



presents

FRIEND OF SINGA



AWARD CEREMONY 2012

6th November, Tuesday





Singapore Kindness Movement

Singapore Kindness Movement School Programmes 2013

<MISSION>

♥ To help build a gracious Singapore, the Singapore Kindness Movement aims to encourage the individual to internalise courtesy, kindness and consideration.

♥ Our mission statement is: To inspire graciousness through spontaneous acts of kindness, making life more pleasant for everyone.

- ♥ Objectives of SKM
- To encourage all Singaporeans to be kind and considerate.
 - To create public awareness of acts of kindness.
 - To influence and raise the standards of behaviour and responsibility.

♥ Kindness is in everyone. The Singapore Kindness Movement (SKM) wants to encourage everyone to start, show and share kindness. We aspire to inspire graciousness one kind act at a time. By sparing a thought for the people around us, we hope to create a gracious society, and make life better for you and me.

<CONNECT>

The Kindness Gallery
140 Hill Street
MICA Building #01-09 Singapore
179369

 kindness.sg & kindness.sg/kindsville
 facebook.com/kindness.sg
 singatweet
 youtube.com/user/kindnessSG



♥ Character education is at the core of Singapore Kindness Movement's school programmes. This year, we explored the theme of empathy and respect. It is our intention in 2013 to restore a spirit of moral courage using positive language and reframing.

♥ Our school programmes range from assembly sessions, competitions, animation series & downloadable teaching resources and funding for kindness initiatives. For detailed information on the programmes, please visit kindness.sg/kindsville.

- ♥ Together, let's MITE kindness by:
- M - Modelling kindness in our speech and action
 - I - Inspiring others by example
 - T - Transmitting kindness at all times
 - E - Empowering others to act kindly by encouraging and celebrating simple kind acts



The Friend of Singa Award

Introduction to award categories

- ♥ The Friend of Singa (FOS) is now into its 23rd year running and continues to promote the essential values of selflessness and love behind the kind acts of young caring individuals.
- ♥ Since its revamp in 2009, all participants have to complete a kindness project within their school community over a 6 month period. These projects should create an impact within the school community and have meaningful effects on students' behaviours.
- ♥ To help kick start these projects, the Singapore Kindness Movement funds up to \$150 per project.

♥ The theme of this year's competition is "empathy".

- ♥ All the projects were graded according to:
 - Sustainability
 - Relevance to the theme
 - Out-reach and effective change to school community
 - Originality
 - Cost efficiency

♥ All projects are then awarded Platinum, Gold, Silver, Bronze and Merit accolades. There are also four new special awards this year:

- Best teacher-in-charge
- Best sustainability
- Best originality
- Best new comer

♥ Projects submitted this year continue to impress. Many were integrated and multi-faceted, and involved various groups within the school community to achieve greater impact and have sustainable engagement.

♥ School selects up to 8 students for the FOS programme.



♥ All FOS participants attended a workshop on either 23/24 February or 5/9 March 2012. The workshops equipped the students and teachers with public speaking and project management skills.

♥ The students then identified areas where social graces are lacking and came up with a creative solution to tackle the problem. They had up to 6 months to complete their project.



AN OVERVIEW OF FRIEND OF SINGA PROCESS

Total number of entries:

Primary School:	94
Secondary School:	47
Special Education Schools:	3
Total number of schools 2012:	144

♥ We have 20 new schools participating for the first time!

♥ We also welcome the 3 participating teams from SPED schools as well!

<FUN FACTS!>





Admin Programme

♥ The Platinum Award is the most prestigious award given to schools that achieved the Gold Award consistently for 3 years.

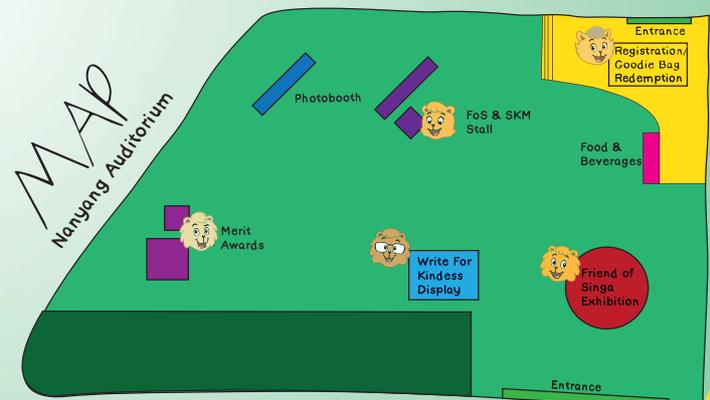
The winners are:

- ♥ Beatty Secondary School - p.7
Project Title:
Empathy: Embracing the Differences
- ♥ Raffles Girls' School (Secondary) - p.8
Project Title:
Empathy: Walking In Their Shoes

Time	Programme
1230	Arrival & registration of students · Merit award winners may collect your trophies & certificates at the Merit Award stage (please refer to the illustration below)
1400	Students to be seated
1415	Guests to be seated
1430	Arrival of Guest-of Honour, Mr Hawazi Daipi, Senior Parliamentary Secretary, Ministry of Education and Ministry of Manpower
1435	Opening video – The Friend of Singa 2013 video log
1440	Welcome address by, Dr William Wan, General Secretary, Singapore Kindness Movement
1445	Speech by Guest-of Honour, Mr Hawazi Daipi, Senior Parliamentary Secretary, Ministry of Education and Ministry of Manpower
1450	Award ceremony Friend of Singa + Write for Kindness Winners
1525	Presentation of Token of Appreciation to GOH
1530	Break dancing performance by UTG
1540	Tea reception and viewing of exhibition
1700	End of event



Award Category:
Platinum Award





Beatty Secondary School

Award Category:
Platinum Award



Project Title:
Empathy: Embracing the Differences

Team Members:

- Cheok Zheng Yu
- Chan Yi Xuan
- Khaw Shi Qi, Mabel
- Ng Yu Hearn
- Nurulain Izzati Bte Sulaiman
- Phan Thi Minh Chau
- Vaynil D/O Chozha Nathan
- Zhang Hao

♥ The FOS ambassadors and councillors from Beatty Secondary School organized a range of activities, involving the entire school, to increase empathy towards each other especially across different ethnic groups.

♥ The highlight of their campaign was the Racial Harmony Day Carnival on "Experience, Encounter, Embrace". Minister of State, Mr Lawrence Wong, was invited to grace the occasion. A fusion dance item, blending Chinese Wushu, Malay and Indian dance moves, portrayed the intricate yet harmonious relationship of the three ethnic groups. An original song titled "Embrace the Harmony", written by 10 students across 6 ethnic groups, was launched at the carnival. The song was played in the school throughout the campaign period.

