makes it harder for you to fall asleep, which then interrupts your normal sleep patterns.
- ★ Reduce long daytime naps and avoid taking naps late in the day. These naps make it difficult for you to sleep at your regular bedtime as your body may not be ready for more sleep.
- ★ Keep your bedroom quiet, relaxing, clean and enjoyable to make it conducive for sleep.
- ★ Relax and clear your mind by listening to music, taking a hot bath or reading a book.
- ★ Exercise regularly for a healthier and more restful sleep.

What are some tips about friendship, kindness or school challenges you would like to know? Email us at aok@kindness.sg and you may see them featured in the next issue of A-OK!

CONTEST WINNERS

★ 1st

Nieve Toh Jia Yi
Nanyang Primary School, P6

INTERNATIONAL FRIENDSHIP DAY 3-COLOUR CHALLENGE

Issue 2/2019

Celebrate International Friendship Day by dressing Eva up in your favourite international costume. By taking up this 3-colour challenge, you are required to pick only 3 colours to complete your colouring sheet. Explain your artwork in one or two sentences when you are done.



This is a Russian costume. I chose this costume because it is unique and special. Our country should have a good relationship with a big country like Russia!

★ 2nd

Florence Seah Kah Woon
Stamford Primary School, P6



My artwork is about the Laos culture.

★ 3rd

Alison Kuo Kit Ying
Singapore Chinese Girls School, P5



I chose an Indian female outfit because I like the Indian culture. I find it fascinating.

★Consolation

Tricia Teo

Nan Chiau Primary School, P6



This is a Japanese costume from Japan. I used the colours pink, black and turquoise.

★Consolation

Tan Hui Ru

Bedok Green Primary School, P6



This is a traditional dress worn by females in Mexico. It is worn on special occasions such as the Day of the Dead.

★Consolation

Meenaksni Ramasubramanian

Punggol View Primary School, P6



This is an Indian Churidar. I like this costume as it has vibrant colours.

All winners will be notified and will receive a BETADINE® Natural Defense Hamper, a 90-minute Art/Clay Workshop by MuzArt and Limited Edition SKM merchandise. Singapore Kindness Movement's decision on all winning entries is final, no correspondences will be entertained.

Prize sponsors:

Ask for
BETADINE®

MuzArt
Imagine Your Future

T-SHIRT DESIGN CONTEST

Come up with your own quote and design your very own “Be Greater” T-shirt! Be as original and creative as you can to stand a chance to win a T-shirt customised with your quote. Remember, greatness is kindness!



**THEME:
KINDNESS**



WHAT IS YOUR “BE GREATER” QUOTE?

BE GREATER.



Scan QR code to find out more about the “Be Greater” campaign.

Name: _____

School: _____

Class: _____

T-shirt Size (refer to size chart): _____

Parent's Email Address: _____

Parent's Contact Number: _____

Home Address: _____

☐ I agree to the collection and usage of my personal data provided in this contest form by the Singapore Kindness Movement (SKM). The personal data will only be used to administer this contest, in accordance with SKM's Data Protection Policy available at <https://www.kindness.sg/privacy-policy/>

PRIZES:

★ 1st, 2nd, 3rd

T-shirt with your quote, BETADINE® Natural Defense Hamper worth \$52, Limited Edition "Be Greater" Set of 5 Pins and a Singa Plush Toy worth \$19.90.

★ 3 consolation prizes

T-shirt with your quote, BETADINE® Natural Defense Hamper worth \$52 and a set of 5 Limited Edition "Be Greater" Pins.

PRIZE SPONSOR:

Ask for
BETADINE®

Tough on germs yet gentle on the skin, BETADINE® Natural Defense embraces your family's health and wellness with nature's natural ingredients. At the heart of each product lies a natural defense formula that removes dirt and kills 99.99% of germs with ingredients to help promote good skin health – all without the use of harmful chemicals.



