

VISION

Through empowering families and individuals, we strive to build vibrant communities that can make a difference to society.

MISSION

To enrich and strengthen family relationships in Singapore

CORE VALUES

- Respecting the Dignity of Each Person
- Learning for Life
- Making Connections
- Building Wholeness

OUR BRANCHES

Hougang Centre (Headquarters)
 No 4 Lorong Low Koon
 Singapore 536450

Primavera Centre
 Blk 95 #01-1415
 Bedok North Ave 4
 Singapore 460095

Sengkang Centre
 Blk 261B #01-400
 Sengkang East Way
 Singapore 542261

St. Gabriel's Primary School
 Centre
 220 Lorong Chuan
 Singapore 556742

UEN T02S0153L
 Charity Registration No. 01636
 Charity registration date 27th November 2002
 IPC Status 16 June 2002 to 31 July 2014

GST NO. M90368782A



PRESIDENT'S MESSAGE

Building a Resilient Community - One Family at a Time

To help our world get better, we must first address our families, which are the fundamental units of society. No civilisation has ever survived this break-up.
 - Stephen Covey

Over the past 14 years, Morning Star Community Services has been a strong proponent of family life education. Healthy families are the bedrock of positive values and the foundation of a thriving society. Through our activities and programmes, we hope to be the catalyst for individuals in the family to build strong, life-long relationships with their family members.

Our work sees us serving mainstream primary school children through our after-school care centres and NOVA Learning Intervention, and parents of primary school-going children through our parenting and marital programmes, and family therapy services.

To ensure that our programmes and services remained relevant and meaningful to the families we worked with, a strategic review of our organisation was commissioned in June 2013. While it was tempting to expand on our scope of work by serving youth and the elderly, we decided to remain focussed on our core competencies - serving families with young children. Financial resources and strengths aside, we were also aware that more services could be developed for mainstream children to help nurture their growth and development into healthy, balanced youth. Our preference is to inculcate fundamental values at a young age, than to try to salvage situations caused by juvenile delinquency. Moving forward, we will establish more after-school care centres to care for more children.

The review also saw the amalgamation of NOVA Learning Intervention and after-school care services to form Children's Services. Family Wellness Department also increased its scope and depth of work. The Workshop and Training Department was also established to cater to the demand for workshops and talks. Besides providing school-based counselling through the Enhanced Step-Up Programme, our team of professionally trained counsellors also stepped-up counselling hours through counselling services to the community, increased case management and consults to Children's Services, and took over the administration of subsidy application for families who qualify for financial help.

Reclaiming Our Children's Childhood

At Morning Star, a child is more than a student. All our programmes are developed based on this understanding. While school work and academics are important, the holistic development of the child into balanced and resilient individuals, are as important.

The programme of our after-school care centres addresses the needs of the child holistically. We introduced a six-week menu comprising more vegetables, fruits and white meat while reducing processed foods across all community-based after-school care centres. In the process, children have learnt that healthy foods can be tasty too.

Greater emphasis was placed on preventive teaching, the inculcation of values, emotional regulation and communication to enable children to thrive in a group setting. Children also learn best through play, which is another important hallmark of our programmes. We make learning fun so that children will want to keep learning.

Help for Discouraged Children

I am pleased to report that we established a second NOVA Learning Intervention Centre at St. Anthony's Canossian Primary School. We believe that every child has the potential to excel, and it is our responsibility as carers to help the child discover the areas they have an inclination and aptitude for. The programme nurtures and works with children requiring learning intervention through an individualised education plan that builds on the child's existing strengths even as areas for improvements are worked on without diminishing the interests or dignity of the child. From experience, we know that a child who is happy to learn stays in, and completes school. We hope to open an additional two school-based intervention centres in the next financial year.

Encouragement for Parents too!

We continued to focus on talks and workshops in the areas of parenting, parent-child relationship and marital relationships. We have tied-up with People's Association to avail our suite of close to 50 workshops and talks at all community clubs across the island. We believe that well-informed parents make better decisions vis-à-vis children behaviour management and have continued to conduct our flagship programme, Common Sense Parenting, an evidence-based programme developed by Boys' Town, USA. Since its introduction in 2002 the programme has trained its 10,000th parent in 2013.

