

Our Vision

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

Our Mission

To enrich and strengthen family relationships in Singapore.

Policies

Reserve Policy

Morning Star Community Services aims to keep in reserves up to two times of total operating expenses. To ensure sustainability to fulfil its obligations and mission, the Board of Directors regularly reviews the financial status of Morning Star Community Services Ltd.

Board Members Declaration

Conflict of Interest declaration are signed by all Board of Directors. None of our Board Members has served more than 10 years consecutively.

The Board Members are not remunerated.



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we have been much blessed and are very grateful for the overwhelming response from volunteers who have answered the call by contributing valuable time, effort, care and love in assisting these families in need. The volunteers have truly made a difference in Morning Star and the families with whom we journey.





President's Message

2017 was a challenging year. The departure of some senior staff members from NOVA and CareNights to pursue other interests left the team with the task of maintaining the high quality of care and service that our clients have come to associate with Morning Star in these areas. 2017 also marked Morning Star having to confront the prospect of relocating from our operational, and indeed spiritual, home at Lorong Low Koon by the end of 2018 in the face of plans by the Archdiocese to redevelop the site.

Despite these challenges, I am happy to share that the team has delivered and more. The work undertaken and the growth we have seen in all of Morning Star's services are vividly described in the statistics, pictures and testimonies in the following pages. These only serve to underscore just how blessed Morning Star has been in it being able to continue attracting talented, dynamic and committed staff and volunteers who identify with our mission and vision. For instance, the number of counselling hours has increased from 1,467 in 2016 to 1,750 in 2017, while volunteers had put in 1,870 hours in 2017 compared to 373 hours in 2016.

In addition, I wish to specifically highlight two other areas.

In 2017, CareNights opened its doors to families in Sengkang who face multiple stresses and challenges. The strong enrolment numbers for CareNights motivates Morning Star to draw more deeply from its resources to provide holistic support for these families while they address the urgent and short term pressing concerns in their lives. In this regard, we have been much blessed and are very grateful for the overwhelming response from volunteers who have answered the call by contributing valuable time, effort, care and love in assisting these families in need. The volunteers have truly made a difference in Morning Star and the families with whom we journey.

Last year, Morning Star also spearheaded a pilot training run for The Incredible Years®, which was very well received: 25 Group Leaders were trained in the Basic Programme while another 25 were trained in the Small Group Dinosaur Treatment Programme. The Incredible Years® is a series of three interlocking,





evidence-based programmes for parents, children and teachers. This systemic approach to nurture children's conduct and behaviour has proven to be very effective. Supported by over 30 years of research, the goal is to prevent and manage young children's behavioural problems and promote their social, emotional and academic competence. The programme is used worldwide in schools, hospital settings and the community. It has been shown to work across cultures and socioeconomic groups. Morning Star aims to be the agency to lead the effort to bring The Incredible Years® to schools and families in Singapore.

Having planted these shoots for future growth, the challenge now is to ensure that these initiatives bear much fruit and continue their growth. To this end, the Board (and specifically the Human Resource Sub-Committee) has undertaken a deeper review to identify the areas in which Morning Star can do better to support our staff and volunteers so that they fully realise their personal potential and deliver the best care for our clients. In a similar vein, the Board and

management have, in Morning Star's search for alternative office premises, placed great emphasis on ensuring that the new office is one that all members of Morning Star are proud to call home and one where the work environment fosters greater collaboration among staff and stakeholders. All these are essential ingredients to realise Morning Star's vision and mission - to strengthen families and to build vibrant communities.

None of the work and the fruit of our labour would have been possible without the generous and unstinting support of Caritas Singapore, Community Chest, Ministry of Social and Family Development, National Council of Social Service, Temasek Foundation Cares, the Archdiocese of the Roman Catholic Church of Singapore and its members. I would also like to take the opportunity to thank my colleagues on the Board who have given so much of their time and energy towards Morning Star's work. Last and certainly not the least, all thanks be to God without whose grace has sustained and continues to sustain our work.

