

PROGRAMME BOOKLET

WRITE
FOR
KINDNESS



FRIEND
OF SINGA

KINDNESS BADGE AWARD



CITIZENS
OF
KINDNESS

Organised by:



singapore
kindness
movement

SCHOOL PROGRAMMES:



BROUGHT TO YOU BY:



TABLE OF CONTENTS

Singapore Kindness Movement

- 006 About Singapore Kindness Movement
- 007 Guest of Honour – Mr Chan Chun Sing
- 008 Dr William Wan – General Secretary, Singapore Kindness Movement

Friend of Singa

- 010 About Friend of Singa, Primary REVAMPED
- 011 About Friend of Singa, Secondary
- 012 Friend of Singa Projects 2021
 - 013 Featured Projects Contents Page
 - 016 Friend of Singa, Secondary
 - 112 Special Mentioned Project

Citizens of Kindness

- 114 About Citizens of Kindness

Write for Kindness

- 115 About Write for Kindness
- 117 Story-Writing and Illustration
- 123 Poetry-Writing and Illustration

Kindness Badge Award

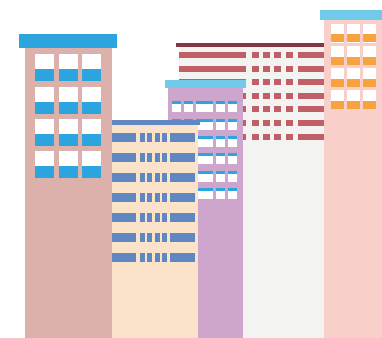
- 130 About Kindness Badge Award
- 132 Featured Projects Content Page
- 136 Featured Projects

The Dress - Interactive Film

- 204 Film Introduction

Connect with Us

- 205 Contacts and Links





Singapore Kindness Movement

We believe we can find kindness in every person. That is why 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 each of us can be greater, create a more gracious society, and make life better for you and me.

Mission

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

MINISTER'S MESSAGE

Guest of Honour
Mr Chan Chun Sing
Minister for Education

Congratulations to all recipients of this year's Kindness Awards.

The long shadow of COVID-19 has undoubtedly challenged many of us. Some among us are stressed, anxious, frustrated and even burnt out.

But kindness shines a light in times of darkness. And I am heartened that many Singaporeans like you have chosen to look beyond yourself, to show care, compassion, and kindness to people around you, during this extraordinary period.

There are many heartwarming examples around us. We hear about hawkers delivering meals to nursing homes every week. Hotel staff who went beyond the call of duty to make sure elderly guests were well looked after. Students from Serangoon Garden Secondary organised a school-wide food donation drive for the elderly, while those from the School of Science and Technology created a podcast to discuss topics related to kindness.

There are many more unseen and unspoken acts of kindness that happen every day. To me, they are



all worthy of praise, and I hope they inspire more Singaporeans to step forward to support our community.

I am happy to know that kindness lives in the hearts of our students. To our award winners: be proud of what you have accomplished, and continue to shine the light of kindness on those around you, for a single flame can light a thousand candles. Together, we can make our future kinder and brighter.



GENERAL SECRETARY'S MESSAGE

Dr William Wan
General Secretary,
Singapore Kindness Movement

Ministry of Education and of course, all of you.

Though this year's awards are given out virtually, it is no less significant. In fact, despite the COVID-19 disruptions, it seems like all of you have emerged stronger than ever. Our educators and students have continued to demonstrate resilience, kindness and graciousness by adhering to the safe management practices in school, helping one another during the toughest of times and still going the extra mile to advocate for kindness in your schools.

We are truly inspired by all the projects that were submitted to us this year. These projects have corroborated that kindness is indeed in everyone. You are never too young to be an advocate for kindness. Kindness sparked by you can spread to others, creating a ripple effect that leads to a stronger school and community. The kinder you are every day, the stronger we become as a nation. Always remember, no act of kindness is too small - all gestures matter as they brighten up the day of

your classmates, teachers and family.

I'm excited for all of you to continue to let that kindred spirit shine all throughout 2022 and in the years to come. Thank you again, principals and teachers, for your partnership throughout the years. I am honoured to have walked this inspiring learning journey with all of you.

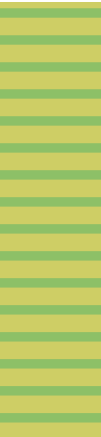
Principals, teachers, fellow students,

Good day everyone!

I would like to thank Minister Chan Chun Sing for honouring us with your presence.

We are here to celebrate our students for their commitment and dedication to becoming kinder and more gracious students at school which in return, helps us build a stronger society. In 2021, we received 116 projects from 74 schools with a total of 1387 participating students.

The Singapore Kindness Movement has been promoting and cultivating kindness in schools for 32 years and it wouldn't have been possible if we did not have the support of the





Friend of Singa, Primary

The Friend of Singa (FOS) programme began in 1990 with the purpose of cultivating desirable behaviours and values in students. This programme is open to primary, madrasahs, and international schools. Building on the notion "Greatness starts small", FOS (Primary) has been remodelled in 2021 into a termly Badge Programme for Kindness to be an inclusive movement for all, thus, giving every student the opportunity to be a Friend of Singa!

With all termly activities completed, students will receive a Certificate of Achievement and a collar pin to acknowledge their commitment as a Friend of Singa!



Friend of Singa, Secondary

Introduced in 1990, the Friend of Singa (FOS) programme began with the purpose of cultivating desirable behaviours and values in students. Building on the notion "Greatness starts small", the 31st edition of FOS (Secondary) seeks to empower students to be active Agents of Kindness in contributing beyond themselves and the betterment of their schools and communities.

This programme is open to secondary, special education schools, madrasahs and international schools. FOS was revamped in 2009 from a nomination-style award for the most courteous student to a scheme where students must implement a kindness campaign on campus.

Students from participating schools are tasked to identify issues and implement solutions to promote kindness within their school and community. It is intended that at the end of the campaign, participants will recognize the importance of their role in informing and encouraging desired behaviours; therefore making a difference.

Friend of Singa Projects 2021

Despite the Covid-19 pandemic in 2021, participating schools have continued to show resilience, strength and commitment in building a nation of Kindness through their respective Kindness initiative.

Singapore Kindness Movement is proud to have 34 (update in September) Friend of Singa Schools with us in 2021 as we strive to continue to encourage and support schools in spreading kindness!

FEATURED PROJECTS

- 01 Anderson Secondary School
- 02 Anglo-Chinese School (Barker Road)
- 03 Assumption English School
- 04 CHIJ St. Nicholas Girls' School - Group 1
- 05 CHIJ St. Nicholas Girls' School - Group 2
- 06 CHIJ St. Theresa's Convent - Group 1
- 07 CHIJ St. Theresa's Convent - Group 2
- 08 CHIJ St. Theresa's Convent - Group 3
- 09 Crest Secondary School
- 10 Deyi Secondary School
- 11 DPS International School - Group 1
- 12 DPS International School - Group 2
- 13 DPS International School - Group 3
- 14 East Spring Secondary School
- 15 Geylang Methodist School (Secondary) - Group 1
- 16 Geylang Methodist School (Secondary) - Group 2
- 17 Geylang Methodist School (Secondary) - Group 3

FEATURED PROJECTS

- 18** Global Indian International School, Smart Campus
- 19** Hillgrove Secondary School - Group 1
- 20** Hillgrove Secondary School - Group 2
- 21** Hua Yi Secondary School
- 22** Kranji Secondary School - Group 1
- 23** Kranji Secondary School - Group 2
- 24** Kranji Secondary School - Group 3
- 25** MINDS - Lee Kong Chian Gardens School
- 26** MINDS - Woodlands Garden School
- 27** Madrasah Alsagoff Al-Arabiah
- 28** Manjusri Secondary School
- 29** Marsiling Secondary School
- 30** Nan Hua High School
- 31** New Town Secondary School
- 32** North Vista Secondary - Group 1
- 33** North Vista Secondary - Group 2
- 34** Northland Secondary School - Group 1
- 35** Northland Secondary School - Group 2
- 36** Orchid Park Secondary School - Group 1
- 37** Orchid Park Secondary School - Group 2
- 38** Outram Secondary School
- 39** Pathlight School
- 40** Raffles Girls' School (Secondary)
- 41** Raffles Institution
- 42** School of Science & Technology, Singapore
- 43** Serangoon Garden Secondary School
- 44** St Margaret's Secondary School
- 45** Tampines Secondary School
- 46** Tanjong Katong Girls' School - Group 1
- 47** Tanjong Katong Girls' School - Group 2
- 48** Yuvabharathi International School
- 49** Special Mention Project: Project Kindness by Asher Koh



Anderson Secondary School

Hidden Heroes

Project Completed By:

Claris Teo Chen Lin, Denise Wan Xi Min, Ng Jun Xin, Keira Marie Lim Li Xin, Huang Zekai, Caitlin Chew Cian Ling, Low Wen Xin Emily, Yeo Wen Xuan, Chloe Ng, Jaaziel Leong Le Xuan, Vivien Tan An Qi

Teachers in-charge:

Mrs Elizabeth Chan Hui Tang, Mdm Nur Fadilah Yusran



Some students of Anderson Secondary School organised a campaign called Hidden Heroes to express their appreciation to the custodians around school.

During one of the Education for Life periods, observations of student behaviours towards custodians was shown to the school in the form of a video. This was followed by a short interview of the custodians - the security guard, cleaners and canteen vendors - to deepen the students' understanding of them around school. The custodians were asked about their daily lives and how they feel about how students treat them.

A Custodian Week was also implemented in Term 3 Week 4. Students from the lower secondary classes were tasked to write notes of appreciation on A3 size coloured boards for specific groups of custodians. These boards, together with reusable masks and origami, were given to the custodians after the week. The custodians were interviewed about their feelings upon receiving the gifts and their reactions were captured on camera. These reactions were posted on the Instagram page created for this campaign. The students also created a link for students to submit any creative medium to show appreciation towards the custodians.



Anglo-Chinese School (Barker Road)

A Methodist Institution
(Founded 1886)

Anglo-Chinese School (Barker Road) Appreciating the Custodians

Project Completed By:

Balachandran Breannan Jedidiah, Farrell Nathan Calvianto, Goh Howe Fong, Brandon Ang Suan Leong, Morgan Davinson Lin, Aqil Mukhlis Bin Mohamad Farid, Julian Tay Yu Heng, Ian Tan Chi Jiat, Koh Amirul Amin, Noor Al Hashir Haja Najumudeen, Ng Xu, Ean Tan Lu Ern, Tan Choon Siang, Danish Ajmal Bin Muhamad Khairudin

Teachers in-charge:

Mdm Alice Chia, Mdm Eng Yu Wen, Ms Charmaine Lim, Mdm Elke Puspitasari Handoyo, Mr Jopescu Toh, Miss Samantha Gan, Mr Leong Chuen Kit, Mr Lee Lye Peng, Ms Wun Cheng Yi



Students of Anglo-Chinese School organised activities for students to show their appreciation to the school custodians. Several activities were conducted.

'Love My School Environment' was one of the activities. As part of the activity, most Secondary 2 students stayed back after school to clean up their campus. Through this activity, the students witnessed the workload of school custodians. In addition, each Secondary 2 class had to share their reflections on the school's social media platform to enhance the understanding of the importance of the school's custodial team. This process was documented by the Student Peer Supporter from each class.

Another activity led by the Student Peer Supporter of each class was conducted. Each class had to interview two school custodians. This would then be posted on social media to encourage the rest of the school to do their part in making their school environment conducive for learning and to appreciate the school staff, especially the school custodians. Through this activity, the students learned more about the school custodians.

All these activities led up to a Custodian Appreciation Dinner organised by the School's Monitor Council. This dinner was funded by donations collected in the call-to-action part of the campaign. Photos of the event were posted on the school's social media accounts by the Student Peer Supporter Committee.



Assumption English School

YOUths of The Society - The tenacity and resilience of YOUths

Project Completed By:

Harez Azizil Bin Ezhwan, Preston Tan Jae Yung, Frias Cresencio Iii Bancoro, Caden Cheng, Kaelin Ciara Duggan, Teagan Tham, Joanne Erin Christopher, Sanjana Carol, Matthew Isaac Chia Jinfu, Quilala Emilia Kristina Angeles, Teeraya Mabel Chew

Teachers in-charge:

Ms Lim Zi Xin, Mr Muhammad Sadik, Ms Han HuiXuan Dilys



Students from Assumption English School organised a campaign focusing on resilience and tenacity. The aim of this campaign is to show that anything is possible even when the situation seems bleak and that problems are a part of life.

To create awareness and deepen their peers' understanding of their topic on tenacity and resilience, they utilised Youth Day as a platform to raise awareness and educate their peers about youths who exhibit resilience and tenacity. A 1-hour classroom-based lesson package with activities was conducted in class. This lesson included case studies focusing on youths who suffered from mental illness, got retrenched, who graduated from tertiary education, and front-liners who suffered prejudice due to Covid-19. Students were asked to discuss the challenges and how they overcame them.

At the end of the lesson package, students were asked to post appreciation notes to frontline workers on Padlet to encourage them. They were also encouraged to participate in the Decal Design Challenge where they needed to design decals to be pasted on the Personal Learning Devices issued to them. These decals had to exhibit the Montfortian values and attitudes youths today should have, and include encouraging messages in these tough times. The winning designs will then be printed and distributed to the whole school.



CHIJ St. Nicholas Girls' School Group 1

Nassa Space

Project Completed By:

Ng Yu Le, Tan Hui Xin Chloe, Looi Yan Ning, Samantha, Valerie Koh
Han Ning, Wah Ro Shin Eriel, Rebecca Kui

Teachers in-charge:

Mrs Yvonne Lau, Ms Siti Wajihah Zaran, Ms Sherry Goh



Focusing on Personal & Social Responsibility, the students from CHIJ St. Nicholas Girls' School organised a campaign called Nassa Space. An Instagram account and website were created to attract the attention of students and spread awareness about their project. The project focused on spreading awareness about fake news. Posts about fake news were put up on their Instagram account at least once a week. These posts were about spotting fake news and to spread awareness on fake news content circulating around. A mascot, called Pako, was also created to garner student attention, and quizzes about fake news were put up on their website. To encourage participation, prizes were awarded to students who participated actively in various quizzes and challenges. Altogether, these activities aim to encourage students to be more critical about the news they read online and also to encourage them to educate their peers about fake news too.



CHIJ St. Nicholas Girls School Group 2

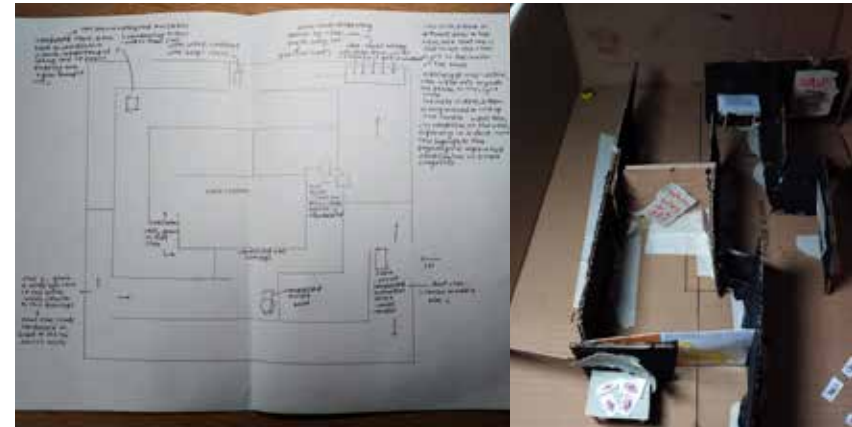
Vandalism of School Property by Students

Project Completed By:

Amelie Koh Wei Lyn, Khoo Qi Xuan Claresta, Jeou Té Aung, Kaelyn
Loh Shuen Yun, Hong YuFei, Loh Jin Yee

Teachers in-charge:

Mrs Yvonne Lau, Ms Siti Wajihah Zaran, Ms Sherry Goh



This project focused on the topic of vandalism, focusing on the theme of Personal and Social Responsibility. Several activities were organised to advocate for this issue.

Online social media platforms were used to raise awareness of this topic. Posts on the type of actions considered vandalism, past experiences on vandalism and its negative impacts were posted on the accounts. In addition, a short skit was performed to the school body to spread awareness about school property protection and convey the message that everyone is responsible for it. To allow students to experience the negative impacts of vandalism, a virtual maze focusing on this issue was held on Zoom. Students would need to follow instructions to escape the maze but due to the instructions and clues being vandalised, it became very challenging. The maze also contained vandalised school property. After this game, students were asked about their experience and challenges they faced in the game and asked to pledge that they will not cause harm to school or public property.



CHIJ St. Theresa's Convent Group 1

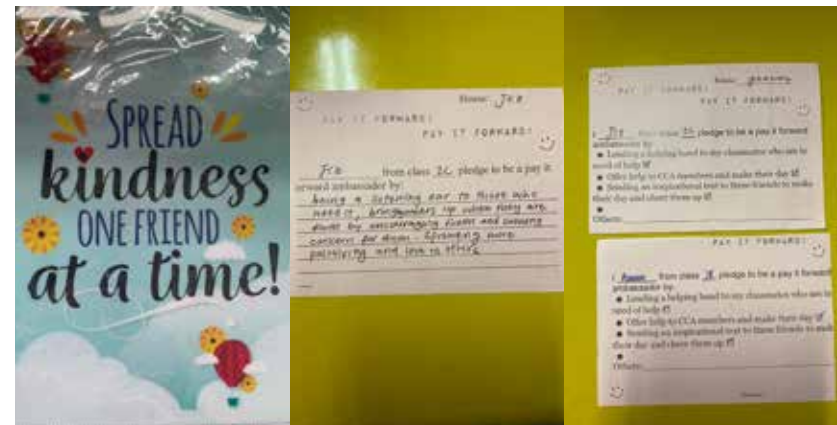
Pay It Forward

Project Completed By:

Alexis Joan Ho Yin, Charlotte Ng Wan Xin, Chia Hong Jing, Claire Chan Yi Jing, Jessica Elyse Chang Li Shyen, Josephine Dorothy Hoare, Melissa Chong Ling Hsuan, Pooja Rajesh, Tiffany Chloe Chung Shi Yun

Teachers in-charge:

Ms Ang Li Fern, Mr Leslie Francis, Ms Joyce Tan



Students from CHIJ St. Theresa's Convent organised a campaign focusing on the theme of Understanding Diversity. The activities organised encouraged students to pay it forward in the school community.

Students from Secondary 1-3 were encouraged to write pledge cards on ways they will pay it forward to the school community. Once they have pledged, they become a Pay It Forward ambassador and have to carry out the actions in school that they pledged to within a stipulated time frame. A video about how a young boy named Trevor started the Pay It Forward movement was also shown to the students to inspire them to do the same in their school community.

To represent the Singapore Kindness Movement taking place in school, yellow ribbons and kindness files were given to the students. Announcements regarding this project were also made to the whole school to get everyone involved.



