

# A-OK!

Agents of Kindness

Issue

01

2022

Primary 5-6



singapore  
kindness  
movement



**Together We Keep  
Singapore Strong**  
★ Total Defence ★

# 15 February 1942: The Fall of Singapore

by Dr. William Wan

Do you know why Total Defence Day is on the 15th of February every year? Back then, on 15th February 1942, the Japanese took over Singapore during World War II.

At that time, Singapore was part of the British Empire. However, the British soldiers could not defend Singapore as they were fighting the German soldiers in Europe. The Japanese defeated the British and Allied soldiers. Our island came under the Japanese Occupation, which lasted from 15 February 1942 to 12 September 1945.



Photo of Former Ford Factory From National Archives of Singapore

Did you know this is the place where British forces surrendered to the Imperial Japanese Army on 15 February 1942?



Photo of The Civilian War Memorial From National Archives of Singapore

Every year on 15 February, a memorial service is held here, to remember the victims of the war.

During the Japanese Occupation, many people suffered and died of torture, diseases and starvation. Soldiers were locked up in prison.

Since 1965, Singapore has become an independent nation. To make Singapore a stronger country, we must be proud Singaporeans and do our part to defend the country against any threats to our security, survival and success.

Our Singapore Armed Forces (SAF), Singapore Civil Defence Force (SCDF) and Singapore Police Force (SPF) play an important role in protecting our country. So, remember to say thank you and show kindness to your father, brother, uncle or any adult male relatives who have served or are serving National Service. You can show your appreciation for them in the activity on page 5.

Total Defence is our way of life. Let us stay united and protect Singapore together.

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Dr. William Wan, 74, is the General Secretary of the Singapore Kindness Movement.

# What is National Service?

### #1

Male Singaporeans and Permanent Residents are required to serve National Service (NS) when they turn 18 years old. After serving full-time NS for two years, they become operationally ready and are known as Operationally Ready National Servicemen (NSmen). Amidst school and/or work commitments, NSmen are required to attend In-Camp Training and stay fit to defend Singapore. This is part of Military Defence to keep Singapore safe and secure.

### #2

NS was introduced in 1967, by then-Defence Minister Dr. Goh Keng Swee shortly after Singapore gained independence. This year, we celebrate 55 years of NS in Singapore!



Images from National Archives of Singapore

### #3

NS is the cornerstone of Singapore's defence and security. Together, the three uniformed services of the Singapore Armed Forces (SAF), Singapore Civil Defence Force (SCDF) and Singapore Police Force (SPF) form a shield that protects and defends all of us, so that Singapore remains strong!



Image from SAFRA

# #4

NS helps to ensure that we have a sizeable force to defend and protect us so that we can enjoy peace and prosperity in Singapore.

Our servicemen from the SAF, SCDF and SPF play a key role in countering terrorism, providing humanitarian aid and disaster relief, providing emergency services during peacetime and crisis, and protecting us against crimes to keep Singapore safe and strong.

You can play your part and be a proud Singaporean by learning about our history and showing support to our SAF, SCDF and SPF national servicemen. Together as one united people, we can keep Singapore strong!



## Activity Time!

Show your love for Singapore and design your own personalised shield on the next page to play a part for Total Defence!

When you give the card to your father, brother, uncle or any adult male relatives, ask them to share some stories of their NS experience! Here are some questions you can start with:

- What did you do in NS?
- What was your most memorable experience in NS?
- What have you learnt in NS? Were there any challenges that you overcame?
- How has NS made you better and stronger as a person?
- What do you think I can do to play my part for Singapore too?

End off by sharing why you love Singapore, and how you can play your part for Total Defence to defend our nation!



# Thank them for protecting us!

Give your father, brother, uncle or any adult male relatives a thank you card for defending our nation through National Service (NS)!



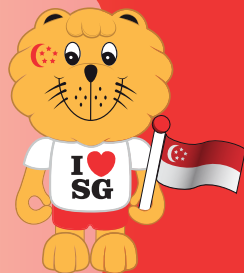
Tear along the line

**THANK YOU FOR  
PROTECTING  
OUR SINGAPORE!**

Get creative! Colour, draw and paste stickers on both sides of the card to make it your own and show how much you love Singapore!

**Excited to show your Singapore spirit? Share a photo of your appreciation card to spread your support to all national servicemen!**

Together with your parents/guardian, submit your photo at [go.gov.sg/nsthankyou](https://go.gov.sg/nsthankyou). You may see it featured at the future NS Gallery in NS Square or on the We Are Total Defence social media platforms!



## **Together We Keep Singapore Strong**

Dear \_\_\_\_\_,

From: \_\_\_\_\_

Write a message here to thank him for serving NS, and in defending and protecting us!