Board of Directors

Mr. Kelvin Poon (President)

Mr. Gerald Tan (Vice-President)

Mr. Alan Ow

Mr. Michael Koh

Fr. Henry Siew

Mr. Jeremy Tay

Ms. Christina Lim

Mr. Joseph Yeo

Sr. Cecily Pavri

Organisation Information



UEN No: 201617675H

IPC Status: 01/10/2016 to 30/09/2018

Registered Address:

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After-School Unre Services

Children are not things to be molded But are people to be unfolded.

Morning Star's After-School Care Services aim to support the needs of families who require supervision and guidance for their primary school going children. Parents drop off their children in our centres during off-school hours between 7.30 am and 6.30 pm on weekdays. The opening and closing hours differ for each centre.

There are a total of 4 community-based and 2 school-based centres, with an average enrolment of some 350 students monthly.

Community-based Centres

Hougang Centre

4 Lorong Low Koon Singapore 536450

Bedok North Centre

Blk 508 Bedok North Ave 3 #01-369 Singapore 460508

Primavera Centre

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

Sengkang Centre

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

School-based Centres*

St. Gabriel's Centre 220 Lorong Chuan Singapore 556742

St. Joseph's Centre

3 Essex Road Singapore 309331

*Enrolment only for students of the school

Enrolment Figures













In keeping with our adage of 'a child is more than a student', children from Morning Star are treated as unique individuals and not just students. We place great emphasis on character formation through the acquisition of virtues.

We encourage children to discover their own strengths and abilities through the various interesting curriculum-based learning stations and theme-based activities. It is our hope that the children enrolled in Morning Star have a joyful childhood as they grow into adults who will inspire and invigorate the community of the future.

Morning Star Community Services is a proud recipient of the WeCare Arts Fund, which is a collaboration between the National Arts Council and the People's Association.

Enrichment programmes rolled out for the year under the WeCare Arts Fund included:

- ► Dance & Vocal
- ► Fun with Ukulele
- ► Clay Appreciation
- ▶ I, Through our Puppets



Other Enrichment Programmes:

- ► Mini Toy Exhibition
- ► First Aid Awareness
- ► Eco Garden Workshop
- **▶** Walking in Your Shoes
- **▶** Soccer Clinic
- ► Annual Children's Christmas Party







Field Trips:

- ► Marina Cove@ECP
- ► Alive Museum
- **▶** Circus@Science Centre
- ► Water Parks@Gardens by the Bay
- ► Tan Chin Tuan Foundation: Curious George







What Parents Say

Ethan has learned to accept consequences at home especially if these were made known to him explicitly. I appreciate that Morning Star has consistently enforced consequences to help the children improve their behaviour - SJIJ parent

> Sheny has acquired the habit of reading books. I really want to thank Morning Star for instilling in her the habit in which I find it challenging to do so at home - SK parent

Seleisha is better behaved and more courteous due to the facilitators. Good Job! Thank you so much for your hard work, patience, understanding and kindness towards the kids.

- PV parent





Asher is starting to understand and act as an example to his 6-month-old brother. Facilitators Isaiah and Xiaoling shower Asher with lots of care and concern. They often provide valid and relevant feedback - SG parent

> Yong Jin is coping well and does not show any sign of displeasure. Thank you for taking care of my son well. I hope that he can get more help academically so he can improve and excel.

> > - SJIJ parent



It takes a village or at the very least A church of great heart to help raise a child



Mainstream children who exhibit weak foundation skills, poor decision-making habits and often struggle with social-emotional regulation are enrolled in the NOVA Learning Intervention Programme.

The daily programme helps children develop confidence and strengthen their competencies in each of the four domains (social, emotional, behavioural and academic learning skills). The programme also helps parents by empowering them with skills to support their children at home.

