



FRIEND OF SINGA SILVER JUBILEE AND KINDNESS BADGE AWARDS 2015

FRIEND
OF
SINGA
SILVER JUBILEE

— AND —

KINDNESS BADGE AWARDS 2015



13 NOVEMBER 2015, FRIDAY



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KNOW OF ANY KIND NEIGHBOURS?

Send your stories to us at kindness@kindness.sg
and receive a mystery gift which will be mailed
to your home!

Do include your:

- Name
- School
- Mailing address
- Contact number (parental consent required
for students under 18 years)

Neighbourliness Tip: How to Know Your Neighbours Better

Learn traditional games (eg. Pick-up Sticks, Goli, Capteh,
Five Stones) from your parents and play them with your
neighbours! Or consider organising a "Let's Makan" session!
For more information, visit www.kindness.sg/lets makan

Let's
Makan

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ABOUT SINGAPORE KINDNESS MOVEMENT



SINGAPORE KINDNESS MOVEMENT

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



MISSION

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

OUR MISSION STATEMENT:

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



CONNECT

The Kindness Gallery
Old Hill Street Police Station
140 Hill Street #01-09
Singapore 179369

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Facebook: facebook.com/kindness.sg

Twitter: @KindnessSG

Instagram: @KindnessSG

Youtube: youtube.com/kindnessSG

SCHOOL PROGRAMMES 2016



SCHOOL PROGRAMMES 2016

Character education is at the core of Singapore Kindness Movement's school programmes. This year, we explored the concept of kindness with the attitude of "it starts with me!" in each individual.

Our school programmes range from assembly sessions, outreach projects and animation series, to downloadable teaching resources and funding for kindness initiatives. For more detailed information on the programmes, please visit kindness.sg or kindness.sg/kindsville.

TOGETHER, LET'S MITE KINDNESS BY:

M

- MODELLING KINDNESS IN OUR SPEECH AND ACTION

I

- INSPIRING OTHERS BY EXAMPLE

T

- TRANSMITTING KINDNESS AT ALL TIMES

E

- EMPOWERING OTHERS TO ACT KINDLY BY ENCOURAGING AND CELEBRATING SIMPLE KIND ACTS

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FRIEND
OF
SINGA
SILVER JUBILEE



ABOUT FRIEND OF SINGA



FRIEND OF SINGA AWARD 2015

The Friend of Singa is currently in its 25th year running and it continues to promote the essential values of selflessness and love behind the kind acts of young, caring individuals.

Since the revamp in 2009, all participating teams have to complete a kindness project within their school community over a six-month period. These projects should create an impact within the school community and leave meaningful effects on the students' behaviours.

This year, Friend of Singa has moved away from merit-based awards to one that focuses on sustained participation from schools. To help kick-start these projects, the Singapore Kindness Movement funds up to \$150 per project.

The theme for Friend of Singa 2015 is "A Nation of Kindness Starts with One!"



AN OVERVIEW OF THE FRIEND OF SINGA PROGRAMME

Each school selects up to eight students for the programme.

All participants attended a half-day workshop in February. The workshop equipped students and teachers with design thinking, project management and public speaking skills.

The students then identified areas where they felt social graces were lacking in their respective schools and came up with a creative solution to address the problem. They had up to six months to complete the project.

DID YOU KNOW?

We have a total of **169** schools taking part in FOS 2015!

Here's the breakdown:

Primary Schools:

» **100** «

Secondary Schools:

» **62** «

Special Education Schools:

» **7** «

FRIEND OF SINGA 2016

TAKE PART IN FRIEND OF SINGA 2016! HERE'S THE THEME:

“_____, PASS IT ON.”

Registration will begin in January 2016. Log on to
www.kindness.sg or www.kindness.sg/kindsville for updates!

Workshops will be held in February 2016.

More information on the theme will be given out at
the workshops.

INTRODUCTION TO FEATURED CATEGORIES



The programme is now based on sustained participation, therefore schools are now categorised by the number of years of their participation. Accordingly, the projects are now categorised as:

- ▶ Most all-rounded projects
- ▶ Most inspiring social etiquette initiatives
- ▶ Best murals and designs
- ▶ Most interesting initiatives and challenges
- ▶ Best appreciation initiatives
- ▶ Most heart-warming community service projects
- ▶ Most interesting social media initiatives

The projects submitted this year continue to impress. Most of them were integrated and multi-faceted, involving various groups within the school community, including parent support groups, to achieve greater impact and sustainable engagement.



MOST ALL-ROUNDED PROJECTS

This category features schools that have projects with the most well-planned report, best execution and highest quality of reach.

- 10** Balestier Hill Primary School
- 11** Bedok Green Primary School
- 12** Casuarina Primary School
- 13** Edgefield Primary School
- 14** Global Indian International School, Balestier
- 15** Kheng Cheng School
- 16** Beatty Secondary School
- 17** East View Secondary School
- 18** Pasir Ris Crest Secondary School
- 19** Pioneer Secondary School
- 20** Raffles Girls' School
- 21** MINDS – Lee Kong Chian Gardens School

MOST ALL-ROUNDED PROJECTS



BALESTIER HILL PRIMARY SCHOOL (6th YEAR)



- ▶ PANCHAKUNATHORN THANAPON
- ▶ MUTHAIAH HINDBASHINI
- ▶ REGINE WONG
- ▶ DO HOANG MY

- ▶ MOHAMED SHARIZUAN BIN HERMANSHAH
- ▶ MUHAMMAD ALHAKIM BIN JOHARI
- ▶ NUR WAHYUNI
- ▶ HAFSAFARARSANA NACHAR BINTE SYED MUHAMMAD ALI MARICAN

PROJECT SUMMARY BHPS R.A.W.K!

Believing that the school community has to own the campaign, "The Catalyst 2.0" inspired fellow students to not only return a favour, but pay it forward with the following activities:

- **Pre-assembly programmes** and **class kindness wheels** reminded students to perform simple deeds for others.
- **Paying kind deeds forward** was encouraged which helped speed up the school community's engagement in Random Acts of Worthy Kindness (R.A.W.K).
- **Kindness Podcasts** provided lower primary students an avenue to express gratitude to parents, teachers, non-teaching staff and friends.
- **Kindness Strips** enabled primary 3 and 4 students to express their creativity in paying kindness forward via an online comic strip.
- **"A Kindness Script"** challenged the upper primary students by testing their scriptwriting ability.
- **Pay-it-forward Bazaar** encouraged students to buy Do-It-Yourself items to pay forward acts of kindness.
- To summarise the entire campaign, an **e-book** would be created and uploaded onto the school's Social Learning Wall.

Despite time constraints, execution and technical challenges, the campaign was well-received by the entire school. As they put it, BHPS R.A.W.K!

MOST ALL-ROUNDED PROJECTS



BEDOK GREEN PRIMARY SCHOOL (7th YEAR)



- ▶ MUHAMMAD HASANUDDIN BIN MOHAMMAD HANAFIAH
- ▶ SITI ZAINAB BTE MD MUSTAFFA

- ▶ SRI ARDREAH FEEROSHA BINTI
- ▶ NURUL AIN BINTE HARUN

PROJECT SUMMARY

A Celebration of Kindness Starts with One!

The ambassadors would like students to understand the values of care and concern, consideration, empathy and appreciation. These activities were conducted:

1. **Simple acts of kindness around us.** Posters of students displaying acts of kindness were placed around the school to raise awareness on how to display kindness.
2. **Notes of appreciation.** Simple acts of appreciation to one another can make a difference, boosting spirits and providing motivation. Staff and students penned notes to one another, acknowledging one another's contributions.
3. **Lollipop moments.** All staff were given two lollipops to pass to someone they wanted to show appreciation to. A photo was then taken, containing a caption with words of gratitude.
4. **BGPS Display.** As a finale, a 3D display was put together with students and staff contributing different elements, such as care and concern, consideration, empathy and appreciation.

All members of the school were able to admire the BGPS Display and in doing so, were reminded of the combined effort to construct the BGPS Display and the values that constituted kindness.

MOST ALL-ROUNDED PROJECTS



CASUARINA PRIMARY SCHOOL (7th YEAR)



- ▶ DAYANG NURBATRISYIA
- ▶ ZELIA CHAN JING YI
- ▶ SAMANTHA PEARL SIM YUAN YUE

- ▶ ASHLYNADEEP KAUR
- ▶ NEELUFER ZAHRA BINTE MOHAMMAD AZIM ULLAH

PROJECT SUMMARY

It Starts from One and It Starts with ME!

Ambassadors aimed to get students to take initiative in displaying kindness and to raise awareness that anyone could spread ripples of kindness with small acts. These activities were implemented:

- **Hearty the school mascot** spearheaded the school to engage in kind acts, appearing in assembly programmes where videos related to kindness were shown to the school.
- **"If I can greet, so can you!"** was launched to get people to smile and greet one another as the ambassadors observed that there was a lack of initiative in smiling and greeting between peers and staff.
- **"Fold me some kindness", "Bookmark your kindness down", "There's always time to show some appreciation"** and **"Lolli Flowers"** were simple yet meaningful activities for students to express their gratitude by writing down and carrying out simple kind acts.
- **"Let's send some love home"** got students to send love letters to their family members.

Through the activities, students became more aware of how a simple act of kindness could cause ripples of kindness throughout the school.

MOST ALL-ROUNDED PROJECTS



EDGEFIELD PRIMARY SCHOOL (7th YEAR)



- ▶ GENELL LOY ZI QI
- ▶ RAJU NITESH
- ▶ OSTIN NG JIN KAI
- ▶ KHUSHAIRI ELHAN SHA BIN KHAIRUL NIZAM

- ▶ ZECHARY LUQMAN BIN MOHAMMAD ZALI
- ▶ MEGHNNA SAJEEV
- ▶ ANAGHA SHYJU
- ▶ WEE LI KUAN OLIVIA

PROJECT SUMMARY

Every Edgefielder Matters

The ambassadors aimed to create a gracious culture in school and to get students to act kindly without being told. Several activities were carried out:

1. **Palms of Kindness.** Ambassadors and student volunteers went around the canteen with posters to convey messages and engage students in conversations about kindness.
2. **Education of Values.** A talk show on a book – “Gracious students. Have we lost it?” – was held for students and learning materials were prepared with activities to engage students.
3. **Kindness Week.** A myriad of activities were conducted to engage students, staff and parent volunteers, so they could express appreciation through mail and song dedications.
4. **Kindness Videos.** Videos that depicted social graciousness in school were produced in collaboration with the Speech & Drama Club and shown during Kindness Week.
5. **Staff Kindness Board.** A board was placed in the staffroom to showcase words of appreciation and affirmation among the staff, making them models of kindness in speech and action.

Through the campaign, Edgefielders learned that making kindness a way of life is a journey and changes are not achieved overnight. Rather, a single act of kindness can bring about positive changes.

MOST ALL-ROUNDED PROJECTS



GLOBAL INDIAN INTERNATIONAL SCHOOL, BALESTIER (5th YEAR)



- ▶ CADENCE NITHILA COLLINSS DAVID
- ▶ PRISHA KUMAWAT
- ▶ MIHIR KISHORE
- ▶ JAIDEV BALAJI

- ▶ VAIDEHI BODHANKAR
- ▶ AUREL CHATTERJEE
- ▶ AYUSH NARAYANAN
- ▶ NINAD KHARE

PROJECT SUMMARY

One Act of Kindness in a Day Can Help Build a Kinder Nation!

Ambassadors focused on character building for developing a kind and caring community.

1. A **buddy system** was set in place to help new students settle in and be comfortable from the beginning. This helped students adapt to the new environment with ease. In return, buddies were given notes of appreciation.
2. **Special assemblies** were conducted. Following the brief to the school on the proposed kindness projects, the ambassadors performed a skit on "kindness and graciousness". On Labour Day, ambassadors talked about the contribution of helpers in our society.
3. "100 Days of Kindness" and "I Pledge Cards" challenged students to actively live a life of kindness day by day and record one kind act that they had carried out each day.
4. To consolidate the project, students were asked to take a pledge to continue showing kindness by writing on small leaves that were then pasted to form the **Kindness Tree**.

Through this project, students learned that showing kindness does not take a lot of effort, and that small acts do go a long way in making someone else's day!

MOST ALL-ROUNDED PROJECTS



KHENG CHENG SCHOOL (7th YEAR)



▶ AXEL TONG CHENG YONG
▶ CABRILLOS JIALI BALAHADIA
▶ CLAIRE CHONG JING YI

▶ KAYLA GOH WEN XUAN
▶ WONG WEI TING

PROJECT SUMMARY

Kindness

The ambassadors wanted to promote an environment that nurtured every student to adopt the values of kindness, display kindness in their daily lives and celebrate kind acts by using F.E.T.C.H (feasibility, efficiency, time, cost and happiness) to plan and implement their activities:

1. **Kindness sharing sessions** were conducted through storytelling, poem recitations, plays and talks. Posters were also displayed to remind students to demonstrate kindness.
2. **Kindness booklets** were distributed for students to record their kind acts.
3. **Kindness drawing competition** where students drew their thoughts of kind acts and ideas on how they could emulate those examples.
4. **Jumbo sale** where donated items from the students were sold in the school to raise funds to show appreciation to the cleaners.
5. **"Raise Me Up"** and **"Very Inspiring Pupils"** were programmes which recognised students who showed kindness to their friends and for the kindness they had displayed in school.

Through these activities, students learned what constituted kindness, how to be kind and that every little act from an individual could bring about positive change in everyone.

MOST ALL-ROUNDED PROJECTS



BEATTY SECONDARY SCHOOL (7th YEAR)



- ▶ CYRIL KOH WEN HAO
- ▶ IMAN ILHAMSHAH B JUMAHAT
- ▶ BASIL SIM ZHENG YI
- ▶ SHAO ZEYU

- ▶ MUHAMMAD ZULFAZLIN B ZAINAL
- ▶ TAN ELICIA
- ▶ FRANCISCA LAM HUI TING
- ▶ ONG KAY-RU, GENEVIEVE

PROJECT SUMMARY

Kindness That Binds: One Hand, One Heart

The aim of the project was to promote graciousness among students by getting them to show compassion and empathy within the school and the community.

