



*Develop*

*Support*

*Equip*

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# Strengthening Family Relationships

Morning Star Community Services was formed in 1999 as a community service project with the mission of enriching and strengthening family relationships through upstream and preventive intervention.

Beyond their physical development, we provide an environment for the holistic development of our children. We also offer support and encouragement to parents by availing them of our parenting workshops, counselling and other services.

Morning Star is an independent non-profit, voluntary welfare organisation and a member of the National Council of Social Service and Caritas Singapore Community Council. We serve clients from across all races, religions and economic backgrounds.

**16** years of  
community service

**6** Student Care centres

**430** enrolled in  
student care

**30** hours of training  
per staff annually

**4** cardinal virtues  
(wisdom • courage  
justice • temperance)

## Vision

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

## Core Values

- Respecting the dignity of the individual
- Learning for life
- Making connections
- Building wholeness

## Services

Student Care  
Nova Learning Labs  
CareNights  
Counselling  
Parenting Workshops

## Every child matters

Every child is a unique individual. We exist to help adults become better parents and the younger generation become valued members of society.



# President's Message

*“Not everything that can be counted counts, and not everything that counts can be counted.”*

*– Albert Einstein –*

**W**e celebrated our 15<sup>th</sup> anniversary in 2015 and I am happy to present our report card for the operating year ended January 2016.

The demand for after-school care services remained strong across our centres and is expected to remain consistent, if not increase, over the next five years. The Singapore family structure is changing, with multi-layered concerns and needs to be addressed. Both parents are expected to join the workforce as economic reality requires a dual-income household. We have also seen an increase in the number of single-parent families, as well as the number of children who live on the brink of abuse. These trends do not auger well for our children and our society.

After-school care service providers can partner mainstream education to create an enriching, enlivening and empowering experience for children enrolled in such services. Well-run care services can complement our schools' efforts in the holistic development of our children: the former focuses on character formation and virtue inculcation, and the latter on academic learning.

Hence, we embarked on partnerships with organisations, such as the National Arts Council and North East, South East and Central Singapore CDCs for the WeCare Arts Programme to offer 298 hours of enrichment programmes for our children at no additional cost in 2015. The Tan Chin Tuan Foundation also offered their “More Than Words” programme to our children for the last two years.

For our NOVA Learning Intervention Programme, enrolment has remained at 100% throughout the year. Together with our counselling team, art or play therapy was included as an additional form of intervention



*Growing our family*

*Forging our future*

for children requiring support in addition to help with coping in school and with school work. We also support parents through coaching or counselling sessions.

Training and Workshops continued to increase its outreach to parents, conducting a total of 1,033 workshop hours and reaching out to 7,000 participants in 2015.

Likewise, for the MSF-funded Positive Parenting Programme (Triple P), we have increased the number of schools served from 8 to 23. As of January 2016, we have already been asked to serve an additional 20 schools.

In response to families that may require additional support in the care of their children, we established a Programmes Department in September. A new CareNights@Morning Star programme was developed to provide respite for parents and care and engagement of children. We hope to offer this programme at all our community-based after-school care centres in time to come.

We have remained faithful to our mission all these years, grown from strength to strength and become more resilient to the uncertainties of the macro environment. Nevertheless, moving forward, we need to cultivate the ability to manage change in our evolving society, as well as within our organisation, so as to remain relevant to the needs of our community.

As a 'teenager' in the social service sector, there is still much for us to learn and even more that we would like to contribute to our community in the coming years.

We are grateful to all our stakeholders, including the Catholic Archdiocese of Singapore, Caritas Singapore Community Council, partners, donors and staff, for their continued and unwavering support.

**Gerald Tan**





# After-School Care Services

Morning Star's *After-School Care Services* aims to provide a conducive environment where children can be instilled with virtues for character formation.

Students drop in at the centre during off-school hours between 7.30am and 6.30pm. Our holistic and balanced programme goes beyond cognitive development to the cultivation of coping strategies, a sense of responsibility and a compassionate heart in each child.

In the process, we help children discover the joy of learning.