There are a total of 1 community-based and 3 school-based NOVA Labs with 65 children enrolled.

Community-based Labs

Hougang Centre

4 Lorong Low Koon Singapore 536450

School-based Labs

St. Anthony's Canossian Primary School

1602 Bedok North Ave 4 Singapore 469701

Canossa Convent Primary School

1 Sallim Road Singapore 387621

St. Joseph's Institution Junior

3 Essex Road Singapore 309331

Run For NOVA Kids 2017





Morning Star Community Services ran for a cause in the annual Standard Chartered Marathon event held on 3 December 2017 to raise fund for the NOVA children. With the theme "Shining From Within" which described the building of the children's characters that shine from inside out, a sum of slightly more than \$3,500 was raised.

Success Story

Natalya suffered from a multitude of challenges, not just at school but also at home. She was failing many of her subjects and had a strained relationship with her father and sister. HG NOVA worked closely with her school to allow her to study all her subjects at Foundation level. This gave Natalya the opportunity to study at her own pace where previously she had given up once she found herself unable to catch up with the syllabus.



Her father actively participated in the Common Sense Parenting workshop which allowed him to understand his children better and adapt his expectations and parenting methods. HG NOVA also prescribed bonding time for Natalya and her sister which saw their relationship improve as well.

Through Art Therapy, Natalya was given an outlet of expression which has helped her to manage her emotions and mature as a person. With HG NOVA's holistic approach and Natalya's positive response to these programmes, she sat for the PSLE and was one of the top scorers for her subjects at Foundation level, allowing her to pursue the Normal (Academic) stream at Secondary level.

Counselling + Theraphy

Let you, be you Silly, mad or sad When nervous or scared Remember being you isn't bad

Our counselling therapists work with our beneficiaries to:

- (7) Increase personal effectiveness by improving competencies such as self-awareness, resilience, and assertiveness.
- Facilitate problem-solving and informed decision-making through the use of internal and external resources.
- Poster positive coping strategies when faced with stress, depression and anger as well as learning to deal with daily living challenges and unplanned occurrences.
- Facilitate understanding of relationship dynamics and provide skills required to grow and maintain positive peer and family relationships.
- Manage parenting issues such as parent-child conflict.
- Support families in the psychological assessment process, as well as providing access to a network of resources needed to deal with stressors such as financial, housing, and legal issues.

Counselling Hours





Success Stories

Therapy provided to our beneficiaries totalled 1750 hours, a 19% increase from the previous period. The greatest area of growth was play therapy services (236%) whilst demand from community and school-based beneficiaries remained stable.

In April 2017, counselling services were extended to two dedicated special needs programmes serving visually-impaired children and teens at iC2 Prephouse (49 hours) and multi-stressed families from our CareNights programme (36 hours).

Our therapists have also organised participated in case consults and conferences with families, schools and other care professionals as a team. This ensured that the child's broader emotional and relational needs were better supported.



"My daughter's transition to Primary 1 was a very daunting experience for her. She became very quiet and withdrawn. The new school demands and the new environment proved too much for her to cope. She did not share about school much and had a "worried" look often. This started to change when we started the Play Therapy sessions in May 2017 with Morning Star. The therapist also imparted the skills of parent-child play attachment to me and shared the essentials of how to have play sessions with the child such that the child feels the parent's presence and love.

My daughter started weekly Play Therapy sessions while I conducted my own "Special Time" with her on Sunday nights. This proved to work.

Thaleia became more confident, able to accept her own weaknesses and her ability to express herself strengthened noticeably. Play therapy let her relax and her thoughts. Her behavioural improvements were commended by the learning facilitators in NOVA and her weakest subject, Maths, became her strongest by Term 4.

I would like to thank the therapist from the bottom of my heart for her hard work and consistency in ensuring my daughter's progress and to address the child's need so sharply. My daughter needed to feel accepted and the need was met through play time with me, her mother as well as Play Therapy sessions with the therapist.'