♥ School wide, the students embarked on an angel-mortal game to experience taking care of another person. A blood donation drive encouraged a mass effort from the school to demonstrate empathy. In addition, a replica of a big shoe was also placed strategically at the foyer to allow students to take a photo of themselves pledging their kindness.

♥ On an individual level, students were encouraged to capture acts of empathy using their cameras. Photography workshops were held during the June holidays to equip the students with photography skills. The students captured acts of empathy at Toa Payoh Lorong 8 and Toa Payoh Interchange. The workshops were fruitful as students learnt the virtue of patience, just like acts of kindness, takes time to nurture. The students also had hands-on sessions to practice empathy when they volunteered at the Senior Citizen's Activity Centre in Toa Payoh.



♥ The FOS ambassadors from the Peer Support Leaders recognised that their school does not lack the aspect of empathy. Instead, they would like to increase the existing level of empathy. Hence, their project aims to educate the school population with a more in-depth definition of (self) empathy.

♥ The team approached the project in two phases:

♥ Phase 1 (starting from within):
The students were introduced to the campaign theme of "Empathy" through assembly talks and the Wheel of Empathy. The interactive wheel allowed students to explore different quotes on empathy such as "Empathy is as easy as ABC. Ask how she is, Be there if needed, and Care with your heart".

♥ A self-empathy quiz was also conducted. A self-empathy guide followed closely after to ensure that the basic foundations of self-empathy were reinforced.

Phase 2 (spreading to others):
Phase 2 focuses on empowerment and active action for empathy as the team believed feelings have to be translated to actions.

♥ An empathy corner was set up as a centralized area for SKM activities and materials. The activities included "Say Something Nice", "Empathy Book" and "Messages of Love". A home-made video highlighted areas the school that lacked in empathy, such as towards the non-teaching staff. Students were then encouraged to write appreciation notes to staff and students.

♥ The mega activity of the project was titled "EmpATHY: Pay It Forward". Students and staff were taught how to make Empathy Flowers using recycled plastic bags. The school population were encouraged to do an act of empathy, pass the flower to the recipient and request the person to do the same. 60 hand-folded bouquets were given to 50 students and 10 staff to kick start the process.

♥ This project successfully allowed students to understand the abstract theme of empathy and apply it in daily life.



Raffles Girls' School (Secondary)

Award Category:
Platinum Award

Project Title:
Empathy: Walking In Their Shoes

Team Members:

- Ong Hui Min, Gabrielle
- Tan Wei Ying, Rachel
- Teo Wan Xin, Phionna
- Wang You





Award Category: Gold Award

Bedok Green Primary School

Award Category:
Primary Level (Gold)



♥ The Gold Award is presented to the top scoring 5% of the projects received. These projects were able to involve the school community in effectively raising awareness of kindness and graciousness; able to be sustained in the long run and will have a lasting impact on the school; had high relevance to the theme of empathy; ideas had a creative implementation method in addition to it being new and innovative and were cost-efficient.

The winners are:

- ♥ Bedok Green Primary School – p.10
Project Title: Empathy in Action
- ♥ Holy Innocents' Primary School – p.11
Project Title: HIPS FOS
- ♥ MacPherson Primary School – p.12
Project Title: Empathy – Being Kind to One Another
- ♥ West View Primary School – p.13
Project Title: Let's F.E.E.L (Let's Foster Empathy through Engaged Learning!)
- ♥ Xinmin Primary School – p.14
Project Title: Empathise And Xinergise
- ♥ Gan Eng Seng Secondary School – p.15
Project Title: Celebrating Differences
- ♥ Hong Kah Secondary School – p.16
Project Title: Empathy – Stop, Look, Listen and feel the difference
- ♥ St. Margaret's Secondary School – p.17
Project Title: Project Empathy
- ♥ Towner Gardens School – p.18
Project Title: Kindness Movement – Empathy

Project Title:
Empathy in Action

- Team Members:
- Lim Tse Siew
 - Muhammad Danial Afiq B Fharick
 - Nadia Alysse Caron
 - Nur Suhaila Bte Mohd Kasim
 - Nurul Izzati Bte Mohd Kassim
 - Tay Si Kai, Kieron
 - Wong Yan Li, Pearlyn

♥ The highlight of the campaign was the "Sea of Love" pledging drive. Each student and staff received a "Sea of Love" activity sheet comprising of two heart-shape templates. A situation was stated on each template. Students and staff were to pen down what they would do when they experience such situations, for example "My friend is upset, I will _____". Upon completion of both templates, students and staff decorated and glued the heart-shapes together to form a fish. The fishes are displayed on the "Sea of Love" murals along classroom walls and corridors.

♥ The "Sea of Love" activity was a great success. Students took responsibility for their character development and also worked collaboratively with one another to put up the murals. Students and staff also built caring relationships among themselves and with each other.

♥ The campaign "Empathy in Action" highlighted the importance of being considerate to other's plights and feelings, especially in this fast paced and material driven society. The FOS ambassadors launched the campaign with an assembly talk. They promoted the value of empathy and inspired the school population to participate in the campaign.

♥ The concept and importance of empathy was further emphasized during art lessons. An art competition, "Empathy in Action", required students to illustrate a person showing empathy to another within the school community. The students also wrote a short description of their art work. Teachers also played their part in the campaign by planning interactive Form Teacher Guidance Period (FTGP) classroom lessons. For example, lower primary students identified emotions based on facial expressions and body language. Upper primary students shared how they felt during a difficult situation with their peers.





Holy Innocents' Primary School

Award Category:
Primary Level (Gold)

MacPherson Primary School

Award Category:
Primary Level (Gold)

Project Title:
HIPS FOS

- Team Members:
- Koh Jing Mian
 - Lee Ying Xuan, Antonia
 - Low Hui Yi, Celine
 - Tan Hui Yi, Georgia
 - Tan Yong Yi
 - Tok Yang Jun, Tristan
 - Wong, Nicole
 - Yap Ying Xuan, Valene

♥ The value of empathy was promoted school wide through assembly talks and videos of Singa and the Kindness Cubbies. Students wrote stories of empathy. The best stories were given "Empathy Stars".

♥ Empathy in Action was planned for students to complete worksheets that depict scenarios which relates to pupils' life experiences where they can translate the value of Empathy into action. This activity has impacted them to empathise with the needy and strive to help them alleviate their misery. The students also took part in Let's Shine, Share in neighbourliness* to put values of empathy and graciousness into action.