CHIJ St. Theresa's Convent Group 2

Kindness to the Environment

Project Completed By:

Ding Yun Qi Sarah, Leong Mei Xi, Hannah Melanie Teoh Chia Ying,
Malyala Kusumita, Ang Xing May Sabrina, Tan Li Wen, Salvador
Janina Andrea Awat, Lim Jia Xuan, Mabel Tan Xuan Yun

Teachers in-charge:

Ms Ang Li Fern, Mr Leslie Francis, Ms Joyce Tan



This project focused on one's personal and social responsibility towards the environment. Videos revolving around the theme of environmental preservation were shown to classes by the student leaders. These videos aimed to deepen the students' understanding of our responsibility to preserve the planet and environment, and the importance of recycling.

A recycling drive for pens was also carried out in school for 3 weeks. The school community were encouraged to donate their pens which they no longer used. These pens were given to Savethatpen organisation to be recycled, reused or refilled and given to individuals who are less fortunate. Green ribbons were given out to the students who participated as a symbol of their advocacy towards the project.



CHIJ St. Theresa's Convent Group 3

Kindness on Public Transport

Project Completed By:

Kathleen Aeria Chan Wen Qi, Gabrielle Janine Dairianathan,
Kawamura Noel, Abbygail Denise Peter, Rei Anne Yeo, Anielka Loo
Cheok Weng, Jayani D/O Ganeson, Toh Min Lotus

Teachers in-charge:

Ms Ang Li Fern, Mr Leslie Francis, Ms Joyce Tan

The screenshot shows a Google Form titled "Kindness on Public Transport" created by Gabrielle Nathan. The form includes a title, a subtitle "198 items", and a prompt "Add your pledges here! Please indicate your name and class before the entry :)". Below the prompt, there are several text input fields, each containing a pledge. The pledges are: "I pledge to give up my seat to an elderly or a pregnant lady on a public bus. -Iphika 1R", "I pledge to be considerate on public transport by moving in to the back of the bus.", "I pledge to put my bag down while standing to let more people have space in the train.", "I pledge to move in the bus when people are entering and stay quiet on public transport.", "I pledge to be considerate on public transport, by keeping my noise levels low, and not hogging seats on the public transport.", "I pledge to not talk while taking public transport.", "I pledge to give my seat to people in need and I will talk softly.", "I pledge to be quiet in public transport.", "I pledge that I will not take up more space than I need so others have a place to sit as well."

This project revolved around the theme of Appreciation and Respect. Several activities were organised to encourage kindness on public transport.

Students were shown a video of an interview to raise awareness on the lack of graciousness that can often be seen on public transport. The student leaders also presented on the importance of kindness on public transport. In addition, students were asked to type their pledges for being kind on public transport on a platform on Wakelet. Reminders for students to complete their pledges were announced during morning announcements and a Google form was created for students to reflect on their progress on pledges.



Crest Secondary School

Thanking our Unsung Heroes

Project Completed By:

Wee Jie Le Caleb, Muhammad Sharizal Bin Othman, Sng Lee Yan
Angela, Yap Jun Liang Jensen, Kam Xin Ying Sabrina, Elijah Wayne
Ng Bing Hui, Farisah Syafiah Binte Farid, Ong Jia En Janelle,
Sarashoben Abhisheg Kandiah

Teachers in-charge:

Ms Hedzlyn Hazwany Mohamed Mahrom, Ms Chan Lay Ling Amy,
Ms Ho Su Ching Eunice



Students from Crest Secondary School organised a campaign that focused on appreciating their 'unsung heroes'. A video about kindness, which included interviews of their teachers, was pre-recorded and shown to the student body during CCE lessons. Students also showed their appreciation to their unsung heroes by gifting them an individualised photo frame with a thank you message.



Deyi Secondary School

Kindness is contagious

Project Completed By:

Aw Mian Jun Xena, Cheryl Ong, Gwen Ong Nyu Sin, Lu Valyn

Teachers in-charge:

Ms Joyce Yee, Mr Ryan Neo, Ms Eileen Tan, Mdm Saliha Parveen



Students of Deyi Secondary School organized a project focusing on Appreciation & Respect. This project was promoted to the whole school via morning assembly and on their Instagram account. A decorated board with details of the project was also set up at the school foyer to increase awareness.

This project emphasized the impact of kind words on the lives of individuals and aimed to highlight that kindness is never a one-time event but something we can embrace daily. These were emphasized during school announcements and in an activity where students could write messages and letters revolving around kindness to others. Initially, a stack of cards was placed at the booth for the students. However, due to overwhelming responses, more cards had to be purchased and distributed to all classes. These cards were collected weekly. Some were pinned up on the Kindness Board, while others were posted on their Instagram page. This project also served as a channel for students and teachers alike to appreciate each other.

Deyi Secondary School aims to organize this project again next year to continue the spirit of kindness and appreciation.



DPS International School Group 1

Safety & Rules in the School Bus

Project Completed By:

Deepshika Lakhansingh Chauhan, Palagiri Karnika Reddy, Gargi Shukla, Minal Bijumon, Joycia Sudhir, Shrinidhi Kathiresan, Ruchi Umesh, Preethishri Ramesh, Arnav Sharma, Aarathi Kongot

Teachers in-charge:

Ms Amrita Ghosal Mukherjee, Ms Priyanka Mandhana, Ms Rinku Sriram



For the purpose of conveying a message about appreciating and respecting bus drivers, DPS International School ambassadors conducted three main activities to target students in different grades.

To raise awareness of respecting bus drivers, the ambassadors included Grade 7 students to design posters which were displayed around the school. Using an educational game created by the ambassadors called 'Game of Kindness', Grade 6 students were able to decide from scenarios regarding how to treat bus drivers well and appreciate them. Furthermore, a card-making contest was held for the Grade 1 - 5 students. Cards that were created were also given to the bus drivers as a token of appreciation!



DPS International School

DPS International School Group 2

Safety is our Priority

Project Completed By:

Aarush Das, Madhumitha Prabhakar, Shriyadit Binoy Menon,
Nityasri Ganesh Kumar, Harshita Balaji, Shaurya Rambhad, Swetha
Visalakshi Nachiappan, Mathangi Gowrisankar, Avani Kukenady,
Arahan Amit Shah

Teachers in-charge:

Ms Amrita Ghosal Mukherjee, Ms Priyanka Mandhana, Ms Rinku
Sriram



This project is focused on the theme of Personal & Social Responsibility. Several activities were organised to emphasize that safety is our priority.

Students were informed about this project during their school assembly and posters put up on the school bulletin boards and online platforms. These posters focused on safety measures related to COVID-19, day-to-day safety measures and basic safety measures. The targeted classes were also informed about the agenda of this project and the activities organised.

To educate the students on safety, a short film illustrating the importance of rules and an animated video showing the importance of wearing masks in the COVID-19 situation were shown. These videos were also shared on the school Facebook page, ClassDojo page and Instagram accounts to broaden the reach of the project. In addition, quizzes, puzzles and a workshop were the activities organised to get students involved in this project. The quizzes and puzzles were related to safety and kindness while the workshop was a mask holder making workshop where students made mask holders to store their masks safely.

After this project, a feedback form was sent out to the participating classes to collate their thoughts on the activities and ideas for future activities. This enabled the team to better understand the opinions of their fellow students.



DPS International School

DPS International School Group 3

Love and Respect School, Hate and Reduce Waste

Project Completed By:

Anagha Sanjay Kumar, Hifza Nuryn, Utkarsh Choudhary, Chelsea Diane Paquibot, Gobinath Anuyah, Signet Johnson, Samruddha Chaithanya Kashyap, Bhumi Mehra, Vaishnav Rajesh Sukumaar, Deshna Sathish

Teachers in-charge:

Ms Amrita Ghosal Mukherjee, Ms Priyanka Mandhana, Ms Rinku Sriram



This project focused on the theme of Personal and Social Responsibility, focusing on food waste. Posters were put up on the bulletin boards in the classroom and on online platforms to spread awareness of this project. To educate the audiences more about this project, the group members did presentations and students were asked to discuss the impact of food waste, strategies to reduce it and the importance of sharing food for the needy through food donations.

In addition, the respective levels of students were asked to participate in word search and crossword puzzles, and mascot making and poster making competitions revolving around food waste. A food donation drive was also organised. The group members went to each class to collect the donation items that were donated to "Food from the Heart." A video sharing recipes from leftover food was also made.



East Spring Secondary School

Appreciation in diversity

Project Completed By:

Pei Jun Ye Brandon, Qisthina Raudhah Binte Md Najib, Ong Jing Ru, Davian Tan, Malaisamy Sriram, Nur Azura Binte Hisham, Venisha Hasini Gidijala

Teachers in-charge:

Mdm Corinth Ng Sieng Lian, Mdm Santhi H P Manis,
Mr Tan Hao Kiat



This project focused on the theme of understanding diversity. The kindness ambassadors researched selected cultures of different races and presented their findings to their own class during assembly. After the presentation, the students were given cards to write down their appreciation and thoughts towards diversity. These cards were then put up on the classroom noticeboard for students to view daily.



Geylang Methodist School (Secondary) Group 1

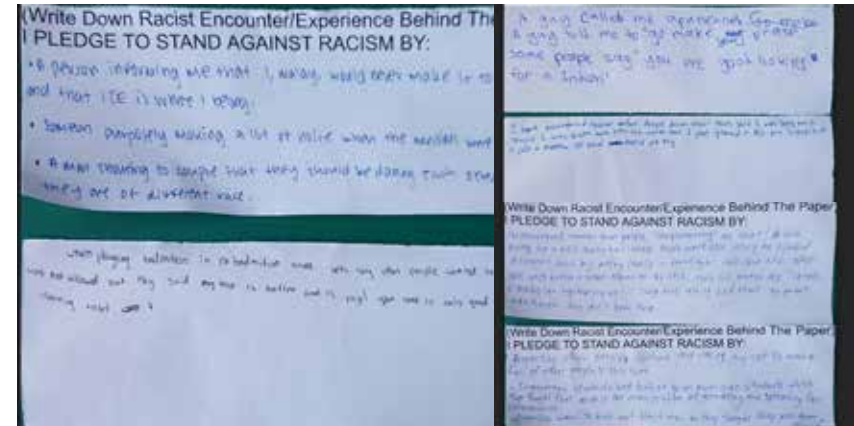
Racism stops with me

Project Completed By:

Loh Wee Eng Al-nicole, Tyrus Tan, Charlotte Siew, Tan Kai Xuan Nicole, Riyana Shrestha, Chloe Lee Wen Qi, Sarah Chua Yinn, Reyes Chee Joon Meng, Anya Vohrah, Gwen Lai

Teachers in-charge:

Ms Phang Shi Hui, Ms Siti Fattasha, Ms Vanessa Tan



This project revolved around the theme of Understanding Diversity, focusing specifically on race. The group made a video that was shown during morning assembly or Form Tutor periods. This video included the various kinds of racism, how racism affects one and how it can be reduced. In addition, students were asked to write their pledges on how they will stand against racism and their thoughts on it. Lastly, an Instagram account was created to spread awareness of what racism is.



Geylang Methodist School (Secondary) Group 2

Care to Share?

Project Completed By:

Beth Cheong, Jeslyn Chia, Gladys Lee, Vyes Tan, Shanice Yeo, Lim En Yao, Noor Natasha, Thomas Tan, Vishal

Teachers in-charge:

Ms Phang Shi Hui, Ms Siti Fattasha, Ms Vanessa Tan



This project focused on the theme of Appreciation and Respect. An Instagram page was created to spread information about the project and recruit volunteers. The students also presented on how the school staff (i.e. cleaners and security guards) worked tirelessly to keep the school safe and clean and the importance of appreciating them during the school's assembly period. Students were then asked to make care packages for them. They were asked to write appreciation notes that were going to be attached to the care packages.

In addition, the school staff were interviewed and asked what appreciation meant to them. This interview was to find out what items should be included in the care packages. Some students helped to pack the packages.



Geylang Methodist School (Secondary) Group 3

Spreading awareness for healthcare workers

Project Completed By:

Cheyenne Ng Shi En, Yip Li Hui, Nur Shakirah Binte Zaini, Chloe Foo Kai Yi, Lim Hui Ting, Julie Chan Qiqi, Intan Nur Neflianna, Elton Bong Tian Zhu, Ng Shin Yee Cleo

Teachers in-charge:

Ms Phang Shi Hui, Ms Siti Fattasha, Ms Vanessa Tan



This project focused on the theme of Understanding Diversity. The students initiated this project to spread awareness for healthcare workers. A Google form was created to collate students' perspectives about the discrimination healthcare workers experienced during COVID-19. Posters with articles and links related to healthcare workers were created to deepen their peers' understanding of the issue. Additionally, another form was created for students to submit messages for healthcare workers. These messages were posted up on their Instagram account.



Global Indian International School, PG Smart Campus

Kindness Quest

Project Completed By:

Priyanka Chandrasekar, Siddhi Munjal, Mihika Yadav, Niranjan Kalaiselvan, Karthikeya Kailasapu, Haripriya Seenivasan, Devanshi Thakur, Gautham Arun, Arya Anoop, Christy Mariam George, Debasmitha Roy, Dhara Parekh, Jayush Praveen Nair, N K Manu Raj, Saumyaa Sengupta, Shrihan Sanjeev

Teachers in-charge:

Ms Melissa Maria, Mrs Ida D'Costa, Mrs Rajni Premi, Mrs C.Hannah Prothika



Focusing on the theme Appreciation & Respect, the students of Global Indian International School organised several activities for their project 'Kindness Quest.'

A Kindness Wall was created to spread awareness of the topic of Appreciation and Respect. Students were encouraged to write a few lines of gratitude and appreciation. These lines were posted on their FOS blog. The FOS ambassadors also took the initiative to understand the views of their schoolmates on kindness in school and compiled their responses and advice into an iMovie.

To further involve students, three competitions were organised. The first one was a documentary film competition where students had to submit a film revolving around 'Kindness in Everyday Life.' The second was an art competition where students had to submit an artwork following the theme of 'Kindness and Gratitude', while the last competition was a photography competition where students had to submit photos revolving around the theme of 'Small Acts of Kindness.' These competitions allowed the students to showcase their talents while spreading messages of kindness.

Thank you cards were also given to school staff - janitors, cafeteria workers, and security guards. Some students volunteered to make them with the FOS team.



Hillgrove Secondary School Group 1

Kindness in Hillgrove

Project Completed By:

Dixon Wu, Sara Amani Binte Razali

Teachers in-charge:

Mrs Lu Zeng Yan, Ms Samantha Tan Chiew Ping



Students of Hillgrove Secondary School organised a campaign spanning over a few weeks that focused on the theme of Appreciation & Respect. Several activities were organised under this campaign.

The class was educated on the importance of kindness in class or school. Then, they prepared posters for this project and pasted it up in school. The first activity conducted was an Angel-Mortal Game. Form teachers were asked to prepare the names. Each student had to draw a lot and write their mortal's name in a class name list. Over the next 2 weeks, students secretly practised acts of kindness towards their mortals (eg. drop a note of encouragement in their envelopes etc.). At the end of the second week, the angels were revealed to the class.

The second activity was the gratitude box. Each class made paper cranes, planes and flowers and wrote words of gratitude on them and presented the box. Lastly, the class that organised this activity had to do a reflection on this project to identify strengths and any areas of improvement.



Hillgrove Secondary School Group 2

Kindness the Hillgrovian Way

Project Completed By:

Myra Elfira Binte Affandy, Loh Jin Yun, Ammar bin Nizamudin,
Jonas Lim, Jerry Mok, Raoul Ashraf Bin Raimie, Raymond Tan Jun
Long, Kylie Chua Kai Qin, Noel Low Kuan Yu

Teachers in-charge:

Mrs Deborah Meyer Yap, Ms Serene Tan



This project focused on the theme of Appreciation and Respect. Several activities were organised to encourage students to show appreciation to their School's Librarian, Canteen Stall Holders and Bookshop Vendor.

Student leaders initiated many discussions with their class to generate ideas for this project. Other students were also asked about what words of gratitude they would like to say to the vendors if they got a chance. A video containing several teachers and students saying thank you to the designated groups of staff was shown to the staff while students were encouraged to write appreciation notes to these groups and put it up on the notice boards. In addition, hampers were presented to the stall vendors to show appreciation.



Hua Yi Secondary School

Not getting COSY with COVID!

Project Completed By:

Nicole Tan Qian Ying, Tan Jit Khim Shawn, Damien You Hong, Lou Yu Li, Rizny Sherafeena Binte Rozkyazmie, Natchaya Tan, Syazmira Binte Samsaimond

Teachers in-charge:

Ms Lee Taojing, Ms Tan Si Ying Jasmine



Classroom cleanliness

- X Not taking wipe down routine seriously
- ✓ Being automatic and self-directed to wipe
- ! If you do not want to use school property, you may bring your own



It only takes seconds to wipe down our tables!



The students organised a campaign focusing on the theme of personal and social responsibility. The campaign was split into five phases.

The first phase was the planning of the project and activities by class leaders EXCO and teachers. The EXCO adapted activities from the internet to make them fit the purpose of the campaign. In the second phase, briefings were done by the class leader EXCOS to the in-charge of each class. They were briefed on the slides and activities they were supposed to conduct.

In phase three, the class leaders conducted the briefings and engaged the other students in the activity, which was to complete a BINGO card. This was to inform the classes on what was expected of them and the project. During phase 4, pictures were taken while they were participating in the activity to capture these moments and remind the students of the purpose of the campaign. The BINGO sheets were then collated and sent to the teacher-in-charge. For the last phase, prizes were awarded to the top three winners of the class BINGO competition.



Kranji Secondary School Group 1

Clean up your mess!

Project Completed By:

Colin Soh Hengyi, Tirkey Sana Sharon, Neo Shayne Ee, Liu Ziwen,
Emilia Nur Halim Klaseboer, Ye Myat Aung, Tivinaash Gejendran,
Yeo Wen Hao, Ibtida Wazifa Malyat, Nur Amirah Binte Roslie,
Nurul Huda Binte Mohd Shahlan, Muhammad Hazim Bin Mohd
Khamaludin

Teachers in-charge:

Ms Cynthia Wong Lin Yun, Ms Mah Rui Jing Felicia, Tan Yong Wei



This project focused on the theme of Personal and Social Responsibility. The team created stickers about cleaning up one's mess and pasted them on the canteen tables. They also interviewed their classmates to better understand the cleanliness in the canteen and classrooms, and the feelings when studying/teaching in a dirty classroom or canteen. These interviews were compiled into a video that was shown to the school. After this video was shown, students participated in activities that emphasised the message of cleaning one's mess. Additionally, a Google form was created to collect suggestions on how to improve cleanliness in the school.



Kranji Secondary School Group 2

Unsung Heroes

Project Completed By:

Sheena Ang Jing Chun, Syed Jaffar Ali Zeenathunnisa, Fajardo Kevin Michael Soliman, Tay Jie Jia Zechariah, Divyadarshini D/O Jayakumar, Gun Jia You, Daryl Li Renjie, Dreena Koh Wen Ting, Vengala Sai Akshith, Nora Khaled Mohamed Mohamed Mouharam, Muhammad Aqil Raiyan Bin Muhameed Arkib

Teachers in-charge:

Ms Cynthia Wong Lin Yun, Ms Mah Rui Jing Felicia, Tan Yong Wei



This project focused on the theme of Appreciation and Respect. Activities were organised to encourage students to show their appreciation to the non-teaching staff in the school.