A series of activities was implemented:

1. **"Insta an Act of Kindness"**. An Instagram account was created to reach the tech-savvy population in the school. Instagram hashtag #icarebeatty2015 was formed to encourage the sharing of kind acts and to promote good online etiquette.
2. **"Escape Room in the Dark"**. Participants overcame a series of physical and mental obstacles while blindfolded. The game raised awareness of the challenges that people with disabilities faced.
3. **"Wish upon a Card"**. Classes were tasked to spearhead a project to write words of encouragement for graduating students.
4. **Braille Cards**. The highlight of the campaign was a school-wide effort in creating well-wishing cards in Braille for the visually handicapped from the Singapore Association for the Visually Handicapped (SAVH).

In conclusion, the series of events allowed students from Beatty Secondary School to experience what kindness was through empathy, and also gave them numerous avenues to display acts of kindness.

MOST ALL-ROUNDED PROJECTS



EAST VIEW SECONDARY SCHOOL (4th YEAR)



- ▶ WEE YEW HENG ORISON
- ▶ MOHAMED HAIKAL BIN MOHAMED HALIM
- ▶ NUR DINAH AFIQAH BTE ABDUL MALIK
- ▶ LIU MENG QI MEGAN

- ▶ NURSAKINAH BEGUM BINTE MOHAMED F
- ▶ MUHAMMAD HAIRUL HAZIM BIN ISMADI
- ▶ NUR RINI ANDRIANI BTE KAMSANI
- ▶ AANISAH BINTE ABDUL MALEK

PROJECT SUMMARY

Project iCARE

Project iCARE was carried out to enhance the culture of care in East View Secondary School. It encompassed four different acts of kindness that nurtured the virtue of care in the school by getting students to show concern for others. The following activities were introduced:

1. **"Greet with a Smile"**. This initiative of smiling and greeting inspired a culture of care and warmth amongst the school population, increasing mutual respect between peers and staff.
2. **"Random Act of Kindness Card"**. It challenged students to intentionally carry out kind deeds.
3. **"To Students with Love"**. Form teachers were challenged to show care and concern for the students under their charge, thus motivating and imparting good values to students.
4. **"Especially for You" (Appreciation Day for Non-teaching Staff)**. Assembly programmes were conducted to acknowledge the important contributions of the non-teaching staff.

Through these activities, the students learned the importance and significance of positive behaviour and made the commitment to practise and cultivate respect, responsibility and compassion in their daily lives.

MOST ALL-ROUNDED PROJECTS



PASIR RIS CREST SECONDARY SCHOOL (7th YEAR)



- ▶ CHUA TZE KIAT, JACK
- ▶ CHIA WEN WEN
- ▶ TAN XUAN LE
- ▶ JODY CHNG JINGYI

- ▶ GWEN NG LI-WEN
- ▶ DUNCAN CHONG YAN MING
- ▶ CHAN YI KANG, AMOS

PROJECT SUMMARY

A School of Kindness Starts with Me

Ambassadors aimed to cultivate a school of care by getting students to use positive language and show more consideration to the school environment and its facilities.

- **CREST lessons.** The student-led lessons helped everyone recognise the consequences of ungracious language.
- A **hands-on activity** was also designed for every level where students were encouraged to write kind messages to their peers and acknowledge gracious behaviour.
- Various activities were then consolidated in an **assembly programme**, where students introduced the idea of kindness in action. This encouraged them to be considerate in school so that they could be kind to those who helped them keep the school clean.
- **Clean and Green Week @ PRCS.** Teachers and students both cleared the rubbish bins by themselves. This allowed students to empathise with the school's cleaners.

As a result, the students became more gracious in their speech, knowing that their small kind deeds could go a long way. Based on the positive feedback, it was evident that the project was a success!



PIONEER SECONDARY SCHOOL (2nd YEAR)



- ▶ HALIMAH- TUS SA'DIAH BTE M Y B
- ▶ MUHAMMAD FADHIL B YUSOFF
- ▶ NG ZHI KANG JAVIER
- ▶ NURHAIFAA IZZAH BTE ABDUL S

- ▶ JOY TAN XIN JIE
- ▶ THARSHANA SUBRAMANIAM
- ▶ SYUFIAN B MD ROSLI

PROJECT SUMMARY

#PSSKindness

Pioneer Secondary School's FOS ambassadors comprise seven Secondary 2 students. Together with the teachers-in-charge, they aimed to tackle issues of ungraciousness in the school community. Through surveys and observations, the team identified three main problems:

1. Lack of communication within and between classes
2. Lack of understanding between students
3. Lack of avenues to display appreciation between students

To target these issues, the ambassadors brainstormed and planned, in line with the school's calendar, events to build awareness and promote kindness in the school. With that in mind, the team came up with three main objectives for their project:

1. To create awareness of the kindness movement
2. To improve communication within the school
3. To express more appreciation and kindness towards others

Kindness events were planned and executed throughout Terms 2 and 3. To extend the project's reach, the team tagged onto major events such as International Friendship Day and Racial Harmony Day, spreading the kindness message and creating more meaning for students and staff. The positive ratings and reach made #PSSKindness a success.

MOST ALL-ROUNDED PROJECTS



RAFFLES GIRLS' SCHOOL (7th YEAR)



- ▶ ESTHER LAI SHI NING
- ▶ CHUA HUI MIN
- ▶ MEGAN CHIN ZEN MIN
- ▶ TAN SHUN HUI DAPHNE

- ▶ VICKY QU QIAN QIAN
- ▶ NG HAI NING
- ▶ SUBIKSHA RAMAN
- ▶ DAWN WEE EE

- ▶ SHOBANA RAVICHANDRAN
- ▶ PETRINA KONG YI XUN
- ▶ GOH YIYOU TERRE
- ▶ CHUNG SO HYUN

PROJECT SUMMARY

A Nation of Kindness Starts with One

The ambassadors focused on encouraging the school to carry out genuine acts of kindness and to get students to break down barriers and interact with one another. Every month, a theme was introduced:

1. **April: Supportive.** Writing balloon messages and kindness quotes encouraged the school to be kind, and reap the many benefits of kindness.
2. **May: Caring.** During Sportsfest, a joint workout and SKM dance created an environment where students were able to interact spontaneously.
3. **June: Considerate.** After interviewing staff and students on what they thought kind acts were, the videos were uploaded onto social media which were viewed by many students.
4. **August: Grateful.** The hashtag #rgskm15 served as a challenge. An online template was created and students could respond freely. Students from other schools also contributed to the hashtag and it garnered many "likes".

Many other activities were also implemented on a weekly basis such as Motivational Mondays, Fabric of Kindness, Friendship Telepathy Challenge and Whiteboard Pledge which helped to make the school a kinder place.

MOST ALL-ROUNDED PROJECTS



MINDS

MINDS – LEE KONG CHIAN GARDENS SCHOOL (2nd YEAR)



- ▶ HIEW YONG PING
- ▶ BALQIS KHAIRAYU BTE SAMIAN
- ▶ MUHAMMAD AMIN BIN SALLEH ISKANDAR
- ▶ EUGENE TAN ZUNN HOU

- ▶ NG KAI LI
- ▶ CHIN JUSTYN
- ▶ ANISSAH BTE ABDUL RAHMAN
- ▶ TAY DING YANG GLYN

PROJECT SUMMARY

Our Garden of Kindness Begins with Me

The ambassadors wanted to promote kindness by inspiring students to engage in caring and sharing. They believed that one student's kind act would grow into many acts of kindness from other students, turning us into a nation of kindness. Several activities were carried out:

1. **Publicity.** The ambassadors role-played specific scenarios that depicted caring and sharing, and also displayed photos of these acts around the school to remind everyone to be kind daily.
2. **Class learning.** Learning materials were given out during classes to enhance the students' understanding of what they could do to promote kindness.
3. **Care & Share Passport.** Pictures of kind acts that were emphasised during the launch and role-play were reflected in the passport. Students received a star in the passport from the teachers whenever a kind act was spotted.
4. **Finale.** The project officially ended with a celebration with all classes putting up performances to showcase their understanding of kindness.

Through these activities, students of Lee Kong Chian Gardens School were able to internalise and practise acts of kindness in their daily lives.



MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES

This category features schools with projects that focused on a specific social etiquette in school, inspiring everyone to make a change.

- 23** Ang Mo Kio Primary School
- 24** Coral Primary School
- 25** Raffles Girls' Primary School
- 26** Xinmin Primary School
- 27** Yuhua Primary School
- 28** First Toa Payoh Primary School
- 29** Fuhua Secondary School
- 30** Hong Kah Secondary School
- 31** St. Anthony's Canossian Secondary School
- 32** St. Margaret's Secondary School
- 33** Woodlands Secondary School
- 34** APSN - Delta Senior School

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



ANG MO KIO PRIMARY SCHOOL (5th YEAR)



- ▶ ZEXEL LIM ZI LOONG
- ▶ TAY YU XIN, BERNICE
- ▶ LIM RU HAN
- ▶ KEIRA CORINNA SWETHA GOPHINATHAN

- ▶ ZOMIN LOW CHOK MIN
- ▶ BRENNAN CHIA YING RONG
- ▶ FARAH ADRIANA BINTE AHMAD FAKAHRY
- ▶ GOIK CO CO

PROJECT SUMMARY

A Nation of Kindness Starts with One Leader!

The campaign aimed to reinforce the message that each pupil was a leader and everyone could take initiative to contribute to a kinder school and community. Several activities were implemented:

1. **Mascot Design and Naming Competition.** Teachers were given the chance to design a mascot for the school and pupils could name it. The selected mascot was called Leady Bear.
2. **Leady Bear Poster Colouring and Card to Friends.** Pupils had to colour their mascot and write encouraging, congratulatory or appreciative notes to their classmates.
3. **Kindness Movement Leadership Pledge.** Pupils were to create their own pledge, which reinforced the idea that kind acts should be a natural behaviour.
4. **Bingo Card and Class Kindometer.** Pupils were given one Bingo card, each with varying difficulty depending on their level of study. They had to complete the acts of kindness and obtain five signatures in a row. Upon completion, they were awarded a sticker, which contributed to their Class Kindometer.

Through these activities, pupils learned that to be a leader, they had to take the initiative and be a role model in kindness.

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



CORAL PRIMARY SCHOOL (2nd YEAR)



- ▶ JEANETTE TAN
- ▶ AINA AFQAH BINTE MUHAIRI
- ▶ LOW YAN SHAN CHARMINE
- ▶ HILARY ZHANG HUI

- ▶ VILLACAMPA ALYSSA PEPITO
- ▶ JIN DONGHUA
- ▶ GWYNETH OU HUI WEN
- ▶ JOSIAH HILLEL CURAMENG MADRID

PROJECT SUMMARY

Greeting Starts with ME!

The objective of the campaign was to create a pervasive culture of care and respect in the school through the simple act of greeting. Several activities were executed:

1. **“Greeting Starts with You and Me” jingle.** Students and teachers created the jingle and it proved a hit with the school, where it was sung during assemblies.
2. **Recess activities.** The ambassadors created interesting games to raise the awareness of greeting among students. Through these games, students learned the etiquette of greeting in formal and informal settings.
3. **Greetings in mother tongues.** Students were taught greetings in Chinese, Malay and Tamil. Quizzes were conducted to ensure that the students learned the greetings.
4. **“Learn & Grow” Tree.** A lesson package was created for students to reflect on what they learned through the activities. Their reflections were written on leaf-shaped cards and hung on the tree for all to appreciate.

The post-activity survey showed a large increase in students greeting each other and the staff in school. The campaign definitely promoted the culture of greeting amongst the students of Coral Primary School.

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



RAFFLES GIRLS' PRIMARY SCHOOL (7th YEAR)



- ▶ ALLYSCIA CLARE PEREIRA
- ▶ ZOE LEE
- ▶ TARA MARIA SAWNEY
- ▶ GOH XIN RU KARIN

- ▶ TAN NINN, TAESHA
- ▶ KOAY TZE ERHN
- ▶ TONG ZAYN
- ▶ AMANDA TAN NGYA LENG

PROJECT SUMMARY

Kind Friendship with Colours (KFC)

The ambassadors identified that there were peers who were too shy and introverted to make friends. Therefore, they wanted to promote better understanding, appreciation and friendships among all with these activities:

1. **Friendship Bench.** Two benches with boxes containing conversational topics and kindness challenges were set up. This encouraged people to perform kind acts for one another, make friends or get to know their friends better.
2. **Secret Pal Postcard.** Over four weeks, pupils had an assigned secret pal to write postcards to, based on a topic that was announced weekly.
3. **Appreciation Board.** Pupils wrote notes of appreciation to their friends to thank them for the nice things that they had done for them. These notes were then put up onto a notice board.
4. **Song Dedication.** Pupils were encouraged to send song dedications to show their appreciation. The songs were broadcasted in the hall with the dedicated messages displayed concurrently.

Through these activities, the message of friendship spread throughout the school. Students learned ways to start conversations with others and to build meaningful friendships, making the school a friendlier place.

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



XINMIN PRIMARY SCHOOL (6th YEAR)



- ▶ ARYNI BINTE AZALI
- ▶ NAJMEE JUANI BTE JURAIMEE
- ▶ KELLY KER

- ▶ PARVIN SULTHANA
- ▶ BRANDON LIU FUNG CHEN

PROJECT SUMMARY

Silence Starts Here

The ambassadors wanted students to spare a thought for others by reducing their noise levels when they moved between locations in school. These activities were implemented:

1. **Art Competition.** Students used drawings to motivate Xinminites to understand the importance of moving around school quietly.
2. **Fundraising Carnival.** Puzzles were made from winning entries of the art competition. Games were created to educate students on the importance of a noise-free learning environment. Students had to donate a small amount to the FOS project to play the games and it proved a hit.
3. **Origami Making.** Origami papers bought with funds collected from the carnival were used to teach students to fold a mouse to remind them in a fun way that they should move as quietly as a mouse.
4. **Best Transiting Class Challenge.** Classes were challenged to be as silent as possible when moving between locations and the principal commended the class that did the best. This encouraged all to follow their example.

Through the activities, Xinminites learned to spare a thought for others and to create a conducive learning environment by moving quietly.

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



YUHUA PRIMARY SCHOOL (7th YEAR)



- ▶ DRISSIA KRISHNAN
- ▶ CHONG ZEON WEY
- ▶ LILY MARIANI BINTE MOHAMMAD
- ▶ TAN YUAN ZHI

- ▶ LEONG WAN TING JOLIN
- ▶ ZEON TEO
- ▶ IRFAN ALI BIN HAJI SIKANDER
- ▶ MUTHUVEL PRIYADHARSHINI

PROJECT SUMMARY

Kindness @ Yuhua!