*"... the facilitators are caring especially Stephen and Syahmi. They always remember to call and feedback important issues. My child enjoys coming to the centre. Tammy and Nicholas (facilitators) even came up with a schedule to help my child..."*

*"My child enjoys the dance a lot and the outdoor activities. There's also discipline in the centre which is good for him."*



**6** Student Care centres

**430** enrolled in student care

**298** enrichment hours

# Nova Learning Labs

The **NOVA Learning Intervention Programme** was set up in 2006 to help primary school children who have difficulty responding to conventional teaching methods.

Our dedicated facilitators customise learning programmes for each child, and share the parents' joy in witnessing the good progress that the children are making.

The NOVA Learning Intervention Programme has served 118 children since 2013 and is available at our labs at Hougang, St. Anthony's Canossian Primary School, Canossa Convent Primary School and Punggol View Primary School.

*"... My child has difficulties with his academics and school homework.*

*He would hit himself when he couldn't do any of his work and no one is able to help him at home. After joining NOVA, he has a better understanding in his academic work and his focus has improved. He has also improved in managing his emotion and temper at home. Less outburst of temper at home. Able to control his own negative emotion (e.g. anger). He has become more positive and likes NOVA...."*



*"... My child has improved in being more receptive towards following of instruction. The NOVA teachers has done a great job in guiding him on his homework and academic...."*



# Community Collaborations



## WeCare

Since 2014, Morning Star has been working closely with the National Arts Council (NAC) in the **WeCare Arts Programme** to engage our children to various art forms and activity, and help them cultivate an appreciation for the performing and visual arts.

We are grateful for the funding received from the North East Community Development Council (CDC), the South East CDC and the Central CDC in 2015. The funds enabled us to engage specialist instructors to conduct lessons in a variety of arts disciplines for our children.

## More Than Words

This annual event supported by Tan Chin Tuan Foundation gives our children the opportunity to be instructed in speech & drama, Nu-Style hip-hop and the angklong, a traditional musical instrument of Indonesia.

The learning journey for our children culminated in the “More Than Words” showcase at the Anglo-Chinese School (Independent) on 10 September 2015.



## Books from the National Library!

We are extremely grateful for the **1,000 books** received from the National Library in 2015! The donated books have been a great resource for encouraging literacy among our children during silent reading periods.



# CareNights

**CareNights** was developed to offer child-minding services as a support for parents who are experiencing stressful situations in life.

**How.** Utilise existing after-school care centres as child drop-in centres at night, for parents who need some time out to run errands, or simply a respite from a long day of work or caregiving

**What.** Engage volunteers to conduct wholesome activities like **art & craft**, **music** and **speech & drama**, as well as **tutoring** in subjects that are based on the primary school curriculum. The centre also organises bi-monthly activities to encourage parent-child bonding and equip parents with effective parenting skills.

**Where.** Primavera Student Care Centre. In the year ahead, CareNights will also be made available at our centres at Bedok North, Hougang and Sengkang.



**VOLUNTEERS  
NEEDED!**

**CareNights** needs you! We are looking for passionate and caring individuals to teach a school subject, conduct dance or art lessons, or simply be a friend. Get in touch with us to find out more about how you can be involved at [programmes@morningstar.org.sg](mailto:programmes@morningstar.org.sg).



# Counselling Services

Our counselling services aim to facilitate sound understanding of coping strategies and help clients work through their situational, emotional and relationship issues.

The services offered fall under two categories, namely school-based counselling for students and community-based general counselling.

2015 saw us extending the reach of our counselling services with significant increases in counselling hours clocked across both categories.

In response to invitations to public discussions on socio-emotional and psychological issues, our Principal Therapist, Ms Kelvyanne Teoh, participated in 938LIVE's radio talk show, A Slice of Life, on the fear of failure and how it affects lives and relationships.

Ms Teoh also delivered a presentation entitled Embracing Hurting Hearts at a Symposium on Divorce, Separation and Annulment organised by the Archdiocesan Commission for the Family.