# Let's play our part for Digital Defence



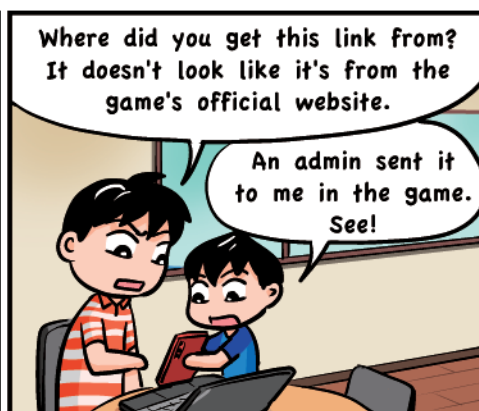
SC ADMIN

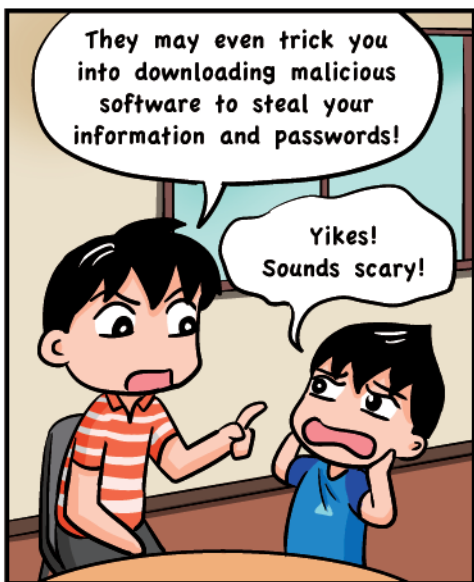
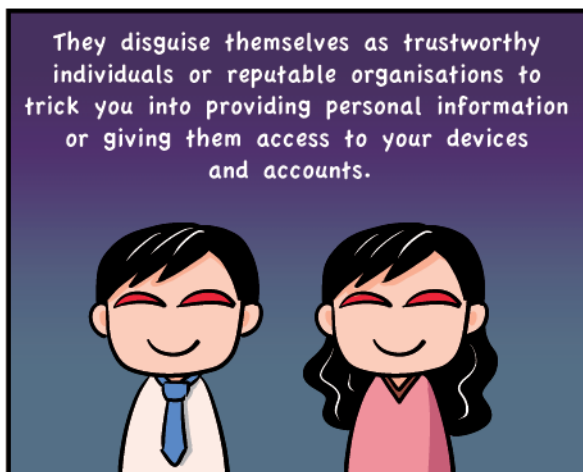
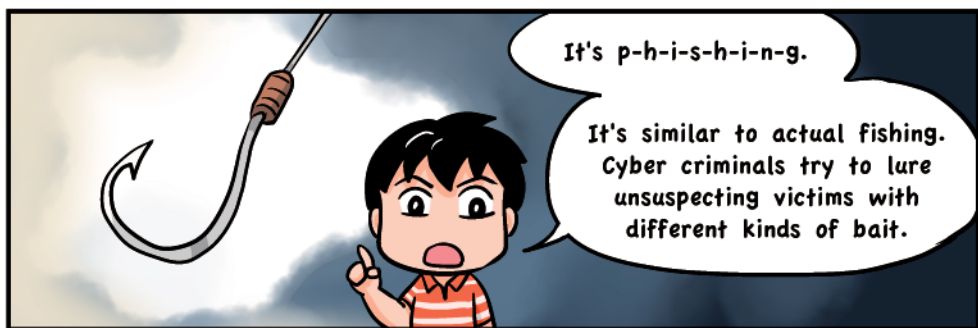
To celebrate our 1st birthday, we are giving away exclusive merchandise!

Click on this link to enter the lucky draw now!  
<[link here](#)>

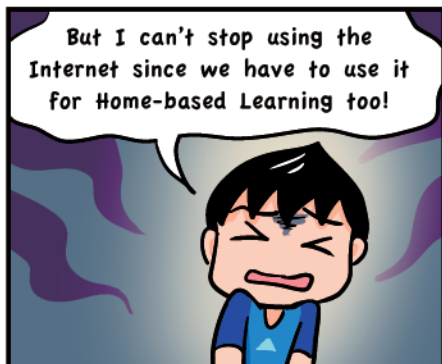
-Admin











## 1. Use a strong password

Create a strong password with:

- At least 12 characters
- Uppercase and lowercase letters
- Numbers and symbols

Try creating a passphrase based on a memory unique to you.

E.g. `learnToRIDEabicycle@5`

## 2. Spot signs of phishing

Look out for mismatched information such as websites and email addresses that are misleading.

Be wary of messages that you are not expecting, especially if they ask for your personal information, and with urgent 'calls to action'.

Remember: You should not reveal your personal information to strangers. When in doubt, seek advice from your parents or a trusted adult.





### 3. Use an anti-virus software

Install a reputable anti-virus software on your devices to scan and remove malware and block unsafe websites.

### 4. Update software promptly

Software and app updates contain important security fixes that can help keep your devices safe.

For convenience, enable automatic updates.

UPDATE



Stay safe online with these cyber tips and remember to share these tips with your family and friends too.

Everyone has a role to play to keep our cyberspace safe!