The ambassadors wanted to inculcate a culture of care and concern for one another in the school by establishing human connections with fellow schoolmates through kind words, even if they were strangers. To achieve this objective, these activities were carried out:

- 1. Kindness Big Box Project.** All pupils were encouraged to drop their kindness cards into a big box which was located in the canteen. Students wrote kind messages and were encouraged to personalise their own kindness card. These cards were then distributed to random pupils in the school. Pupils who received the cards were tasked to find and approach the writers to thank them for their kind words.
- 2. Exam Motivational Screening.** A week before the exams, pupils recorded clips with motivational words. These were compiled and screened during recess. Students enjoyed them and were able to pick up good phrases to encourage their friends.

Through these activities, students were more aware that kind words to anyone, whether a friend or a stranger, could make a difference to people's lives.

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



FIRST TOA PAYOH PRIMARY SCHOOL (7th YEAR)



- ▶ TRAVIS FOU JUN HUNG
- ▶ HO YUN MAN
- ▶ HTWE SU MYINT THAW
- ▶ MARCO CHOONG

- ▶ NIKOSON LIM
- ▶ CHEN YU HAN
- ▶ LAM KAI LI
- ▶ NUR JAZNITA BINTE JURAINI

PROJECT SUMMARY

Words and Acts of Kindness Make My Day!

The objective of the campaign was for students to know that respect, graciousness, and kind deeds and words could make someone's day. To achieve this, the campaign was based on three prongs – awareness, action and sustainability. Several activities were carried out:

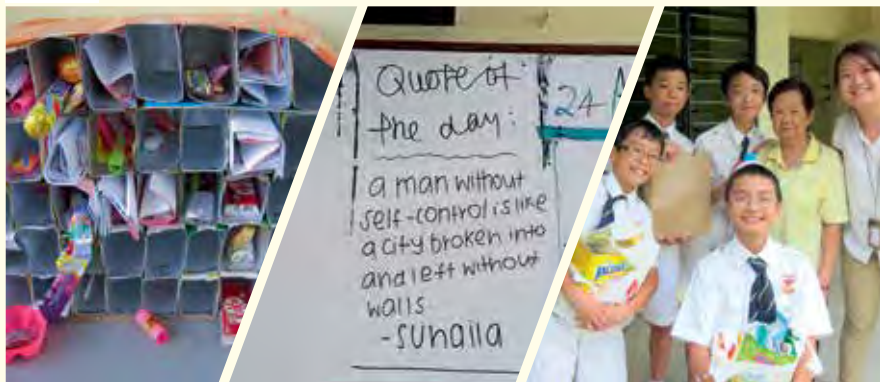
1. **Kindness Pledge.** To raise awareness, the pre-assembly period was used to introduce the kindness pledge. Classes were also taught a separate pledge on how to be kind and gracious.
2. **Gratitude Cards, Kindness Wall and Caught-it-right.** To encourage action, students penned down their appreciative thoughts to their friends and teachers on cards. These cards were put up onto the Kindness Wall. Students found exhibiting kind acts were also awarded stickers, which they could exchange for a kindness badge.
3. **Home Helper Programme.** To ensure sustainability, ambassadors wanted to extend kind deeds to the home. Students had to fill in a daily reflection sheet on what they had done at home to brighten someone's day and their feelings thereafter.

Through these activities, students realised that small acts and words of kindness could make someone's day.

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



FUHUA SECONDARY SCHOOL (4th YEAR)



- ▶ CLAUDIA TAN JING TONG
- ▶ SITI AISHA BTE MEDI
- ▶ KATHLEEN LIM XIANG XUAN
- ▶ CHLOE NG XUANHUI

- ▶ WEE HONG YAO, MARCUS
- ▶ NUR EKA QASHRINA BTE M N H
- ▶ SEE YU HONG
- ▶ POW JIE FONG

PROJECT SUMMARY

A Nation of Kindness Starts with One Earth

The campaign's objective was to encourage students to spread joy and graciousness by being responsible towards the earth, the environment and our fellow humans. Tying in with the Character and Citizenship Education curriculum, the key theme of the project was iCARE, which represented:

1. **iCommunicate.** Students communicated messages of inspiration, motivation and kindness to their classmates by sharing a "quote of the day" with their class.
2. **iAppreciate.** Students showed their appreciation for their classmates with letters of affirmation or gifts in "envelopes of love" made from recycled materials.
3. **iRecognise.** Classes recognised the school attendants by giving them appreciation notes and helping them with their duties.
4. **iEarth.** Students were encouraged to reduce their consumption of plastic bottles. There was no sale of plastic bottled drinks in school during the period.

The campaign ended with Fuhua Kindness Day where exhibitions showcasing campaign activities were set up and activities such as trivia quizzes and live dedications of appreciation messages were held. It allowed students and staff to understand what kindness meant and gave them a platform to act on it.

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



HONG KAH SECONDARY SCHOOL (7th YEAR)



- ▶ HAZIRATUL ZAKIRAH BTE GHAZALI
- ▶ LEE JIA EN, JACQUELINE
- ▶ CHEW ZI YING
- ▶ MOHAMMAD SUFIAN B SUHAIMI

- ▶ MOHAMED HAIKAL HAZIQ SHAH
- ▶ MUHAMMAD JALALUDEEN WONG JEEM BIN MUHD FAIZ WONG
- ▶ SITI NURHIDAYAH BTE ZAINI
- ▶ R GOWTHAM

PROJECT SUMMARY

A Nation of Kindness Starts with One!

A problem identified by the ambassadors was that it was hard for students to break away from their façades of “coolness”, thereby creating difficulties in establishing human connections with the people around them. The ambassadors decided to expose the students to kind acts so as to create an atmosphere of kindness and allow the students to experience doing kind acts. These activities were planned:

1. **“Humans of Hong Kah”.** This was to showcase stories of their schoolmates, especially those of kindness. Such stories highlighted the best of each student’s human nature, so they would learn to see one another as unique individuals, and not just faceless students.
2. **Non-teaching Staff Day.** This was to expose the students to the work of non-teaching staff so that they would not be taken for granted.
3. **Free Hugs Day.** This spread the message that it was normal to ask for support when needed, because support would always be there for them.

Through these activities, and many more, students could feel the care and support around them and were more willing to show kindness and ask for support when needed.

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



ST. ANTHONY'S CANOSSIAN SECONDARY SCHOOL (6th YEAR)



- ▶ NIA QURAISSYA
- ▶ EMILY JOANN FONG MACY
- ▶ NADIA TAN
- ▶ LIANG MU EN OPHELIA
- ▶ VICTORIA ANN TAN SU YAN
- ▶ BERNADETTE LIM WAN LING
- ▶ RACHEL TAN WEILING
- ▶ AZEEZ RAASHEEDA FATHIMA
- ▶ ISABEL DE SOUZA FARIA
- ▶ SARAH ILYANA BTE NOOR HIZAM
- ▶ TAN ALETHEA JANNA

PROJECT SUMMARY

Echoes of Kindness

The ambassadors wanted to encourage their fellow schoolmates to be more appreciative, more aware of their surroundings and not take things for granted, ultimately creating an empathetic community where everyone felt appreciated. Several activities were lined up:

1. **"Cents of Kindness"**. Students were encouraged to contribute spare change to a jar, and students in need of extra change to buy food could withdraw coins from it.
2. **"In Their Shoes"**. Each class was allocated three unsung heroes in the school. Classes got to know them and their daily scope of work better by spending time with them and helping them with their jobs.
3. **"Care Package"**. Following "In Their Shoes", the classes were tasked to create a package that consisted of items that their allocated unsung heroes might need in their jobs.

Through these initiatives, students became more generous and learned the principles of "giving and taking", which they could then apply in school and the community. Students also showed more positive attitudes towards the staff and were more willing to help, truly creating a caring, nurturing and empathetic culture in school!

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



ST. MARGARET'S SECONDARY SCHOOL (7th YEAR)



- ▶ LEE JOEY
- ▶ HILLARY CHUA YAN LING
- ▶ NUR AFIFAH BTE MOHAMED NASSIR
- ▶ LEE YUE NING, JAIME

- ▶ SAMANTHA VOON WENHUI
- ▶ THULASI D/O KUMARAVEL
- ▶ PRAJWALA KANAKESH
- ▶ CHIA JIE YU CHLOE

PROJECT SUMMARY

A Nation of Kindness Starts with One H.E.A.R.T

The ambassadors wanted to inculcate awareness and empathy for others and provide a platform for fellow schoolmates to “pass on” the care. The activities were implemented using H.E.A.R.T:

1. Halo. The SMSS handshake was used to encourage students to interact with one another and give a handshake to anyone who needed a mood-booster.
2. Environment. To protect the environment and support those in need, students were encouraged to donate pre-loved items instead of throwing them away.
3. Apple. This represented the story of Snow White. The Disney-themed photobooth provided props that served as reminders to spread kindness.
4. Ribbon. Different-coloured ribbons containing encouragement notes represented different forms of support for various groups of people. These ribbons were left around school for anyone who needed any kind of encouragement.
5. Toe the Line. This initiative addressed the problem of queue-cutting. A slogan was introduced: “The next time you think of jumping a queue, think of T.O.E – toe the line, it is a Test Of Empathy.”

Through these activities, students became more empathetic and generous with showing care and concern to others.

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



WOODLANDS SECONDARY SCHOOL (4th YEAR)



- ▶ JASPER OH JUN WEI
- ▶ OR PUI OON
- ▶ NURDINI BINTE JUMA'IN
- ▶ CORLENE SIM

- ▶ MUHAMMAD ALIF B ABDUL JALIL
- ▶ VERGARA ARLETH JERRIE REGIDOR
- ▶ HANA HAMEDA D/O ABDUL JAMEEL
- ▶ SHOBA D/O MANJA KHAİYUM
- ▶ NUR RIFQAH BTE ABDUL RAHIM

- ▶ RAJENDRAN SARMILADEVI
- ▶ JANELLE LEONG KAI TING
- ▶ NUR MUHAİMİN B MUHAMAD
- ▶ SIA LIM ZHU HUI
- ▶ R ASQVITA

PROJECT SUMMARY

Caring for Our Nation with a Big Heart!

The campaign aimed to get more Woodlanders embarking on initiatives to create a culture of care and to encourage peers to display kindness to one another. With this in mind, these activities were implemented:

1. **Morning Greetings Campaign.** Hoping to introduce a culture of greeting, ambassadors started greeting students and staff entering school in the morning, bringing smiles to their faces.
2. **"Kindness Police on Patrol".** Ambassadors went around school catching those who committed kind acts to encourage a culture of kindness.
3. **"Kindness Starts from Home".** As values of kindness start from home, students wrote cards to thank their parents for all they had done for them.
4. **"Amazing Race".** The amazing race aimed to build teamwork between students and to teach kind words and actions through games such as "Crossword Puzzles to a Kinder You", "Human Pyramid", "Spot the Difference", "Taboo" and "Fix the Puzzle".

Through these activities, the school adopted the mindset of doing good and being good as kind deeds came from the heart.

MOST INSPIRING SOCIAL ETIQUETTE INITIATIVES



APSN - DELTA SENIOR SCHOOL (1st YEAR)



- ▶ MUHAMMAD AMRAN BIN MOKHTAR
- ▶ TAN TEE SHU
- ▶ NOR SAFIK BIN NOR MOHD BAHTIAR
- ▶ SITI NADARIYAH BINTE JAILANI

- ▶ DHATSHAAYINI D/O PRAMESWARAN
- ▶ NURUL AZNIZAH BINTE AZNI
- ▶ JUSTIN NG ZHENG JIE
- ▶ GABRIEL LIM JUN RUI

PROJECT SUMMARY

Overcoming Annoying Habits

The ambassadors aimed to create a conducive learning environment for all by helping their peers to identify bad habits, and guiding them to overcome these habits. Several activities were implemented:

1. **“Identify Bad Habits” Postcards.** The postcards, which showcased 16 bad habits that were common in school, were given out and displayed around school.
2. **“Bad Habits” Video Clip.** A video clip was shown to students to help them understand the bad habits, as reinforcement to the “Identify Bad Habits” Postcards.
3. **“Break Bad Habits” Handbook.** An interactive handbook was created for students to note down how they could break their bad habits. This allowed them to understand why they constantly displayed these habits and the ways they could stop the habits. It got them to commit to their goals by gathering friends to help them break the habits.

Through these activities, the students became more aware of the bad habits they frequently displayed and were motivated to turn them into good ones!



BEST MURALS AND DESIGNS

The category features the best-designed murals, kindness boards or drawings which were put together or designed by the students.

36 Evergreen Primary School
Greenwood Primary School

37 Qifa Primary School
St. Stephen's School

38 Xinghua Primary School
Bukit Batok Secondary School

39 Fuchun Secondary School
Juying Secondary School

40 Si Ling Secondary School
APSN – Chaoyang School

BEST MURALS AND DESIGNS



EVERGREEN PRIMARY SCHOOL (5th YEAR)



- ▶ LAI QIAN HUAY
- ▶ WANG JIAYUN, KEANE
- ▶ SIM ZHI HENG
- ▶ ANG CHENG ZUO

- ▶ NUR SHARMEELA BANU BINTE MOHAMED FARZEIL
- ▶ IRFAN DANIYAL BIN MOHAMMAD SHAARIN
- ▶ PARTHIBAN MADHUSUDHANAN
- ▶ PRISHA DARSINI D/O KALIDASS

PROJECT SUMMARY

Kindness Starts in School

To spread awareness of the kindness movement in school, students were given Singa templates to colour during their Character and Citizenship Education (CCE) lessons. They were also given hand-shaped templates so they could write down instances of them showing kindness to others. These drawings were then collected to form a mural.



GREENWOOD PRIMARY SCHOOL (7th YEAR)



- ▶ IRAWAN BIN SAAD
- ▶ SHARMEEN QISTINA PUTRI
- ▶ NUR DHANIYA BTE MOHD NAZIM
- ▶ NUR DANIA BTE AMYRA

- ▶ TOH YI XIAN
- ▶ GWENISE KOH QI EN
- ▶ DANUSHWARAN S/O KANNAN

PROJECT SUMMARY

Go Greenwood! Let's Be Kind!

