

A-OK!

Agents of Kindness

Issue
01

2023

Primary 5-6



TOGETHER WE KEEP SINGAPORE STRONG

TOTAL DEFENCE



DEAR AGENTS OF KINDNESS,

Have you wondered where the food in our markets and supermarkets come from? Some of you may have heard about disruptions in our supply of meat and seafood over the last couple of years. In this issue, we will explore those disruptions a little more closely.

Our choices can impact our nation. This year's Total Defence theme, "Together We Keep Singapore Strong", reminds us to respond to challenges in sustainable and kinder ways. Let's overcome these challenges together!

**CHEERS,
KINDNESS HEADQUARTERS**

FIND OUT MORE AS YOU TURN TO THESE PAGES!

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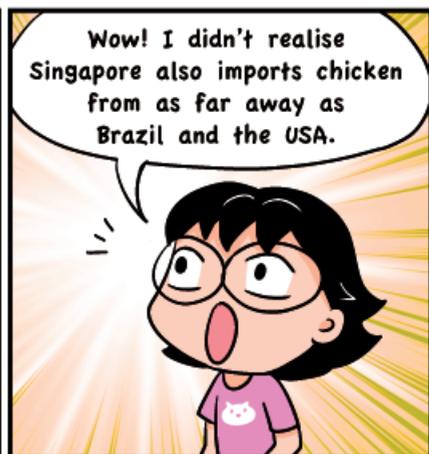
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Our Food Choices









End

LET'S LEARN!

Where does our FOOD come from?

Do you know that over 90% of the food we eat or see at the market comes from other countries? Land-scarce Singapore imports most of her food supplies from other countries.

Find out from the table below where our food comes from. Fill in the blanks with the correct country names.

Food	Countries of Supply			
1  Rice	 <input type="text"/>	 India	 Thailand	
2  Chicken	 <input type="text"/>	 Malaysia	 Thailand	 USA
3  Eggs	 <input type="text"/>	 Malaysia	 Thailand	 Poland
4  Seafood	 <input type="text"/>	 Indonesia	 Vietnam	 Saudi Arabia
5  Vegetables	 <input type="text"/>	 China	 Malaysia	 India
6  Fruits	 <input type="text"/>	 Malaysia	 South Africa	

Answers: 1. Vietnam 2. Brazil 3. Singapore 4. Norway 5. Singapore 6. China

Challenges Singapore faces

- Singapore may experience food supply
- disruptions when there are disease outbreaks
- or supply shortages in countries that supply
- food to us. Some countries may even cut off
- their supplies to us completely!



Overcoming challenges

Singapore can overcome the challenges of such disruptions by importing food from a range of countries. This way, we do not rely on only one country for food.

1

Singapore imported food from about

180 countries

in 2021.

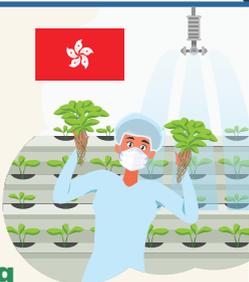


2

Singapore's farmers grow **vegetables**



in **Hong Kong**



and **rear fish**



in **Brunei.**



3

Singapore produces food locally.

In 2021, we produced



Produced locally

Imported

30% of the eggs we consumed locally.

FAMILY TIME



What can you do to help overcome these challenges?

Complete the activity below by ticking the boxes. Identify as many kind choices as you can.

My family and I can do our part during food supply disruptions by:

- Being flexible with our food choices
- Rushing to the market or supermarket to buy more food than we need
- Showing kindness and sharing food with our neighbours and friends
- Following the news to find out if any food is unsafe for consumption
- Buying local produce (fresh food that is grown in Singapore farms)

Did you know?



Scan Me

The Singapore Food Agency (SFA) ensures and secures a supply of safe food into Singapore.

Ever wondered how SFA maintains food safety? Scan the QR code and watch this video to find out how food inspectors and scientists conduct food safety checks.

SFA has also introduced the Singapore Fresh Produce logo.

When you see this logo on a food packaging in the supermarket, it means the food was grown here!



STAYING STRONGER TOGETHER

We have learnt about being resilient and overcoming challenges as a nation when there is a food supply disruption. What are other things you can do to build a stronger Singapore?

BE A THOUGHTFUL FAMILY MEMBER

- ★ Help out with simple household chores.
- ★ Show your appreciation for your family members by saying, "Thank you for taking care of me!"



ARE YOU FEELING BETTER?

BE A CARING CLASSMATE

- ★ Call your classmates who are sick to ask how they are.



BE A CONSIDERATE NEIGHBOUR

- ★ Keep shared spaces like playgrounds and parks clean for all to use.
- ★ Keep your volume down at night so you do not disturb anyone.





How have you played your part in Total Defence as an Agent of Kindness?

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

Large empty space for writing the response.

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
#02-01/02 Stamford Court
Singapore 178892**



Last year, some students shared their thoughts on what they were most thankful for in the school year.

This year was utterly awesome and incredible! I got to participate in the junior NSG competition, changed classes and shuffled with the whole primary 5 cohort! This was a new and interesting experience for me. I enjoyed it. The best parts were the P5 camp and the field trip organised by my school! I am truly thankful for this year. I am really blessed to have experienced these.



- Kate Allyson,
CHIJ Our Lady of the Nativity, Class P5-3 (2022)

There were certainly many ups and downs throughout the year. Thankfully, I had a kind and caring family that helped me with my struggles. I also made many new friends who were kind and loyal. I was stressed when I took up new roles in school. I also had difficulties with school work. However, my friends, family and teachers helped me a lot. Therefore, I am most thankful for all the people that helped me throughout the year!



- Natasha Binte Hendriawan,
CHIJ (Kellock), Class P5 Clematis (2022)



I encountered many challenges this year. There were more homework and after-school activities. I also had to adjust to being in a new class at the start of the year. However, I have learnt to manage these uncomfortable emotions. I made new friends and learnt new things. I am thankful for my friends and family for being there for me. They supported me wholeheartedly. I will always cherish them!

- Koh Chok En,
Rulang Primary School, Class 5U (2022)



What I'm most thankful for is meeting my new classmates and teachers!



- Kellynn Goh Xuan Qi
Keming Primary School, Class 5 Onyx (2022)

The year was like a roller coaster ride for me. I worked hard and my school results have improved. I am really thankful for my teachers, friends, relatives and my family for supporting me throughout the challenging but fruitful year. It is truly a fun and enjoyable year which I will always cherish, be grateful of, and look back on.

- Yan Junqi Annie
Marymount Convent School, 5 Integrity (2022)