End

# MATCH THE MALWARE

Malware or malicious software, is used by cyber criminals to infect and/or gain access to your devices and personal information without your knowledge.

Match the malware with the right description!

1		•	•	Often disguised as a trusted software. Once downloaded, cyber criminals can control infected devices and damage/steal data.	A
<b>Virus</b>					
2		•	•	Leads to unwanted pop-up ads that tend to behave erratically.	B
<b>Trojan Horse</b>					
3		•	•	When downloaded and opened, it multiplies and spreads quickly like real viruses.	C
<b>Adware</b>					
4		•	•	Blocks access to computer files until a ransom is paid.	D
<b>Ransomware</b>					



Did you know? Your devices may get infected by malware if you open malicious email attachments, click on pop-up ads, suspicious links in emails or text messages, or download apps from unofficial sources. Be careful what you click on!

# TOTAL DEFENCE IN ACTION

2021 was a challenging year, but that did not stop people from coming together to help one another. Collective acts of kindness were seen all around Singapore, showing the importance of staying united as a country.



*Image source: Facebook/ Bharath Bala*

A few months ago, a video of three schoolboys and a lady was circulated online. This video showed the students helping an elderly woman push her trolley across the pedestrian crossing and onto the pavement. One boy was trying to guide the lady on how to push the trolley onto the pavement, while another tried to clear the path. The boy in the middle held on to his friends' arms, making sure that they were not on the road. Together, they managed to push the trolley before the traffic light for vehicles turned green!

Sheeram Subramanyam, a Primary 5 student, showed compassion and stepped forward to help others in need. While travelling to his tuition centre, he saw an elderly man lying on the ground and losing consciousness. Upon seeing that, he ran to the nearby supermarket and police station to get help. Two of the men he approached, took turns to perform CPR, until the SCDF responders came and brought the elderly man to the hospital. Because of his prompt actions, he saved the elderly man's life!



*Image source: Facebook/St Andrew's Alumni*



*Image source: Facebook/ Jmaleni Saravanan*

7-year-old Shakthi started a project to help those facing challenges from the pandemic. With her pocket money savings, she turned a corner of her HDB block at Bukit Batok into a free grocery station. Her grocery station, called the 'Care & Share Corner', provided food for anyone who needed them. She had received several thank you cards from strangers for her kind act.

The smallest acts of kindness from each of us can have a big impact in our community. Let's all work together by stepping forward and helping one another in need. Together, we can keep Singapore strong!





**As an Agent of Kindness, what can you do to  
play your part for Total Defence?**

**Write down your thoughts on this page or send in your response through  
<https://mailbox.kindness.sg>**

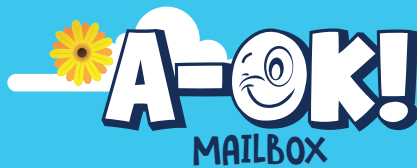
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Name: \_\_\_\_\_

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**

**2021 / Issue 4**

***What is your favourite memory of someone showing kindness and care to you in school?***

My favourite memory was when a friend volunteered to help and teach me in a subject that I was weak in. He showed me his care and kindness by constantly spending time with me during recess to help me understand the subject better. Through this, I also formed a close friendship with him.

- Asyraaf Danish Mohamed Rafiz,  
White Sands Primary School, Class 5A (2021)

I was once absent from school and was worried about missing lessons. However, some of my friends called me and explained what happened in school which made me feel reassured.

- Ishitha, Jiemin Primary School, Class 6D (2021)

My favourite memory of someone showing kindness to me in school was when I was sad about something. Someone noticed that I was not talking to anyone so she came forward to ask me what happened. I told her how I felt and she comforted me. I thought that was very kind of her!

- Alisha Daniel, Anderson Primary School, P6 (2021)



I am grateful for friends who are always here for me when I need support, guidance or someone to talk to. Every year, I receive handmade cards with kind words for my birthday. I'm blessed to have built wonderful memories with these schoolmates/classmates. I hope we will continue to be good friends even when we leave South View Primary School. I just want to tell them that we will be friends forever!

- Jadrien Tng Zhe Meng,  
South View Primary School, Class 5 Humility (2021)



My favourite memory of someone showing kindness and care to me in school was when I was not confident for my exams. Although I did my revisions, I had not been performing well in class. My friends not only showed care by assuring me and telling me I will do just fine, they also showed me kindness by helping me in subjects I was slightly more weak at. My teachers also stepped in to help me in those topics. I am very grateful for what they have done for me.



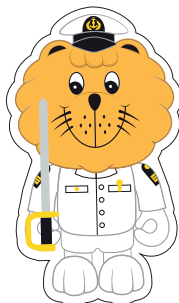
- Tan Xin Yuan, Jiemin Primary School, Class 6 Diligence (2021)

# A-OK!

Stickers



**Together We Keep  
Singapore Strong**  
★ Total Defence ★



**THANK  
YOU**

**STAY  
SAFE  
ONLINE**