Ambassadors at Greenwood wanted to motivate pupils to demonstrate kindness with an emphasis on family and non-teaching staff. Activity templates were crafted for both lower and upper primary students, focusing on carrying out kind acts within the family and towards non-teaching staff. These templates were then put together to form a school display.

BEST MURALS AND DESIGNS



QIFA PRIMARY SCHOOL (5th YEAR)



- ▶ TEOH YU XIN
- ▶ LI MEIYI
- ▶ WANG JIAXIN
- ▶ GLENN CHUA XENYU

- ▶ C. DHARANI
- ▶ CHNG KAI TING, KRISTAL
- ▶ CHRISTIE CHONG WEI LING
- ▶ TRICIA HO JIA HUAN

PROJECT SUMMARY

One Act of Kindness Can Change You

Students created handmade handicraft holders with origami flowers to show appreciation to the cleaners.

A "KINDLE" tree was set up for students who had witnessed or received kind acts to write on its leaves. Finally, students wrote about the kind deeds they had done and a Singa collage was formed from these notes.



ST. STEPHEN'S SCHOOL (6th YEAR)



- ▶ SHERMAN LEE MENG HONG
- ▶ AARON NG
- ▶ DYLAN LIM YONG XIANG
- ▶ ADAM BIN HIRMAN

- ▶ VIN RILEY REGINALD
- ▶ AIDAN ROSHAN CERASI
- ▶ FERDINAND HOSEN

PROJECT SUMMARY

A Nation of Kindness Starts with One

To nurture a school full of love, kindness, friendship and care, the ambassadors carried out "Fulfil a Wish", "Friends Around the World" and "The Key to Being a Good Friend". Students had to fulfil kindness wishes, carry out kind acts and brainstorm on what constitutes being a good friend, and record them on templates which were then formed into beautiful murals.

BEST MURALS AND DESIGNS



XINGHUA PRIMARY SCHOOL (6th YEAR)



- ▶ MAYVADEE CHANG CHU LIN
- ▶ DURAI PAVITHRA
- ▶ ERWINA TOH RU YUN
- ▶ LOKE SI QI

- ▶ JOACHIM TEO QI YI
- ▶ WONG KE XUAN
- ▶ HILMA NURUL AINI
- ▶ SITI KHAIRIYAH BINTE MOHD RAFFIEE

PROJECT SUMMARY

Kindness Starts with Me!

Ambassadors wanted to encourage students to display kind acts without boundaries. Students were given “Kindness Starts with Me” cards, on which signatures were collected when they did kind acts. Upon collecting a signature, the card was passed on to another person who would do a kind act and pass it on to another person. These cards were then arranged into a mural.



BUKIT BATOK SECONDARY SCHOOL (5th YEAR)



- ▶ JOSHUA ARJANTO
- ▶ CHONG SHOU YI JOEL
- ▶ LEE LI XUE CHRISTINE
- ▶ MICHAEL POON SOON HENG

- ▶ JOO HAN KYEOL
- ▶ LAU XIN HUA
- ▶ DANISH HAMIZAN BIN KUSAINEE
- ▶ LIM WEN RONG, DARREN

PROJECT SUMMARY

A Nation of Kindness Starts with One

The ambassadors observed that bullying was on the rise in school and decided to collaborate with the school's holistic development (HCD) period to implement their activities. During HCD lessons, students had to create cards, posters, comic strips or take photos to increase the awareness of bullying. This helped them understand the problem of bullying.



FUCHUN SECONDARY SCHOOL (6th YEAR)



- ▶ OOI KHAI TZER
- ▶ MUHAMMAD IYLIA B MOHAMAD ZAKI
- ▶ LIM KEEP PANG
- ▶ YU ZHI TIAN

- ▶ FEBRA, MARY HARJIE NEGROSA
- ▶ ANWAR AWADULLAH B ARIFIN
- ▶ MUHAMMAD IRFAN B M IBRAHIM
- ▶ NUR ALIFAH BTE MOHAMMAD M

PROJECT SUMMARY

A Nation of Kindness Starts with One

Ambassadors wanted more students to show their appreciation towards those who were kind to them. An appreciation tree was made from a tree branch that was painted. Cards in the shape of leaves were placed for students to write notes on and then hung up. The tree symbolised humanity, and the leaves symbolised the rich kindness that fills our lives.



JUYING SECONDARY SCHOOL (2nd YEAR)



- ▶ NUR DARWISHA BTE MUHAMMAD R
- ▶ 'ADILAH NUR DIYANAH BTE RAHMAT
- ▶ ALICIA LIM SING YI
- ▶ CHAI ZI XUAN

- ▶ GENIE CHAN SZE TENG
- ▶ MUHAMMAD SYAZRI SHAH B JAMIL
- ▶ NORRASHRAF IMRAN B NORROLLAH

PROJECT SUMMARY

Together We Rose

The ambassadors wanted to promote kindness and graciousness in the canteen while displaying school spirit. All students had to bring plastic bags from home and they were taught how to make roses. These roses were then collected and formed into a heart-shaped masterpiece which was hung in the canteen.

BEST MURALS AND DESIGNS



SI LING SECONDARY SCHOOL (6th YEAR)



- ▶ ALASTAIR LOK JIAYU
- ▶ TISYA EMILY BTE SUHAIMI
- ▶ DARYL LIM HUI YEE
- ▶ KHADIJAH BTE HAMZAH

- ▶ MUHAMMAD FAUZY B SULAIMAN
- ▶ LIU XINYI
- ▶ HARITH ADAM B JEFRI
- ▶ NUZUL AL FURQAN B ABDUL LATIFF

PROJECT SUMMARY

A Nation of Kindness Starts with One

Ambassadors aimed to promote awareness of gracious acts to keep the school clean and conducive. They launched a poster design competition which was carried out during Character and Citizenship Education (CCE) lessons. This competition aimed to get students to use drawing as a platform to better understand the benefits of having a clean school.



APSN - CHAOYANG SCHOOL (1st YEAR)



- ▶ NADIA D/O MATHIVANAN
- ▶ ONG JIA EN JOSEPH
- ▶ MUHAMMAD ARIS BIN MAZLAN
- ▶ AYMAN NUR SHAN BIN AFFENDEY

- ▶ YAP JIN XIAN MATTHIAS
- ▶ MUHAMMAD ARSHAD BIN ABDUL GAFOOR
- ▶ BALQIS NAIMI AYSHE BTE IDRIS
- ▶ LEE WEI SHAWN

PROJECT SUMMARY

Think Kind, Act Kind

Each lower primary class made a Kindness Tree where students who had performed kind acts had their names pasted on the branches. Upper primary students contributed to the Kindness Bucket. Students who spotted their peers doing kind acts could fill up the bucket with the latter's name. These activities allowed students to see how one act of kindness was able to lead to many more.



MOST INTERESTING INITIATIVES AND CHALLENGES

This category features schools that used unconventional or unique initiatives to inspire students to understand, internalise and act on different issues.

- 42** Canberra Primary School
Cantonment Primary School
- 43** Da Qiao Primary School
De La Salle School
- 44** Holy Innocents' Primary School
New Town Primary School
- 45** Palm View Primary School
Pioneer Primary School
- 46** Radin Mas Primary School
Shuqun Primary School
- 47** Xishan Primary School
Yumin Primary School
- 48** Crescent Girls' School
Nan Chiau High School
- 49** Nanyang Girls' High School
Nan Hua High School
- 50** Paya Lebar Methodist Girls' School (Secondary)
Westwood Secondary School
- 51** MINDS – Woodlands Gardens School
Canossian School

MOST INTERESTING INITIATIVES AND CHALLENGES



CANBERRA PRIMARY SCHOOL (7th YEAR)



- ▶ BRITNEY TAN XIN HUI
- ▶ TAN EN
- ▶ SITI ADHWAADINAA BINTE ROOSLEE
- ▶ SAI MEDHA D/O ANANTHAN

- ▶ PAVAN GHANAMOORTHY
- ▶ NURULAIN NATASHA BINTE MAZLAN
- ▶ ALYA NABILAH BINTE ZULHISYAM
- ▶ TAN HUI

PROJECT SUMMARY

A Nation of Kindness Starts with One

The ambassadors carried out a challenge on embracing differences. Students exchanged an artwork of a handprint with another student, who added on to that artwork with their handprints or thumbprints. The final artwork was returned to the owner of the original handprint. Meaningful works of art were created and students learned that everyone is unique in their own ways.



CANTONMENT PRIMARY SCHOOL (2nd YEAR)



- ▶ ALYSA TSJIN YI XIA
- ▶ GOH SZE ANN
- ▶ KO MAN WAI
- ▶ MAE CHAN WEN QI

- ▶ CHEN WEIFENG
- ▶ EVANS KOH TING AN
- ▶ LOOI ZIN ZAN MATTHEW
- ▶ LUCAS NG HOO PING

PROJECT SUMMARY

Kindness Wave

Kindness Wave was an initiative by the ambassadors to challenge students to spread kindness. Armed with postcards and encouragement stickers, students completed one deed after another, and thereafter challenged two peers to do the same. It resulted in an increase in kind deeds and graciousness in Cantonment Primary School.

MOST INTERESTING INITIATIVES AND CHALLENGES



DA QIAO PRIMARY SCHOOL (2nd YEAR)



- ▶ FOO YONG XIANG
- ▶ PHAY THAT AUNG
- ▶ TRAN THI HOAN MY
- ▶ MALABANAN ACE BRENDAN MALONES
- ▶ SUJAHUDEEN FARHANA BEGAM
- ▶ MUHAMMAD KHAIZER BIN ABDULLAH
- ▶ XU JIAYI
- ▶ LIM RUO NING

PROJECT SUMMARY

A Thousand Acts of Kindness in a Jar

Every student was tasked to complete a bingo card within a month. Upon completion of at least five acts of kindness in a straight line, they received a token from their teacher. These tokens were then placed in jars to visually signify the number of kind deeds that were done collectively. 2,814 acts of kindness were completed and the jars were displayed at the school's open house.



DE LA SALLE SCHOOL (5th YEAR)



- ▶ LEE KOK YUAN
- ▶ ANG KAI XIN, TIFFANY
- ▶ GLORIA PHUA QI
- ▶ RACHEL SAU CHING HUI
- ▶ ATHARVA SAITH
- ▶ PREMSHN CHRISTOPHER SINGH
- ▶ LEO EDWIN JULIAN BRITTO
- ▶ LOO JIA EN

PROJECT SUMMARY

Have YOU Been Thankful Today?

18 posters on the different ways to express gratitude to people were displayed around the school. Students and staff were challenged to think of different ways they could show gratitude to the people in school and write them down on a sharing board. This allowed students to challenge and spur one another on to be more thankful.

MOST INTERESTING INITIATIVES AND CHALLENGES



HOLY INNOCENTS' PRIMARY SCHOOL (5th YEAR)



- ▶ ARIN NG XIANG YUE
- ▶ ZROY YEP KAI JIA
- ▶ KOH JIN JIE GERALD
- ▶ FOO QI HONG LEDRIC

- ▶ OH YI HUI ELIORA
- ▶ LAU ZE YING VERON
- ▶ GABRIELLE SIM JING WEN
- ▶ LEE ZHI HAN, ELYN

PROJECT SUMMARY

Kindness Starts with US!

Contests in board games that were based on Snakes and Ladders helped students take on different situations surrounding kindness and graciousness, through the use of five magic words. Kindness pledge cards challenged students to perform a kind deed or gracious act. In return, they would be able to exchange the cards for gifts.



NEW TOWN PRIMARY SCHOOL (6th YEAR)



- ▶ ASHLEY TAY WEN QI
- ▶ BAY XIN YI
- ▶ NG XI WEN GILLIAN
- ▶ RATISH REDDY KRISHNA REDDY

- ▶ SYARIFAH NURUL AFIQAH BINTE RUIDIL
- ▶ NUR AYUNI BINTE ABDUL RAHIM
- ▶ SUMI KOH REEI SHI

PROJECT SUMMARY

I Drive NTPS Sparkling & Clean

Ambassadors aimed to promote kindness through being considerate to the environment. Students were challenged in games during recess to pick up litter that was deliberately thrown by the ambassadors. The students wrote pledge cards to keep the school clean and these cards were formed into murals. A set of rubrics was also conveyed to classes to set the benchmark for students to take ownership of their classroom's cleanliness.

MOST INTERESTING INITIATIVES AND CHALLENGES



PALM VIEW PRIMARY SCHOOL (1st YEAR)



- ▶ TAN JIA XIN SHENAI
- ▶ ZACH LIM JUN HAO
- ▶ LIM YI YING LISA
- ▶ PHOON LI HENG

- ▶ NATALIE ENYA LIM
- ▶ LABISA GURUNG
- ▶ NUR UMAIRAH BINTE MUHD FAIZAL
- ▶ MUHAMMAD ADAM SHAHRIN

PROJECT SUMMARY

Kind Thoughts, Kind Words, Kind Acts

Every Wednesday, Palm View student ambassadors were tasked to engage the school community through challenging games such as Kindness Word Search and Word Puzzles, which students actively participated in and thoroughly enjoyed. Weekly video clips on different kindness quotes challenged students to cultivate a habit of kindness in their lives.



PIONEER PRIMARY SCHOOL (3rd YEAR)



- ▶ FOU PIN YUAN
- ▶ ANGEL SAJITHA D/O JOSEPH
- ▶ NUR MAISARAH BINTE MOHAMED YUSRI
- ▶ DONAVAN TAN JIA JIE

- ▶ HUSSEIN HAIQAL BIN RIDUAN
- ▶ YAO EN TING
- ▶ HARISH S/O SELVAPANDI
- ▶ NG ZU'EN

PROJECT SUMMARY

A Nation of Kindness Starts with One

FOS ambassadors hoped to inspire kindness in Pioneer Primary School through activities during recess, such as blindfold games to help students learn empathy and encourage them to help the visually impaired. Students helped to clean the canteen tables in shifts every recess. Pioneer Kindness Radio was also set up to give students an opportunity to express gratitude to their peers during recess.