♥ HIPS FOS then embarked on modifying Monopoly into SingaPoly. SingaPoly aims to inculcate values of empathy, sincerity, charity, graciousness, integrity, self-discipline and resilience. Students had to answer questions such as "why is empathy important" before they received Singa Dollars.

♥ *Let's Shine, Share in neighbourliness was organized by HDB and supported by SKM.

♥ Project "Empathy-Being kind to One Another" allowed students to experience what it is like to be in the shoes of others and see things from their perspective. The FOS ambassadors not only involved the entire school in the project but also customized different activities for different levels:

- Primary 1 & 2: Kindness Monitors
- Primary 3: Made and gave felt flowers to thank non-teaching staff
- Primary 4 & 5: Made kindness posters
- Primary 5 & 6: A Tribute to my teacher

♥ Across the school, kindness monitors and ambassadors gave students yellow "catch them wrong" hearts when they saw someone doing an unkind act; similarly pink "catch them right" hearts were given out when they saw someone doing a kind act.

♥ The Primary 5s shadowed canteen vendors and cleaning staff. They first observed them from an outsider's perspective. Next, they undertook tasks such as sweeping, mopping and helping the canteen vendors. After spending time interacting with the canteen vendors and cleaning staff, the students understood what their work entailed and the impact they made.



Recap Store:
What is Empathy? If your answer is correct, get \$200 from the banker.



Recap Store: Why is Empathy important? If your answer is correct, get \$400 from the banker.





West View Primary School

Award Category:
Primary Level (Gold)

Project Title:
Let's F.E.E.L (Let's Foster Empathy through Engaged Learning!)

Team Members:

- Amirah Nur Diyanah Bte Shafrudin
- Mohamed Fawaz Bin Mohamed Iqbal
- Ng Zhou Quan
- Ngon Jing Ru, Charlene
- Nicha Saekkae
- Pooja
- Sharenii John Baranedran
- Yeo Wei Jie, Pierce

♥ "Let's F.E.E.L" was a month-long campaign to cease self-centredness in the school. The team aimed to reach out to the upper primary students and to raise awareness among the lower primary students.

♥ Pre-assembly and assembly talks were held to introduce the value of empathy to the students. "Empathy" was also incorporated into Character and Citizenship Education (CCE) lessons. Reminders created by the FOS ambassadors were shown on television screens around the schools.

♥ Various activities were customised for students and teachers. The lower primary students coloured Singa masks and designed comic strips where empathy is displayed in their stories. The upper primary students made Singa character paper toy as well. They were also given F.E.E.L. cards to encourage them to perform more kind acts.

♥ Teachers were also involved in the campaign through "cART for the Soul". They shared and exchanged hand-made cards which promoted a spirit of giving and sharing among teachers and staff.



♥ "Empathise and Xinergise" project aimed to inculcate a culture of spontaneous kindness within the school community as well as to unite Xinminites to promote empathy together.

♥ Every student pledged to show empathy which is aligned to the school motto, in Word and Deed. An Empa'tree' was displayed in the school compound. Students could record their experience when they showed or was shown empathy. Students also wrote well-wishes for the PSLE students to let them know that Xinminites are behind them in lieu of the examinations period. A short movie clip on empathy was also produced to show that it only takes a few minutes to carry out empathetic acts.

♥ The team wanted to create a game which was easy to handle and keep away after use. Hence, Empathy Snap Card game was conceptualised. Empathy Snap Card depicted empathetic acts. Students had to read out the captions on the cards they had snapped before they could collect them. The fun game taught students that it was easy to show empathy.



Xinmin Primary School

Award Category:
Primary Level (Gold)

Project Title:
Empathise And Xinergise

Team Members:

- Chua Zhang Xuan, Brandon
- Kalaivaani Iyappan
- Ng Rong, Cozette
- Oh Yion Waye
- Siti Nurul Aisyah
- Thor Hui Jun
- Yee, Charisse
- Yong SongQi, Cheryl





Gan Eng Seng Secondary School

Award Category:
Secondary Level (Gold)

Project Title:
Celebrating Differences

Team Members:

- Koh Wei En
- Lau Wai Kit
- Liang You Qi
- Lim Li Xian, Clarissa
- Lim Li Xuan, Cheryl
- Shthesd Kanan S/O Ravindran
- Zeke Chew



♥ We live in a multicultural society, yet many times we are unsure of their common practices. The team at Gan Eng Seng Secondary School conducted a survey which reflected students' perceptions on some common practices about the Malay/Muslim community and misconceptions such as fasting and Ramadan. Hence, the team at Gan Eng Seng Secondary School embarked on a journey to increase students' knowledge of the Malay/Muslim culture.

♥ Information boards were displayed at the school foyer to clear up the misconceptions of the Malay/Muslim practices. For example, the word Halal means lawful, and it is a taboo to eat with the left hand, as the left hand is used for personal hygiene. The right hand is used for greeting, eating and passing objects.

♥ All the staff and students attended the "eating with hands" event where they ate Nasi Lemak with their right hands. An "ALL-Range" artwork was created using more than 3200 pieces of orange ribbons as a symbol of harmony and friendship. It also represented the school's commitment to social cohesion.

♥ Lastly, the students discussed and reflected upon the "curry war" incident. A "galore of curries" event was held to introduce different type of curries and to highlight the difference between Halal and non-Halal curries.

Project Title:
Empathy – Stop, Look, Listen and feel the difference

Team Members:

- Abdul Hakim B Abdul Hamid
- Brendan Andrew Hendricks
- Eileen Ong Yi Ling
- Jennifer Clara Chandra
- Muhammad Dinie Irfan B Mat Rashid
- Muhammad Irfan B Zohari
- Sharafuddin Amin Bin Rosman
- Viola Tan Han Hui

♥ The team at Hong Kah Secondary School hopes to achieve its goal of highlighting the importance of practicing empathy towards others and celebrating kindness shown around school through their project "Empathy – Stop, Look, Listen and Feel the Difference".

♥ The project kicked off with students sharing stories and videos with the school during morning assemblies fortnightly. These stories were also presented on the school's Empathy Boards during recess as well as through social media, Facebook. Self-folded hearts by the team and school leaders were distributed around the school to acknowledge those who have shown an act of empathy.

♥ Their main activity E2R, the games carnival, hope to give pupils an opportunity to learn and practise Empathy by experiencing it through games such as "Three Blind Mice, Blind Maze, Lights Camera Action, Speak no Evil, One-Legged Soldier and Treasure Hunt."