PRIZES FROM THE SINGAPORE KINDNESS MOVEMENT



Singa Plush Toy



Limited Edition "Be Greater" Set

Cotton T-shirt Size Chart



Size	Width (cm)	Length (cm)
Kids M	38	51
Kids L	41	54
Kids XL	43	58
Adult XS	44	63
Adult S	47	66
Adult M	50	69
Adult L	53	72
Adult XL	56	74

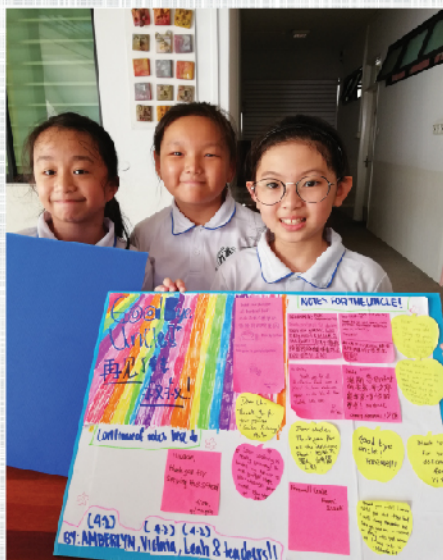
Send us your entry by mail to the following address by **2 August 2019**.

A-OK! Contest
Singapore Kindness Movement
61 Stamford Road
#01-08 Stamford Court
Singapore 178892

JUDGING CRITERIA:

- ★ Relevance to the theme
- ★ Creativity & originality

MAKING SCHOOL A HAPPIER PLACE AT NAVAL BASE PRIMARY SCHOOL



With the theme “_____”, Make a Difference!”, Kindness Ambassadors from Naval Base Primary School carried out several activities.

Befriending Students in School

The Kindness Ambassadors and a few members of each class attended a workshop to learn about being friendly to others and making new friends in school. They then spent five weeks during recess trying to talk to students and presenting them with notes of encouragement.

Making a Teddy Bear for a Friend

Students brought face towels to school to make teddy bears for their friends. They were excited to learn a new skill and also gained great satisfaction from being able to gift their friends something they made themselves.

30-Day Kindness Challenge@NBPS

Students contributed over 250 ideas of kind acts, out of which 30 were chosen. These kind acts were displayed on the Kindness Board for a month, with 7 being revealed weekly. After completing a challenge, students could paste a sticker on the board. This allowed students to see how every little act of kindness contributes to a gracious school.



ARE WE ALL UNCONSCIOUSLY RACIST?

Have you ever unknowingly committed racism? Read this article to find out if you have.



"Can we speak in English instead?" This is a phrase often heard when hanging out with friends who are of a different race.

"You're half-Chinese, you can understand what we say anyway." This is the offhand response my Sinhalese-Chinese friend sometimes hears from her Chinese friends.

"Guys, don't forget I'm here," is another weary refrain for my Malay friend. Her Chinese peers habitually converse in Mandarin, and she's left to bask in their insensitivity.

Sounds familiar? These are examples of casual racism that people encounter even in racially harmonious Singapore.

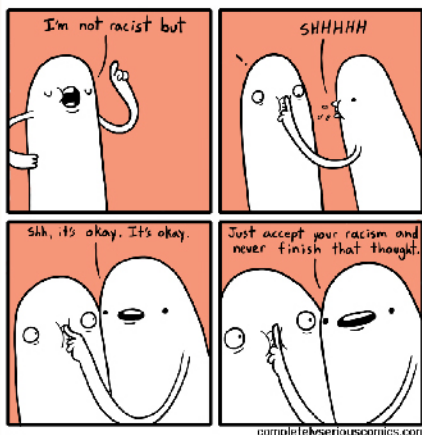
Here are some more examples. Have you experienced anything similar?

1. "I'm not racist, but..."

Nothing good ever comes after the word 'but', like:

"I'm not trying to be racist, but I wish I wasn't in the lift with that Indian guy. I'm really not racist, but I have a sensitive nose."

A quick grammar refresher: 'But' is a conjunction, or linking word, used to connect two contrasting ideas. When you say, "I'm not racist, but...", you are following up with a racist comment.



2. "I wasn't talking about you, though."

This is a weak defence for someone caught making racist remarks. It implies that the racism is acceptable, just because we aren't talking about someone we know. It isn't. It is still racism.

It is not okay to make sweeping statements like "All Chinese people look the same ... except you. You look different." Think before you speak to avoid stereotyping or offending others.

3. "I'm not racist. I have (insert race) friends."

Making friends with people of different races is a good thing. But there is much more to not being racist, such as being racially sensitive.

Friends are not an excuse for you to make racially offensive remarks. Using them as an excuse to do so is being racist.

Now that you know what casual racism looks like, what will you do if you face or witness someone being racist?

Article is adapted from online newsletter 'The Pride' and edited for length.

MORE STORIES ON
PRIDE.KINDNESS.SG





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