MOST INTERESTING INITIATIVES AND CHALLENGES



RADIN MAS PRIMARY SCHOOL (2nd YEAR)



- ▶ ASHLEY MAH CUI NING
- ▶ LEONG JACC KIE
- ▶ CHANG MENG ZHI
- ▶ WOO JIA YING GLADYS

- ▶ BARATH S/O THIRUCHELVAN
- ▶ JOSHUA NG TIAN IAN
- ▶ ARTHI VENKATARAMANAN
- ▶ SONG KAR KIT JAVIER

PROJECT SUMMARY

My Kind of Radin Mas

Kindness bookmarks helped spread and reinforce graciousness during silent reading sessions at Radin Mas. A collage, titled "I am a Kindness Superhero", was distributed to students, challenging them to create original captions that could spread goodwill in school. Students were also asked to write poems on their ideal Radin Mas, motivating their peers to create a positive environment in the future.



SHUQUN PRIMARY SCHOOL (6th YEAR)



- ▶ CHENG CHING KAI, CEDRIC
- ▶ SOH YONG HUI NAOMI
- ▶ NANG THEINT HANNI
- ▶ ALICIA POO KAIJUN

- ▶ TOIN ZHUO HUI
- ▶ JULIAN TENG LI JUN
- ▶ NIDA TAY BINTE ROSLAN
- ▶ CHEN XI YAO

PROJECT SUMMARY

Simple Acts of Thoughtfulness Bring a Smile to All

To create a thoughtful culture in Shuqun, FOS ambassadors challenged students to carry out simple acts of thoughtfulness for everyone. Lower primary students were inspired to show care and concern towards their family members through performing tasks at home. The middle primary students played the "Angel/Mortal Game", which challenged students to intentionally carry out kind acts for one another.

MOST INTERESTING INITIATIVES AND CHALLENGES



XISHAN PRIMARY SCHOOL (6th YEAR)



- ▶ GAN HUI XIN
- ▶ JEVIN KOH CHOON KIAT
- ▶ LEE XING JUAN RENNIE
- ▶ NURUL FADHIRIHEEN BINTE MAHADHIR
- ▶ PHUA YONG QI
- ▶ WANNAROT ORAWAN
- ▶ ISVIN TAY
- ▶ THENUWARA ARACHCHIGE NINURI RUWANSI

PROJECT SUMMARY

Kindness Comes Alive

The student ambassadors planned games during recess involving kindness cards which challenged pupils to do kind acts. Once completed, the kindness card could be exchanged for a kindness magnet. Students were also encouraged to write down acts of kindness on Xishan's very own kindness tree once they completed the games.



YUMIN PRIMARY SCHOOL (2nd YEAR)



- ▶ AMIRA QURAISHA BINTE ABDUL RAHMAN
- ▶ JONATHAN LEO
- ▶ JOSEPHINE LEO
- ▶ LEW XIN PING
- ▶ OH HENRY, JEFF
- ▶ PANG EN QI
- ▶ SHANNON TAN
- ▶ WONG CHENG HEY DEXTER

PROJECT SUMMARY

A Nation of Kindness Starts with One Wish and One Action

To cultivate a community of kindness, the kindness pledge challenged students to be kind to one another. Ambassadors followed up by handing badges out to anyone caught performing a kind deed. A contest between the different school levels was also held - kind acts were noted down and the level with the most kind acts was awarded the "Super Caring Level" certificate.

MOST INTERESTING INITIATIVES AND CHALLENGES



CRESCENT GIRLS' SCHOOL (7th YEAR)



- ▶ ISABEL SUHANNY
- ▶ KWOK ZHI EN GRACE
- ▶ SARAH LIM SU-EN
- ▶ LUM SHI WEN GABRIELLE

- ▶ JOLENE GAN YU XUAN
- ▶ KYMBERLIN NG JING QI
- ▶ MAY YUNE MAUNG MAUNG

PROJECT SUMMARY

Staff Appreciation

As a challenge, pull-tab posters were hung around the school. Upon the completion of a kind act stipulated on the tab, students pulled them off and placed them into jars in the canteen. An upgraded version of the challenge was carried out during staff appreciation week. In appreciation of the staff, heart-shaped post-it notes and thank-you postcards were handed out by the students.



NAN CHIAU HIGH SCHOOL (7th YEAR)



- ▶ WINSTON KWAN YU ZHE
- ▶ LOKE WEI JIE WINSON
- ▶ XAVIER HIOE YI JUN
- ▶ MATTHEW TAN YULE

- ▶ LUAH SHI HUI
- ▶ WANG ZIYI
- ▶ LEE YING XUAN ANTONIA
- ▶ SIAH TIAN XIN DOROTHY

PROJECT SUMMARY

Operation C.A.R.E

Each class was given a grade based on the level of cleanliness in the classroom. From the eventual increase in the number of "A-grade" classes, it was evident that there was an increase in classroom cleanliness. Each class was given bottles for them to store dust that was collected during cleaning. This visual approach motivated students to care for the cleanliness of their classrooms.

MOST INTERESTING INITIATIVES AND CHALLENGES



NANYANG GIRLS' HIGH SCHOOL (5th YEAR)



- ▶ SALOME ONG
- ▶ TAN YEAN SAN
- ▶ TAN GUAN CHWEN
- ▶ LAW JIA JEAN

- ▶ CHARMAINE CHUA
- ▶ YAP KAI XING
- ▶ KIMBERLEY CHIA QIN
- ▶ JAZLIN TAN

PROJECT SUMMARY

4 of a Kind@NY

Four values – gratefulness, kindness, care and empathy – were set as school themes over four months. “Maybe we should start appreciating...” cultivated gratefulness for things that might have been taken for granted by getting students to fill the things they were thankful for in blanks. The Kindness Meter was also used to gauge the level of kindness as students wrote down acts of kindness they encountered and hung them up.



NAN HUA HIGH SCHOOL (1st YEAR)



- ▶ WOON HAN JIE, ERICA
- ▶ SOH BOON RONG
- ▶ TAN ZHONG WEI DARREN
- ▶ ANG ENG TENG

- ▶ LIEW ZI QI
- ▶ GLENN NEO YONG SHENG
- ▶ TEO ZHI WEI

PROJECT SUMMARY

Nan Hua Careweek 2015

To increase empathy in the school, students were given mission cards to complete. Upon completing them, they received a small gift. The activity also encouraged students to pay kind deeds forward. FOS ambassadors also set up a song dedication booth and students were encouraged to include messages of gratitude to the person they dedicated the song to.

MOST INTERESTING INITIATIVES AND CHALLENGES



PAYA LEBAR METHODIST GIRLS' SCHOOL (SECONDARY) (5th YEAR)



- ▶ TAN XU JIE JOCELYN
- ▶ PHOEBE EYO ZHI QING
- ▶ CLORIS TAN KAI TING
- ▶ TERI HWANG YONG QI

- ▶ LIM YI LING VANESSA
- ▶ LING YIN
- ▶ NAFISA ALMIRA SHERAFINA ZAIN
- ▶ YONG RUO QI JULIET

PROJECT SUMMARY

Angels in Disguise

Students and teachers were filmed doing kind deeds without them knowing, and a system was conceptualised to commend these students or teachers. An “angel and mortal” activity also challenged students to give snack packs to their designated non-teaching staff based on what they thought their assigned staff would like or require.



WESTWOOD SECONDARY SCHOOL (2nd YEAR)



- ▶ CHEZHIAN SUNJAI
- ▶ DANIEL AW YONG KAR ONN
- ▶ SAMANTHA ISABEL WONG
- ▶ ALEXI KIZHAKKEPURATHU GEORGE

- ▶ OWEN NG TIAN LI
- ▶ ONG ZHI YANG
- ▶ MUHAMMAD HAIKEL B MD AZLI

PROJECT SUMMARY

Kindness Attitude Project

Students challenged one another in a modified version of the “Ice Bucket Challenge” in which failure of the nominees to perform acts of kindness for others would result in them being drenched in ice water. They would then nominate three others to continue the challenge. Interviews with non-teaching staff also helped students empathise and understand the challenges they face, and to show gratitude to them.

MOST INTERESTING INITIATIVES AND CHALLENGES



MINDS - WOODLANDS GARDENS SCHOOL (1st YEAR)



- ▶ JEREMIN CHAN ZHI RONG
- ▶ MUHD IZDIHAR BIN SUHAIMI
- ▶ KIARA SHANE G. CASTILLO
- ▶ SHANIA KATE SISON MONSALVE

- ▶ MUHAMMAD AQMAL BIN TAHIR
- ▶ NUR ADIRA BTE APANDI
- ▶ NURUL AISHA BTE MAZLAN
- ▶ CHUA JIA CHUN EMETH

PROJECT SUMMARY

Simple Acts of Kindness

The Earn-A-Badge programme was supplemented by a booklet that documented each student's kind deeds. Upon finishing a category, students received a Kindness Superstar sticker and upon finishing the book, a Superstar badge would be given to the student. A non-teaching staff day was organised and students were able to get to know them and express their gratitude through a Special Handshake activity.



CANOSSIAN SCHOOL (4th YEAR)



- ▶ KAISEN TAN
- ▶ NUR SYAFINAZ
- ▶ SHAYNE THAM
- ▶ MUHD ELFY

- ▶ ASHLYN EU
- ▶ JUSTIN ABSAR
- ▶ JAVIER TEO
- ▶ BENEDICT LO

PROJECT SUMMARY

Sweetness in Paying Kindness Forward

To create the ripple effect of kindness, the ambassadors kick-started an activity together with teaching and non-teaching staff. Every act of kindness was marked with a lollipop which students and staff paid forward. Posters created by the ambassadors also aimed to encourage and challenge students to spread kindness and make someone's day.



BEST APPRECIATION INITIATIVES

This category features schools that have the best and most creative initiatives to inculcate gratefulness amongst their students.

- 53** Anderson Primary School
Greenridge Primary School
- 54** Punggol Green Primary School
Sembawang Primary School
- 55** Zhonghua Primary School
First Toa Payoh Secondary School
- 56** Global Indian International School, East Coast (Secondary)
Punggol Secondary School
- 57** Yuying Secondary School
Saint Clare School for Special Education

BEST APPRECIATION INITIATIVES



ANDERSON PRIMARY SCHOOL (7th YEAR)



- ▶ SOH YU QING
- ▶ SAMUEL TAN CHENG YONG
- ▶ CHAN CHOON HENG DARYL
- ▶ LIM BO EN

- ▶ BALAMURUGAN NETHREN
- ▶ MOHAMMED IZZUL PUTRA
- ▶ GOH HWI MIN MILLIE
- ▶ CHYE QING YI ADELINE

PROJECT SUMMARY

Anderson Embraces Kindness from Within

During Anderson appreciation week, the student body made gigantic cards and wrote their heartfelt messages to the non-teaching staff as a class. This allowed students to express their gratitude without being awkward. Heartwarming scenes of students giving cards to non-teaching staff put smiles on everyone's faces.

FOS ambassadors distributed post-it notes and encouraged peers to write messages of appreciation to their friends as their "gift to others".



GREENRIDGE PRIMARY SCHOOL (7th YEAR)



- ▶ ARTIAGA ALFREDO
- ▶ SANJITH VASANTHAN
- ▶ TAQINAH HUMAIRA BTE GHAZALI
- ▶ ARCHITA PANDEY

- ▶ ASTHA PANDEY
- ▶ SHERWYN TOH XIANG XIANG
- ▶ JOEY FOOK ZHI YEE
- ▶ NEO KAI TING

PROJECT SUMMARY

GRPS Pioneers

FOS ambassadors wanted students to extend their appreciation and gratitude to non-teaching staff. By introducing the names and profiles of the staff, the FOS ambassadors were able to inspire their schoolmates to show graciousness to them by greeting them and keeping the school compound clean. Each class was assigned to write notes of appreciation and a ceremony was held to present these notes to the non-teaching staff.

BEST APPRECIATION INITIATIVES



PUNGGOL GREEN PRIMARY SCHOOL (3rd YEAR)



- ▶ TAN JING YI
- ▶ GOH HUI YI
- ▶ DHIYA QISTINA BINTE HISMAN RUDY
- ▶ CHLOE JIE

- ▶ VITHANAGE SITHMI HIRUSHIKA
- ▶ LOW JIE EN
- ▶ MUHAMMAD IZZAN RUZAIN BIN MOHAMAD FIRDAUS
- ▶ ZELIA CHIA EN HYE

PROJECT SUMMARY

BE(ing) TH(ere) for Everyone

BETH aimed to create a kind and gracious school. Kindness ambassadors set up classroom displays to create awareness on the importance of kindness. A "wall of fame" was erected and photos of kindness and messages of appreciation were pinned up. Kindness games that challenged students to appreciate teachers were conducted. Lollipops were prepared by student ambassadors and handed to all staff to express gratitude towards everyone's contributions to the school.



SEMBAWANG PRIMARY SCHOOL (7th YEAR)



- ▶ ARIANE CHELIZ GOH
- ▶ NAZURAH HAZIQAH BINTE MOHAMAD ZAIME
- ▶ SHAWN KHOO
- ▶ ASHLEY NICOLE BACSAL MENDEZ

- ▶ ROMAN MOHAPATRA
- ▶ LIM SHUXIAN ALRISH
- ▶ NANDULA GOPAL KRISHNA
- ▶ CELESTINE LEE SHIQIN

PROJECT SUMMARY

A Nation of Kindness Starts with One

Every student was given a bingo card that included tasks they had to complete. On Labour Day, thank-you cards that were designed by each class were presented to non-teaching staff. The aesthetics groups also put up performances which were warmly received.

Sembawang Primary School heavily emphasises student-led activities and in turn the students have embraced acts of appreciation and gained newfound respect and appreciation for non-teaching staff.

BEST APPRECIATION INITIATIVES



ZHONGHUA PRIMARY SCHOOL (1st YEAR)



- ▶ KHOO HUEY YEE, FAITH
- ▶ TAN HUAN XI, GREGORY
- ▶ YI CHAEWON
- ▶ SONG XINYI

- ▶ EDRYSS PALLAS SIM
- ▶ ONG JING MEI
- ▶ SUJAL KUMAR
- ▶ NUR SYUHADAH BINTE YAHAYA

PROJECT SUMMARY

A Nation of Kindness Starts with One!

Kindness Posters were placed on classroom doors and a space named "The Kindness Wall", encouraging students to act graciously. Mission cards with level-specific tasks designed by FOS ambassadors were distributed, and more than 90% of students who returned the card met the minimum criteria. Five of the ambassadors were ultimately rewarded with the Serangoon Kindness Movement awards that recognised them for their initiatives.