The non-teaching staff were interviewed by the Peer Support Leaders (PSL) to learn more about their daily work routines. The PSLs got to know them better in the process and used their new knowledge to create a video highlighting the difficulties faced by non-teaching staff and how they hoped to be treated in school. This video was shown to the entire school as part of the Teachers' Day celebration.

Care packages were also packed and distributed to the non-teaching staff to show appreciation to them. To involve other students in this project, they were asked to write notes of appreciation to the non-teaching staff as a form of self-reflection and encouraged to show small acts of kindness towards them.



Kranji Secondary School Group 3

Be Kind, Anonymously

Project Completed By:

Phoebe Helena Teo, Lasilya Begum Binte Mohamed Rizal, Devangi Kalita, Jaslyn Teo Jia En, Natalie Faith Wong Jing En, Chee Zhiyi Joey, Chiam Zhi Quan, Evlynn Alisantoso, Tan Yee Hwee Gabriel, Abat Mike Franco Bautista, Yap Zhi Cheng

Teachers in-charge:

Ms Cynthia Wong Lin Yun, Ms Mah Rui Jing Felicia, Tan Yong Wei



This project focused on the theme of Understanding Diversity. The activities organised aimed at highlighting the impacts of one's words.

The Peer Support Leaders (PSL) created a video which included stories shared by students who have been hurt verbally, reasons why people are judgemental, and how to avoid being judgemental. This video was shown during a CCE lesson. After watching the video, there was an optional activity for students to write how they have been hurt by someone's words on cards. These cards were then sorted into themes. The more unique ones were displayed on the noticeboard for students to read. A Padlet was also created to allow students to share words of encouragement.



MINDS - Lee Kong Chian Gardens School

Small Deeds, Great Impact!

Project Completed By:

Chiang Yu Xuan Scott, Nur Nabilah Bte Muhd Rizal, Muhd. Irfan Bin Abdul Rahman, Caleb Lai Wen Kai, Hassan in Abdul Hai, Muhd Firdaus, Chew Shawn, Chia Yan Jin, Tun Lin Aung

Teachers in-charge:

Mdm Tan Soh Ching, Ms Hazel Dai, Ms Salina Bte Ismail, Mrs Rosaline Chee



This project focused on encouraging all students and staff to show little acts of kindness towards each other. Several activities were organised to promote this.

The FOS ambassadors organised a recycling activity where students were asked to recycle their milk cartons. This activity promoted kindness to the environment and spread awareness of the small things the students can do to show kindness. The following two activities focused on showing kindness to their peers. The FOS ambassadors prepared and packed Welcome Back to School packs and distributed them to all their peers. These packs were to spread happiness and be a reminder to be kind to people around them. Students also grew, harvested and distributed bean sprouts to needy students. The last activity was a food drive. The students helped check the expiry dates, sort and pack the foods, and place them at the school's collection point.



MINDS - Woodlands Gardens School

Appreciation and Respect for: Nature, Animals, Family and School

Project Completed By:

Esmond Kang Xiang Ci, Chen Xi, Jordan Er, Toh Guo Rong, Ashton
Josh Suresh, Lee Jia Yng, Tok Zhi Yang Alvin, Tng Yee Peng

Teachers in-charge:

Ms Santha Raman, Ms Serene Yong Lee Lian, Ms Dawn Yeo Wenlin
Ms Mabel Goh Pui Teng, Mdm Sidah bte Jasmin, Ms Hazlina bte
Rahmat



This project focused on showing appreciation and respect for the environment, family and individuals in school, and animals. A total of seven activities were organised as part of this campaign.

As part of the initiative to show appreciation and respect for the environment, students had the opportunity to grow a basil plant and take a nature walk around the garden. To show appreciation to individuals in their family and school, each class was taught to make a gratitude quilt where they could write thankful messages. They also played 'Simon Says' to highlight the similarities and differences among their peers, and students were encouraged to greet each other or make origami hearts for their peers, staff or parents. For the sixth activity, posters about caring for animals were put up while students also had the chance to attend a virtual tour to learn more about wild animals. The last activity was an assembly programme for all students that focused on showing appreciation and respect to animals.



Madrasah Alsagoff Al-Arbiah

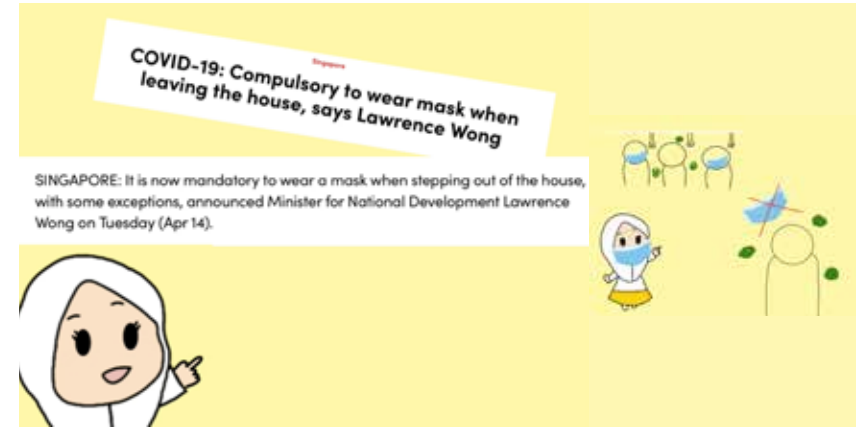
A Social Distancing Project

Project Completed By:

Nur Nadhirah Mazidah Pasaribu, Nurwada'ah binte Mohamed,
Sumayyah binte Muhammad Saiful 'Adli, Irdina Nabilah binte
Mohammad Idris, Durratun Nafeesa binte Osman, Nurhana binte
Rehan, Sofiyah binte Mohd Amirullah

Teacher in-charge:

Mdm Balkis Bte Hassan



This project revolved around the theme of Personal and Social Responsibility, focusing specifically on safety measures due to the pandemic. Students held a campaign to gain insights on their audience's understanding of the situation. The audiences included students from Primary 1 to Secondary 4. A video was also created on the right ways to wear a mask. This video was shown to the students, following which questions were asked about the video. This took place on Zoom.



Manjusri Secondary School

Embracing Our Diversity

Project Completed By:

Loh Li Wei, Lim Yu Xuan Felicia, Cherelle Chew Xin Xuan,
Nurjihanisha Binte Mohamed Halid Hussein, Kelly Toh Xin Ping,
Victoria Yeo Xing Min, Cheung Chi Yun, Ling Zhe Xian

Teacher in-charge:

Mdm Salina Binte Abdul Majid



This project focused on the theme of Understanding Diversity. A presentation was done by the Form Tutors to spread awareness of the activities organised.

The FOS ambassadors displayed messages on the mobile boards on the social etiquettes when visiting someone's house, and attending a wedding. Students were also asked to share stories on acts of kindness shown by their friends/neighbours of other races and encouraged to spread kindness to strangers as well. All students were encouraged to read the display and share/write stories of kindness and drop the kindness notes in the box next to the display.



Marsiling Secondary School

A grateful heart to the one who serves me food

Project Completed By:

Renu Durga d/o Suresh, Nor Maisarah Binte Roslan, Divyabarathi,
Gabiella Cher Han Yi, Sarah Pong Siew Cheng

Teachers in-charge:

Mrs Serena Ong



Focusing on the theme of Appreciation & Respect, students from Marsiling Secondary School organised activities to show appreciation to their canteen vendors. Two students prepared a video clip to educate students on appreciating canteen vendors. This video was shown to the whole school.

In addition, students from the Secondary 2 and 3 cohorts were also asked to write notes of appreciation on post-it notes. Some of these notes were pinned up on the notice board while some were personally given to the canteen vendors by the Ambassadors. Gift packages consisting of disposable masks, healthy biscuits and Milo packets were also gifted to each canteen vendor.

Through the survey on what can be done next year, the students have suggested showing appreciation to not only canteen vendors but teachers as well. Some even suggested showing appreciation to their teachers secretly.



Nan Hua High School

GREAT!: Gratitude, Respect & Empathy in AcTion!

Project Completed By:

Lim Qiao En, Cheryl Chan Si Wing Eng Yi Xuan Jazelle Charisse
Randalyn Low, Eunice Teo Yi Lin, Zhang Qiwen, Lee Yan Hui, Pook
Xuan Tong, Valerie Chan Yi Xuan, Lim Kai Yee, Ang Kae Shyan, Goh
Lyan

Teachers in-charge:

Ms Joanne Song, Ms Sheena Ng



The students of Nan Hua High School organised a campaign called 'GREAT!' This campaign, which involved several activities, focused on the values of appreciation and respect.

A selected group of students were trained on peer support and empathy. They were taught signs to identify distress among students, ways to be a good listener, how to respond with empathy and how to design WhatsApp stickers related to peer support and mental well-being. These students led and conducted class activities focusing on these aspects. Posters on identifying signs of distress were also put up, while a positive message was sent weekly to the student population to spread positivity for a school term.

To further cultivate empathy, tips on mindfulness and self-regulation were shared, and brain teasers and riddles were provided during lunch or recess. A peer support site was also designed to share peer support and wellness tips with the rest of the school. This site provided them with information for support and ideas to support their peers.

In addition, the students also interviewed non-teaching staff to raise awareness among the student population on the hard work put in by them daily. To express gratitude towards them, appreciation cards crafted by each class and donated masks were gifted to them. Milo packets and cards with self-care tips were also given to teaching and non-teaching staff to further express the students' gratitude.



New Town Secondary School

Think for Others, Include Others!

Project Completed By:

Jefferson Chan, Ranee Chua Ya Yen, Abigail Jenelle Agustin Buligan, Charlene Yeo Jia Qi, Amelia Indra'shika Putri, Geok Shi Pei, Goh Rui Qi Rachel, M Jegan, Ang Zhi Yan Ilyse

Teachers in-charge:

Ms Yap Sze Hui Stella, Mr Low Woon Kiat Nicholas



This project focused on the theme of Personal and Social Responsibility. To spread awareness of this project, students made a music video to show the perspectives of an outcast, started a discussion on the topic and engaged students to explore solutions to combat social exclusion by asking them to continue the story from a video made by the students.

The students also gave a presentation on social exclusion covering the facts and effects of being excluded and bullied. This activity aimed to deepen their understanding about someone who is excluded. In addition, an activity was organised to allow students to experience how victims of bullying feel. In this activity, students were given a half-done comic worksheet which they had to finish and determine the outcome of the characters. Lastly, students were asked to write down a pledge on separate puzzle pieces on how they can stop bullying.



North Vista Secondary School Group 1

Let's ward off Casual Racism!

Project Completed By:

Herna Raihana Binte Muhamad Hidayat, Dolojan Rhyanna Kaethe Castillo, Naimi Muzaffar Dohadwala, Jolie Xi-Ying Le Blond, Chong Yue, Nur Dhaniyah Binte Faizal

Teacher in-charge:

Mrs Christine Bernadette



The students of North Vista Secondary School started a campaign focusing on promoting the understanding of diversity. This campaign, consisting of four parts, focused on Casual Racism.

The first part consisted of a whole school assembly to raise awareness of casual racism. It focused on explaining casual racism and introducing ways to address it. To further educate the students on casual racism, posters and Instagram posts with practices to prevent casual racism were put up for the second part. The third part then was an activity to include the students. Students were asked to write down polite and respectful things one can say to another person of a different race on post-it notes. These notes and the posters were then collected and displayed in the last part of the campaign - a Casual Racism roadshow.



North Vista Secondary School Group 2

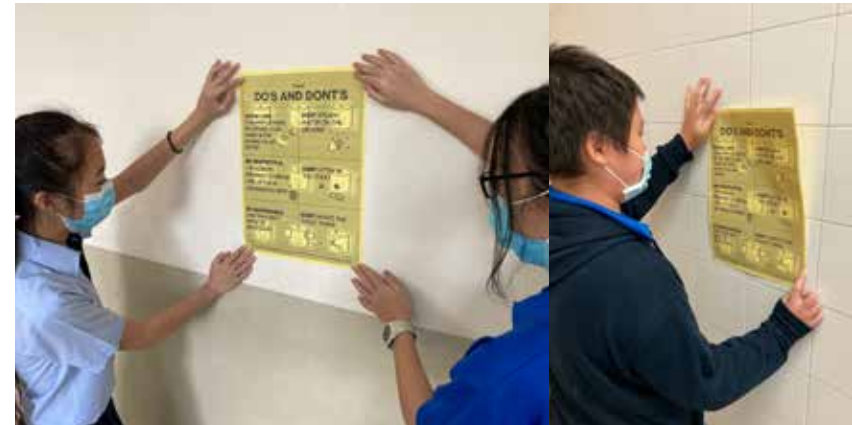
LOO (Let's Observe Ourselves) Campaign

Project Completed By:

Crystal Low Jia En, Nur Qaisara Binte Hamdan, Loh Chien Ying, Ng Jun Kai, Nicholas Loo Xian Zhi, Chua Kok Keong, Le Yi Manoharan, Nur A'tikah Lyana Binte Mohamad Nor, Chan Shi Ting

Teacher in-charge:

Mrs Christine Bernadette



Students in North Vista Secondary School organized a campaign focusing on the theme of Personal and Social Responsibility. Specifically, it focused on promoting positive behaviors in toilets.

A whole school assembly was conducted to set the context and educate the students on positive and negative behaviors in the toilets. A self-created project video regarding this was also shared. To further educate the students, posters and Instagram posts about positive toilet habits and etiquettes were put up. In addition, students were also asked to share their experiences from positive/negative toilet practices and ways to inculcate good practices in their school toilets. This campaign concluded with a roadshow that displayed positive toilet practices, the posters, and a gift pack for the cleaners in the school.



Northland Secondary School Group 1

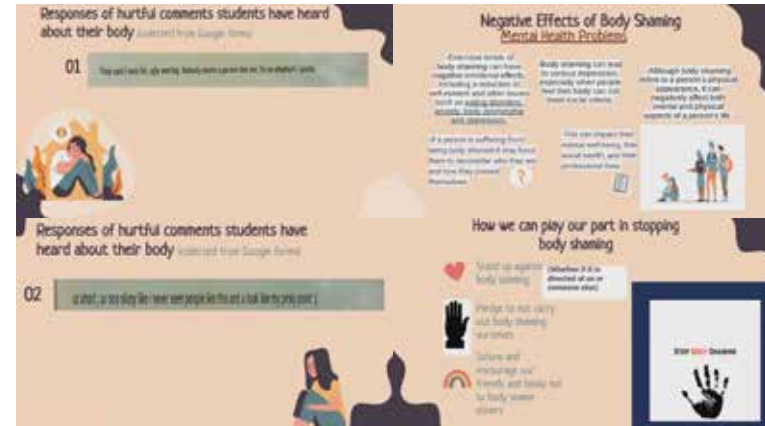
Ashamed of My Body

Project Completed By:

Koh Sui San, Jovial Chua Jiaying, Teo Yiteng Eden, Wong Jing Hao
Kayden, Lyu Jiayin, Zhai Yuebing, Cammy Win

Teachers in-charge:

Ms Soon Huey Mynn Lorraine, Mdm Noor Zanariah binte Sidi



This project revolves around the theme of Understanding Diversity, specifically focusing on body shaming. Students collected responses from their peers about the hurtful comments they have heard about their own bodies on social media. They then created a video that was shown after morning assembly about their responses to these hurtful comments. After this video was played, the negative impacts of body shaming were discussed.

In the end, the students were encouraged to stand up against body shaming. They were asked to pledge to not body shame and to stand up for someone who is body shamed.



Northland Secondary School Group 2

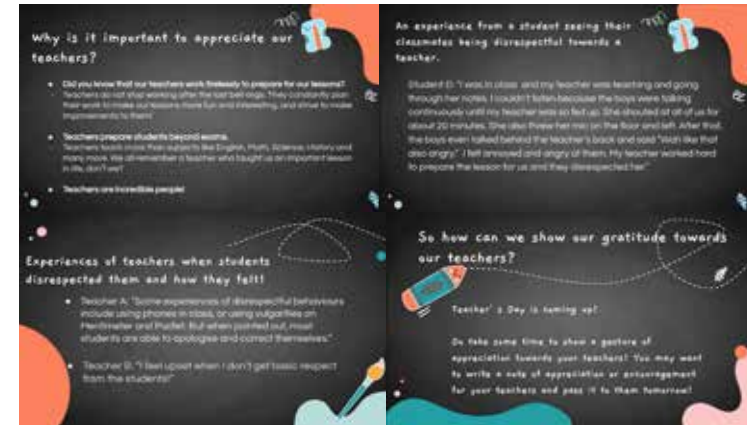
Do You Appreciate Your Teachers?

Project Completed By:

Nur Shameerah Binte Sallehuddin, Shafiq Ahamed Bin Abdoul Azis, Muhammad Naufal Bin Mohamad Nazhi, Tan Jun En, Ng An Yee Brianna, Austin Julius Ang (Hong Yuancong)

Teachers in-charge:

Ms Soon Huey Mynn Lorraine, Mdm Noor Zanariah binte Sidi



This project focused on showing appreciation and respect to teachers. The students first interviewed their peers and teachers about instances of students disrespecting teachers. Then, they created a video compiling these interviews and showed it to the whole school the day before the Teachers' Day celebration. Specific examples about what the teachers have done for them were also shared. To involve the student body in this project, the students were encouraged to write notes or show a gesture of appreciation for their teachers.



Orchid Park Secondary School Group 1

Keeping our school toilets clean and dry!

Project Completed By:

Nor Fakhira Binte Mohammad Fitri, Rahul Singh, Huang Jia Hui,
Cahatian Annicah Niell Sencio, Ong Wen Xi Jessie

Teachers in-charge:

Ms Chin Kean Kean, Mdm Yang Jie



This project focused on the theme of Personal and Social Responsibility. The students initiated this project to promote good toilet habits. Posters were created to encourage students to keep their school toilets clean and dry. Hooks were also installed on toilet doors while air fresheners were placed in toilets to improve them for students. At the end of this campaign, surveys were carried out to collect feedback about this campaign and to get some students to share their experiences.



Orchid Park Secondary School Group 2

Anti-Verbal Bullying Campaign

Project Completed By:

Sng Chin Yan Jordan, Faith Leong Wenqian, Low En Teng, Ong Ying Xuan Danica, Chan Rui En Vennia, Trisha Ann Boo

Teachers in-charge:

Ms Chin Kean Kean, Mdm Yang Jie



This project focused on the theme of Appreciation and Respect, specifically targeting bullying. To spread awareness of this project, the students leading this project presented on this topic and made posters on what verbal bullying is and ways to tackle it.

The names of the students who wished to be advocates to stop verbal bullying were collected using a Google form. The student body was also asked to write encouraging notes to each other and taught how to use the posters.