Encouragement from Stakeholders

Our work was made infinitely easier by the strong financial support, moral encouragement and fervent prayers of our stakeholders. My fellow Board members and I extend our heartfelt thanks to the Catholic Archdiocese in Singapore, the Canossian Daughters of Charity in Singapore, Caritas Singapore Community Council, the Ministry of Social and Family Development, the National Council of Social Services, the Lee Foundation, Singapore, the Tan Chin Tuan Foundation, Keppel Care Foundation, Mrs Dorothy Chan, Liqui Moly Asia Pacific Pte Ltd and many other well-wishers and supporters. Thank you!

Gerald Tan

President

CREATIVITY



FAMILIES



MOMENTS



LEARNING



OUR TEAM



WORKSHOP AND TRAINING

Within the child lies the fate of the future.
 — Maria Montessori

Our after school care services was created not just to be a drop-off location so that children can be in a safe environment after school. We wanted a service that encompasses professional care with compassion for the growth of the child.

Many children are hurried to grow up and have lost their right to be a child. Through our values-centric programme, preventive-teaching approach and through experiential learning, we encourage children to discover their strengths and abilities. It is our hope that the children enrolled in our service will have a joyful childhood even as they grow to be adults who will inspire and invigorate the community of future.

WORKSHOP AND TRAINING

The only way to influence the other fellow is to talk about what he wants and show him how to get it.
 — Dale Carnegie

The Training department has tied up with the People's Association to conduct our popular workshops through more than 400 community clubs in and around Singapore. The workshops, which are subsidized by the Ministry of Social and Family Development, also mean that more people would have the opportunity to attend workshops to improve on their family relationships.

LEARNING INTERVENTION PROGRAMME (NOVA)

Tell me and I forget. Teach me and I remember. Involve me and I learn.
 — Benjamin Franklin

NOVA Learning Intervention is a programme that caters to mainstream primary school children with poor learning abilities and poor foundational skills in literacy and numeracy. These children also tend to have poor self-esteem and limited communication and social skills. Due to their inability to integrate with their peers in school, and a hampered learning, they tend to be ostracised and become discouraged children who are not able to see the point of school. These children are at risk of dropping out of school. Through individualised education plan catering to the learning needs of the individual child, the programme helps children to learn how to learn at a pace that they are comfortable with.

FAMILY WELLNESS

Your life does not get better by choice, it gets better by change.
 — Jim Rohn

The team of professional counsellors of the Family Wellness department focuses on marital issues, grief, anger and work related issues, parent-child relationship, amongst other issues related to emotional wellness. Even as we continued to be one of the approved service provider for the Enhanced Step-Up Programme (ESU) in schools, we have continued to increase our number of counselling hours for the community. We have also partnered REACH (Response, Early Intervention & Assessment in Community Health) to better care for children requiring psychological intervention.

COMMUNITY ENGAGEMENT

MARCH 2013

5 Love Languages in Action

JUNE 2013

Camping Under The Stars

AUGUST 2013

Movie Under The Stars

DECEMBER 2013

Christmas Under The Stars

Total Students in Before & After School Care Centres

319 in year 2013
289 in year 2012

2012

329 Workshop Hours
380 Workshop Hours (including community night events & ESU counselling)

2013

355 Workshop Hours

Number of Workshop Participants

3453 in year 2013
4000 in year 2012

\$7,140.65 Other donations

11 Number of Associate Trainers in Workshops

125 Number of Workshop Partners

Enhanced Step Up Counselling Hours

807 in year 2013

Enhanced Step Up Counselling Hours

800 in year 2012

\$63,900 Donation gathered from RUN FOR THE KIDS

Total enrolment of students in NOVA Learning Intervention programme

34 in year 2013
13 in year 2012

185 Community Counselling Hours

THANK YOU!

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The Catholic Archdiocese of Singapore
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 Wong Wei Teck
 Wong Yat Kong

AND WE LOOK FORWARD TO YOUR CONTINUOUS SUPPORT TO MORNING STAR COMMUNITY SERVICES!