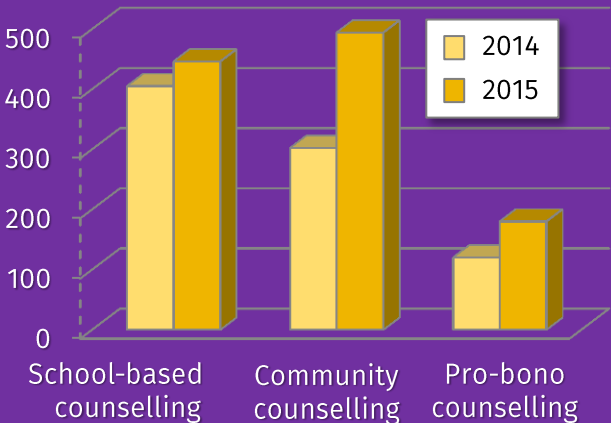


*"... It has been over a year since my son's passing - we all miss him dearly - and yet the key thing we have taken away from all our sessions is to be authentic with our feelings towards each other especially over our immense loss. This has helped us very much in that we recognise our sadness and try to be open with each other about our feelings..."*

● Puppets are essential items in the play therapy toolkit.

*"... In my fragile state of being, the therapist provided a safe environment for me to share my deepest thoughts and feelings including those of fears and anxiety. .... Through her support, I gained greater self-awareness and also learnt how to apply strategic skillset to better manage challenging life situations encountered..."*

Counselling Hours



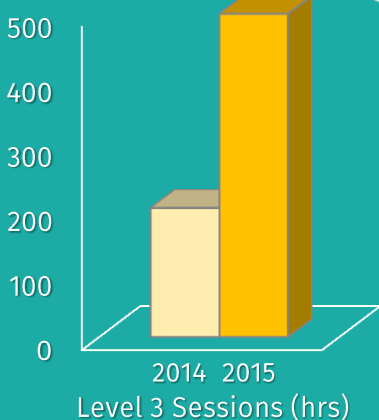
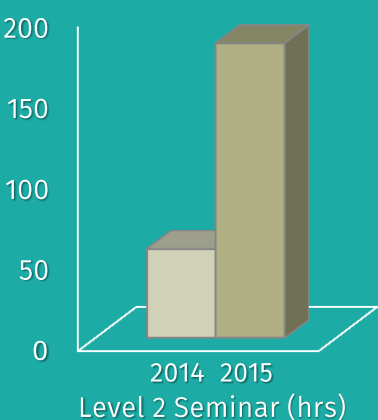
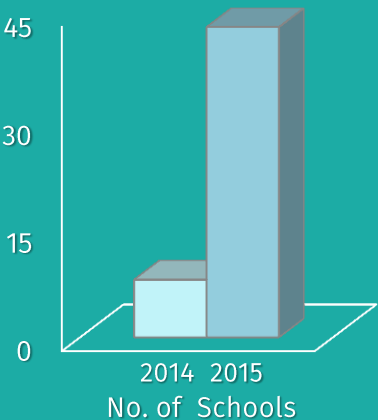
# Parenting Workshops

Morning Star’s parenting workshops aims to empower parents of school-going children by imparting not just head knowledge, but practical skills, on raising emotionally healthy children. Through evidence-based parenting workshops, we equip parents with practical strategies to enhance parent-child communication and improve their child’s behaviour.

Our *Parenting Workshops*, held in conjunction with the *Mini Toy Exhibitions*, continued to provide grandparents, parents and children of our student care centres with opportunities to bond over interactive activities. The joyous smiles from the adults and squeals of delight from the children bore testimony to the success of the event!

## Equipping Our Parents

We conducted the *Positive Parenting Programme (Triple P)*, in nearly three times as many schools as we did in 2014. Triple P was introduced to schools by the Ministry of Social and Family Development (MSF), and is currently being conducted as a pilot programme.



# Parenting Workshops

## Equipping Ourselves

At Morning Star, we are character shapers. We go beyond child-minding to inculcate moral excellence in the children under our care.

As such, we have also developed a training plan for our staff to ensure that they are well-equipped with skills in behavioural management, classroom planning and management and coaching.

## What's Ahead

- In recognition of our good work, the MSF has awarded us contracts to conduct Triple P in another 20 schools in 2016.
- We are looking forward to sharing our staff training programme with other organisations for their benefit!