Outram Secondary School

Stick-A-Pat WhatsApp Stickers

Project Completed By:

Prince Rio Rifae'i Bin Mohamed Iskandar, Koh Jie Na, Bryan Ang, Satidsawat Patcharapon, Kalista Langley, Jaden Lai, Joelle Loong Yu Ting, Lim Wen Jun, Tan Mei Qi, Muhammad Nur Suffrie Bin Muhammad Sarifee, Muhammad Kashreal Bin Parman, Syed Muhsen Bin Syed Izhimir Alshahab, Chua Xuan Feng Jaeden, Tanya Marria Jose, Lexen Chan Feng, Redeta, Alden Ang Wen Yong, Lim Jun Xiang, Jeevananadhan S/O Ravikumar, Muhammad Ardy Raiyan, Lee Jun Hwee, Si Yong Liang, Jude Chua, Low Zi Rou Ray, Siddhanath Prabakaran, Phua Zenden, Vivian Lim Pei Min, Babu Ronald Rohan, Koh Kai Ming, Febella Ong Jie Yi, Nur Syafizah Bte Mohammad Reedzal, Jeremy Ng Junyang, Satidsawat Podtakon, Nursahirah Binte Sahidan, Vo Dinh Bao Anh, Chua Zhi Xuan, Ashton Chua Jia Jun, Wan Ling Li, Foo Toon Siang Damian, Isaac Tan Jun Xi, Nur Afifah Binte Abdullah, Sapphira Binte Mohamed Hassan, Nur Aqisha Aung Hein, Choudhury Saswata, Chue Yu En, Liang Zheng Kai Lucas, Trisha D/O Vinodh, Megan Tan Sze Hui, Ruth Thomas, Kainoe Ontoseno Soemardjan

Teachers in-charge:

Mdm Norizan Md Nor, Mr Alex Tan, Ms Thia Li Yun, Mr Jonathan Ho



This project focused on the theme of Appreciation and Respect for school staff and their peers. Various activities were organised for this campaign.

The PSLs performed a skit, in the form of a video, on what teenagers go through in their daily lives and the challenges they might face during the current pandemic time. These scenes were chosen because they depicted the real struggles of students. The skit also showcased how a simple message can comfort a friend. The Stick-A-Pat stickers were also featured to show how students can use them to appreciate each other.

These Stick-A-Pat stickers were a WhatsApp sticker pack. Students could download them and send them to their friends. A special Stick-A-Pat edition was also created for school staff. The purpose of these stickers were for individuals to show their appreciation to each other. In addition, each class was also asked to write appreciative messages on postcards with Stick-A-Pat designs for their peers. They were collected and handed to the Form Tutors for distribution.



Pathlight School

Blooming Eden of Kindness

Project Completed By:

Merly Chen Ji Ping, Muhammad Mustaqim Bin Muhammad Noh, Anisah Misha Binte Mohamad Shaifulizad, Nur Syafiqah Binti Muhamad Fadhli, Hoo Guan Jie, Cayden Soh Junyu, Sara-Mae Loh, Muhammad Aydan Bin Abdul Karim, Syarifah Nur Eryna Binte Syed Mahazir, Kayenne Liew, Ng Hao Lun Randall, Daniel Lai Shifu, Ethan Yap Jie Ren, Jarett Chua Yang Yi, Mohammad Hazim Bin Mohammad Hisham

Teachers in-charge:

Ms Rachel Goh Han Han, Ms Pauline Ho Jiahua, Ms Nur Syafiqah Bte Usman



The students in Pathlight School rolled out several activities to encourage acts of kindness and doing good to others. There were three activities: (1) Weekly Blooms, (2) Cloud of Kindness and (3) Kindness in a Munch.

The first activity aimed to inculcate the idea of showing kindness and doing good in various ways. FOS ambassadors acted out various kindness quotes. These footage of them acting were made into video montages and shown to the whole school on Friday mornings. The second activity aimed to show ways to express appreciation and kindness to everyone. Students from Primary 3 to 6 were asked to craft handwritten notes for their friends or teachers, and were given the opportunity to pin up these positive handwritten notes on the CCE noticeboard. The third activity aimed to show appreciation to the Operations and ITDA staff in the school. Students from Primary 3 to 5 crafted thank you messages for the staff while the FOS Ambassadors prepared care packages, that included the messages from the students, for them. These care packages were distributed during Appreciation Day which was organised by the FOS ambassadors.



Raffles Girls' School (Secondary)

Dorothy and Diversity

Project Completed By:

Hannah Lee En Xi, Chua Jing Xia Judy, Khoo Qi Xuan, Chloe Ong
Su Neng, Carolyn Por Sze En, Archita Ravisankar, Arissa Binte
Kamaruzaman, Julia Elizabeth Lee Shuen Shuen, Lim Qi

Teachers in-charge:

Ms Nora Kamsir, Mrs Vivien Willamme



This project focuses on the theme of Understanding Diversity. Several activities were organised for this campaign. The students created a FOS logo and incorporated elements from the Wizard of Oz. An Instagram account was also created to post facts about the diversity in Singapore.

In conjunction with Racial Harmony Day, classes came up with quotes that encapsulated what diversity meant to them. These quotes were printed and pasted on the walls of the staircases, creating a yellow brick road connecting the various levels. A diversity bingo was also distributed to every class to spread awareness of diversity around them. Lastly, students were asked to submit shirt designs aligning with the theme. The selected designs were printed and sold in school to raise funds for ItsRainingRaincoats.



Raffles Institution

Online events to engage RI students in how to combat their everyday problems

Project Completed By:

Cheah Zong Heng, Venkataraman Smyan Varmin, Rifqi Agananda Backsin, Akshath Babu, Nehru Sachin, Mohamad Ezeckiel bin Mohamad Irwan, Glenn Low, Irfan Bin Zulkiflie, Navaneethan Vibeesh, Thievyan Koban, Hayden Audy Bin Haslizal, Kow Weiliang Bryan, Koh Ming En Donovan, Lim Xin Hong Isaac, Jonah Lee Yong Jian, Chin Kien Khai, Ryan Lee, Cheng Bing Quan, Arthur

Teachers in-charge:

Ms Charyl Shen, Mr UK Shyam



Focusing on the theme of Personal & Social Responsibility, this project aimed to equip students on ways to combat problems they might face daily. The students split themselves into two teams - Publicity & Content team.

The publicity team was in charge of spreading awareness about the campaign. They created attractive posters and pasted them in the canteen. The hardcopy and softcopy posters were also sent to all classes. The content team, on the other hand, was responsible for creating the content and slides for the presentations. They identified prevalent topics of concern among the students and presented ways to tackle these problems to the student body over 3 weeks. 2 students presented each day.



School of Science and Technology, Singapore

Project UNlson

Project Completed By:

Jeannine Teoh Min Xin, Jay Liew Sin Jie, Ariana Binte Iskandar Meirza, Tan Xi Peng Adam, Lee Zheng Yang Evan, Natania Chai Xiaohui, Isabel Wong Kaixuan

Teachers in-charge:

Ms Lim Shu-En Adele, Mr Nur Johari Bin Salleh, Ms Ng Li Ping



Inspired by the School Motto and Song, the students named this campaign "Project UNlson." Several activities focusing on embracing diversity were organised.

The first activity organised was the 'Peersuppodcast.' This is a podcast where topics related to kindness would be discussed. The students collaborated with people from other schools and communities to gain deeper insight on ways people embraced diversity, and areas of improvement on the approaches the community has used to encourage people to embrace diversity. These collaborations were recorded and edited into videos that were posted on YouTube and shared on the SST Peer Support Board Instagram Account. The audio was posted onto Spotify. These videos allowed students to understand more about the diversity among different schools and appreciate these differences.

The second activity was the Staff Appreciation Week.



Serangoon Garden Secondary School

#SGSKindness starts with You and I!

Project Completed By:

Angelica Lim Su Ping, Kyrzo Ho Kai Xi, Chia Kai Qian Fion, Samreen Rajamohamed, Tiffany Esther Lim Rui Yu, Ong Li Wei, Jermaine Shim Jia Xuan, Ong Kai Hao, Micka Ng, Goh Xuan Cheng, Renise Soo Renhui

Teachers in-charge:

Ms Feng Yingyi, Ms Angela Ho, Mrs Gwen Chiew



This project focused on the theme of Appreciation and Respect with the aim of advocating for a bully-free school and spreading kindness. Several activities were organised to achieve this.

CCE Ambassadors created posters and an animation about spreading kindness online and offline to show students during the school's Kindness Week. The posters were put up in the Upper Secondary classrooms. The ambassadors also gave folded paper flowers and sweets to students during the Secondary One recess time. To involve the students in the campaign, they were asked to write a quote/note of kindness for a fellow Singaporean and taught to be advocates for the issues.



St Margaret's Secondary School : SMconnect

Project Completed By:

Aaliyah falisha binte muhamad firdaus, Cherilynn Yong Yue Shan, Anggun Ardini Mohammad Rizalludin, Charlotte Sha Yingwang, Jessie Marguerite go de Guzman, Nadya Ananya Yong, Sandra Lim Jie En

Teachers in-charge:

Mrs Elizabeth Yang, Mrs Lim Wan Lin



This project focuses on the theme of Understanding Diversity. It aims to create awareness of the importance of bonding between juniors and seniors in CCAs as there seems to be a lack of communication and comfort between them. An Instagram page was created to share stories and posts on the tips to forge strong bonds and the importance of forging bonds with one another. Other activities like a digital BINGO sheet, a Discord server for students to bond with their seniors, and a song dedication activity were also organised.



Tampines Secondary School

Kindness begins with me!

Project Completed By:

Adriana Binte Hairul, Alya Haneysha Bashir, Aqilah Binte Asari, Bernice Koh Qian Yi, Janelle Lai Qi Yi, Natalie Chua Rui En, Shahidah Binte Mohamad Zain, Low Yan Qi, Siti Nur Farisha Binte Firdaus, Abdullah Bin Zulkefli, Catle Carl Allen Santos, Clovis Teong Wei Qian, El Zaff Bin El Fiandy, Isaac Koh Le Tian, Kayson Poh Kai Sheng, Loke Jian Wei, Mohamad Ryan Hakim Bin Mohd Azimi, Mohammad Amirin Shah Bin Asrin, Mohammad Ilhan Shah Bin Mohammad Yusof, Mohammad Umram Bin Mohammad Zakirom, Muhammad Aqeel Bin Mohamed Zeishan, Muhammad Syahrin Eizlan Bin Mohd Yusof, Neo Wen Wei Leo, Nursafwan Rizqullah Bin Shawal, Ryan Kenneth Wilson, Ryan Tan Zhi Yuan, Sebastian Tee Soon An, Sukhveer Singh Dhillon, Tham Ethan, Wong Chee Yuen Derek

Teachers in-charge:

Ms Andrea Lee Shu Qi, Mr Tan Sing Hwa



Tampines Secondary School's campaign, titled 'Kindness begins with me!', focused on the theme of appreciation and respect.

The students prepared a video presentation sharing about the benefits of being kind and the importance of speaking kindly to each other for the Secondary 3 cohort. A short comedic skit in the form of a video was used to show the impact of bullying and how they can do their part, as students, to speak kindly to each other, and respond to bullying correctly. Posters with positive and uplifting messages and a creation of a set of Kindness WhatsApp stickers were also done to spread messages of kindness.

To involve the Secondary 3 classes, cards were printed and distributed to the students for them to write to their peers and teachers to encourage each other. Also, peer support leaders in the school sent out the set of stickers in the class group to encourage everyone to be kind online.



Tanjong Katong Girls' School Group 1

Meeting your 'Kind'

Project Completed By:

Amisha Kaur, Jovelle Tan (Chen Yu Xuan), Peh Si Min (Bai Si Min),
Ho Shu-Min Emma, Farhah Faesal Binalib, Ong Jean-Shayne
Hannah, Leah Hardjoe (Li Rui En), Chloe Tay Jun En (Zheng Jun' En)

Teachers in-charge:

Mrs Sng-Tang Yilin, Mrs Thong Yoke Lian



This project focused on the theme of Appreciation and Respect. A presentation on appreciation was done to encourage pupils to show their gratitude and appreciation towards others who have helped them. Online platforms were also created to allow students to express their appreciation to others and share notable moments. In addition, games, such as quizzes, were introduced to engage them in activities about appreciation.



Tanjong Katong Girls' School Group 2

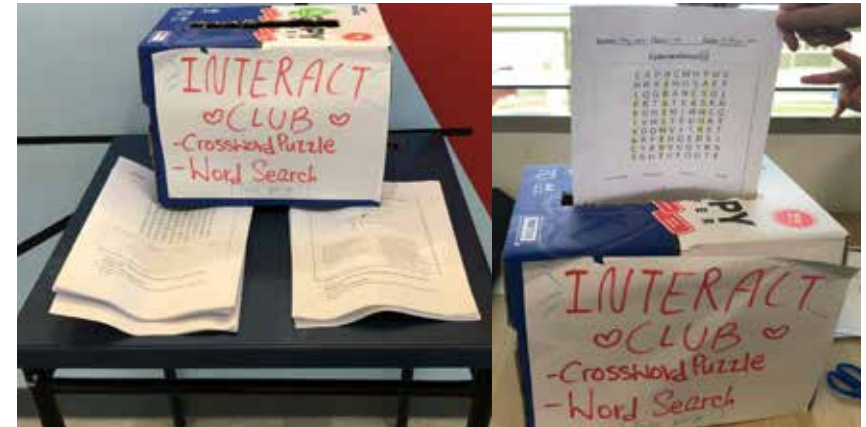
TKGS Cyber Wellness 2021

Project Completed By:

Dhiya Qistina Binte Dzulkifli, Olivia Ng, Kendra Koh, Gerrie Lee,
Nandita Parakkuth, Girish Nithya, Deborah Low, Jolin Goh Pei Lin

Teachers in-charge:

Mrs Sng-Tang Yilin, Mrs Thong Yoke Lian



This project revolved around the theme of Personal and Social Responsibility, specifically focusing on Cyber Wellness. To spread awareness of this project, posters were designed and given to the classes. These posters showed tips on how to stay safe online and cyber etiquette. Crossword puzzles about cyber wellness/safety were also printed and passed to students to do. These puzzles introduced new ideas and vocabulary related to cyber wellness, making them more knowledgeable about the issue. Prizes were given to those who participated to encourage participation. Lastly, a Google quiz was created for every Secondary 2 class to collate feedback and consolidate their learning throughout the project.



Yuvabharathi Secondary School

Gratitude is the Best Attitude

Project Completed By:

Raman Saravanan, Puranam Pradhyun, Vijayababu Ohmnes, Sirohi Shrishti, Niyati Arora, Harish Nandita, Jandrajupalli Dia, Rajan Suresh Mitul, Aravinth Ananya, Palanivelu Kavinayaa Shri, Ilias Sam, Dalal Swara Santosh, Isha Banerjee, Thanigai Arasu Pavithraa, Lakshanya Balachandar

Teachers in-charge:

Ms Shashi Tripathi, Ms Saumya Nair, Ms Aphale Charu Yogesh



Focusing on the theme of Appreciation & Respect, students from this Secondary School organised a campaign about gratitude. This campaign contained three different projects.

In the first project, handmade plant holders were given to the school supporting staff (eg. bus aunty, gardener, cleaner uncle etc.). The school ambassadors went around the different classes to display their plant holders and explain the importance of plants to spread awareness of this project. The kindness ambassadors also went to classes to talk about this project and tell them that appreciating people is the best way to make them happy. The students made their plant holders at home, wrote appreciation cards and presented them to the support staff. In addition, they pledged to spread awareness of showing gratitude among the people around them.

The second project focused on showing gratitude to one's family members. The kindness ambassadors went to the classes to explain the importance of family members and engage the students in a discussion on their views about family. The students were encouraged to express their gratitude to their family members by making hearts or flowers origami in a wind chime pattern for them. The third project focused on showing gratitude to the community.

Due to COVID-19, the kindness ambassadors could not carry out their initial activity. Thus, they decided to teach tribal art to the various classes. This way, the students could learn more about cultural diversity and how to paint tribal art. Teachers from the neighbourhood school also explained about racial discrimination in society and how to respond in such situation.



St. Hilda's Primary School Project Kindness

Project Completed By:

Asher Koh

Class:

HC2



Asher Koh started a school-wide Project Kindness on his own to encourage students to be positive change-makers. He started a kindness tree project where students in St. Hilda's Primary School can share a kind act on the Kindness Leaf that they did/had received/witnessed. Students could then paste the Kindness Leaves with their written notes on the tree. He also encouraged students to read the notes on the Kindness Tree and understand how acts of kindness can brighten someone's day.

He also started another initiative - SHARE Kindness - where he encouraged students to donate unused water bottles to school-going children from disadvantaged backgrounds. Asher set up a collection point in the canteen where students can drop their unused water bottles in the box. These water bottles were then given to Children's Wishing Well.



Citizens of Kindness

Started in 2018, the Seed Kindness Fund Junior was a programme for primary students in student care centres to promote the values of kindness and graciousness in their community.

Starting from 2021, the programme has been revamped to Citizens of Kindness that seeks to empower students through curated activities, to encourage all to contribute beyond themselves and the betterment of their surroundings (school, family & community).

With all termly activities completed, students will receive a Certificate of Achievement and a collar pin to acknowledge their commitment as a Kindness Citizen!



Write for Kindness 2021

Write for Kindness is a national creative-writing competition organised by the Singapore Kindness Movement (SKM), with the Singapore Book Council as our programme partner.

It is a platform for secondary, junior college, centralised institute, madrasah and international school students to promote kindness to the younger audience by creating age-appropriate and culturally relevant children's stories, through short stories, poetry, illustrations and songs.

STORY-WRITING AND ILLUSTRATION

The competition aims to promote

- The value of kindness through stories and poems which focus on the theme 'Kindness Starts Small'.
- The importance of stories and poems to positively impact preschool children in their character development.
- Story and poetry as creative means of expressing cultural values.
- Teamwork among students who work together on the stories, poems and illustrations for preschool children.
- The appreciation and development of literary arts and local literature in our society.

The entries are graded according to

- Clarity of the message
- Relevance to target audience
- Language
- Creativity and originality of ideas
- Illustration
- Song composition
- Usage of poetic devices and forms

Winner

NPS International School, Singapore
Mellie's Marvellous Garden

1st Runner Up

Chua Chu Kang Secondary School
Spot Saves The Day!

2nd Runner Up

Serangoon Garden Secondary School
Let Me Help You!