FIRST TOA PAYOH SECONDARY SCHOOL (2nd YEAR)



- ▶ HAO ZHIYING
- ▶ SHENG WEN, CASSIE
- ▶ LOI JING

- ▶ KOH HUI XIN MAEGAN
- ▶ MOHAMAD LUQMANUL HAQEEEM
BIN MOHAMAD NASIR

PROJECT SUMMARY

A Nation of Kindness Starts with One Appreciative Me!

Following the success of FOS 2014, students of FTPSS were tasked to craft appreciation cards for their loved ones, peers and staff of the school. Besides expressing their gratitude, it also aimed to strengthen students' relationships with others.

The cards were presented to parents during the Parent-Teacher Conference. This garnered many positive responses and was also heartwarming and meaningful in showing appreciation.

BEST APPRECIATION INITIATIVES



GLOBAL INDIAN INTERNATIONAL SCHOOL, EAST COAST (SECONDARY) (3rd YEAR)



- ▶ LARA TINA DIAS
- ▶ KAVAN ARORA
- ▶ PRANAV SURI
- ▶ ABIZER LAKSHARI

- ▶ SAANYA CHAWLA
- ▶ MAHIKA SHENOY
- ▶ NAVYA MUTHUKRISHNAN
- ▶ DIXSHANT SHREE SHREEMAL

PROJECT SUMMARY

A Nation of Kindness Starts with One!

FOS ambassadors taught values of kindness to the school during assemblies. Based on these themes, ambassadors and volunteers decorated kindness boards with quotes and pictures.

To appreciate the janitors, FOS ambassadors and volunteers distributed meals to them and conducted cleaning sessions to help students understand the importance of their jobs. Cards of appreciation and paper daisies were distributed to peers and staff of the school.



PUNGGOL SECONDARY SCHOOL (2nd YEAR)



- ▶ SHAUN LEOW JUNHAO
- ▶ NADELYN ONG WAN ER
- ▶ NIRUBA ANNRIEA A/P KICHOR S
- ▶ DIVYA D/O SETHUPATHI

- ▶ TEO WAN TING KRISTAL
- ▶ C. AISHWINI
- ▶ TAN HUI YI, BELINDA
- ▶ TAN YI SHI, RACHEL

PROJECT SUMMARY

Heart to Heart

A kindness letterbox was set up in each class. Students could note down kind acts they observed and drop it into the letterbox. Every week, form teachers would read out these notes. FOS ambassadors gave CCA leaders a stack of post-it notes, on which students could pen words of gratitude to seniors who had nurtured them in their respective CCAs.



YUYING SECONDARY SCHOOL (6th YEAR)



- ▶ AMANDA SEOW TIAN HAO
- ▶ CHEE SI HUI ALLYNE
- ▶ DONG XIAO YU
- ▶ KARIS RUBY LAU

- ▶ LEONG KAIYUN, JANELLE
- ▶ PEARLYN TAN RUI LING
- ▶ PHUA QI XUAN
- ▶ TAN LEE YI, COCO

PROJECT SUMMARY

Gratitude Our Attitude

To make gratitude the school's attitude, ambassadors started by penning down words of gratitude towards their late founding father. A Character and Citizenship Education (CCE) lesson was conducted during International Friendship Day where students wrote things they were thankful for about Singapore and pasted them on boards. Thank-you notes in tissue packets were distributed and flowers were sold to encourage students to pass them on as tokens of appreciation.



SAINT CLARE SCHOOL FOR SPECIAL EDUCATION (3rd YEAR)



- ▶ ADITI SHIVAKUMAR
- ▶ CHRISTINE LIM
- ▶ JOSHTON WEE
- ▶ YOSHIIHAYATO HIRAOKA

- ▶ MARY ANNE DE SOUZA
- ▶ RACHEL YEO YUN RUI
- ▶ SALMA ABDUL BASITH
- ▶ THEA THOMAS

PROJECT SUMMARY

A Nation of Kindness Starts with One

Two kindness boards were displayed at the entrance of the school office, one for junior students and teachers and the other for senior students and teachers. Whenever anyone performed acts of kindness, its recipient would write on a post-it note and paste it on the board. This was an avenue for students to appreciate acts of kindness between one another.



MOST HEART-WARMING COMMUNITY SERVICE PROJECTS

This category features schools that have gone beyond the campus to make a difference to the larger community.

- 59** Anderson Primary School
Beacon Primary School
- 60** Unity Primary School
Jurongville Secondary School
- 61** Manjusri Secondary School
Global Indian International School, East Coast (Secondary)

MOST HEART-WARMING COMMUNITY SERVICE PROJECTS



ANDERSON PRIMARY SCHOOL (7th YEAR)



- ▶ SOH YU QING
- ▶ SAMUEL TAN CHENG YONG
- ▶ CHAN CHOON HENG DARYL
- ▶ LIM BO EN

- ▶ BALAMURUGAN NETHREN
- ▶ MOHAMMED IZZUL PUTRA
- ▶ GOH HWI MIN MILLIE
- ▶ CHYE QING YI ADELINE

PROJECT SUMMARY

Anderson Embraces Kindness from Within

Ambassadors hoped to inspire Andersonians to create a gracious society and a better Singapore. A food donation drive called “Food from the Heart” was initiated, where the entire student body contributed food items to the needy. With everyone’s participation, the food items were sorted and distributed very efficiently. It was exhausting, but everyone had smiles on their faces.



BEACON PRIMARY SCHOOL (7th YEAR)



- ▶ TRICIA LIM HUEY WEN
- ▶ NG HUEY KIT
- ▶ NOVELIE VOON JING YING
- ▶ KEVYN LEE LING YUAN

- ▶ JOHN TANG XIN YI
- ▶ TEERATH SINGH SIDHU
- ▶ TROY TAN HONG KAI
- ▶ ERNEST YONG JUN YI

PROJECT SUMMARY

A Nation of Kindness Starts with One!

The ambassadors came up with “Run & Pledge”, where all staff and students ran around the school field and pledged something that they hoped to achieve for the school and the nation. The principal donated \$1.00 for every round a member of the staff ran and \$0.10 for every round a student ran. The money raised was donated to the Nepal Earthquake Fund.

MOST HEART-WARMING COMMUNITY SERVICE PROJECTS



UNITY PRIMARY SCHOOL (4th YEAR)



- ▶ SERENA NG PEI YU
- ▶ NADIA BINTE HASSAN JOPRI
- ▶ ELYSSA SHAYNA LEE YING EN
- ▶ MADHUMITHA NISHANTH

- ▶ ONG WEI LIN
- ▶ CHARMAINE CHUA MUN LING
- ▶ JAVIER LAM
- ▶ JERNISE MOH JING WEN

PROJECT SUMMARY

A Nation of Kindness Starts with One!

To Celebrate, Inspire and create Awareness of kindness, ambassadors carried out the Pang Sua Canal Litter-Picking initiative. Each student paired with a student from a nearby kindergarten to clean up the vicinity around the canal. Through this activity, students learned about the responsibilities they had in keeping Singapore clean and to set a good example for the younger ones.



JURONGVILLE SECONDARY SCHOOL (3rd YEAR)



- ▶ MICHELLE CHUA XIAO JUAN
- ▶ NURSHAKIRA BINTE ALIAS
- ▶ TANU BAM
- ▶ NUR NIRA NASUHA BTE MOHAMED ASRI

- ▶ CARVALHO FELICIA SIRAPRAPHA
- ▶ MUHAMMAD IRFAN B ABDULLAH
- ▶ TAN WEI JUN BRANDON

PROJECT SUMMARY

A Nation of Kindness Starts with One

The ambassadors aimed to cultivate a culture of spreading kindness to the community by building friendships with them. Residents from Blue Cross Tong Kheng and St. Luke Elder Care were invited to join in the Chinese New Year and National Day celebrations respectively. Students also donated food items which were packed and distributed to low-income families.

MOST HEART-WARMING COMMUNITY SERVICE PROJECTS



MANJUSRI SECONDARY SCHOOL (4th YEAR)



- ▶ ONG JING LE JOY
- ▶ TRICIA LIM JING WEN
- ▶ AYE CHAN MAW
- ▶ LEE ZI AN

- ▶ TAN JIAN CAI KELVIN
- ▶ NUR FARAHZIRAH BTE MOHAMMAD N
- ▶ KOH QIAO JUN
- ▶ CHEW SI YING HERMIONE

PROJECT SUMMARY

A Nation of Kindness Starts with One

The ambassadors wanted to spread kindness not only in the school, but to the wider community in Singapore as well. A fundraiser was held for the Sabah Earthquake Fund, in particular for the families of the affected students and teachers in the disaster. The fundraiser received support from the whole school, raising a total of \$4,500.



GLOBAL INDIAN INTERNATIONAL SCHOOL, EAST COAST (SECONDARY) (3rd YEAR)



- ▶ LARA TINA DIAS
- ▶ KAVAN ARORA
- ▶ PRANAV SURI
- ▶ ABIZER LASHKARI

- ▶ SAANYA CHAWLA
- ▶ MAHIKA SHENOY
- ▶ NAVYA MUTHUKRISHNAN
- ▶ DIXSHANT SHREE SHREEMAL

PROJECT SUMMARY

A Nation of Kindness Starts with One

The ambassadors started a wave of kindness in the hopes of creating a ripple effect to share and spread kindness in the community. Meals were distributed to janitors and funds were raised by the school for an orphanage. Initiatives were undertaken to clean up the neighbourhoods around school to keep the community clean and green.



MOST INTERESTING SOCIAL MEDIA INITIATIVES

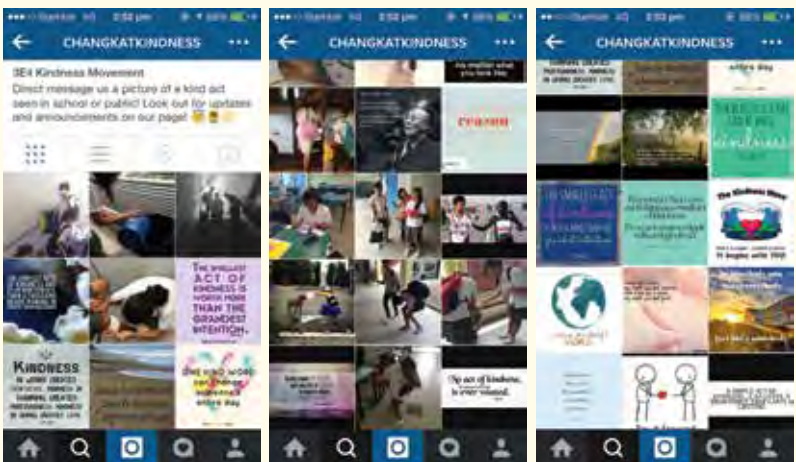
This category features schools with the best social media entries, with the highest reach and viewership.

- 63** Changkat Changi Secondary School
CHIJ St. Nicholas Girls' School
- 64** Commonwealth Secondary School
Raffles Girls' School
- 65** St. Margaret's Secondary School
Yuhua Secondary School

MOST INTERESTING SOCIAL MEDIA INITIATIVES



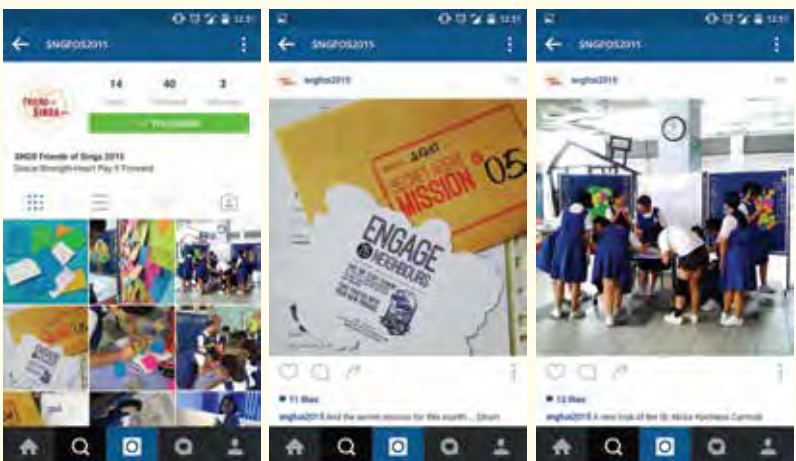
CHANGKAT CHANGI SECONDARY SCHOOL



► Instagram Account: @changkatkindness



CHIJ ST. NICHOLAS GIRLS' SCHOOL



► Instagram Account: @sngfos2015

► Hashtag: #sngskindness

MOST INTERESTING SOCIAL MEDIA INITIATIVES



COMMONWEALTH SECONDARY SCHOOL



► Instagram Account: @cwsskindness

► Hashtag: #cwsskindness



RAFFLES GIRLS' SCHOOL



► Hashtag: #rgskm15

MOST INTERESTING SOCIAL MEDIA INITIATIVES



ST. MARGARET'S SECONDARY SCHOOL



► Instagram Account: @smshearts



► Hashtag: #smshearts



YUHUA SECONDARY SCHOOL



► Hashtag: #BeGraciousAtYHSS





REFLECTIONS

Students reflect on their Friend of Singa journey from project ideation to execution and post-project evaluation.



Students reflect on their Friend of Singa journey...

“When people start to understand one another better, society will be a more gracious one.”

– MUHAMMAD ZULFAZLIN B ZAINAL, BEATTY SECONDARY SCHOOL

“At first, I was a little afraid to take up the challenge, but after receiving good support and advice from family and friends, I decided to accept the challenge and take up the position.”

– NUR' AIDA BINTE MOHAMED EDDIE, BALESTIER HILL SECONDARY SCHOOL

“I hope the janitors will know that there are people out there who appreciate them. Cleaning such a big school is a difficult task and I am very grateful to them.”

– CHAN DING YUAN, CHONG BOON SECONDARY SCHOOL

“I personally believe that no matter how small, no act of kindness is ever wasted. As such, being a kindness ambassador opened my eyes to ensure I do my part to contribute to a kinder Singapore.”

– BRYAN PENG ZHE HAO, FRONTIER PRIMARY SCHOOL

“We should do unto others what we want others to do unto us. Taking the initiative does not hurt at all and we should simply step out of our comfort zone and make a difference.”