*"...I used to feel lost whenever my son threw me a curve ball. Trivial matters would quickly escalate into serious problems. We had many ugly confrontations and our home just did not feel like a home.*

*Through Triple P, I learnt to take control of the situation. Instead of confrontations, I learnt to give affirmation. My son and I have also worked out some house rules and consequences. Even Grandma learnt to give affirmation and is seeing results!"*





# Thank You!

## Donors

Anna Maria Low  
Caritas Singapore Community Council Ltd  
Cheong Swee Ying  
Doris Teoh Soon Neo  
Edward Lim Chin Wah  
Kelvin Poon Kin Mun  
Kentish Court Pte Ltd  
Kevin Teoh  
Lee Foundation  
Lee Tiong Sa  
Liqui Moly Asia Pacific Pte Ltd  
NTUC Fairprice  
Prisca Teng Phaik Yoke  
Right Space Pte Ltd  
Sylvain Rannou  
Tan Chin Tuan Foundation  
Tan Wee Han Gerald  
Wee Tai Seng  
Wong Wei Teck

## Partners, Collaborators & Supporters

Admiralty Primary School  
Ahmad Ibrahim Secondary School  
Ai Tong School  
Anchor Green Primary School  
Ang Mo Kio (FSC) Sengkang  
Anglo-Chinese School (Barker Road)  
Anglo-Chinese School (Primary)  
Archdiocesan Commission for the Family  
Arise Kindergarten  
Aviva Singapore  
Balestier Hill Primary School  
Bedok Green Primary School  
Beginning Experience  
Bishan Public Library  
Boon Lay Garden Primary School  
Bukit Merah Public Library  
Canossa Convent Primary School  
Care Corner Family Service Centre (Tampines)  
Casuarina Primary School  
Catholic Junior College  
Central Singapore Community Development  
Council

Centre of New Life Kindergarten  
Changkat Changi Secondary School  
Changkat Primay School  
Chatsworth International Kindergarten  
CHIJ Kellock (Primary)  
CHIJ Our Lady of the Nativity  
CHIJ St. Nicholas Girls' School (Primary)  
CHIJ St. Nicholas Girls' School (Secondary)  
CHIJ St. Theresa's Convent  
ChildFirst @ Dunearn (Ednovation)  
Chung Cheng High School (Main)  
Chung Cheng High School (Yishun)  
Church of Our Lady of Perpetual Succour  
Church of Our Lady of the Nativity  
Church of the Nativity of the Blessed Virgin Mary  
Church of Our Lady Queen of Peace  
Church of Our Lady Star of the Sea  
Church of St. Anne  
Church of St. Mary of the Angels  
Church of St. Anthony  
Church of St. Francis Xavier  
Church of St. Joseph (Bukit Timah)  
Church of St. Vincent de Paul  
Church of the Holy Trinity Kindergarten  
Church of the Immaculate Heart of Mary  
Community Chest  
Coral Secondary School  
Council For Private Education  
Covenant Family Service Centre  
Damai Primary School  
Dunman High School  
East Coast Primary School  
Elias Park Primary School  
Emas Offshore Limited  
Endeavour Primary School  
Fairfield Methodist Primary  
First Toa Payoh Primary School  
Geylang East Public Library  
Geylang Methodist Primary School  
Greendale Primary School  
Guangyang Secondary School  
Hai Sing Catholic School  
Holy Innocents' High School

# Thank You!

Holy Innocents' Primary School  
Hougang Sheng Hong FSC  
Jamiyah Childcare Centre  
Junyuan Secondary School  
KK Hospital Kids 0-3 Programme  
Kranji Secondary School  
Learning Vision @ Alpha  
Marine Parade Family Service Centre  
Marine Parade Public Library  
Mee Toh School  
Methodist Girls' School (Primary)  
Methodist Girls' School (Secondary)  
Mindchamps @ City Square Mall  
Mindchamps @ Tampines Point  
Ministry of Foreign Affairs Singapore  
Ministry Of Social & Family Development  
Nan Hua High School  
Nanyang Academy of Fine Arts  
Nanyang Primary School  
National Council of Social Service  
Ngee Ann Primary School  
Ngee Ann Secondary School  
Noah's Ark Childcare and Development Centre  
North East Community Development Council  
North Spring Primary School  
North Vista Primary School  
NTUC Fairprice Co-operative  
NurtureStars SAFRA Mount Faber  
NurtureStars SAFRA Yishun  
Our Future Prodigies Childcare Centre  
Pasir Ris Secondary School  
Paya Lebar Methodist Girls School (Primary)  
Paya Lebar Methodist Girls School (Secondary)  
PCF Blk 143 Rivervale Drive  
PCF Kindergarten (Special Needs Division)  
PCF Sparkle Tots  
Pei Hwa Secondary School  
Peicai Secondary School  
Peirce Secondary School  
PPIS - As Salaam Family Support Centre  
Punggol View Primary School  
REACH, Institute of Mental Health  
Red Swastika School  
Republic Polytechnic