Best Illustration

Edgefield Secondary School
Engel's Warm Encounters

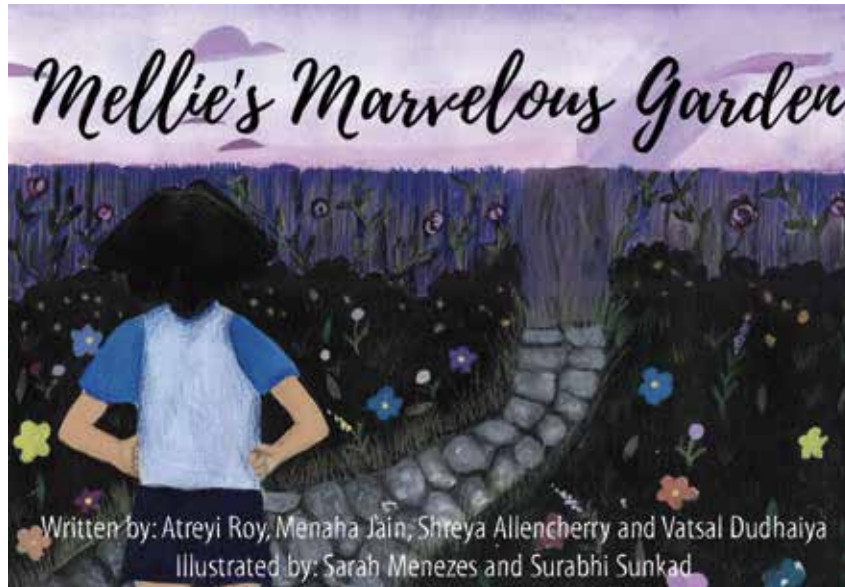
Consolation

Manjusri Secondary School
Don't Worry! It's Okay!

WINNER

NPS International School, Singapore

Mellie's Marvellous Garden



Written and Illustrated by:

Atreyi Roy, Menaha Gagroo Jain, Shreya Allencherry, Vatsal Dudhaiya, Sarah Menezes, Surabhi Sunkad

Meet Mellie.

She is a joyful young girl who loves her parents, friends and most importantly, her garden. One day, she sees strange new acts around her and is told that it is called 'kindness'. Journey with Marvellous

Mellie as she discovers the true meaning and importance of kindness. Learn what kindness means to Mellie and the people around her, and how kindness brings light to our beautiful world.

1ST RUNNER UP

Chua Chu Kang Secondary School

Spot Saves The Day!



Written and Illustrated by:

Miesha Hannele Karim, Lyan Chiang Zi Yi, Nur' Atika Atila Binte Sudirman, Syza Hannah Binte Kahar, Valerie Lee Woon Xi, Muhammad Danialle Bin Abdul Wahab

Spot the giraffe had always been different.

He loved the unique blue spot on his neck, but the other giraffes were unkind to him because he was the shortest in the herd.

Would they ever learn to accept Spot and treat each other with kindness?

2ND RUNNER UP

Serangoon Garden Secondary School

Let Me Help You!



Written and Illustrated by:

Chan Ching, Tang Ee Woon, Queenie Chong Zhi Loong, Malubay Lee Koeby Delos Reyes, Clifton Teow Rong Jun

Oh what a bright and fine day for Peter and his mother to head to the supermarket! But will it still be bright and fine when three little troublemakers are up to some mischief? Or will Panda and friends figure out a brilliant way to turn those frowns upside down?

There is only one way to find out!

BEST ILLUSTRATION

Edgefield Secondary School

Engel's Warm Encounters



Project Completed by:

Elysia Lau Yin Theng, Arifah Najlah Binte Imam Fadilah, Zachary Michael See, Tan Kuan Hao, Kurma Hardhik, Matthew Tan Ding Han

A young girl named Engel wanders her way into the forest despite her father's warnings. She feeds a swarm of ants out of kindness.

A series of events unfolds, and she suddenly finds herself lost in the forest! How did Engel's kind act eventually lead to her finding her way out?

CONSOLATION

Manjusri Secondary School

Don't Worry! It's Okay!



Written and Illustrated by:

Arissa Afeeya Binti Ahmad, Brinette Gee Li Ying, Cherelle Chew
Xin Xuan, Wu Qi En, Clarissa, Nurjihanisha Binte Mohamed Halid
Hussein, Verris Koh Zhi Yi

New kid on the block goes to the first day of school with many fears. Someone helps him and he feels encouraged. He goes on to help someone the next day... His kindness gets paid forward, and eventually back to the first 'person'.

POETRY-WRITING AND ILLUSTRATION

Winner

San Yu Adventist School
Kindness Starts Small

1st Runner Up

Global Indian International School, Punggol Smart Campus
Kindness is for All

2nd Runner Up

Crest Secondary School
Kindness Starts Small

Best Illustration

NPS International School, Singapore
Paint the World with Kindness

Consolation

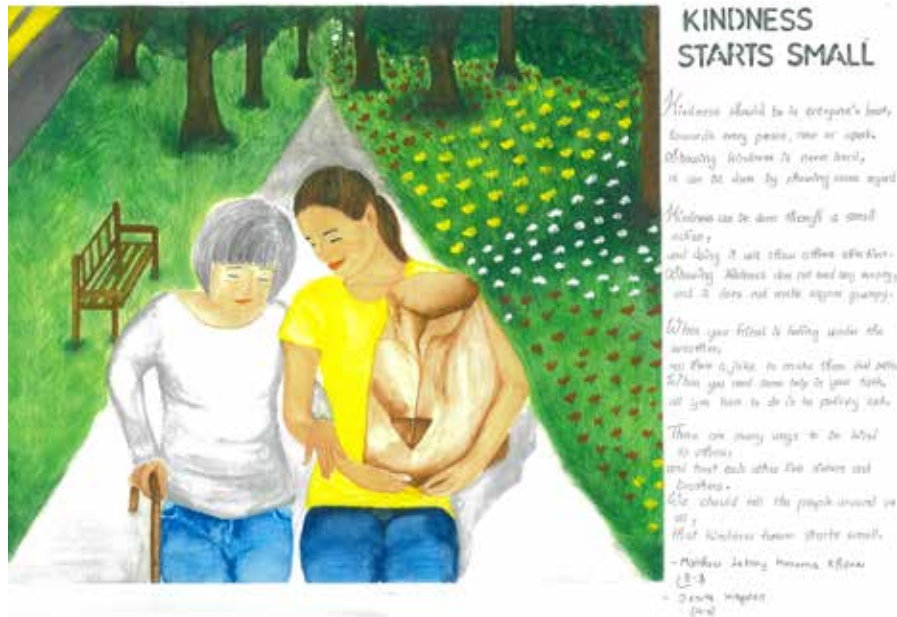
Nanyang Junior College
Watering Care

Special mention to the team from North Vista Secondary School for delicately handling the subject matter of school bullying in their poem titled Spread A Little Kindness.

WINNER

San Yu Adventist School

Kindness Starts Small



Written and Illustrated by:
Matthew Leeroy Kusuma Khoun, Jenita Kingston

1ST RUNNER UP

Global Indian International School, Punggol Smart Campus

Kindness is for All



Written and Illustrated by:
Anahita Chauhan, Jitisha Arora

2ND RUNNER UP

Crest Secondary School

Kindness Starts Small



Written and Illustrated by:
Bianca Fabiola Lim, Mah Yan Lin

BEST ILLUSTRATION

NPS International School, Singapore

Paint the World with Kindness



Written and Illustrated by:
Sushrika Chattopadhyay, Aaliya Singh

CONSOLATION

Nanyang Junior College

Watering Care



Written and Illustrated by:

Rachel Chew Min Wei, Yong Ghok Yee



Kindness Badge Award (KBA)

The Kindness Badge is a mark of distinction awarded to secondary school students in Uniformed Groups who have completed projects that promote kindness and graciousness within their schools and in the community. These projects may take the form of digital campaigns or physical initiatives on topics such as neighbourliness, online etiquette, local-foreigner integration and mental wellness.

There are two phases of the KBA programme:

KBA Phase 1 - Attend a workshop

KBA Phase 2 - Complete a kindness project

For the topic of mental wellness, SKM partnered with Beyond the Label (BTL), a movement by the National Council of Social Service (NCSS) to address stigma faced by persons with mental health conditions in society, educate and equip the public with skills to better support those with mental health conditions, and facilitate more conversations about mental health and stigma to promote social inclusion. Resources on mental health and its prevailing stigma provided by the BTL team were shared with and used by students who participated in KBA this year.

Through the KBA programme, SKM aims to encourage students to think about and act on community issues, by working in team to cultivate more kindness in our society.

Uniformed Groups Participating in KBA 2021



FEATURED PROJECTS

- 01 Anglo-Chinese School (Barker Road) - NCC (Sea) - A
- 02 Anglo-Chinese School (Barker Road) - NCC (Sea) - B
- 03 Anglo-Chinese School (Independent) - NCC (Air) - A
- 04 Anglo-Chinese School (Independent) - NCC (Air) - B
- 05 Anglo-Chinese School (Independent) - NCC (Air) - C
- 06 Anglo-Chinese School (Independent) - NCC (Air) - D
- 07 Anglo-Chinese School (Independent) - NCC (Air) - E
- 08 Anglo-Chinese School (Independent) - NCC (Air) - F
- 09 Anglo-Chinese School (Independent) - NCC (Air) - G
- 10 Anglo-Chinese School (Independent) - NCC (Air) - H
- 11 Anglo-Chinese School (Independent) - NCC (Air) - I
- 12 Anglo-Chinese School (Independent) - NCC (Land) - A
- 13 Anglo-Chinese School (Independent) - NCC (Land) - B
- 14 Anglo-Chinese School (Independent) - NCC (Land) - C
- 15 Anglo-Chinese School (Independent) - NCC (Land) - D
- 16 Bedok South Secondary School - Girl Guides & Scouts - A
- 17 Bedok South Secondary School - Girl Guides & Scouts - B
- 18 Bedok South Secondary School - Girl Guides & Scouts - C
- 19 Bedok South Secondary School - Girl Guides & Scouts - D
- 20 Bedok South Secondary School - Girl Guides & Scouts - E
- 21 Bedok South Secondary School - Girl Guides & Scouts - F
- 22 Bukit Batok Secondary School - NCC (Land)
- 23 Fuhua Secondary School - NCC (Land) - A
- 24 Fuhua Secondary School - NCC (Land) - B
- 25 Fuhua Secondary School - NCC (Land) - C
- 26 Fuhua Secondary School - Sea Scouts
- 27 Jurong West Secondary School - NCC (Land)
- 28 Juying Secondary School - NCC (Sea) - A
- 29 Juying Secondary School - NCC (Sea) - B
- 30 Juying Secondary School - NCC (Sea) - C
- 31 Juying Secondary School - NCC (Sea) - D
- 32 Kranji Secondary School - St John Brigade
- 33 Meridian Secondary School - NCC (Land) - A
- 34 Meridian Secondary School - NCC (Land) - B

FEATURED PROJECTS

- 35** Meridian Secondary School - NCDCC - A
- 36** Meridian Secondary School - NCDCC - B
- 37** Meridian Secondary School - RCY - A
- 38** Meridian Secondary School - RCY - B
- 39** Northbrooks Secondary School - NCC (Air) - A
- 40** Northbrooks Secondary School - NCC (Air) - B
- 41** Northbrooks Secondary School - NCC (Air) - C
- 42** Northbrooks Secondary School - NCC (Air) - D
- 43** Queenstown Secondary School - NCC (Land) - A
- 44** Queenstown Secondary School - NCC (Land) - B
- 45** Seng Kang Secondary School - Girl Guides - A
- 46** Seng Kang Secondary School - Girl Guides - B
- 47** Seng Kang Secondary School - Girl Guides - C
- 48** Seng Kang Secondary School - Girl Guides - D
- 49** Serangoon Garden Secondary School - Girl Guides - A
- 50** Serangoon Garden Secondary School - Girl Guides - B
- 51** Serangoon Garden Secondary School - Girl Guides - C
- 52** Serangoon Garden Secondary School - Girl Guides - D
- 53** Serangoon Garden Secondary School - Girl Guides - E
- 54** Serangoon Secondary School - NCC (Land) - A
- 55** Serangoon Secondary School - NCC (Land) - B
- 56** Serangoon Secondary School - NCC (Land) - C
- 57** Singapore Chinese Girls' School - NCC (Land) - A
- 58** Singapore Chinese Girls' School - NCC (Land) - B
- 59** Singapore Chinese Girls' School - NCC (Land) - C
- 60** St. Patrick's School - NCC (Air) - A
- 61** St. Patrick's School - NCC (Air) - B
- 62** Temasek Secondary School - NCC (Land) - A
- 63** Temasek Secondary School - NCC (Land) - B
- 64** Yishun Secondary School - NCC (Land) - A
- 65** Yishun Secondary School - NCC (Land) - B
- 66** Yishun Secondary School - NCC (Land) - C
- 67** Zhenghua Secondary School - NCC (Air) - A
- 68** Zhenghua Secondary School - NCC (Air) - B



Anglo-Chinese School (Barker Road)

Gifts of Love



Project Completed By:

Ngau Wee An Ernest, Choa Zhonghan Etienne, Fong Yiu, Skye, Joshua Lam Keng Hao, Goh Shaun Kai, Matthew Cheong Zhi Yong, Yap Yi Jie, Yuvaneshwaran So Kumaran, Arjun Dinesh Das, Gabriel Chong Rong Yao, Lee Wai Leong Caeden, Tan Jung Heng Kayvier, Benjanmin Wee Yi Jun

Uniformed Group:

NCC (Sea) - Group A

To bring forth the spirit of sharing and kindness, the NCC (Sea) cadets of ACS (BR) prepared care packs with useful items for the elderly at Lions Befrienders (Ghim Moh) Senior Activity Centre. While safe management measures limited their interactions with the elderly, the preparation phase still enabled the cadets to collect donated items from their schoolmates and teachers, organise the care packs and write greeting cards for the seniors, reflecting their thoughtfulness in spreading kindness.



Anglo-Chinese School (Barker Road)

Silver is the New Gold



Project Completed By:

Asher Low Jiarui, Yeo Ee Hean Sean, Chen Ian, Noel Liew Yue Hung, Oliver Quek Yi Chow, Subramaniyan S/O Pandi Raj, Ibrahim Bin Mohammed, Muhammad Naufal Bin Nasser, Darren Liem, Dylan Teo Zhi Cai, Goh Sam Kai

Uniformed Group:

NCC (Sea) - Group B

Instagram:

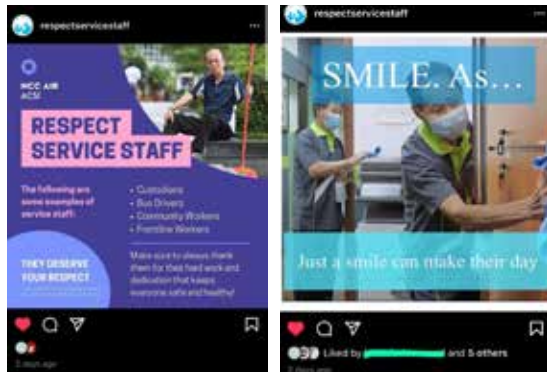
@projectsilveristhenewgold

As a follow-up to their care pack initiative, the cadets created an Instagram page to advocate more compassion and kindness towards the elderly in Singapore. They shared a few links to articles talking about the social isolation of seniors especially during the pandemic, and also posted tips on how people can be more helpful towards the elderly in their community. They hoped for their page to create more awareness of how we can take simple actions to build a more inclusive society.



Anglo-Chinese School (Independent)

Do A Service To Service Staff



Project Completed By:

Sanjay Balasubramanian, Tan Xun Raphael, Lim Jun Yong Thomas, Owen Aijaz, Ryan Joshua Tan Yi-Fann, Jasper Tan Jia Sheng, Russell Chan Ten Jin, Kong Dian Cheng

Uniformed Group:

NCC (Air) - Group A

Instagram:

@respectservicestaff

Wanting to educate their peers about being gracious towards service staff, the cadets initiated an Instagram campaign with digital posters and captions related to the topic. They illustrated how service staff such as transport workers and hawkers should be treated with respect and appreciation as they form the backbone of our society with their daily efforts.



Anglo-Chinese School (Independent)

Animal Lives Matter



Project Completed By:

Novi Lew, Andre Seh Yi Xuan, Low Wern Jae Zach, Reuben Sim Zhong Yi, Leong Hee Yan Raphael, Ng Sing Jie Jaycus, Tan Yu Kai Zechariah, Samuel Loh Wai Yan

Uniformed Group:

NCC (Air) - Group B

Instagram:

@acsiskm_animallivesmatter

The students' Instagram page centered on the topic of pet abandonment. Recognising that this is an issue that leaves a negative impact on animals, they posted images and captions to urge their online audience to be responsible pet owners, outlining that kindness and compassion towards animals is something that should not be overlooked.



Anglo-Chinese School (Independent)

Respecting Everyone



Project Completed By:

Siah Yu Teng Ethan, Isaac Lai Chun Yang, Zachary Teo Krishnamuti, Caden Kwok Lexian, Leroy Ng Khai-En, Andrew Yoong Wan-Shing, Ryan Phan, Jeremy Tay Rui Sheng

Uniformed Group:

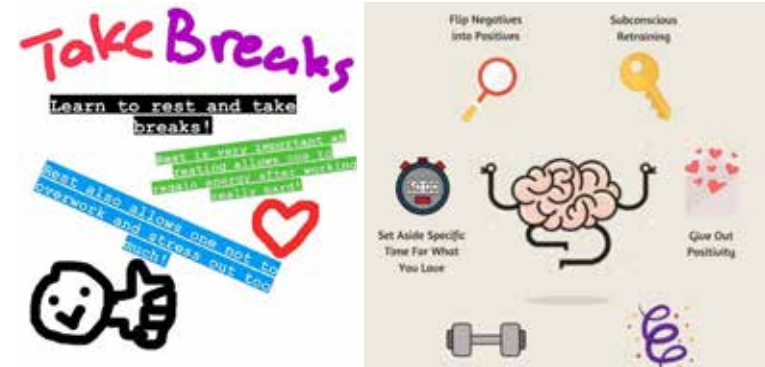
NCC (Air) - Group C

Wanting to create more awareness about anti-discriminatory behaviours, the cadets embarked on a campaign to share on the importance of accepting people from different cultures and ethnic groups. They aimed to educate their peers about how casual insensitive remarks could have a negative impact on someone, thus demonstrating the significance of kind words and actions.



Anglo-Chinese School (Independent)

Self-Love is Cool



Project Completed By:

Richhariya Akshat, Lucas Neo Jin Wei, Lakshaya Jangir, Teo Wen Kai Joshua, Maximus Chow Yu Jie, Jaden Tang Zhi Kai

Uniformed Group:

NCC (Air) - Group D

Instagram:

@self.love.is.cool.acsi

To tackle the topic of mental well-being, the students created an Instagram page where they posted tips and encouraging messages. These were targeted at youths to normalise being kind to oneself and to promote greater self-acceptance. Through their posts, the team also hoped that young people will be encouraged to uplift themselves and others especially during challenging times.



Anglo-Chinese School (Independent)

Migrant Workers: The Unsung Heroes



Project Completed By:

Muthuraman Vinay Krishna, Joseph Edwin Selvakumar Joy Merwin, Hemanya Chadha, Prakhar Saxena, Lee Shi Jie, Aidan, David Eshav Maha, Shubhronail Paul, Kamaraj Thiruvankata Nathan

Uniformed Group:

NCC (Air) - Group E

Instagram:

@skm_acsi_the_ungung_heroes

Deciding to start conversations on kindness towards migrant workers, the students created infographics that were posted on their Instagram page. These infographics highlighted the dedication of migrant workers in the construction industry and how locals can make an effort to be friendlier to them. The team wished to advocate for these unsung heroes by encouraging their online audience to show more gratitude to foreign workers.