- Mother of child going through Play Therapy



Apart from individual and family therapy, our therapists will also organise, provide case consults, or participate in case conferences with the individual's family, school and other care professionals as a team. This is to ensure that the child's or youth's emotional and relational needs are supported in its entirety.

"My child enjoys conversing with the Therapist as he feels calm, engaged and reassured during that time. He is generally quite receptive to the advice given. He has learnt to be more responsible and take ownership of things. He now makes his own alarm in the morning for waking up to school and gets ready punctually for school with minimal nags and prompting from us.

My son has also learnt to talk more respectfully with his teachers and almost stopped calling them names. He packs his own school bag and will face consequences readily for any forgetfulness on his part.

The Therapist has also helped to bridge the relationship between my son and his father by providing strategies to cool any tension that might surface. He has also begun to answer questions confidently in print (vs Braille), though this is still in its embryonic stage."

- An iC2 Prephouse Client

CareNights@
Morning Star

Day is over, night has come Today is gone, what's done is done Embrace your dream, through the night Tomorrow comes with a whole new light

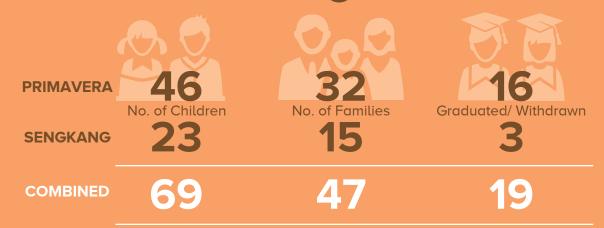


With the invaluable support of Temasek Foundation Cares, the CareNights@Morning Star programme affords supervised care to children aged 7 to 14 years, allowing parents and caregivers the opportunity to work after hours or attend to family emergencies.



CareNights provides a safe and positive environment through a structured holistic programme which includes virtues lessons, art therapy and homework guidance. The programme was first launched at the Primavera Centre in 2016, serving a little over a dozen children. Today, enrolment has flourished, leading to the opening of another care centre in Sengkang.

Children/ Family Enrolment:



Volunteers



SENGKANG





No. of **Training Hours** Received

COMBINED

1,870



In conjunction with social service agencies under Caritas, students, staff and volunteers participated in the Dedication of the Cathedral of the Good Shepherd.

April

Staff and volunteers attended a workshop on the Virtues Project, the cornerstone of the CareNights character development curriculum.

March

Students performed a dance number at a community outreach event at Kampong Chai Chee Community Club.

May

Volunteers participated in the Volunteering with a Difference workshop to become better skilled in their communication and interaction with youth.

June

Students visited the Paya Lebar Fire Station to learn about firefighting and fire safety.

June/July

Student volunteers from Nanyang Polytechnic assisted staff and volunteers with block visits of rental flats in Sengkang.

September

Dance lessons are incorporated into the activities at the Primavera Centre.

October

Student volunteers from Victoria Junior College assisted staff and volunteers with block visits at Bedok and Sengkang.

November

Dance lessons are incorporated into the activities at the Sengkang Centre.

- Music lessons are incorporated at both Primavera and Sengkang Centres.
- ► Students, staff and volunteers took part in the Sengkang Methodist Church community outreach event.
- ► Caritas Young Adults brought students for trampoline fun and pizza lunch.

December

Students performed a dance item at the Kids Dash event during the Standard Chartered Singapore Marathon.

- ► Students flew kites made during art therapy sessions at the Marina Barrage.
- Christmas parties for students, staff and volunteers at both Primavera and Sengkang Centres.



Key Highlights

- Opened CareNights centre at Sengkang.
- (from 21 in 2016 to 69 in 2017).
- (*) Increase in **volunteer hours by 500%** (373 in 2016 to 1870 in 2017).
- Participated in **23 events jointly organised** with VWOs, schools and other organisations in promotion of CareNights.
- Participated in **16 community outreach events**.