♥ "See my world" was an initiative that gave students an opportunity to understand what it means to be in another person's shoes. This includes activities such as 'handsling' and having different 'shoes' for students to try on. "Walk the Talk" rounded up the project in which students spent an afternoon interacting with the less fortunate at YMCA-Tan Chin Tuan Community Service Programmes.

Hong Kah Secondary School

Award Category:
Secondary Level (Gold)





St. Margaret's Secondary School

Award Category:
Secondary Level (Gold)

♥ Project Empathy believed the ability to understand each other's feelings would allow students to care more for one another. With this belief, the team assembled their schoolmates to build a more caring environment through the project.

♥ A fun and impactful activity "In Her Shoes" reminded students to put themselves in others' shoes. 15 pairs of shoes with empathy quotes were placed around the school. Students were invited to participate in a treasure hunt to find the shoes and identify the quotes.



Project Title:
Project Empathy

Team Members:

- Hew Jia Yi, Rachel
- Hoon Wei Ye
- Low Jia Tong, Michelle
- Oh Yan Shan
- Pee, Chloe
- Sin Fen Ni, Daphne
- Tan Jie Ying, Sally
- Wong Ze Hui



♥ "Freeze there" was a series of scenes which left visual impact and created an opportunity for students to help the characters. The freeze scenes included someone carrying heavy boxes, a girl without a seat etc. When the characters froze, the Care Ambassadors encouraged students to verbalise the image they saw and to help the characters. Videos related to empathy were played during the follow up sessions held during the weekly assemblies.

♥ "COMePASSION Boards", which stands for "Come Pass It On", was a competition to create class boards to stick encouragement notes. Teachers were also encouraged to post encouragement notes for the class. Project Empathy Day concluded the project by summing up the project items. Students took away valuable lessons about empathy and how to display empathy when needed.

♥ A team of FOS ambassadors with the aid of their teachers aimed to increase the level of empathy in their school. It would be an icing on the cake for Towner Gardens School, which teaches students self-control and peer relationships in their existing MINDS curriculum and the PATHS programme.

♥ Through the project, the team taught students empathy as well as empathy for others. Not only were students shown videos and songs about empathy during assembly, the FOS ambassadors also role-played in scenarios that showcased empathy. Students participated in the play by telling the actors whether they should give up a seat in a crowded train upon seeing a girl carrying her baby brother and a big bag. Within the classrooms, students received signatures from their class teachers on their "star charts" as well as tokens in recognition of any acts of empathy shown.

♥ A highlight of the project was when the team shared with the school the story of John, a student who has been of poor health and transferred in and out of hospitals and nursing homes for the past one year. Upon hearing the story, students fervently wrote their well-wishes on a heart shape note and it was combined into one giant card for John. Students not only enjoyed the process of gift-making, but also learnt how to show empathy for others.



Towner Gardens School

Award Category:
SPED Level (Gold)

Project Title:
Kindness Movement – Empathy

Teachers-in-charge:
Ms Wu Han Yiin / Ms Cecilia Lee

Team Members:

- Iffah Bte Abdul Rahim
- Karthigesan S/o Baskaran
- Leow Yuee Qi, Sherlyn
- Muhammad Ayman Bin Omar
- Nur Atiqah Bte Musrin
- Siti Sofiah Bte Amran
- Tan Qiu Yu



Award Category: Silver Award

♥ The Silver Award is presented to the top scoring 6% to 10% of the projects received. These projects were able to raise the awareness of kindness and graciousness in schools; has the potential to be sustained in the long run and could possibly impact the school community over time; had relevance to the theme of empathy; ideas were innovative and were cost-efficient.

The winners are:

- ♥ Canberra Primary School – p. 20
Project Title: For the Hearts, From the Hearts @ Canberra
- ♥ CHIJ – Our Lady of Good Counsel – p.21
Project Title: Care to be Kind
- ♥ New Town Primary School – p.22
Project Title: I can understand how you feel
- ♥ Pei Tong Primary School – p.23
Project Title: Walk in My Shoes
- ♥ Xinghua Primary School – p.24
Project Title: A Little Empathy Goes A Long Way!
- ♥ Bukit Batok Secondary School – p.25
Project Title: Empathy: See it, Hear it, Feel it
- ♥ Nanyang Girls' High School – p.26
Project Title: Kindness – Our Way of Life
- ♥ Si Ling Secondary School – p.27
Project Title: Let's reach out for each other
- ♥ Canossian School – p.28
Project Title: Pay the Kindness Forward



Project Title:
For the Hearts,
From the Hearts @ Canberra

- Team Members:
- C Dayanita Rani
 - Clemente Hannah Fraga
 - Loo Chuen Ling
 - Muhammad Hazmi Bin Kamsari
 - Nabilah Bte Muhammad Noor
 - Ng Jun Kiat
 - Ng Qi Xuan, Sarah
 - Quan Shi Lin, Annabelle



Canberra Primary School

Award Category:
Primary Level (Silver)

♥ Canberra Primary School believes that their students should serve the community with open arms and spread kindness all around. Hence, FOS ambassadors set out to fulfil this purpose.

The ambassadors worked in pairs on different themes to create a comic strip and short video clips to be screened on the TVs around school. "Send somebody a smile" was a song with student-crafted lyrics which successfully engaged the students into singing the songs. "Garden of kindness" was displayed in the corner of each classroom for students to write notes for anyone or to display kindness quotes. Ambassadors went around the school collecting photos of students demonstrating kind acts in an activity that was called "Kindness in Action". "Thank you" cards were jointly made by students and staff of Canberra which would be sold as a form of donation to support this Kindness Project.





CHI J Our lady of Good Counsel

Award Category:
Primary Level (Silver)

Project Title:
Care to be Kind

Team Members:

- Aarthi Shivkumar
- Betts Leeah Hai Lu
- Chow Yan Hui Verity
- Faith Tan Jie Xin
- Loh Yi On Jessica
- Shalini Thiru
- Wong Wan Yunn Alexis
- Yashika Relan

♥ The FOS ambassadors of "Care to be Kind" believe that the school should play an active part in bettering the lives of others around them. School wide, the team aimed to raise the awareness of empathy. "Head for empathy" started the ball rolling, school leaders (e.g. Vice Principal) promoted empathy through sharing stories during assembly. A skit for empathy was also put up to depict that empathy is needed when someone is going through a rough time.

♥ Concepts of empathy were reinforced through discussions and clarifications in classes, which was a follow up for the content taught in assembly sessions. A3 Boards (standing for acknowledge, affirm, appreciate) were also put up in every classroom for pupils to display notes which they had written to thank their friends and teachers. This helped to foster a culture of humility and gratitude through the ongoing process of acknowledging, affirming and appreciating the strengths and kind acts of staff and pupils, and at the same time reinforcing that minor manners matter too.