Anglo-Chinese School (Independent)

Record it, Report it, Don't Support it!



Project Completed By:

Edgar Teo, Audric Cheng Yu Xiang, Sankar Rahul, Sashant Balamurali, Mathew Lee Liang Jin, Utkarsh Sharma, Sashant Balamurali, Aarit Verma, Tan Check Han Samuel, Pothakamuri Srivayas, Lam Run Zhi Joshua

Uniformed Group:

NCC (Air) - Group F

Instagram:

@record_repost_dont_support

Noting that cyberwellness is a significant part of teenagers' lives, the students embarked on an Instagram campaign with posts about cyberbullying and cybersecurity issues. They wanted to spread the message of being safe online and thinking before commenting in the digital space, as they reminded their online audience that unkind words may negatively affect the people involved.



Anglo-Chinese School (Independent)

Stay Clean, Stay Green



Project Completed By:

Lucius Lee, Zhang Sijun, Wong Yuk Hong, Yap Xiang Yue Marcus, Ansel Edison Lim, Ng Cher Ron, Yeo Zheng Yu, Trevor Chia

Uniformed Group:

NCC (Air) - Group G

Instagram:

@urcleanneighbourhood

As cleanliness and hygiene have become of heightened importance during the pandemic, the students created digital posters encouraging people to keep their neighbourhoods clean. They highlighted the hard work of cleaners in maintaining a pleasant environment for locals, and urged individuals to play their part so that everyone can have a better experience in our shared spaces.



Anglo-Chinese School (Independent)

Trays Together



Project Completed By:

Soo Yee Onn Isaiah, Roman Koh, Kishen M Suntharalingam, Lam Tuck Shin, Ian, Reuben Tham Jek Jun, Aman Sivaprasad, Jacob Pang Yu Jia, Lim Jun Hui Gerrard, Gabriel Yam Rui Te

Uniformed Group:

NCC (Air) - Group H

Instagram:

@traystogether2021

Wanting to promote good hawker centre etiquette, the students curated Instagram posts with a call to action for diners to return their trays. When the returning of trays started to be enforced in June 2021, they highlighted this and hoped that their online audience will see that beyond the mandatory aspect, it is also gracious and responsible to return their trays after meals, thereby showing greater respect for cleaners.



Anglo-Chinese School (Independent)

Perfect Pathways



Project Completed By:

Ethan Ong Yu Thung, Sanjaye Rajagopalan, Muthukumar Karthikeyan, Gautham Subramanian, Lim Wei Ann Dillon, Daylon Chua Si Jie, Chua Kai Jie, Peter Chia Liang Wei, Isaac Wong Wei-Lun

Uniformed Group:

NCC (Air) - Group I

Instagram:

@perfectpathwaysg

The students' online campaign was centered around the gracious use of pathways and roads. Through their appealing Instagram posts, they shared how pedestrians, cyclists and motorists can be polite to one another and adhere to rules to ensure the safety of everyone. The team wished to remind others that a little kindness goes a long way in creating more pleasant everyday experiences.



Anglo-Chinese School (Independent)

Let's Help Combat Cyberbullying



Project Completed By:

Yu Zong Hao Kerwin, Koh Yong Diat, Issac, Zhou Xuanjie, Sean Wong, Ang Ken Chow, Howard, Chua Yu-Hng Jerrell, Neo Yong Ern, Ernest, Elliot Seet Eu-Leon, Jonathan Yeo Tze Ho, Too Tien, Ethan Tam Qi Wei

Uniformed Group:

NCC (Land) - Group A

Instagram:

@endcyberbullying_now

Tackling the issue of cyberbullying, the students' Instagram campaign raised awareness of what cyberbullying is and how it can negatively affect an individual. They also highlighted the importance of not retaliating with unkind words and hoped to educate people to think before posting and commenting online, so that the digital world can be a safe and welcoming space for all.



Anglo-Chinese School (Independent)

Anti-Body Shaming Advocacy



Project Completed By:

Joel Lam Koi Kee, Keefe Tang Zen-Tze, Matthew Khoo Yi-Ren, Senthil Nachiappan Muthiah, Issac Low Tze Sheng, Tang Chung En

Uniformed Group:

NCC (Land) - Group B

Instagram:

@endfatshaming_acsi

After reflecting on possible topics to explore for their project, the team decided to start an Instagram page aimed at addressing the problem of body-shaming. By explaining why it is essential to be mindful of our words and how certain jokes may come off as insensitive remarks both online and offline, they shared and learnt about not putting others down based on their appearance.



Anglo-Chinese School (Independent)

Caring For All



Project Completed By:

Naaman Yap Yi Man, James Ng Xu Peng, Mohamed Iskandar Riswan S/O Niysaudeen, Sujith Srinivasan, Samuel Tan Eng Wee, Hu Wenjie, Namuduri Venkata Karthik

Uniformed Group:

NCC (Land) - Group C

Instagram:

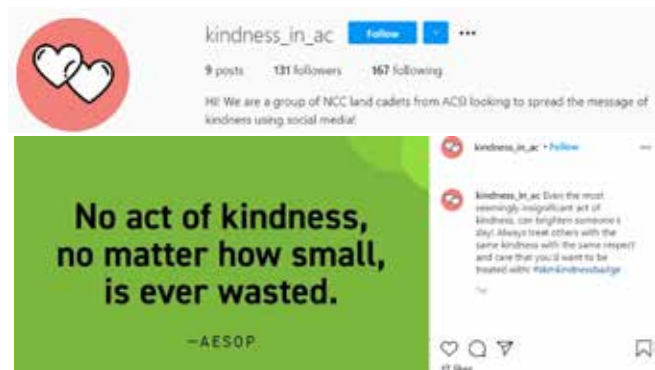
@tmhm.ac

Wanting to promote conversations on the mental health of teenagers, the students embarked on an online campaign and posted encouraging quotes related to mental wellness on their Instagram page. They also wished to encourage youths to express their thoughts and feelings with trusted friends so that a culture of caring for one another can be built especially within schools.



Anglo-Chinese School (Independent)

Kindness in our Everyday Life



Project Completed By:

Chan Meng Yarn Clarence, K V Vikaash, Huang Sun Yi, Chew Kai Siong, Matthias, Dylan Ming Gabriel, Loi Qi Xin, Bundele Mihir Manish, Nathan Loh Zhen Jie, Wilson Lourdu Xavier Garrison Joshua, Noah Oey, Leonard Tan, Chung Xiang Yu, Reine

Uniformed Group:

NCC (Land) - Group D

Instagram:

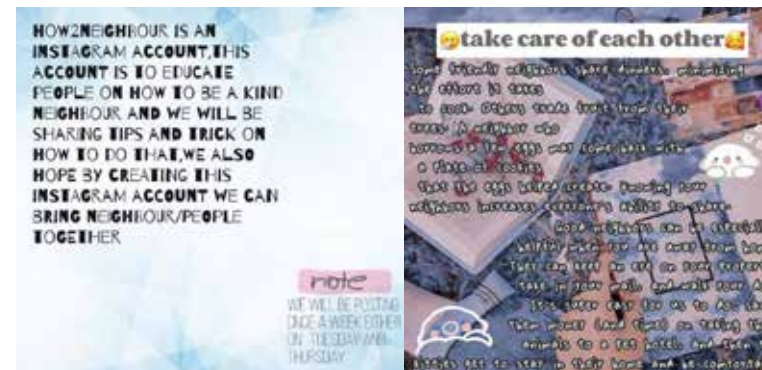
@kindness_in_ac

The cadets embarked on an Instagram campaign to illustrate how social media can be used as a tool to spread kindness. They posted quotes with captions about how small acts of kindness can create a ripple effect in society, showing that one positive action could lead to many more, thereby bringing about a community of people that care and look out for one another.



Bedok South Secondary School

How 2 Neighbour!



Project Completed By:

Junita Tseng Qing Hui, Teh Yu Shan, Joachim De Castro Sacro, Scott Tan Kian Yiu, Augustine Yee Jianwen

Uniformed Groups:

Girl Guides & Scouts - Group A

Instagram:

@how2neighbour

Deciding to share tips and tricks on how to be a kind neighbour, the students created Instagram posts about greeting our neighbours, keeping our noise levels down and maintaining neat corridors. They hoped for their online campaign to inspire more people to form friendships with their neighbours, thereby fostering stronger communities where neighbours can rely on one another in times of need.



Bedok South Secondary School

A Spark of Happiness



Project Completed By:

Ng Jie Ling, Lin Xin Yi, Natasha Ilaria, Katie Tan Kai Ting, Muhammad Haziq Bin Hashim, Chan Yeui Yeung, Matthias

Uniformed Groups:

Girl Guides & Scouts - Group B

Instagram:

@a_spark_of_happiness_

Aiming to advocate and support the importance of mental well-being, the students initiated an Instagram campaign to share inspirational quotes, mental health service helplines and tips for self-care. They also posted about how individuals can avoid being insensitive towards a person who feels distressed, and through these posts they hoped to illustrate how showing respect and care for others can make a difference.



Bedok South Secondary School

Mental Wellness @ BDS



Project Completed By:

Shreya Ravindran, Brayden Teo Tze Jun, Nicolas Kwek Yu Cheng, Ivy Mai-Anh Leach

Uniformed Groups:

Girl Guides & Scouts - Group C

Instagram:

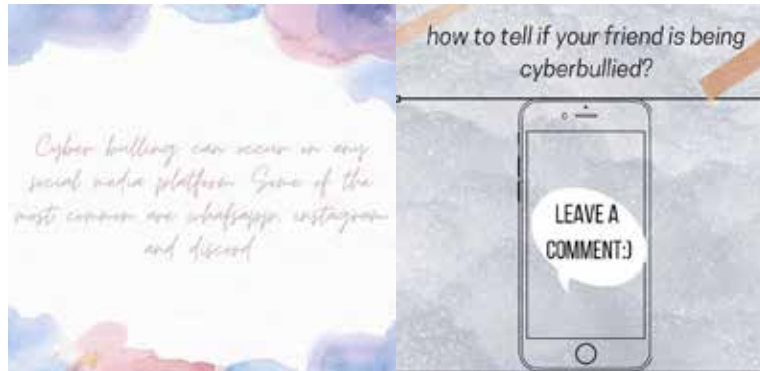
@mentalwellness.co

The students' Instagram initiative was focused on creating awareness of a few mental health conditions and helplines, as well as sharing some encouraging quotes. Through their posts, they hoped to educate youths, particularly their schoolmates, about seeking help when needed as well as prioritising self-care and self-love, especially during tough times.



Bedok South Secondary School

Cyber Wellness and Kindness



Project Completed By:

Dharmik S/O Kanagarajah, Ang Zhen Xiang, Low Zhun Meng
Marcus, Im Yun Ah, Claire Tan, Shona senthiyl

Uniformed Groups:

Girl Guides & Scouts - Group D @cyberwellnesskindnessact

Instagram:

In order to spread awareness of cyber wellness, the team designed Instagram posts to share about cyberbullying and the steps that one can take if they encounter cyberbullying. They posted interactive Q&A content to engage their followers, and aimed to highlight the importance of being nice to others online, as well as how to look out for peers who might be experiencing cyberbullying.



Bedok South Secondary School

Flowers of Kindness



Project Completed By:

Toh Hanyu Tassie, Tan Yan Xin Isabelle, Ng Wan Yan Katarina,
Michael Salim, Bong Yee Ta

Uniformed Groups:

Girl Guides & Scouts - Group E

Instagram:

@mentalwellness.co

The students adopted an interesting way to talk about kindness towards foreigners - they showcased flowers on their Instagram page to reflect positivity and also used character mascots to share how locals can be more inclusive of foreigners in the country. The team hoped to encourage more open-mindedness and kindness between locals and migrants through their online campaign.



Bedok South Secondary School

Anti-Cyberbullying With Cyber-crow



Project Completed By:

Nur Aqi'sha Binte Saiful Bahari, Nur Sadrina Binte Saiful Sahri, Khairani Yasra Shabirah, Lee Zong Cheng, Nur 'Alya Makkiyah Binte Sarifudin, Lam Jun Yang

Uniformed Groups:

Girl Guides & Scouts - Group F

Instagram:

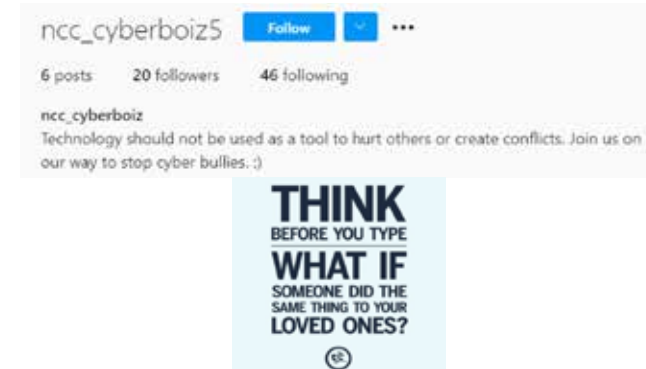
@socialcrow_

Using a mascot named 'Cyber-crow', the students came up with a unique comic series on their Instagram page where a story about cyberbullying was outlined. By introducing different birds as characters in their story, the team demonstrated how leaving hurtful comments online can have adverse effects on someone, and urged their followers to practise kindness in the cyber world.



Bukit Batok Secondary School

Cyberwellness



Project Completed By:

John Andriel Tapia Hernandez, Muhd Fir Ramadhan, Kok Wen Cong, Muhammed, Danish Bin Osman, Swastik Tripathi, Dan Meng Hong, Arjun Anil, He Jiasheng Edward

Uniformed Group:

NCC (Land)

Instagram:

@ncc_cyberboiz5

Acknowledging that cyberbullying is an issue in our society, the cadets created an Instagram page to inform and educate others about thinking carefully before saying anything on online platforms. By re-posting relatable memes and comics, the team wished to encourage teenagers to use technology responsibly instead of hurting others with their words, so that everyone can have a better experience in cyberspace.



Fuhua Secondary School

Project Gratitude



Project Completed By:

Cai Mingxiang, Xavier Tng Yu Hong, Xenden Yam Zun Fong, Nathan Tong Kia En, Leow Nicholas, Mohammad Nur Rhaihanshah Bin Mohd Said, Muhammad Amirul Bin Mohd Amin, Paul Christian Tee Wei Xuan, Robben Ng

Uniformed Group:

NCC (Land) - Group A

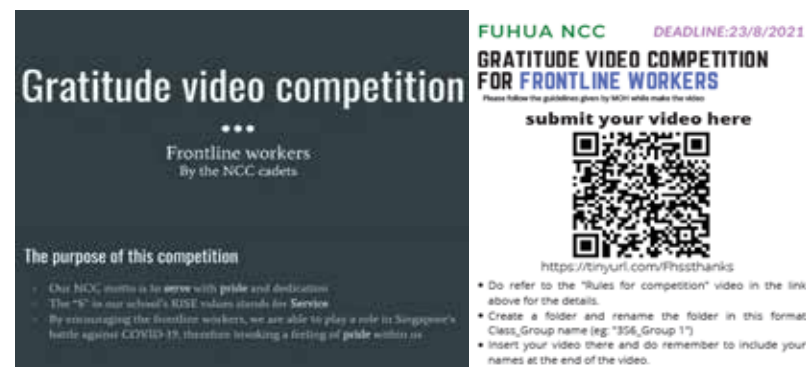
The team behind 'Project Gratitude' wanted to express their heartfelt appreciation to the support staff in school through welfare packs.

After purchasing the necessary items, they worked together to prepare handmade bags and cards, presenting these to the school's security guards, cleaners, canteen vendors, administrative staff and operations support officers. In addition to spreading cheer to the staff members, the students also hoped to remind their schoolmates to thank the staff for their efforts and not take them for granted.



Fuhua Secondary School

Project 'Keep Fighting'



Project Completed By:

Lau Ho Yann, Toh Jin Hong Jaye, Tan Wei Sheng, Lim Hong Rui, Ashton, Chun Lee Hom, Lee Tzu Yuan, Darrshan Ryan, Chow Zhi Yang, Liang Deng Yu

Uniformed Group:

NCC (Land) - Group B

Armed with an idea to engage their peers for a kindness initiative, the cadets organised and publicised a video contest in school, where each class could submit a short video expressing their words of encouragement and gratitude for frontline workers. With their teachers' support, the team selected a few winning entries, and hoped that the contest had spread the message of showing appreciation and respect to all the frontline workers who have played key roles in our society throughout the pandemic.



Fuhua Secondary School

Understanding Mental Health



Project Completed By:

Chia Zhe Hong, Lam Yu Jian, Nyan Lin Oo @Htet Win, Samuel Koh, Tan Wen Xian, Jarius, Taufiq Hossan Tuan, Fahim Alam Pitul, Glenn Chua Kai Yu, Joshua Lim Wei En

Uniformed Group:

NCC (Land) - Group C

With the aim of creating awareness about a few possible signs of depression, the students did some background research on mental health and put together a poster. The poster also shared how individuals can reach out to a friend who appears to be withdrawn or stressed out, to check in and let them know that they are not alone. By sharing this poster with their peers, the students hoped to generate greater support and empathy for those with mental health conditions.



Fuhua Secondary School

Showing Gratitude to the Fuhua Family



Project Completed By:

Ang Xue Yu, Chan Si En Eudora, Chen Tingyi, Cheng Zihang, Cheong Zhan Xun, Phang Hong Xun, Darren, Teo You Jia, Joelle Foo En Qi, Lew Xin Hui, Loh Hao Kai Ocean, Muhammad Masud Bin Sariman, Chong Kai Zhi, Ethan

Uniformed Group:

Sea Scouts

The team of Scouts initiated a project to encourage their peers to show gratitude and kindness to the non-teaching staff in school, specifically the canteen vendors. The students gifted personalised cards to them as a gesture of appreciation to thank them for their daily efforts. Additionally, posters to spread awareness about this initiative were also created and shared on social media.



Jurong West Secondary School

Promoting Mental Wellness in JWSS



Project Completed By:

Rayson Tay Kai Rong, Ngew Han Nok, Venkatesh Vijey Raaj, Muhammed Fazlur Rahuman Bin Abdul Hamed, Murugesan Kapil Sibal, Francis Christo Joel, Kailasam Maheshwaran, Rajkumar Kumaragurunathan, Sanjay Kumar, Venkatesh Athithya Raaj

Uniformed Group:

NCC (Land)

Intending to raise awareness on the importance of mental wellness and conversations on mental health, the students embarked on a project based on three principles: 1) Adopt a positive growth mindset 2) Build positive relationships 3) Cultivate the confidence to dream. They planned and executed a school-wide presentation on the challenges that they face and healthy ways to manage these issues, and also posted mental health materials on the school's Instagram page as part of their project.



Juying Secondary School

Raising Awareness of Mental Health



Project Completed By:

Liew Chun En, Nur Syafina Binte Mohd Amin, Alya Nursyazani Binte Mohammad Sani, Nurdyrah Elliaiyu Binte Rozani

Uniformed Group:

NCC (Sea) - Group A

Instagram:

@juyingsecondary_ncc

With the intention of creating greater awareness about the importance of mental health, the students embarked on an Instagram campaign by posting positive affirmations and messages. They also shared about listening to others with empathy and compassion, demonstrating that individuals can support one another in little ways as we work towards destigmatising mental illnesses in our society.