Testimonials

"Taking care of my three children is a challenging job. I have a teenage son, a daughter facing her PSLE, and a 10-year-old boy with special needs. On top of that, I am a single mum with a full-time job. Everything falls on my shoulders.

CareNights is the best alternative care arrangement I have ever had. My kids love their time there and won't miss a night. They have formed very good relationships with the facilitators as well as the other children. I know that they are in good hands, even when they are out on field trips.

As for me, the quiet time is truly a godsend."

- By a CareNights' Parent





"Now that my children are all grown up, I have some "me" time. I love to be with kids, so when I came to know about CareNights I enquired about volunteering. I was so overwhelmed by their positive response. That was how I became part of CareNights. Even though I have been with CareNights for only a month, the kids have been so affectionate and so enthusiastic it gives me such an immense satisfaction."

- Sumathi, volunteering since November 2017

One evening, as I was on my way to the Centre, I bumped into one of our students. The little girl was with her grandmother. When she saw me, she smiled and excitedly turned to her grandmother to ask if she could go to CareNights. However, her grandmother had other plans for her that evening and I could see the girl was disappointed.

That, to me, sums up how the kids feel about CareNights. They look forward to coming to the centre, no persuasion needed. They feel welcomed and safe in the company of supportive peers and caring adults.

I am grateful to be part of the CareNights family.

- Margaret, volunteering since Oct 2016

Training + Werksheps

A little seed for me to sow

A little earth to help it grow

A little sun, a little shower

A little while, and then – a flower

Morning Star Community Services offers a suite of parenting, child and work-life effectiveness training programmes to address a variety of learning needs.

No.	Workshop	Month
1	The Virtues Project	March
2	Walking In Your Shoes	Oct
3	Values for Life	Feb - Nov
4	Volunteering with a Difference	Mar, May
5	What's Up Dad	Jul, Nov
6	Managing Children's Behaviour (Malay)	Aug
7	Signposts	Aug - Dec
8	Common Sense Parenting (CSP)	Feb - Nov
9	Positive Parenting Programme (Triple P)	Jul - Sep

Empowering Families and Individuals

The Virtues Project

Morning Star conducted The Virtues Project at Nativity Church for children whose parents were attending Common Sense Parenting® programme. Through fun and engaging activities, the children aged 7 to 12 were brought through the five strategies of The Virtues Project.

- Eddie Lim, father of two children

Walking In Your Shoes

To foster empathy in the children and parents, a new programme, Walking In Your Shoes, was developed. Through an experiential approach, the children and parents experienced how to





suspend judgment and put themselves in someone's shoes in order to get a fresh perspective of the situation and thus foster empathy and better understanding in the process. Participants ended the session with a memorable canvas shoe design and painting activity.

- Joehana, parent from MS Student Care Centre @ SK

Building Vibrant Communities



Values for Life

Families spent their precious weekend on 2 September 2017 to examine what values were important to their respective families. Family members both young and old, gathered together to bond and plan for their future. They attended our Values for Life workshops which we held a few concurrent runs in conjunction with the Family Weekend Event organised by the Ministry of Social and Family Development (MSF).

"A useful session to get together and learn from one another. Looking forward to more such programmes in parenting."

- Pua Lee Ping, parent from MS Student Care Centre @ SK

Making a Difference

Volunteering with a Difference

To equip our growing group of volunteers with essential skills to manage children's difficult behaviours, we developed a customised programme for them. This programme was also conducted for the staff from CrimsonLogic Pte Ltd who volunteered to run a coding workshop for children with the Southwest Community Development Council. Morning Star hopes to share our strategies, not just with our own volunteers, but with as many volunteers from other organisations, as possible.





Enriching & Strengthening Family Relationships

What's Up Dad

The role of a father is very important to a child. To encourage and create opportunities for fathers to spend meaningful time with their children, What's Up Dad, was designed and implemented. The delight shown on the children's faces when they played with their fathers was invaluable.