♥ "Care to be Kind" also collaborated with the I&E committee to raise awareness of children suffering from cancer and the difficulties that these children face. Students were encouraged to exercise empathy and cut their hair for a good cause.



♥ "I can understand how you feel" is a project that aims at allowing students to understand what empathy is and efforts were placed on deepening their understanding by showing greater concerns for the less fortunate.

♥ Under "Your feelings, my thinking, our understanding", a range of activities were carried out such as "A world of darkness", "Limbless Feed", and "I can't talk but I can act" for the students to be in the shoes of the blind, limbless, and mute. Competitions were also held for the lower primary and the upper primary. "Read my face" was held for primary 1 to primary 3, in which students had to colour an emotion bear and complete a sentence on how they would respond to the situation based on the emotion given. The primary 4 to 6 students competed in "Empathy Acronyms", in which they had to create phrases or sentences to show their understanding of empathy.



Project Title:
I can understand how you feel

Team Members:

- Barath R.S Neogi
- Liang, William
- Lim Xu En, Hannah
- Tan Jinghan, Alan
- Vaishnavi Devarajan
- Wong Sheng Hui, Sean
- Zepphia Laurice C Gonzales
- Zhang Yu, Michelle Jamie





Pei Tong Primary School

Award Category:
Primary Level (Silver)

Project Title:
Walk in My Shoes

Team Members:

- Chua Wen Ning, Hannah
- Mohamed Irfan B Syed Kassim
- Muhamad Shah Iran B Rahmat
- Priyadarshini D/O Mahendran
- Shirin Qistina Bte Mohamad M
- Wu Hsuan-Yun
- Yeo Yi Xuan, Miyoko
- Zhao Yutong



♥ Project "Walk in My Shoes" has helped to build culture of care in school through empathetic acts, making Pei Tong a safe and happy place for the staffs and students in Pei Tong Primary School.

♥ Assembly talks were held to create Empathy awareness such as what is empathy, spelling empathy, ways to develop empathy and its helpfulness on anger management and conflict resolution. Fun activities such as "Walk with me in my shoes" and "jigsaw puzzle games", helped to illustrate empathy in a lighter way. 9 small notes containing messages on empathy were issued through the ambassadors during recesses (1 note is issued per week). Pupil with the full set approached the teacher-in-charge and share their empathetic act and received token of participation.

♥ Empathy was also made visible during recesses by walking human billboards and distribution of flyers, at the same time, FOS ambassadors took initiative to approach their peers and share with their personal experience with empathy. Each class had an empathy corner as an avenue for teachers and pupils to share their life experiences and express appreciation to students and teachers.

♥ Empathy Trees were also a platform for teachers, staff and students to put up their thoughts and notes on empathy. This helped students to internalise the value of empathy and embrace empathy in a positive manner.

Project Title:
A Little Empathy Goes A Long Way!

Team Members:

- Cheryl Susan Varghese
- Chong Yu Ji
- Goh Mei Rui
- Hiu Li Xuan
- Lee Yi Mahendran Kana, Eesan
- Matin Uzair B Mohd Nazrin
- Qusyairi Nor Hilmi B Nor H
- Thirukish Kumar

♥ Staff and students of Xinghua Primary School were inspired to show empathy towards one another within the school community through the FOS project "A Little Empathy Goes A Long Way!" The importance of graciousness was emphasised and put into action.

♥ Kicking off the project were morning assembly talks to convey the message of empathy and the ways to display it. Activities were aligned to the school's Character Development Programme in which students were to apply the process of KNOW, ACT and REFLECT (KAR).

♥ "Piece me up with empathy" was catered to the Primary 1 and 2 students to create a story which makes them more aware of empathy. Primary 3 and 4 students were tasked to write out a solution to their friend's problem on a "healing flower" which would be eventually planted in an "empathy pot". "Star of Empathy" was organized for Primary 5 and 6 students to choose the most empathetic student through nominations and votes. The pledge of the winning student would be exhibited at the display gallery. Teachers were also involved in creating paper daisies to show their appreciation for fellow colleagues.



Xinghua Primary School

Award Category:
Primary Level (Silver)





Bukit Batok Secondary School

Award Category:
Secondary Level (Silver)

Project Title:
Empathy: See it, Hear it, Feel it

- Team Members:
- Beh Jia Wen, Rebecca
 - Chay Jiayi, Kelly
 - Kim Haneol
 - Lim, Eileen
 - Lim Min Qi
 - Ng Wan Lin, Lydia
 - Ng Yen Yang, Damian
 - Toh Zhi Yan



♥ The FOS ambassadors in the team hopes to promote an environment of kindness in the whole school through acts of empathy, more specifically aiming to inform others about bullying and the positive effects of creating a bully-free environment.

♥ Projects were infused into the school's weekly Holistic Character Development (HCD) lessons and each level had a different set of assignment to complete. (e.g. Secondary School - Bookmarks Competition). Students also pledged empathy/anti-bullying messages to teachers and friends during recess to spread the kindness. An Amazing Race competition was also organized by the team, in which students were expected to complete different stations with themes related to kindness.

♥ Each class also nominated a King and Queen of Empathy to show appreciation to the winners and encourage others to step up to exercise acts of kindness as well.



Project Title:
Kindness - Our Way of Life

- Team Members:
- Guan Jing Yi
 - Heng Jia Xuan, Vera
 - Lim Shu Han
 - Pang Seok Mun
 - Ren Yi Ping
 - Tan Yu Wei
 - Tang, Celeste
 - Thio Yun Qi, Kylee

♥ The team at Nanyang Girls' High School organized a month long of activities and programs under the NY Kindness month. Each week offered different engaging activities under 4 different themes such as gratitude, graciousness, empathy, care and concern.

♥ In the 'gracious' week, the team performed skits that displayed different scenes of gracious acts, students were also encouraged to greet any teachers they see in the canteen and allow staff to purchase food at the canteen first. This was to exercise empathy towards teachers who juggle with irregular meal hours and busy schedules.

♥ In the week of 'gratitude', students penned down messages of gratitude towards their subject teachers, CCA teachers-in-charge and coaches. Following after was 'empathy' week, in which a pastoral care and career guidance (PCCG) lesson on empathy was designed for all levels ranging from Secondary one to four, students were also encouraged to share their experience on empathy. Concluding the NY Kindness month was the care and concern week, 600 Gerbera flowers were ordered, packaged and sold to staff, subordinates and students who wanted to show appreciation for their peers.