Juying Secondary School

The Untold Sacrifices of Healthcare Workers



Project Completed By:

Huang Yu Quan, Jaeren, Roshan Shah Suneel Singh, Low Jun Yu, Muhammad Jaazib Bin Jahangeer

Uniformed Group:

NCC (Sea) - Group B

Instagram:

@nckkindness_project

Considering the hard work and dedication shown by healthcare professionals amidst the pandemic, the students decided to post messages of gratitude on their Instagram page. They hoped to generate more awareness and appreciation of healthcare workers' contributions, thereby reminding people to be kinder towards them as they have been one of the main groups supporting our community throughout the pandemic.



Juying Secondary School

Showing Kindness to Migrant Workers



Project Completed By:

Alden Yee, Aldrich Lau, Lucius Loh Jin Hong, Poh Cheng Hung, Lucas Chew Yan Yu, Wayne Goh

Uniformed Group:

NCC (Sea) - Group C

Instagram:

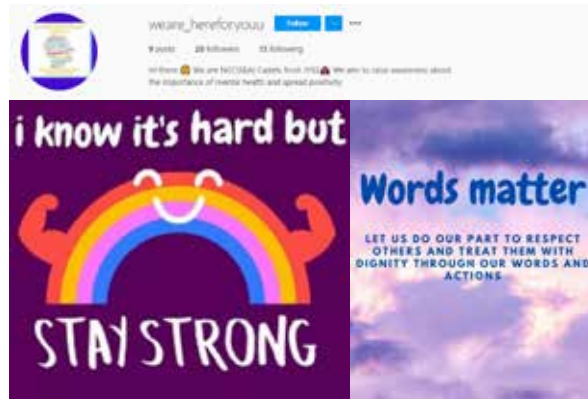
@jyssncc_kindness_migrantworker

Thinking about how our society can be more appreciative of migrant workers, the cadets launched an Instagram campaign where they posted appealing images accompanied by messages about simple ways in which one can show gratitude to migrant workers. They also shared news articles about foreign workers who engaged in kind acts, thus highlighting that locals and foreigners can contribute to building a more cohesive community.



Juying Secondary School

Spreading Joy and Positivity



Project Completed By:

Eyu Jie Ni, Cheryl Leong Jiaqi, Hannis Farhan Ashiblie, Nur Natalisa Aryanni Binte Abdul Rusmanni

Uniformed Group:

NCC (Sea) - Group D

Instagram:

@weare_hereforyou

Recognising that it is important for youths to express themselves, the students' Instagram page aimed to encourage individuals to choose kind words and be respectful when others confide in them. The page also showcased uplifting quotes and stickers related to mental well-being and through their content, the team hoped to spread some cheer and positivity to their online audience.



Kranji Secondary School

Good Vibes Online



Project Completed By:

Natalie Faith Wong Jing En, Cheng Pinhan, Lee Jun Yi Nigel, Lim Jun Wei, Lim Swee Yong, Ryan, Lee Jia Yin, Hamza Bin Rizan, Izz Aidan Bin Arshad, Wong Sze Yin, Sarah, Reynes Wong Rui Feng, Tan Jun Kai, Kylene Ong, Lim Eng Kiat Matthew. Vestin Lee Yu Zhe

Uniformed Group:

St John Brigade

Instagram:

@jyssncc_kindness_migrantworker

In order to talk about cyberwellness in a lighthearted way, the students came up with a mascot, Bob the Shark, that was featured on their Instagram page to share about good online habits. They wanted to contribute to creating a more pleasant cyberspace through their Instagram posts about the importance of not leaving negative and hurtful comments online.



Meridian Secondary School

Only Friends!



Project Completed By:

Eric Shim Seok Jin, Aiman Shah Bin Anwar, Eng Shao Wei, Muhammad Mikhail Bin Mazlan, Ting Jun An Titus, Muhammad Irfan Shah Bin Azlan Shah, Shankaran S/O Kesavan

Uniformed Group:

NCC (Land) - Group A

Instagram:

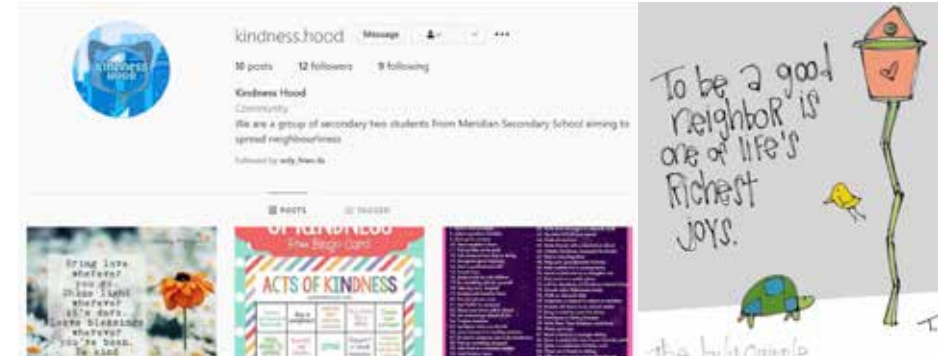
@only_friends

With the goal of promoting friendship in the community, the cadets set up an Instagram page where they posted quotes and images related to kindness and the act of caring for one another. The team's Instagram followers were also encouraged to share their experiences of giving and receiving kindness, thereby contributing to the campaign's aim of building deeper bonds between individuals.



Meridian Secondary School

Kindness Hood



Project Completed By:

Ryan Toh Ji Tian, Perillo Ethan De Jesus, Ong Zhi Xuan, Muhammad Haziq Anaqi Bin Yusri, Muhammad Syamil Bin Shahrom, Wee Jun Han, Danail Lim Bin Zulkifli, Ho Chang Heng Keagan, Ong Ye Kai

Uniformed Group:

NCC (Land) - Group B

Instagram:

@kindness.hood

To educate their schoolmates on neighbourliness, the students embarked on an Instagram campaign where they posted images and quotes tied to being a kind neighbour. Viewers of these posts were encouraged to show kindness in their daily lives, and the team also hoped for neighbours to be more open towards one another, by exchanging greetings and engaging in conversation with each other.



Meridian Secondary School

Mental Wellness Society



Project Completed By:

Naurah Sya'irah Binte Muhammad Shaffie, Ivanna Dias, Markus Ong Jun Wen, Pavarthi Manoj, Lim Yi Xuan Kaitlyn, Loon Yi Cheng Darryl, Hadi Danial Bin Roslan, Balamurugan Vaishnavi, Kavinesh Ruben Sandra Kumar

Uniformed Group:

NCDCC - Group A

Instagram:

@mw.society

Hoping to bring greater awareness to the issue of mental well-being, the cadets designed infographics with mental health related information and helplines on their Instagram page. They wished to encourage individuals to reach out for support if they need it, and also hoped that misconceptions on mental health conditions would be debunked over time, leading to a more accepting and kinder society.



Meridian Secondary School

Mental Health Matters



Project Completed By:

Iddin Ashible Bin Ashible Mohamad Abu Bakar,, Muhammad Aiqel Danish Bin Muhammad Helmi, Xavier Law Bo Sheng, Lee Hao En Gideon, Leo Yoong Yih, Danya Rizvi, Aariz Irfan Bin Noor Azhar, Muhammad Afiq Bin Mohamad Azli, Tan Hong Hwee

Uniformed Group:

NCDCC - Group B

Instagram:

@mentalhealthmatters.mss

By creating an Instagram page with posts urging youths to share their troubles with a trusted adult or mental health professional, the cadets wanted to assure others that seeking help is not a sign of weakness. They shared helplines as well as uplifting messages on their page to spread positivity and also remind youths to care for their peers and be nice to one another.



Meridian Secondary School

Mental Wellness: Find Out More!



Project Completed By:

Too Sebastian, Jomin Hoo Yuan Hui, Nur Shairah Binte Mohamad Rezalqq, Crystal Kwok Cai Jing, Nur Humaira Binte Muhammad Noh, Elly Qalisya Binte Muhammad Irwan

Uniformed Group:

RCY - Group A

Instagram:

@mental._.wellness_

To spread awareness on different mental health conditions, the students launched a digital campaign where their online content aimed to educate people and reduce the stigma attached to mental illnesses. Through careful research and informative posts, they hoped to encourage more empathy and understanding among individuals, and promote better mental well-being in our community.



Meridian Secondary School

The Next Doorbell



Project Completed By:

Kayden Oo Kai Zhe, Kristen Erica Tan Shi Ting, Naomi Peralta Khai, Ng Wan Yi, Samantha Alcantara Clemente, Too Weng Yi

Uniformed Group:

RCY - Group B

Instagram:

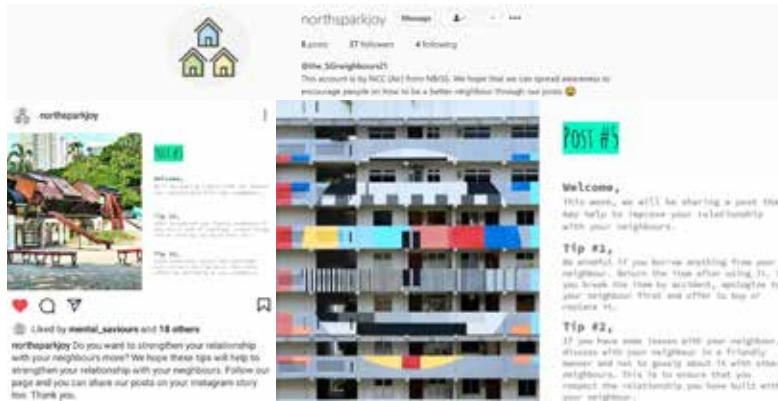
@next.doorbell

To open a dialogue on neighbourliness and encourage more friendly interactions among neighbours, the students initiated an Instagram campaign. Through informative posts and interactive activities such as Q&As and BINGO, they shared tips on how to be kinder and more gracious to our neighbours, highlighting that simple acts of neighbourliness can create a more close-knit community for all.



Northbrooks Secondary School

Northbrooks Sparks Joy



Project Completed By:

Sim Jun Wei, Chen Yichuan, Lin Yi, Ong Jun Heng Lincoln, Rutheran S/O P Rajan, Thinageshwaran Naidu S/O Sorrace, Danish Ryyan Morier Hartino, Gabriel Loh Seet Seong, Koh Jun Wei, Wayne, Muhammad Is'faddy Bin Muhammad Iskandar

Uniformed Group:

NCC (Air) - Group A

Instagram:

@northsparkjoy

To convey the message of building friendlier neighbourhoods, the cadets set up an Instagram page where they posted various tips on how to be a better neighbour. From greeting one another and helping each other out, to managing conflicts in a calm manner, the team hoped to inspire people to cultivate strong ties with their neighbours and strengthen the sense of community around Singapore.



Northbrooks Secondary School

Mental Health Mission



Project Completed By:

Liew Tong Ray, Ryan Syazli Bin Muhammad Indra Surian, Muhammad Nusair Bin Noh, Ahmad Hakimi Idraki Bin Ramli, Mohamad Naufal Bin Mohamad Nazrin, Ahmad Afiq Bin Mohamad Samsuri, Muhammad Qayyum Putera Rizuan

Uniformed Group:

NCC (Air) - Group B

Instagram:

@mental_saviours

Deciding to promote mental wellness among their peers, the students shared encouraging posts and mental health helplines that youths may turn to for support, as part of their Instagram initiative. The group's mission as reflected in their project title was to highlight that people should respect one another's feelings instead of being judgemental, and that youths can reach out for help when they feel down.



Northbrooks Secondary School

To Accept And Respect!



Project Completed By:

Muhammad Anzar Ansari, Yap Chen You Jordan, Adri Sufyan Bin, Muhammad Asri, Ong Beno, Mohamad Haris Danial Bin Mohamed Junaidy, Emre Edrian Bin Muhammad Amin, Chong Jun Jie

Uniformed Group:

NCC (Air) - Group C

Instagram:

@racialrespect

Wanting to emphasise the importance of respecting people of different races and cultural backgrounds, the students planned and initiated an Instagram campaign. Through their posts about treating others the way we wish to be treated, they encouraged individuals to look beyond their physical differences and be kinder towards one another so that we may achieve a stronger sense of solidarity.



Northbrooks Secondary School

Set Your Mind At Rest



Project Completed By:

Muhammad Aiman Afkar Bin Awang, Rayhan Phua Wee Qiang, Nawi Idraki Bin Muhammad Nabil, Syed Irfan Darwisy Putera Syed Omar, Muhammad Ihdinaa Bin Razak, Haziq Bin Sufyan, Faris Aqid Bin Mohamed Zuandi

Uniformed Group:

NCC (Air) - Group D

Instagram:

@mental_wellbest

With the objective of contributing to mental health awareness, the students created Instagram posts which showcased positive habits that one can adopt to improve their emotional well-being. By encouraging their online followers to practise self-care and check in with their friends every now and then, they wanted to show how kindness to oneself and others could help to enhance our community's mental wellness.



Queenstown Secondary School

Neighbourhood. Interconnected.
Cleanliness. Elderly. (N.I.C.E.)



Project Completed By:

Darshan Ravichandram, Rafik Bin Abdul Rasid, Muhammad Aqid Anaqi Bin Muhammad Darwisy, Chua Teck Yeow, Ong Kian Chee Darius, Engelbert Tay Yong Bin, Dicky Dzulkarnain Bin Abdul Malik, Leong Jun Rui Jaden

Uniformed Group:

NCC (Land) - Group A

Instagram:

@qt.be.nice

The students initiated a digital campaign aimed at promoting good neighbourliness among their peers. Their campaign focused on caring for the community and keeping the neighbourhood clean. Informative posts based on news articles and quotes, as well as posts showing their thoughts and opinions on how to be a good neighbour were posted on their Instagram page to champion the concept of neighbourliness.



Queenstown Secondary School

Online Etiquette Box



Project Completed By:

Mohtasim Rahman, Cheak Giap Tun, Ashton, Le Charles Yeo, Donovan Lee Wei Han, Isaac Chan, Muhammad Alif Syazwaan Bin Hamdan, Chua Cheng Hee Braven, Muhilan Ramanathan

Uniformed Group:

NCC (Land) - Group B

Instagram:

@online.etiquette_box

To educate people on why it is essential to practise good online etiquette, the student sourced for examples of positive and negative behaviours and shared them on Instagram. They wanted to highlight that people should treat others the same way they would speak to them in real life, instead of being keyboard warriors and making insensitive remarks online. The team hoped to advocate respect and kindness in cyberspace.



Seng Kang Secondary School

Showing Care To Migrant Workers



Project Completed By:

Lim Zhi Ning, Ong Jingyi Vernice, Nor Alliyah Alisha Binte Abdul Razak, Nurin Qistina Binte Omar, Anna Natasha Binte Abdul Halim

Uniformed Group:

Girl Guides - Group A

In order to share with their schoolmates about the contributions of migrant workers, the students designed and displayed posters around the school. They also designed cards and rallied their fellow Guides to write messages of appreciation, and these cards as well as care packs prepared by the team were issued to a staff member who helped distribute the items to a group of migrant workers. The Guides learnt to express their gratitude and hoped to bring forth some positivity to migrant workers through this initiative.



Seng Kang Secondary School

Use of Appropriate Language



Project Completed By:

Pan Siyun, Audrielle, Rachael Lim Sze Tung, Ser Yu Ling, Audrey Xie Yixuan, Igrobay Breonna Mychy Montesa, Iffah Batrisyia Binte Mohammad Khairudin

Uniformed Group:

Girl Guides - Group B

Instagram:

@onlinettiquette_with_us

Wanting to raise awareness on the importance of being respectful on online platforms, the students created a comic series reflecting the interactions between a few characters on their Instagram page. They hoped to share with their online audience that hurtful words used can have a lasting impact on a person, and that being polite and using kind language is something simple that everyone can do.



Seng Kang Secondary School

The Inside of Teenagers



Project Completed By:

Celestine Lim, Leng Li Xuan Zoey , Deong Ning En , Krithika D/O Praveen, Thirumalaisamy Levestri, Teng Yi Chun, Luna

Uniformed Group:

Girl Guides - Group C

The students reflected on issues relating to teenagers and created a video to talk about anti-bullying and mental health. They showed an unkind act of a student reading her classmate's journal, from which she finds out that her classmate has a mental health condition and starts telling everyone in school. By depicting how another classmate stands up for her, the team hoped for their video to educate their peers on showing empathy and not using hurtful labels on people with mental health issues.



Seng Kang Secondary School

The Importance of Migrant Workers



Project Completed By:

Nur Shakira Alysa Binte Yusra, Surratu' Aryani Binte Sulaimi, Asrin D/O Syed Anar Hussain, Nur Aliyyah Mellysa Binte Norazman , Chen Jiayi

Uniformed Group:

Girl Guides - Group D

The students created characters and filmed a video in a puppet-show style in order to bring forth the message of showing kindness to migrant workers. In the video, they highlighted the efforts made by migrant workers to contribute to Singapore's development, and explained why discriminatory behaviours show a lack of respect for them. The team hoped to encourage everyone to appreciate migrant workers more and improve the integration of locals and foreigners in Singapore.



Serangoon Garden Secondary School

Hand-in-Hand



Project Completed By:

Ang Shi Hui Natalie, Ng Si Xuan Mabelle, Chew Tze May Celeste, Keira Ang Ee Xin, Poh Yu Xin

Uniformed Group:

Girl Guides - Group A

Instagram:

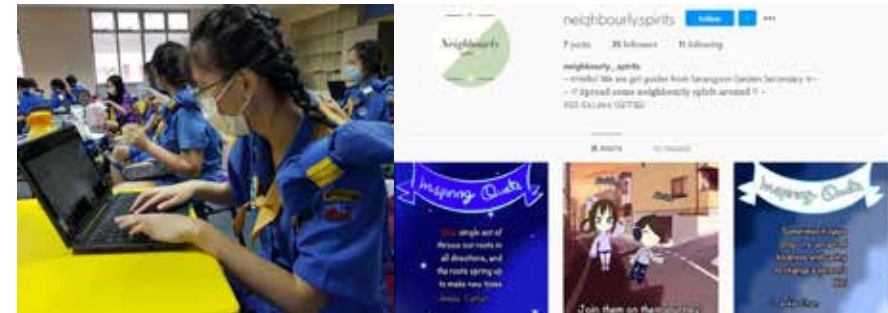
@handinhand_sgs

The Guides used pandas as characters on their Instagram page to reflect how locals and foreigners can learn to embrace their differences and be more accepting of one another, instead of letting discrimination surface. They wanted to encourage others to form closer bonds with people of different nationalities, thereby contributing to a more inclusive and kinder community.