– JACK CHUA, PASIR RIS CREST SECONDARY SCHOOL

“In the beginning of the year, I was really shy! It was so difficult for me to speak up in front of people. But after months of carrying out activities for our kindness project, I am now more confident and I find it easier to approach people.”

– OH HENRY, JEFF, YUMIN PRIMARY SCHOOL

REFLECTIONS



“ Being kind is not only about being nice, but it is also about treating people how you would like to be treated, showing appreciation and doing small things for others; those are the things that count. ”

– DINA ELIYANA TEO, CHRIST CHURCH SECONDARY SCHOOL

“ I did not expect that my role as an FOS ambassador could make such a great impact to my peers and everyone in the school. ”

– AANISAH BINTE ABDUL MALEK, EAST VIEW SECONDARY SCHOOL

“ I am grateful to be an FOS ambassador and would like to continue to be kind to everyone. I will also foster kindness amongst my schoolmates. ”

– ASTHA PANDEY, GREENRIDGE PRIMARY SCHOOL

“ As an FOS ambassador, I feel that we have a role to play in keeping our school environment clean and tidy. ”

– CHOO TEEN HWEE, MAHA BHODI SCHOOL

“ My favourite part of the project was when we gave out lollipops to the teachers, aunties and uncles. They were really happy. ”

– TAN JING XI, PUNGGOL GREEN PRIMARY SCHOOL

“ Through this experience, I learned that when you do something kind, you don't need to expect anything in return. ”

– ABIZER LAKSHARI, GLOBAL INDIAN INTERNATIONAL SCHOOL, EAST COAST (SECONDARY)

“ I have learnt how to practise kindness in my daily life. The kindness mission card that our school launched helped everyone learn that kindness is very simple. All in all, my participation as an ambassador has allowed me to learn a lot about kindness. ”

– NUR SYUHADAH, ZHONGHUA PRIMARY SCHOOL

KINDNESS BADGE
AWARD 2015



ABOUT KINDNESS BADGE AWARD



KINDNESS BADGE AWARD 2015

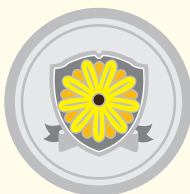
The Kindness Badge is a mark of distinction awarded to students in Uniformed Groups who have completed tasks or projects that promote kindness and graciousness amongst their peers, within their schools, and to their families and communities. Achieving this badge identifies them as Ambassadors of Kindness. It is awarded by the Singapore Kindness Movement to deserving students who have demonstrated their passion and commitment to fostering a gracious society.

BRONZE



The Bronze Badge is awarded to students who demonstrate a basic knowledge of kindness and its history in Singapore.

SILVER



The Silver Badge is awarded to students who carry out a kindness campaign within their schools.

GOLD



The Gold Badge is conferred when students extend the reach of their campaign to the community.

ABOUT KINDNESS BADGE AWARD

OBJECTIVES OF THE KINDNESS BADGE

- ▶ To encourage Uniformed Groups to foster a positive sense of community awareness
- ▶ To spark waves of kindness in society via little projects by the Uniformed Groups
- ▶ To forge stronger camaraderie between the various Uniformed Groups

UNIFORMED GROUPS PARTICIPATING IN KINDNESS BADGE AWARD 2015:



SCOUTS
SINGAPORE



GIRL GUIDES
SINGAPORE



St John

ST. JOHN
SINGAPORE

GOLD CROSSOVER BADGE

Being kind should not only be limited to the Uniformed Group that you are in. The Gold Crossover Badge is an initiative to encourage collaboration between different Uniformed Groups. Qualification requires a minimum of three representatives from the different Uniformed Groups.



KINDNESS BADGE AWARD FEATURED PROJECTS

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QUEENSTOWN SECONDARY SCHOOL



GOLD CROSSOVER



APPRECIATING OUR HEALTHCARE PERSONNEL

- ▶ SEAH LI MIN ▶ TICIA NG ▶ TAN JIA YI ▶ KER YAN LING ▶ JULIAN LOW ▶ JUSTIN LOW ▶ GAN RUI
▶ GOH LIT KANG ▶ TAN HUI MIN ▶ MUHAMMAD AQIL BIN MOHD YAZIT ▶ LIM XIN YING, JAMIE
▶ LEE SIN ROU, JAZREEL ▶ GLADYS TEO WEN XIN

SPREAD KINDNESS, SPREAD NEIGHBOURLINESS

- ▶ CHONG WEI LING ▶ HANTHAR MYO LWIN ▶ GOH XIN YI ▶ TAI QI XUAN
▶ TEY KAI LI ▶ VALERIE TAN YU XUAN ▶ JOSH GOH ▶ RUSSELL CHIA ▶ AARON SEAN TANG
▶ MICHAEL MADRE ▶ ANDREW YAPUTRA ▶ ASHLEY KOH

PROJECT SUMMARY

The first team felt that society was taking healthcare workers for granted, as seen from incidents of abuse by patients or their family members. The team hoped to encourage people to show gratitude to these workers. Working closely with Ren Ci Community Hospital, they encouraged hospital visitors to write notes of appreciation on paper hearts. These were mounted onto a board and presented to healthcare personnel to show the public's appreciation.

Nurturing neighbourliness and the kampung spirit was what the second team aimed to achieve in a housing estate at Strathmore Avenue. The team distributed cards and encouraged residents to write notes of appreciation to their neighbours. Despite the challenges, the team persevered and successfully provided residents with opportunities to forge better relations with their neighbours, and received compliments from residents.

Kindness does not need to be flashy. A simple initiative is enough to touch the heart.

BISHAN PARK SECONDARY SCHOOL



GOLD



THE KINDNESS CONFETTI

- ▶ HENG SIVMEY ▶ YEOH SHIJOY ▶ NANTHINI RAMANATHAN ▶ VIVEKANANDAN RAJASUVEDHA
▶ LOW ZEMIN LARISSA ▶ SARAH MARDYAH BTE HAERMIE
▶ SHAYNE KYRELL Q CUSTODIO ▶ SANGEETHA THAMIZHVANAN

PROJECT SUMMARY

The girl guides team from Bishan Park Secondary School carried out a heartwarming kindness campaign by showing appreciation to the taxi drivers at Comfort Delgro headquarters. They felt that taxi drivers played an important role on the roads and despite being exposed to many driving hazards, they had to ensure passengers arrive safely at their destination.

The team created an attractive car decal that constantly reminded both passengers and taxi drivers to be thoughtful to one another and thus reduce the number of unruly passengers and road bullies.

They also came up with gift packs that included Salonpas, Sheng Siong supermarket vouchers, car decals, anti-slip mats and notes of encouragement which were distributed to each taxi driver. The team was proactive in executing their campaign, seeking sponsorships for gift pack items and working closely with Comfort Delgro.

With the team's sincerity, the project received a positive response from taxi drivers and Comfort Delgro's management. It received good publicity coverage and was featured on Lianhe Wanbao and Capital 95.8FM, creating awareness on the hard work of taxi drivers.

No matter what the profession, we should learn to appreciate and value every individual despite his or her background.

YISHUN SECONDARY SCHOOL



GOLD



PROJECT PASS-IT-ON AND WASHROOM ETIQUETTE

- ▶ YEO YONG QING ▶ FELICIA CHIAM KAR MIN ▶ JOYCE NG JIA PEI
▶ LEE JIA MIN ▶ LEE JIA YEE ▶ KAREN TAN YEN THONG ▶ MEGAN PEIN TENG HWEE
▶ LIM SHING YUH ▶ HEIDI LIN ZHI HUI ▶ ABSINA AFREEN
▶ THIRUMAVALAVAN VIDYASRI ▶ YEO HUI QING

PROJECT SUMMARY

Project Pass-it-on aimed to make a stranger's day and educate the public that small acts of kindness were not difficult. The project was carried out in Ang Mo Kio where there were more elderly people who might require help. The team distributed little cards and notebooks with inspiring messages inside so people would be encouraged to pass the kind acts forward. Though they faced rejections when offering a helping hand, they were not disheartened and persevered with deeds like helping to carry groceries across the road.

Using public toilets, especially those at hawker centres might not be a pleasant experience due to a lack of cleanliness. Empathising with the challenges faced by cleaners, and appreciating their efforts in keeping toilets clean, Yishun Secondary School's second team aimed to raise awareness of toilet etiquette with Project Washroom Etiquette. Tissue packs with designed cards which contained reminders on toilet etiquette were distributed to patrons at Ang Mo Kio hawker centre. Although many rejected the tissue packs and reminder cards, the team still managed to reach out to many residents.

The team gained valuable experience in carrying out these projects and learned how they could do better at executing their campaign next year.

BEDOK SOUTH SECONDARY SCHOOL



GOLD



KIDS FOR KINDNESS

▶ TOH HONG JING ▶ STARR WONG ▶ ADRIAN PANG ▶ JON-CHRISON GOH
▶ XAVIAN BIN MUHAMMAD YUNOS ▶ MARCUS CHONG
▶ VERON ONG ▶ SHI CHENG HONG ▶ LEONARD GAN ▶ THEO TIE ▶ JUAN PAOLO ALOP SAWIT

PROJECT SUMMARY

The aim of the project by the Scouts team from Bedok South Secondary School was to educate mainly Primary 1 and 2 students to behave more kindly to the people around them.

A presentation was given on the importance of kindness, along with a demonstration of kind words and actions. There were games to teach children empathy and the importance of showing care and consideration, such as “Emotions Charade”, where children acted out emotions such as happiness, anger or disappointment and peers guessed their feelings. This helped children put themselves in the shoes of others and be respectful towards one another’s feelings.

It was challenging to get the attention of the children as team members had no prior experience with young children. However, this did not deter them from achieving their objectives. Some students were cooperative and wrote lovely notes to their friends and family. They were also able to fully participate in the activities organised by the team.

The team learned that each child learned differently and at their own pace. Despite the challenges, it was a good experience to observe how the kids learned to be kind to others.

EAST SPRING SECONDARY SCHOOL



GOLD



APPRECIATION FOR CLEANERS

▶ JANICE LEE ▶ POUR JIA SEN ▶ MARK LOW ▶ SITI NUR'AIN ▶ WEI ZHI
▶ KAYE ANNE ▶ RENA TAN ▶ SAMUEL LOW

TROLLEY ETIQUETTE

▶ TAN MEI LIAN ▶ MARCUS SIANG JUN XIAN ▶ NUR AMEERAH BTE NASSIRUDIN ▶ ELWIN HOO
▶ LIU FANG HSU ▶ PRAGATHEESWARI D/O J

PROJECT SUMMARY

Patrons often fail to clear their plates at dining establishments and take cleaners for granted. The first team made origami roses for about 100 cleaners at a food court to show their appreciation, and to inculcate responsibility in cleaning up after meals. The team gained self-confidence through approaching the public to educate them.

Abandoned trolleys at void decks or estate loading bays result in less trolleys for other shoppers at supermarkets, and are safety hazards for residents. The second team decided to raise awareness amongst shoppers on the importance of returning trolleys on behalf of NTUC FairPrice. They designed posters and pamphlets and went around the supermarket and designated trolley return points to explain to users the importance of returning trolleys. The campaign was well-received and most patrons were aware of the importance of returning trolleys. Some even provided suggestions on how to manage this issue.

Being kind is about learning to be responsible citizens and not taking public property for granted as our selfish actions might cause unnecessary inconvenience to others.

GAN ENG SENG SECONDARY SCHOOL



GOLD



PROJECT SPREAD GOODWILL

- ▶ YEON CHOW YI HONG ▶ NICOLE SERAPHINA DON ▶ LIONG WEI YONG, DEEN
▶ ENVER LEE ZHENG FENG ▶ BERNICE TAN XINYI ▶ CHEN JUN SHEN ▶ TOH WEN HUI
▶ SYARIFAH ANEESA ▶ A PRIYADARSHINI

PROJECT SUMMARY

The team from Gan Eng Seng Dragon Scouts – “The Kool Kind Kids” – aimed to make a long-term impact in our community and spread kindness and graciousness to the workforce and the public. The campaign started with surveys to find out the public’s definition of kindness and Singapore’s most unappreciated occupation. This was followed by simple kind acts such as opening doors for the public, and the final phase – encouraging the public to write notes of appreciation to the three most unappreciated occupations.

These notes were presented in a scrapbook along with a basket of fruits to the nurses from Singapore General Hospital. The team mingled with the nurses and shared with them the purpose of their project and even their Scout experiences.

Over 150 respondents were surveyed. The top three most unappreciated workers in Singapore were found to be cleaners, construction workers and nurses. Generally, the public were open to the team’s gestures and eager to learn about the project. They contributed by signing the scrapbook and taking polaroids to be pasted in the scrapbook.

This campaign has taught the team the true meaning of kindness. Even seemingly tiny acts of kindness go a long way and impact many.

ANDERSON SECONDARY SCHOOL



GOLD



PROJECT APPRECIATION AND SOCIAL GRACIOUSNESS

▶ ANG JIA ROU ▶ CHIA QI JUN ▶ DANIEL KAINOVAN HANDOYO ▶ KOH PEI YONG ▶ KWEK GIN YANG
▶ LOH XUANLIN, CHLOE ▶ MUHAMMAD HAZMI BIN KAMSARI
▶ NABILAH BTE MUHAMMAD NOOR ▶ NG HUI WEN ▶ ONG CHUN WEI ▶ SOH YU YING

OUR NEIGHBOURS

▶ SHI LISHENG ▶ HO ZIAWEI ▶ HAMZAH BIN SHAHARUDIN ▶ ABDUL ARIF BIN ABDUL RAHIM
▶ WONG JIA HAO JORDAN ▶ GOH YONG QI ▶ SHANG ZHAN FENG
▶ NUR SYAFIQAH BTE RATNO TIMOR ▶ EDELINE SENG JIAYI ▶ TAN GUAN YING

PROJECT SUMMARY

The first team aimed to improve social graciousness. At hawker centres, they urged the public to return their trays, distributed flyers to remind the public to flush toilets, and conducted a social experiment to see if people would help the wheelchair-bound. Many patrons responded that it made them more aware of their surroundings and their roles in keeping hawker centres clean and safe for eating. The cleaners were also thankful that working conditions were improved. Helpers at the shopping centre commented that helping out was satisfying and rewarding.

The second team aimed to create opportunities for residents to appreciate one another and to realise the importance of neighbourliness. They created heart-shaped origami to encourage residents to write thank-you notes and be more gracious, and organised a graciousness-themed art competition. In spite of challenges, it was rewarding, as approaching the public boosted their self-confidence.