Nanyang Girls' High School

Award Category:
Secondary Level (Silver)





Si Ling Secondary School

Award Category:
Secondary Level (Silver)



♥ The objective of the project is to create awareness that empathy is important and that we can display empathy in our daily lives. Various activities were organized and executed over a period of 2 terms. 'Empathy' was packed into a lesson package which includes slides, quiz and a video. Students were then asked to pen an empathy letter to a friend in school.

Project Title:
Let's reach out for each other

Team Members:

- Fahmy Izzudeen B Sedek
- Fatin Liyana Bte Mohd Yazid
- Fitri Nur Syafiqqa Binti Ayub
- Muhammad Firdaus B Khuzairi
- Nur Adilla Bte Sulaiman
- Seok, Kevan
- Siti Nur Azra Bte Zulkifli
- Tong De Wang, Ronald



♥ A skit was also put up to display the message of empathy during assembly. In the same session, awards were given out to 26 students who have displayed empathetic behaviour. Student-designed empathetic behaviour. Student-designed posters with catchy slogans related to empathy were also placed around the schools to act as a reminder.

♥ The team also displayed creativity in filming a parody of "The Noose", which they titled "The Snooze: Episode -What is Empathy?" In addition, the team also filmed a music video clip titled "Don't laugh at me" with the melody of Bruno Mars' "Just the Way You Are".

♥ To kick start the snow ball effect of 'Paying it Forward', students were asked to watch segments of the movie 'Pay it forward'. They also used an online platform, 'Edmodo' where they shared various relevant links with each other. This further improved communication between the teachers and students involved in the project.

♥ Lower primary students, together with the school's principal, had created posters which were later displayed along the corridors outside the classrooms and around the school to create further awareness in school.

♥ Little cards on 'Paying it forward', were distributed to anyone who had done a kind deed. The recipients of these cards were encouraged to pay it forward to the next person who had done a kind deed. Incidences of them helping others were also recorded using paper leaves or post-it's to form a Kindness Tree.



Canossian School

Award Category:
SPED Level (Silver)

Project Title:
Pay the Kindness Forward

Teachers -in-charge:
Esther Ko Mei Chen,
Connie Chua, Deborah Wee

Team Members:

- Ang Xunru, Grace
- Chew Fang Yi, Daphne
- Chin Xiao Feng
- Gan Jing Yi
- Han Jun Ru, Athena
- Muhd Nihal s/o Mohd Abdul Kassim
- Mohd Nurkhalis Bin Mohd Sadikin
- Seah Jiazhen



Award Category: Bronze Award

♥ The Bronze Award is presented to the top scoring 11% to 15% of the projects received. These projects involved a small group of participants from the school of participants from the school in raising some awareness of kindness and graciousness in the school community; has fair potential to be sustained in the long run; is fairly related to the theme of empathy; and attempts were made at being cost-efficient.

The winners are:

- ♥ Casuarina Primary School - p.30
Project Title: 'Walk with Me'
- ♥ CHIJ St Nicholas Girls' Primary School -p.31
Project Title: EMPATHY
- ♥ Global Indian International School (Balestier Campus) - p.32
Project Title: Empathy Blooms
- ♥ Hougang Primary School -p.33
Project Title: LET'S CONNECT with kind words
- ♥ West Grove Primary School -p.34
Project Title: Project Empathy
- ♥ Crescent Girls' School -p.35
Project Title: 100kg of Empathy
- ♥ Paya Lebar Methodist Girls' School (Secondary) -p.36
Project Title: Blossoming with Empathy
- ♥ Yu Ying Secondary School -p.37
Project Title: Kindness Starts with Me!
- ♥ Saint Clare School for Special Education -p.38
Project Title: Caring and Loving in our community



Casuarina Primary School

Award Category:
Secondary Level (Bronze)

Project Title:
'Walk with Me'

- Team Members:
- Chew Chin An
 - Chung Yi Kai, Coen
 - Lim Kar Yin, Joyce
 - Su Jun Wei, Brendan
 - Tan Lip Guo
 - Yeh Ming Hui



♥ The FOS ambassadors embarked on the "Walk with Me" project with the objectives of raising awareness of the importance of empathy within the school community, as well as to suggest to students to show empathy towards one another.

♥ One of their approaches was constant reinforcement around school, video clips, messages on the CCTV system and songs during recess breaks to raise awareness about empathy. Different levels had different activities organized to involve the students in showing empathy and kindness towards one another such as making a kindness mobile, empathy flower, as well as comic strips of their experience with kindness and empathy. The FOS ambassadors recruited students to join in the Kindness Brigade to carry out random acts of kindness to keep the ripple of kindness going (e.g. carrying bags for primary 1 students).





CHIJ St Nicholas Girls' Primary School

Award Category:
Primary Level (Bronze)

Global Indian International School (Balestier Campus)

Award Category:
Primary Level (Bronze)

Project Title:
EMPATHY

Team Members:

- Christine Tan Kai Li
- Elizabeth Grace Low Shi Yi
- Estelle Foo Jia Wei
- Lynette Quah Hui Ting
- Pang Shi Su
- Ruth Khaw Si-En
- Simone Cheng Yan Qin
- Tan Ki Kie

♥ Aiming to create a consciousness of Empathy among school members and allowing them to realise that it is not difficult to lend a helping hand to those in need, the FOS ambassadors of Project EMPATHY organised various activities to engage everyone around the theme of "Encourage My Peers to Always Think of and Help others wholeheartedly – E-M-P-A-T-H-Y."

♥ Launching the campaign, the FOS ambassadors pointed out the importance of EMPATHY during assembly sessions. Posters on empathy were also displayed in different corners of the school to encourage everyone to always put themselves in others' shoes. Student-designed postcards would be given to teachers and non-teaching staff for students to show their appreciation. Students were also encouraged to give an appreciation card to fellow peers. An empathy corner was also set up to give thanks to different groups of people in school throughout the different months of the project (e.g. Administration staff, school attendants). Poem-writing and comic-drawing competition was held for the lower and upper primary students respectively. Music videos were also created by the FOS ambassadors to encourage their peers to display empathy in everyday life.



♥ The FOS ambassadors of Empathy Blooms wanted to bring out the quality of empathy in all students by rewarding the most empathetic child or member of the staff, so as to make them role models for everyone.

♥ The 8 Empathy Ambassadors gave a series of presentations to explain what empathy means. An Empathy Logo was also created by the students. 'Empathy Bus Monitors' were appointed and given special badges to wear; their responsibility was to observe the acts of Empathy in the bus and report it. Similarly, students can also report any act of empathy in the school through a special 'Drop Box'. Teachers and staff of the school were given special empathy cards for them to present to their colleagues who have been empathetic or kind in any way. Bookmarks were also given to students with a beautiful saying on 'Empathy'.