Serangoon Garden Secondary School

The Spirit of Neighbourliness



Project Completed By:

Ngiam Ning Xuan, Tan Jia Yi, Lau Sok Hui Gabrielle, Kervina Koh YiTing, Eliz Liew Si Hui

Uniformed Group:

Girl Guides - Group B

Instagram:

@neighbourly.spirits

Wanting to promote greater interaction between neighbours, the students set up an Instagram page where they posted about fictional characters spreading cheer in the neighbourhood. The team also shared quotes about helping others to show that individuals can express thoughtfulness by doing little acts of service for their neighbours.



Serangoon Garden Secondary School

Mental Wellness Gym



Project Completed By:

Lynette Linethra Sivachandran, Faith Lee Si Jie, Lin Nitong, Mya, Loo Jing Xuan Mikaela, Jocelyn Lim Xuan Ting

Uniformed Group:

Girl Guides - Group C

Instagram:

@mentalgym.sgs

The team designed posts with uplifting quotes and captions to share some positive content with their online audience on Instagram. They also asked their followers to comment on what mental wellness means to them. Through this digital initiative, the Guides hoped to encourage youths to appreciate their own strengths and lend a listening ear to their peers, so that everyone can learn to care for one another to foster a stronger community.



Serangoon Garden Secondary School

Kind Phones



Project Completed By:

Gwee Yu En, Kyra, Hannah Lim, Cheok Kai Ting Verlin, Samreen Rajamohamed, Amirah Tanisha

Uniformed Group:

Girl Guides - Group D

Instagram:

@kindphones_sgs

With the aim of educating youths about online etiquette, the students launched an Instagram campaign with posts outlining tips on how everyone can make the Internet a more positive space. They hoped that their content would motivate individuals to use social media platforms in a responsible way by respecting others' opinions and thinking through before leaving comments online.



Serangoon Garden Secondary School

Open Fridge



Project Completed By:

Kaylee Elizabeth Heng, Vera Tang Hui En, Renise Soo Ren Hui, Shaianne Ang En Qi, Tay Li Zhi

Uniformed Group:

Girl Guides - Group E

Instagram:

@openfridge_sgs

The Guides planned and executed a food donation drive in school, and also set up an Instagram page calling for students and staff members to drop off suitable food items. With their teachers' support and a collaboration with Ren Ci Nursing Home (Ang Mo Kio), they managed to deliver these food items to the elderly. The team hoped to encourage more compassion through this initiative by highlighting that people can come together for a good cause in the community.



Serangoon Secondary School

Good Neighbours, Better Communities



Project Completed By:

Janathakesh S/O Mahindran, Chillimunta Bansi Goud, Dimaculangan Ezekiel Serrano, Niq Syahqil Bin Kamarudin, Cheah Jun Hui Damien, Sudhakar Dhanvin, Sivalogamoorthy Nidharshaan, Muhamad Raif Zaidan Bin Muhamad Ridzuan, Goh Guan Cheng, Alden, Jiren Dev S/O Devandran, Ong Jing Liang, Muhammad Bin Haniff Sultan

Uniformed Group:

NCC (Land) - Group A

To promote stronger bonds between neighbours and within the school community, the cadets created posters on kindness and a message board for each lower secondary class, where students could write and paste notes of appreciation for their peers, teachers, and non-teaching staff. With the support from their teachers, the team also managed to do a short sharing with each class about this initiative, as they strive to build a culture of gratitude in their school and community.



Serangoon Secondary School

Project WeCare



Project Completed By:

Ewald Tey Yi Kai, Jaydon Cheong, Muhammad Danish Bin Muhammad Na'eem, Tan Jun Yu, Kayson, Mohamad Haziq Adreyan Bin Mohamed Faizal, Raj Veer Singh S/O Nender Singh, Jeremiah Gerard Simon, Muhammad Danial Iskadarshah Bin Ismail, Siti Nasirah Binte Mohd Sabri, Zhuang Chen Jin, Joseph Lee Zhao Yang, Jayden Leong Kuan Hong

Uniformed Group:

NCC (Land) - Group B

Wanting to spread the message of self-care and kindness, the team prepared bookmarks with uplifting quotes as well as Oreo biscuits for distribution to their schoolmates. This initiative was one of the activities conducted for Serangoon Secondary's Kindness Day, and the cadets had the opportunity to do a short sharing with each class about the joy of giving, hoping to inspire their peers to carry out simple acts of kindness to make others feel cared for, especially during trying times.



Serangoon Secondary School

Buddies, Not Bullies



Project Completed By:

Chan Yingjie Austin, Brayden Chan Chun Hei, G Neshvin, Wong Jian Xun Lewis, Aniq Nu'aim Bin Mohammad Azman, Shaqil Ariffin Bin Shahrin@Lim Jin Wei, Lee Yu Chen, Trevor Tan

Uniformed Group:

NCC (Land) - Group C

Instagram:

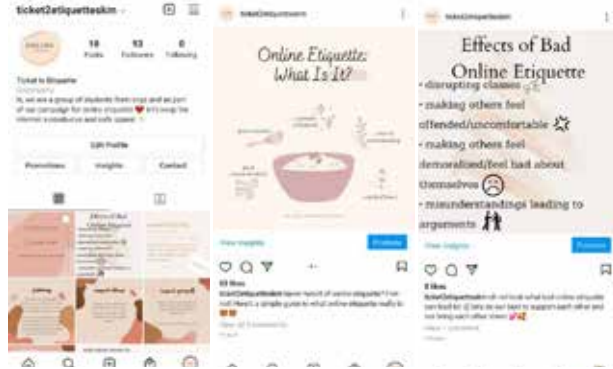
@buddies_notbullies

Tackling the topic of online etiquette, the students started a digital campaign to educate young people about the adverse effects of cyberbullying. Through their posts, they also outlined the steps that people can take if they are being cyberbullied and by sharing about this campaign with their schoolmates, they hoped to create more awareness of positive online behaviours so that the Internet can be a safer and nicer place for all.



Singapore Chinese Girls' School

Ticket to Etiquette



Project Completed By:

Petrina Chan Yi-Ya, Tan Ying Xuan Faith, Vasu Durga, Akshaya Sasikumar, Lim En, Teresa, Shayna Hsu, Chong En Leng, Celeste, Elizabeth Lek

Uniformed Group:

NCC (Land) - Group A

Instagram:

@ticket2etiquetteskm

The students discussed the issue of online etiquette through their Instagram campaign, where posts reflecting positive and negative actions were shared along with informative captions. By providing examples of being respectful online as well as tips for online etiquette which can be practised during home-based learning, the team encouraged youths to keep the Internet a safe and conducive space.



Singapore Chinese Girls' School

Project Boris



Project Completed By:

Tan Aleesha Binte Adam, Arunachalam Ananya, Aryll Elisha Lim Re Shan, Tee Li Ern Chloe, Emily Lim, May Zin Swe Min, Kate Cheng Ee Ling

Uniformed Group:

NCC (Land) - Group B

Instagram:

@projectbetterboris_

To convey the message of mental wellness, the students initiated an Instagram campaign using their goldfish mascot, Boris, to educate people about mental illnesses and how one can support a friend who might be going through a rough patch. By creating a series titled 'Boris's Story' with Instagram posts showcasing various characters and their adventures, the students discussed issues related to mental health and hoped to inspire more kindness and self-love among individuals.



Singapore Chinese Girls' School

Project Lift-off



Project Completed By:

Emily Hope Chong Yong Xin, Hamsa Srinivasa, Lim Zi Xiu, Jazzy, Chin Yun Qing, Shennon, Nicole Emily Thoomas, Phua Yih Xuen, Sim Jing En, Kaylyn Riatono, Karin Tan Sze Yu, Jyothsana Narendran, He Zhuoyuan

Uniformed Group:

NCC (Land) - Group C

Instagram:

@proj.liftoff

Inspired by the impact that small acts of kindness can have on people, the students created an Instagram account to advocate neighbourliness among Singaporeans. They came up with comics and infographics to share helpful tips and to emphasise the benefits of maintaining a good relationship with one's neighbours. Through this digital campaign, they highlighted elements of the 'kampung spirit' in our community.



St Patrick's School

SPS Kindness Movement (Part 1)



Project Completed By:

Ahmed Syahir Bin Mohamed Rossly, Mohamad Rayyan Bin Mohamad Kefli, Warren Ryan Tan, John-Paul Pio D'souza, Isaiah Wong, R Jainandiish

Uniformed Group:

NCC (Air) - Group A

The students designed posters with the aim of encouraging Patricians to be kinder towards their families, peers, teachers and the wider community. These posters reflected tips on good behaviours at home, in school and in society, which can all play a part in sowing more seeds of kindness. Through this initiative, the team wished to share their perspectives on kindness with their schoolmates.



St Patrick's School

SPS Kindness Movement (Part 2)



Project Completed By:

Vignarueben Zaccheus Prakash, Abhimanyu Arora, Eric Joseph George, Sohail Sharma, Joshua Michael Nayar, Teo Jing Kai Ignatius, Ashton Solomon Wong, Skyler Lim Kai Le, Jacob Taylor Lai, Lim Jun Le, Keon, Lim Khai Chung Darius

Uniformed Group:

NCC (Air) - Group B

Instagram:

@st_patrick_school_kindness_way

Building on the first group's poster project, this team of cadets set up an Instagram page to create awareness about acts of kindness in the community. Apart from putting up the posters created by their CCA mates, they also shared news articles and commentaries about good deeds done in Singapore, adding their thoughts and takeaways in the captions. The students felt that this would be a good way to promote everyday acts of kindness especially among youths.



Temasek Secondary School

Be Smart, Be Kind



Project Completed By:

Phuwadet Pillai, Tan Guan Quan Juventius, Larren Kiang Gim Boon, Fu Jun Zhi, Mohamad Hafiz Bin Badarolzaman, Xia Jun Heng Jerald, Ng Ying Jie Clarence, Dhireen Bhardwaj, Atiq Zuhayr Bin Bambang Sumaryono, Amorado Jordan Ezekiel Diomano, Ajay Jared Villasis Prabakaran, Muhammad Arif Azfar Bin Fardin, Nur Zaufal Ervaniqi Putra Bin Zulkiple

Uniformed Group:

NCC (Land) - Group A

Instagram:

@nophishingzone_tms

Wanting to educate their peers on what phishing is and how to spot the signs of phishing scams, the cadets set up an Instagram page where they shared informative posts. They also conveyed how the CHEER model can be adopted to provide support to victims of such online scams, showing that one could calm the person down and empathise instead of being judgemental. To engage their online audience, the cadets got them to leave comments on the last post to share something they have learnt from this digital campaign.



Temasek Secondary School

Be Safe, Be Kind



Project Completed By:

Ahmad Dzul Faruq , Ng Zeng Kiat, Girish Ghufraan, Mohamad Danish Zalfian Bin, Mohamad Ghazali, Braeden Seaw Kay Yee, Ethan Ho Jun Huang, Nguyen Pham Duc Long, Li Zheng Yu, Javier Lim Jun Hui, Kong Jia Long Zavier, Javier Teo Weiheng, Yap Shao Xuan Lester, Muhamad Andrey Bin Roslan

Uniformed Group:

NCC (Land) - Group B

Instagram:

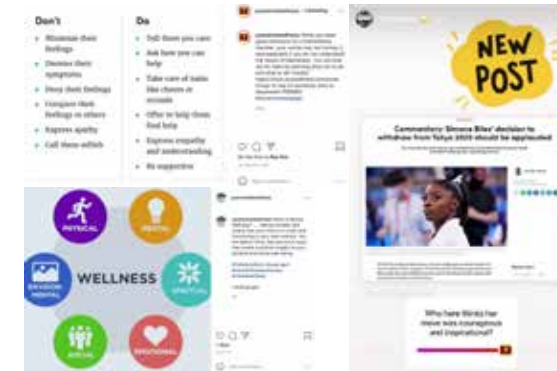
@onlinesafetyambassadors_tms

Recognising that youths should be informed of possible cybersecurity threats, the cadets shared on Instagram about using strong passwords and two-factor authentication, explaining how these can help individuals protect themselves online. They also posted about being kind and empathetic to people who have been affected by cyberattacks, reflecting the importance of community support and education for a safer online environment.



Yishun Secondary School

YSS Mental Wellness



Project Completed By:

Shanjei Ramesh, Alfred Jonathan Paul Deepak, Lim Kai Jun, Mohamad Firzan Aniq Bin Mohamad Firoz, Udayar Vijayasarathi, Muhammad Randy Fahrezi Bin Muhammad Irwan, Muhammad Aznil Bin Sukaimi, Dev Aakash Elangovan

Uniformed Group:

NCC (Land) - Group A

Instagram:

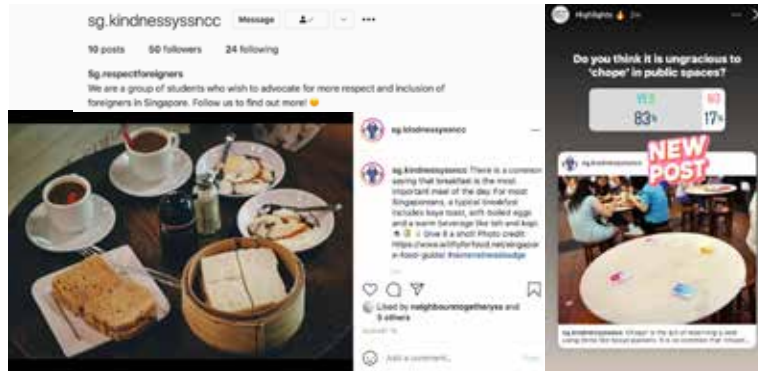
@yssmentalwellness

Wanting to lessen the stigma attached to mental health conditions, the cadets did some research and shared informative posts on Instagram about mental well-being. By engaging their online followers with content about self-care strategies and looking out for signs of distress, they wished to encourage people to be kind to themselves and show empathy to others who might be struggling with their mental health, instead of labelling them unfairly.



Yishun Secondary School

Mutual Respect and Fun Facts!



Project Completed By:

Mohammad Illiyin Naqi Bin Mohammad Ibnu Jagad, Zack Koh Jia Jie, Chan Shao Feng Kyan, Qaid Qilfie Bin Ahmad Shafiq, Muhammad Razi Ul-Haq Bin Muhammad Rizal, Iman Natadipraja Bin Mohamad Hanif, Krishen S/O Murali

Uniformed Group:

NCC (Land) - Group B

Instagram:

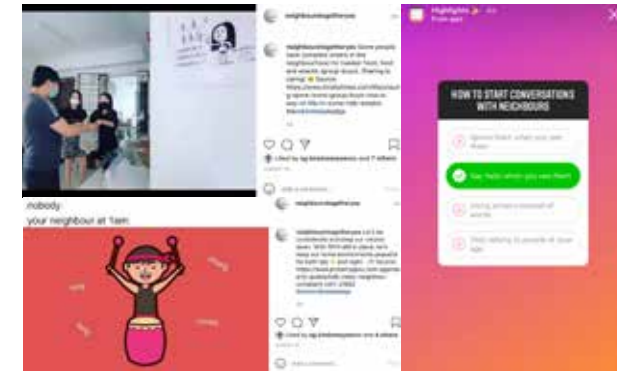
@sg.kindnessyssncc

Seeing that there could be more interactions between locals and foreigners here, the students initiated an Instagram campaign to share fun facts about Singapore's culture, such that foreigners who are new to Singapore may pick up some interesting information. They hoped to spark more conversations between migrants and locals, and demonstrate how mutual respect and friendly relations can enhance our social fabric.



Yishun Secondary School

Neighbours Together!



Project Completed By:

Ariq Dary Bin Mohd Azwandy, Ong Jin Qi, Mohammad Akid Danish Bin Saiffudin, Muhammad Haznur Bin Mohammed Faizal, Soh Shun Wei, Muhammad Aqil Bin Amat Ali, Sharvyn Ananthan S/O Suthakar

Uniformed Group:

NCC (Land) - Group C

Instagram:

@neighbourstogetheryss

In order to promote more positive relationships among neighbours, the students posted on Instagram about considerate and mindful behaviours that we can adopt, such as keeping noise levels low and helping our neighbours out in small ways. Through their online polls and Q&A segments, they spread the message of good neighbourliness so that everyone can enjoy a pleasant and conducive living environment.



Zhenghua Secondary School

It's Okay To Not Be Okay



Project Completed By:

Seah Aik Enid, Anieq Altaqiey Bin Khaizuran, Jesmond Chang Han Bitt, Alekzander Bin Elly Sutra, Jerome Ng Wei Cheng, Gerard Soh Jing Xiang, Blaze Lim Yi Jie, Leo Wen Xuan, Samantha, Jeremy Mark Ang Jern Ray, Rozie Idora Irwan

Uniformed Group:

NCC (Air) - Group A

Instagram:

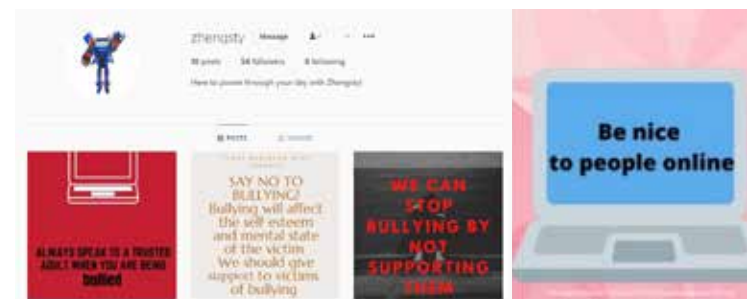
@itsoktonot_beokay

Wanting to play a small part in encouraging mental well-being, the students posted uplifting and positive quotes on their Instagram page. They hoped to normalise the expression of one's feelings especially among youths, thereby motivating people to be true to themselves and to also be kind by looking out for others' well-being.



Zhenghua Secondary School

Anti-Bullying with Zhengsty



Project Completed By:

Andre Leong Wei Ze, Woon Wee Jet, Ong Sai Yong, Foo Zhi Kai, Heng Yu Feng Zenneth, Matthew Tan Ting Rui, Ip Xu Zhe, Ng Yu Feng Dylan, Muhammad Jahrann Md Ruhul Amin, Yong Sher Han, Koh Jieqi Xavier

Uniformed Group:

NCC (Air) - Group B

Instagram:

@zhengsty

The students initiated an anti-cyberbullying Instagram campaign with a mascot named 'Zhengsty' to educate their online audience about kindness in the virtual world and in real life. By posting images to spread the message of using kind words and standing up for victims of cyberbullying, the students aimed to advocate for a more empathetic community both online and offline.

THE DRESS

INTERACTIVE FILM

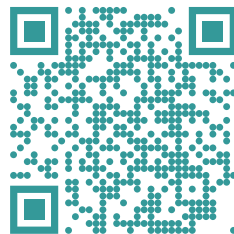


Introducing SKM's interactive film, "The Dress" where YOU make the key choices.

The film follows a young man named Alex, who has just moved into the neighbourhood. He chances upon a neighbour's dress under the void deck that had fallen from the hanging pole. He is now given the choice to meet his neighbour and introduce himself. Should he track down the neighbour? Or mind his own business?

No act of kindness is too small - all gestures can brighten up someone's day. Discover how a kinder you can make us stronger.

Scan the QR code to start your adventure or visit <https://www.kindness.sg/general-public/the-dress/>



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