Graciousness doesn't have to be big and demanding; a simple act to help people around us is sufficient to make Singapore kinder.



CATHOLIC HIGH SCHOOL



GOLD



ARE WE KINDER?

► THAM YAO CI ► LIM JIA RONG ► MATTHEW CHUANG
► QUEK JIA YANG ► LUKE TAN

PROJECT SUMMARY

The team from Catholic High School sought to determine a “kindness problem” that demonstrated how endemic the lack of kindness was in Singapore. They conducted a social experiment to test how apathetic Singaporeans were to the plight of others, by positioning a subject clearly in need of assistance in public view.

The social experiment was carried out in crowded places, for instance near shopping malls, cinemas and retail stores. Members of the team who were trained in casualty simulation realistically acted as though they were wounded, falling to the ground in apparent pain. All this while, the team would be filming the scene, until someone came to assist.

The video showed that, while some eventually assisted the casualty, most walked past and did not care. The team concluded that most Singaporeans were not inherently malevolent, but simply apathetic to the hardships of others amid their own struggles to survive and prosper. They also observed that young Singaporeans, the demographic group most likely to use social media, were genuinely concerned about the kindness deficit.

Overall, most Singaporeans are willing to act positively to bring about a kinder society.

CHESTNUT DRIVE SECONDARY SCHOOL



GOLD



PROJECT SUNLOVE HOME

- ▶ ABY NG KNG YU ▶ AMARPREET KAUR D/O JAGDISH S ▶ CALVIN WONG DING HUI
▶ CHEW XIANG LING ▶ JOEY WOO JIA YING ▶ KHAIRINA SORFINA BTE NIZAM ▶ LIM JIN LONG
▶ LOO SIE ENN ▶ MUHAMMAD RAFIQIN BIN ROSLI ▶ SIVATHORN SIRALERT ▶ TAN ZHAN TIAM
▶ TAN ZI QI ▶ VAISHENEVI D/O SUNMUGAM

PROJECT SUMMARY

The team decided to perform an act of kindness by interacting with elderly residents at Sunlove Home. Their aim was to appreciate the contributions of our pioneer generation to the nation and give back to them the kindness that they deserve. In addition, the elderly residents at Sunlove Home had been left behind by their children, which might have made them lonely. Thus, the team decided to show kindness by providing emotional support for them.

The team organised a chair-aerobics session for the elderly residents, helping them exercise even while sitting. They also conducted an origami-making session for them to bond and de-stress.

Despite limitations in time and resource, the residents were very keen and enthusiastic throughout the visit. Although a few showed reluctance at first, they eventually joined in after encouragement from the team.

This touching project by the team served as a great reminder for us to appreciate the efforts and contributions of our senior citizens and instilled filial piety in respecting and caring for the elderly in our lives.

CHIJ KATONG CONVENT



GOLD



SPREADING KINDNESS

- ▶ AYESHA RIDHWANA BTE MOHD NAINA ▶ BAI CHENGYAO ▶ CHUA KHENG YEE
- ▶ RESHMA BALASUBRAMANI ▶ JOYCE PANG HUITING ▶ KOH RUI LING ▶ LI XU WEN WENDY
- ▶ NUR NAJLA BTE MOHAMMAD NOH ▶ OVIYA NAMO ▶ REHANA BTE MOHAMED SIDIQALI M
- ▶ SHAIRA HOSSAIN ▶ HANAN HAFEEZAH BTE FARHAN

PROJECT SUMMARY

A majority of us have experienced stress in school, especially when sitting for exams. The team from CHIJ Katong Convent decided to encourage their graduating seniors who were taking their final exams by creating handmade cards and a small heart-shaped token made from straws.

The team approached members of the public to distribute their handmade cards and heart-shaped tokens. The campaign was well-appreciated among members of the public and the graduating students.

The team learned about teamwork, resilience and spreading kindness. Their first-hand experience in spreading kindness to fellow Singaporeans had truly warmed their hearts while promoting a greater sense of awareness and appreciation for the community around them.



CHUNG CHENG HIGH SCHOOL



GOLD



GRATITUDE IS KINDNESS

- ▶ VICTORIA LUM SIEW YEE ▶ XIA WEN YA ▶ CHIN YING FUI ▶ MATTHEW TAY HONG JIT
▶ ONG BIN JIE BENJAMIN ▶ JERALD TEO YU-JUN ▶ BELLNA CHEW LI LING

LITTLE ACTS OF KINDNESS

- ▶ SHEELA LIM JIA NI ▶ PUA XIN LE ATHENA ▶ LIM TONG SHENG ▶ TAN SHI XUAN
▶ TAN JUN LIANG EUGENE ▶ LIM EE XUAN MATTHIAS ▶ KHOO TECK XUAN

THANKFUL, JOLLY NEIGHBOURS

- ▶ LEE ZEN QING ▶ AIK WEI YUN ▶ CHANG SU FEN, KELLY ▶ JOSHUA LIM ZHI YU ▶ WANG JUN FENG
▶ CHOOI HAO WEN ▶ LIM YU XUAN

PROJECT SUMMARY

The three teams aimed to promote gratitude towards cleaners, encourage the community to write their kindness pledge and foster graciousness amongst neighbours.

The first team encouraged patrons at food centres to write thank-you notes to cleaners to show their appreciation. The second team got residents in Hougang to write their kindness pledge in return for a bookmark. The third team promoted the "kampung spirit" in Serangoon and Pasir Ris by encouraging residents to write their neighbours thank-you notes, which were designed by the team.

Overall, it was heartwarming to see the community appreciating the various kind acts performed. Kindness does not necessarily require big actions. Simple gestures count too.

CLEMENTI TOWN SECONDARY SCHOOL



GOLD



CTSHOES4SOLES

- ▶ BRIAN OSKAR ▶ GOH CAI JING ▶ NADIAH HAZIRAH BTE HARIZ MD SYAHMI ▶ GRACIA ONG CHU TING
- ▶ MELVIN SINGH SEKHON ▶ VINNY LWA JIAHUI ▶ TOH TING JIN ▶ TAN MEI ZI ▶ LIM SHI YU
- ▶ LOKE YAN MING ▶ LINUS TEO YI TAO ▶ NG WAN WEI ▶ KASHISH LAL RAJPAL
- ▶ VIGNESWARI THIRUMOOLAN ▶ MAH ZHEN QING, DARLENE ▶ YANG XINHE ▶ RISWANA BEGUM
- ▶ ZHAO QINTONG ▶ NELLY WEE YING ▶ NG MIN YING ▶ EINDAREI MOE ▶ FOO JING RU
- ▶ CHIA YAN NING ▶ FATIN SUHAILA BTE ABDUL R ▶ TIANG XIN YI ▶ TEO JIN YUIN, CAROL
- ▶ FARHAANA FAATIMA BTE MOHAMED ▶ CHEW XIANG WU SEAN ▶ DEXTER NG YU HAN
- ▶ ALICIA NG HUI QIN ▶ KOH JING YING JADIE ▶ LEUNG CHUN YUEN HOWARD
- ▶ EUGENIA WILFREAD JANOS ▶ FATHURIYAH BANU BTE ABDUL W
- ▶ NURUL NILAM SARI BTE AZUWAN ▶ S SHARON PUSHPARAGAM ▶ YEO SHENG KAI, JAVIER
- ▶ KEH ZENG XIANG ▶ NITHIYANANTHAN KEERTHANA ▶ NURIN HUMAIRA BTE YUSAINI
- ▶ ONG WEI XUAN ▶ CHAN PUI HAR

PROJECT SUMMARY

The team partnered local and international communities to provide needy students with basic foot protection. As part of the school's 35th anniversary celebrations, they carried out a used-shoes charity drive, ensuring that shoes donated were in good condition, before sorting, labelling and packing them neatly. To encourage empathy for poverty-stricken children, they organised a record-breaking 200-metre barefoot run before the school marathon and provided first aid during the runs.

The beneficiaries were heartened by the gestures and requested for more partnerships in future. Though the team faced challenges, they found the experience meaningful, and were grateful.



DAMAI SECONDARY SCHOOL



GOLD



BOTTLED KINDNESS

- ▶ ESTHER TEOH XUE ER ▶ YSABEL PEREZ CANILLO ▶ NAW MERCY HSER NAY PAW
- ▶ NG YU XUAN ▶ ONG XIANG YI ▶ TAN XIN YI ▶ ADLYNA BTE ADLY AZAMIN
- ▶ LEE XINYI AMANDA ▶ CHAW SU SANDI TUN ▶ MUHAMMAD AQASHA BIN JUHARI
- ▶ LIM JIA YIN MERYLENE ▶ ALYSSIA CATHERINE FOBROGO

PROJECT SUMMARY

The team from Damai Secondary School were keen on making an improvement to society by helping the underprivileged in Singapore. They recycled unwanted bottles and papers and turned them into ornaments that contained messages and ideas on how to help the underprivileged. The team managed to distribute 244 pieces of bottled ornaments to the public at Paya Lebar MRT.

Members of the public who followed the team's campaign on Instagram commented that it was heartwarming to see the students promoting kindness in Singapore, and that it was great to know that they were putting what they had learnt in school into action.

The team were not discouraged although some members of the public were not receptive to their ideas and refused to accept the ornaments. The process of this kindness campaign was meaningful and taught the students the importance of helping others who were less fortunate than them.

HENDERSON SECONDARY SCHOOL



GOLD



PROJECT HELPING THE NEEDY

- ▶ MANDY HONG JIA WEN ▶ ZOEY TAN ▶ CHUNG PUI KUAN VALENCIA
▶ GOH QING HUA ▶ LEOW HWEE SIN
▶ NADHIRAH BINTE AYUB KHAN ▶ RAVIPRASAD DEEPIKA

PROJECT SUMMARY

With the aim of spreading awareness on helping the needy, the team from Henderson Secondary School wanted to get the community involved in helping underprivileged families. It was hoped that the public would learn to appreciate the joy and satisfaction derived from helping others.

The team liaised with The Salvation Army to get the Memorandum of Agreement, which was needed for the House-to-House Collection Permit, signed and approved. The National Environment Agency also supported the team by acknowledging their collaboration with The Salvation Army for this project.

Pamphlets designed by the team were distributed to residents at Jalan Membina to inform them to prepare their pre-loved items in good condition for the charity drive. On collection day, the team walked along neighbourhood corridors and collected about 50 bags of useful items from the residents, with the majority being toys, books and clothes for needy children.

From this project, the team learned that they could help people by encouraging them, and just by donating a small item, they could improve the lives of the needy. The team felt touched that Singaporeans were willing to donate and be kind to others. They certainly looked forward to doing another charity drive!



NAN HUA HIGH SCHOOL



GOLD



OUR EVERYDAY HEROES

▶ GOH YI LIN ▶ LIANG ZHEN JONATHAN ▶ LIM CHANG YI
▶ NG ZHAN YANG ▶ RYAN VERGHESE ▶ SEE THO WIN HON ▶ TAN YU JIN
▶ TEE XIN YING ▶ ZHANG YUXIN

PROJECT SUMMARY

There are heroes in our everyday lives who help facilitate our daily activities, doing seemingly minute actions that help us work, live and play comfortably. They include cleaners, security guards, and public transport service crew. However, their efforts are often overlooked. The team from Nan Hua High School decided to show appreciation for these “silent” heroes by giving them roses made from plastic bags and writing cards for them. The project involved collecting plastic bags, turning the bags into flowers, writing appreciation cards and distributing the gifts.

The team distributed the flowers to cleaners, security guards and even canteen stall owners in conjunction with St. John Day celebrations. They also visited the bus interchange, MRT station, food centres and convenience stores around Clementi to distribute the flowers and gifts to stall owners, cashiers and cleaners.

The project was successful as every member from the St. John team was able to give the flowers to a certain “capeless hero”, allowing them to express their gratitude. This kindness campaign showed that we should always respect and be appreciative of the efforts by people in the service industry, as they sacrifice their weekends and late nights so we could live comfortably.

NORTH VISTA SECONDARY SCHOOL



GOLD



KINDNESS BLOCK

- ▶ ISAAC FOO YONG SENG ▶ LIN SHI YAO ANGEL ▶ MUHD DANIAL AFIQ BIN FHARICK
▶ LAI YUN LING ▶ ONG YAN YI ZENE
▶ WEE YONG YI CHERRY ▶ KOONG WEI JIE

PROJECT SUMMARY

The team from North Vista Secondary School hoped to improve relations among neighbours in the same block by organising a carnival for the residents. They started preparations about four months before the carnival and each member of the team held vital roles. One main highlight of the carnival was the kindness board, which neighbours were encouraged to write notes of encouragement on.

This served as inspiration for residents to take the first step in communicating with one another.

The carnival included food and games for young adults to know their neighbours better.

Predictably, there were challenges but the team was successful in raising awareness and encouraging neighbours to write kind notes on the kindness board. It was encouraging to know that the number of post-it notes on the board increased every week. The team members learned valuable skills from organising the carnival, such as event and time management that helped in their growth and development. Their teacher-in-charge praised the team's tremendous effort as they took on their roles with aplomb and went beyond their call of duty, displaying superb team effort.

As the team spread kindness to the residents of the estate, they also learned that kindness involved tremendous courage.

YUAN CHING SECONDARY SCHOOL



GOLD



A CARD TO SAY “THANK YOU”

▶ CHUA DI AN ▶ ONG JING JIE, KEVAN ▶ ANZUM MUSHARRAT
▶ OH HON WAI DENZEL ▶ LOK ZI YING ▶ LEE KIAN TAT

PROJECT SUMMARY

“A Card to Say Thank You” aimed to encourage Taman Jurong residents to exhibit acts of kindness towards one another, for example to return their trays after meals. It also aimed to recognise residents who had made an effort to do so. The team hoped to bring joy to the residents and encourage them to do the same for others.

The project was carried out at a food centre in Jurong West. Cards with positive quotes were given to random members of the community, along with sweets and snacks.

By the end of the event, the team had given out a total of 133 cards. The project gave the team an opportunity to do something good for the community and to learn outside the classroom. It was heartwarming to see pleasant outcomes, such as the smiles on the faces of pioneer-generation citizens when the cards were given to them.

Kindness is about sharing joy. The ripples of kindness are therefore truly endless.