♥ An 'Empathy Hero' was also chosen from each class and awarded as an appreciation of their acts of empathy.



Project Title:
Empathy Blooms

Team Members:

- Adrija Mazumdar
- Anushka Sharda
- Harshalya Pandey
- Jawad Shakeel
- Rupambika Tripathy
- Sankarnarayanan Thiyagathuraivan Logesh
- Shloka Srivastava
- Surabhi Bansal





Hougang Primary School

Award Category:
Primary Level (Bronze)

Project Title:
LET'S CONNECT with kind words

- Team Members:
- Colette Phui Ke Li
 - Dacklan Loh Chang Hui
 - Izza Durra bte Mohd Faaiz
 - Leeu Chian Wah
 - Merrill Yen Wei Yang
 - Priya Natraj
 - Teo Zhi Eun
 - Woo Jin Long

♥ Aligned with the school's 7 core values of compassion, FOS ambassadors of Hougang Primary School wanted fellow schoolmates to understand the importance of having empathy.

♥ Through a skit titled "Others other than self", it was able to highlight what empathy means and to emphasise that empathy can be translated into kindness. "15 seconds to pick out kind acts" was a card game conducted twice a week during recesses to expose pupils to the different situations where kind and unkind acts can be displayed in a creative way and see if they would be able to spot the difference. Badges were also given out to those who participated in the games. Lastly, "Let's connect with kind words" was an activity which every class took part in. An autograph book was given to each class for students to write kind messages to their classmates. This activity would motivate students to express kind words to their peers, at the same time, realising how powerful kind words can be.



Project Title:
Project Empathy

- Team Members:
- Bai Hong Yeou
 - Chen Yi Jing
 - Chua Ting Xuan Jolene
 - Kirbie Koh
 - M. Sanjay
 - Muzammir
 - Siti Zulaiha

West Grove Primary School

Award Category:
Primary Level (Bronze)

♥ "Project Empathy" aims to reinforce the definition of empathy in the school as they felt that empathy was a big word to grasp for students. Kicking off the project, students created colourful greeting cards and prepared food hampers for every non-teaching staff in the school to show their appreciation. Two assembly programmes were also set aside for a clearer illustration of empathy through power point slides and videos. Competitions such as bookmark-making, comic strip writing and song writing were held for the different levels as they motivated them to research independently on empathy and also gave them an opportunity to assist friends who need help.

♥ Games were also conducted during recess, ranging from puzzles on empathy, reading facial expressions and statements true and false about empathy. These games were held at the bus bay and facilitated by the FOS ambassadors.





Crescent Girls' School

Award Category:
Secondary Level (Bronze)

Project Title:
100kg of Empathy

- Team Members:
- Christal Ong Lay Hwee
 - Ngo Jia En Isabel
 - Ong Zhen Hui
 - Quek Xiang Jun
 - Tay Wen Hui Evelyn
 - Teo Ren Ting
 - Teo Xin Yi
 - Zheng Luyao



♥ The team chose to approach the project in a practical way, which is to teach different methods on empathising with peers and see things from their perspective. Through the project, they hope to instil a sense of empathy within the students.

♥ Custom-made videos with the theme of empathy were shown to the whole school, featuring students who showed empathy to teachers and vice versa. A jingle was also created by the team, with the tune of 'Twinkle Twinkle Little Star' and modified lyrics surrounding empathy. This allowed students to learn about the value in an unconventional method. Mailers were also consistently sent to the school with pictures, stories, videos, quotes, posters and photos based on empathy to reinforcement the messages of empathy.

♥ "Encouragement Boards" was created as a platform for students to share problems with each other while remaining anonymous. This was ideal for students who are too shy to share problems with others but desperately need to seek help. Solutions were provided by other students as a display of empathy



Project Title:
Blossoming with Empathy

- Team Members:
- Chew Bi Ting
 - Chew Mun Yuen, Cheyenne Rebecca
 - Ho Shu Xian, Sheryl
 - Leong Hui Wen, Desiree
 - Leong Kai Lyn, Audrey
 - Loh Yue Jun, Jaime
 - Tjoeng, Lorraine
 - Wong Minn, Rachel

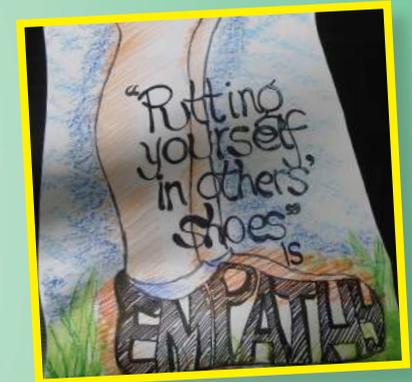
♥ "Blossoming with Empathy" would like to show that an act of empathy can be so impactful that it can make someone's day. A talk about empathy and a quiz after taught the students of Paya Lebar Methodist Girls' School about empathy as well as measured how much the students have learnt. A Kindness Carnival was also set up to educate students about empathy in a fun and interesting way, by having games such as "target- shooting game" and a "maze game". Creativity was also put to test in a poster competition for students to portray what they know about empathy. A Kindness Tree was also planted for students to stick their notes of encouragement for one another so that it blossomed with love for one another.

♥ Badges were also sold for students to pledge for empathy. The funds raised were sent to Agape Fund which helps students from low income families. This target group would allow the school to put themselves in the shoes of the needy and to empathise with them.



Paya Lebar Methodist Girls' School (Secondary)

Award Category:
Secondary Level (Bronze)





Yu Ying Secondary School

Award Category:
Secondary Level ()



Project Title:
Kindness Starts with Me!

- Team Members:
- Hew Chin Ling
 - Lee Qi Xiang
 - Lim Yao Wei, Patrick
 - Ng Kwee Hiang, Jody
 - Ng Yong Xin
 - Tan Shi Ying
 - Tay Yi Qin, Joey
 - Tay Zhi Hwa, Derek

♥ Wanting to raise the awareness of empathy in the school, the team at Yu Ying Secondary School involved themselves in the project "Kindness Starts with Me!"

♥ During morning flag-raising ceremonies, the team presented 2 self-directed videos of how one can show empathy in school. A live skit was also put up on how to show empathy to senior citizens or community-at-large. Two videos were also shown on empathy, and reflection worksheets would then be distributed to the students to internalise their learning for the week.

♥ To excite the students, an inter-class banner design competition was organized across all levels and the finished pieces would be placed around the school to serve as a reminder to students to exercise empathy.