"I didn't know my Dad was so sporty! I would like to play more games with him from now on."

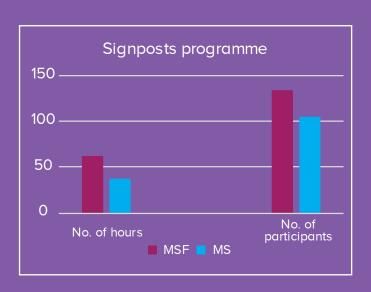
- Prem, P4 boy

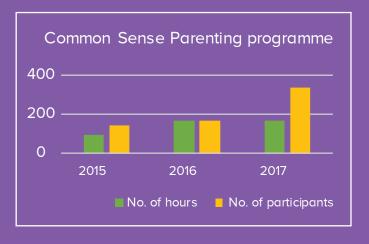
Managing Children's Behaviour (Malay)

This is the first year that Morning Star is reaching out to our Malay speaking community with our workshops. We hope to reach out more to non-English speaking families so more families will benefit from our programmes.

"Strategies shared are good and effective"

- Caregiver from Darul Ihsan Orphanage







Signposts for Building Better Behaviour

In 2017, Morning Star offered Signposts with MSF as well as at our own centres for parents of young children aged three to nine. We conducted five runs with MSF and three runs at our centres.

"Since attending this programme, I can see a lot of changes in my two boys' attitudes. My younger boy used to get agitated over little things and with people around him. After applying the skills I learnt from Signposts, I found I was able to calm him down faster. He has been able to manage his emotions better now. He has become happier and more appreciative too."

- Jenny Ng, parent of Temasek PS

Common Sense Parenting (CSP)

There was an increase in participant numbers this year as we held an introduction session at a primary school where as many as 100 parents attended. This translated into an actual CSP run conducted at the school with accompanying two runs of What's Up Dad father-child bonding programmes.

"Useful and practical strategies that can be shared with the parents while working with them."

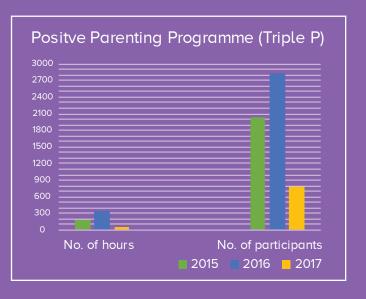
- Staff member from Chen Su Lan Methodist Children's Home

Triple P Level 2 Seminars

Triple P Level 2 is a 'light touch' intervention providing brief one-time assistance to parents. It is available to parents of children from birth to 12 years and for parents of teenagers. Moving forward, we would work with MSF to commence programmes earlier in 2018, providing more time for schools to coordinate runs with parents.

"When I speak in a calmer tone, my son reacted calmer too"

- Terence Koh, father of three teens





The Incredible Years® (IY) Group Leaders Training

Morning Star hosted Group Leaders Training for The Incredible Years® Parent and Small Group Dinosaur Programmes in September 2017 at Social Service Institute. This series of training would further equip our Associate Trainers, therapists and social workers with crucial evidence-based skills to manage children's challenging behaviours, reduce their conduct disorders, regulate emotions while raising the competency and confidence level of the parents and caregivers. Morning Star will implement the IY Parent programme in 2018 for the general community.

FACTS & FIGURES 2017





increase in Counselling & Therapy hours hours (from 1,467 hours)







ACKNOWLEDGEMENTS

Donors/Sponsors

ORGANISATIONS

Amgen Singapore Manufacturing Pte. Ltd

Caritas

Caritas Singapore Community Council Limited

CCDC/NAC

Evergreen Gardening & Contract Services PL

Focus Network Agencies (S) Pte Ltd

Food Line Pte Ltd

Foodline Pte Ltd

Hwa Chong Junior College

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Singapore Institute of Technology IT Project Laos

Singapore Polytechnic

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