Rivervale Primay School  
SE CDC-Metta Student Care Centre  
Seng Kang Secondary School  
Siglap Secondary School  
Singapore Land Authority  
Singapore Management University Student  
Volunteers on Project Chong Chong  
Singapore Polytechnic  
Singapore Teacher's Co-Op Child Care Centre  
Social Service Office (Bedok)  
Social Service Office (Serangoon)  
South East Community Development Council  
Springfield Secondary School  
St. Andrew's Secondary School  
St. Anthony's Canossian Primary School  
St. Gabriel Primary School  
St. Hilda's Primary School  
St. Ignatius Church  
St. Gabriel's Primary School  
St. Hilda's Primary School  
St. Ignatius Church  
St. Margaret's Secondary School  
St. Gabriel's Primary School  
St. Joseph's Institution  
St. Joseph's Institution Junior  
Standard Chartered Bank Singapore  
Sunflower Tinkleland Childcare Centre  
Tampines Primary School  
Tampines Secondary School  
Tan Chin Tuan Foundation  
Telok Kurau Primary School  
Thye Hua Kwan Moral FSC (Bedok)  
Tote Board  
TRANS Family Service Centre  
Victoria School  
Whitley Secondary School  
Yong En Care Centre  
Yu Neng Primary School  
Yuhua Primary School  
Yuying Secondary School  
Zhonghua Secondary School



# Year In Review

Financial Highlights (S\$) (for the financial year ended 31 Jan 2016)	FY2015/2016	FY2014/2015
Voluntary Income <ul style="list-style-type: none"><li>• Donations in cash</li><li>• Other income</li><li>• Grants received</li></ul>	1,393,206	726,811
Funds generated from activities <ul style="list-style-type: none"><li>• Student Care services</li></ul>	1,495,480	1,395,897
Interest Income	33,986	20,720
Income from charitable activities <ul style="list-style-type: none"><li>• NOVA Learning Support programme</li><li>• Family wellness programmes</li></ul>	510,786	430,283
<b>Total Income</b>	<b>3,433,458</b>	<b>2,573,711</b>
Cost of generating funds <ul style="list-style-type: none"><li>• Student Care services</li></ul>	1,693,834	1,425,168
Resources expended on charitable activities <ul style="list-style-type: none"><li>• NOVA Learning Support programme</li><li>• Family wellness programmes</li><li>• Social work services</li></ul>	1,016,420	784,986
Governance costs	48,174	46,488
<b>Total Expenditure</b>	<b>2,758,428</b>	<b>2,256,642</b>
<b>Net Surplus</b>	<b>675,030</b>	<b>317,069</b>
Total funds brought forward	2,370,773	2,053,704
<b>Total funds carried forward</b>	<b>3,045,803</b>	<b>2,370,773</b>




## REGISTERED DETAILS

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Email: mstar@morningstar.org.sg  
Website: www.morningstar.org.sg


## AUDITOR


Kreston David Yeung PAC  
128A Tanjong Pagar Road  
Singapore 088535

## WHERE WE OPERATE

Bedok North Centre  
Blk 508 Bedok North Avenue 3 #01-369  
Singapore 460508  



Canossa Convent Primary School  
1 Sallim Road  
Singapore 387621  



Hougang Centre  
No. 4 Lorong Low Koon  
Singapore 536450  



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







Punggol View Primary School  
9 Punggol Place  
Singapore 828845  


St Anthony's Canossian Primary School  
1602 Bedok North Ave 4  
Singapore 469701  


Saint Gabriel's Primary School Centre  
220 Lorong Chuan  
Singapore 556742  


Saint Joseph's Institution Junior Centre  
3 Essex Road  
Singapore 309331  


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


-  After-School Care Centre
-  Individual & Family Therapy
-  Nova Learning Lab
-  CareNights
-  CareNights launching in 2016