♥ Students were involved in two Social Skills lessons where they were encouraged to talk about how they feel when their friends bully or tease them. These lessons increased their confidence level while communicating with their peers in schools and also to the public.

♥ Two music lessons were held for students in the junior classes, in which they sang songs on empathy and lessons on helpfulness were also conducted. These activities increased students' awareness and students' ability in expressing themselves through music. Students were also involved in art lessons that tap on their creativity.

♥ Several students from each class were also awarded special awards such as "Most Helpful" and "Most Caring" award.



Saint Clare School for Special Education

Award Category:
SPED Level (Bronze)

Project Title:
Caring and Loving in our community

Teachers -in-charge:
Ms Giam Swee Chin, Olivia
& Ms Sarah Khairul Anuar

- Team Members:
- Addimashqy bin Iswandry
 - Ameen Shirazi
 - Muhammad Irfan bin Ishak
 - Natasha Steinbock
 - Sandeep Murali
 - Vanessa Ong Rong Xuan



AWARD CATEGORY: SPECIAL AWARDS

BEST TEACHER-IN-CHARGE
Mrs Michelle Jude
of St. Anthony's Canossian
Primary School

Project Title:
I am a Canossian

Team Members:

- Chloe Choo Si Yee
- Kelly Tan Kai Lee
- Sanjna Ramesh
- Tang Tsze Lock Bernice
- Christabelle Tan
- Nicole Chew
- Deanne Alice Dorris

♥ Besides providing suggestions to the team for them to make better decisions for the FOS project, Mrs Jude stood out among the rest of the teachers-in-charge as she initiated a "Friend of Singa 2012 Handbook" for the team of FOS ambassadors. The "Friend of Singa 2012 Handbook" gave the ambassadors a place to record details of meetings, as well as personal reflections of the different phases of the project. We applaud the creative idea of coming up with a handbook for FOS ambassadors to record their reflections and valuable lessons learnt throughout the FOS project.



AWARD CATEGORY: SPECIAL AWARDS

BEST NEW COMER
Christ Church
Secondary School

♥ The team believes that a gracious culture from school would ultimately lead to a gracious society. Hence, the team aims to have an increase in students catching on the good habit to show kindness to one another and raising the awareness of empathy through kind acts.

♥ Lessons on empathy were conducted during CME lessons that enabled students to see the importance of empathy in daily life. Ice cream sticks were then used to affirm each other, which were collected and put on display, signifying that empathy is the foundation of a gracious society. Ambassadors also set out to share the value of empathy during assembly periods and how it is able to impact others.

♥ Social media was also utilized in which students were encouraged to put up relevant quotes, power point presentations or photo essays which could be shared across the school population.



Project Title:
Caught in the Appreciate
Care for Them

Team Members:

- Agnes Chan Ting
- Brendan Eu Sheng Hong
- Joanne Wang Zhen Yi
- Leow Wan Ling
- Muhammad Nur Aidil B A
- Muhammad Raihan B Osman
- Priscilla Ng Li Hui
- Shermaine Lim Li Xuan
- Wan Nur Nabilah Bte Wan Kamil



AWARD CATEGORY: SPECIAL AWARDS

BEST SUSTAINABILITY
St. Anthony's Canossian
Secondary School

Project Title:
Promoting Empathy in St. Anthony's
Canossian Secondary School

- Team Members:
- Anna Khairyana Bte Mohamed Khir
 - Goh Ru Xue Louis
 - Nadia Ong Cui Hui
 - Nurul Amirah Bte Rozaini
 - Perey Cyrille Anne Reyes
 - Sejal Bagaria
 - Syukrina Bte Sugiman
 - Teo Hui Ting



♥ St. Anthony's Canossian Secondary School was awarded the Best Sustainability Award as they had implemented an annual "Orange Day" in their school in which students are encouraged to come dressed in orange coloured tops and accessories.

♥ Leading up to "Orange Day", posters were pasted around the school to promote empathy as well as to remind students to come dressed in orange to show their support for this project. This day was set aside to commemorate Friend of Singa and orange was chosen as it is the colour of Singa Lion. With this close association to the FOS theme and mascot, students would be reminded of what they have learnt from the FOS project. With "Orange Day" held consistently every year, the valuable lessons learnt from FOS projects would have a deeper impact on the students of SACSS.

♥ Nonetheless, the school emphasised that the success of the project is not measured by the number of students dressed in orange but more of who are the "true converts" that practice the theme in their own lives.



AWARD CATEGORY: SPECIAL AWARDS

BEST ORIGINALITY
Balestier Hill Primary School

♥ Balestier Hill Primary School was awarded Best Originality as the project was able to involve the parents of the students. For project "Big HEARTY", different engaging activities were planned for pupils of each level. For Primary 5 students, they were tasked to think of different situations whereby they feel for their friends in a difficult position and list down how they can offer acts of empathy in their school and home. Parents and form teacher would have to acknowledge and sign on the activity sheet as well.

♥ Balestier Hill Primary School is the first school that had thought of involving parents into the activities of the FOS project. Such effort is also impactful in creating awareness and promotes such acts among families and friends as well.



Project Title:
Big HEARTY

- Team Members:
- Angel Lee Jia Hui
 - Jin Sungpil Philip
 - Lim Jia Yi
 - Mehedi Hasan Salim
 - Mohamad Andika B Mohamad Azli
 - Pathinettan Philemon
 - Shaleena Binte Shaifuldeen
 - Tang Si Yi





ROVING EXHIBITION DATES

♥ The Platinum and Gold winners of Friend of Singa and the top 5 entries of Write for Kindness will be showcased in public places for the next two months. Please visit the roving exhibition at:



Venue	Dates	Address of Venue	Nearest MRT Station
Yishun Public Library	7-20 November	Northpoint Shopping Centre, #04-01	Yishun MRT
Malan Road Campus (Canteen Area)	21 November - 04 December	2 Malan Road, Former Saint Andrew's Junior College campus	Nearest MRT Station: Labrador Park Nearest Bus stop: Bus 51, 57, 61, 93, 97, 97E, 100, 166, 175, 408, 963 and 963E
Bedok Public Library	5 - 18 December	21 Bedok North Street 1	Bedok MRT
Queenstown Public Library	19 - 30 December	53 Margaret Drive	Queenstown MRT

♥ Visit www.kindness.sg for updated details of exhibition.



ABOUT FOS 2013

♥ The theme for Friend of Singa 2013 is "There is always time to make someone's day".

♥ The workshops will be held on 18-22 February 2013, Monday- Friday.

♥ Registration will begin in January 2013. Log on to kindness.sg/Kindsville for information updates!

