

MEETING NEEDS, TRANSFORMING COMMUNITIES

seed

ISSUE 16

www.harvestcare.org

Harvest Care Centre

MCI (P) 023/09/2018

W.A.D!Club

ROMP 18 adds inclusivity sports categories for the first time

青少年俱乐部

ROMP 18 首次加入具包容性的运动项目

SPARKS

SPARKS Student Care aims to develop children holistically

学生托管中心

SPARKS 托管中心旨在助学生全方面发展



seed

ISSUE 16

seed is a bi-annual publication of Harvest Care Centre (HCC). SEED depicts an organisation that is young and alive. We care for the needs of our community and carry a vision of making a difference in our community. We nurture our pillars and volunteers to make that happen.

seed will walk you through our past and upcoming events. If you are keen to join us or be a part of us, do contact us.

seed是丰收关怀中心的6月刊。它代表了不止一间年轻的机构，也象征了我们的活力！正当我们关心我们的社会的需求，并进行区别在我们的社会的愿景。我们也不断的在培养我们的支柱和义工团队们要做到这一点。秉着这信念，我们关怀我们社区里的活动和愿意出一份力来改善社区。

通过**seed**您将会更清楚的了解我们的过去和即将到来的活动。若你有兴趣参加我们的义工队伍，请与我们联系。

For information on our services, contact us:

Love Our Community (Elderly) 社区服务 (年长者)

Contact person: Ms Ng Peiling
联络人: 黄佩琳小姐

Love Our Community (Families & Children) 社区服务 (家庭与儿童)

Contact person: Ms Janelle Loh
联络人: 罗美芳小姐

W.A.D! Club 青少年俱乐部

Contact person: Ms Zhang Rong Zhu
联络人: 张榕株小姐

SPARKS Student Care 学生服务

Contact person: Ms Janelle Loh
联络人: 罗美芳小姐

KAIROS International Academy 凯若国际学校

Contact person: Ms Wu Zhi'en
联络人: 吴芷恩小姐

Counselling 辅导服务

Contact person: Ms Ser Gek Leng
联络人: 徐业龄小姐

Telephone 电话
6494 2780

Address 地址
165 Sims Avenue #04-02
Singapore 387606

Email 电邮
enquiry@harvestcare.org.sg

Website 网站
www.harvestcare.org.sg

OUR MOTTO

Meeting Needs, Transforming Communities

OUR MISSION

We dedicate ourselves to transforming communities by meeting the needs of individuals and families through providing relevant services.

OUR VISION

We are committed to establishing a broad base of services to reach various needs in communities both locally and overseas.

ABOUT US

Harvest Care Centre is a non-profit organisation officially registered with the Registry of Societies since 18 March 2005. Facing the growing needs of youth, families and the elderly in our society, we want to play our part in actively reaching out to these various needs. Therefore, we dedicate ourselves to transforming communities by meeting the needs of individuals and families of all races and religions.

Our range of services include counselling, student care centre, youth works, tuition programme, elderly programmes and school-based programmes.

我们的宗旨

提供帮助, 转变社区

我们的使命

我们致力于转变我们的社区, 并提供相关的服务, 以满足个人和家庭的需求。

我们的远见

丰收致力于建立一个基础广泛的服务, 以满足海内外不同社区的需求。

关于我们

丰收关怀中心是一个非营利性质的机构, 于2005年3月18日正式注册在‘社会注册协会’。在青年人, 家庭和老年人的需求渐增的社会趋势下, 我们渴望成为做出贡献的一份子来给予帮助。所以, 我们献身于转变我们的社区, 这是通过为来自不同种族和宗教的个人和家庭提供必要的帮助。

我们的服务包括辅导, 学生服务, 青少年工作, 补习班课程, 乐龄活动和学校活动。

CONTENTS

3 President's Message

主席公告

4 W.A.D!Club

ROMP 18 adds inclusivity sports categories for the first time

6 W.A.D!Club - OSL

Breaking new ground in Overseas Service Learning

7 SPARKS

SPARKS Student Care aims to develop children holistically

8 LOC

KidWorkz programme launched to help children with schoolwork

9 School Programme/Volunteering

10 SNAPSHOTS 快照

W.A.D Club! activities

12 青少年俱乐部

ROMP 18 首次加入具包容性的运动项目

14 青少年俱乐部 - 海外社区服务

海外社区服务开辟新领域

15 学生托管中心

SPARKS托管中心旨在助学生全方面发展

16 社区服务

KidWorkz活动旨在帮助孩童学业功课

17 学校活动/志愿活动

18 School Based Programmes

19 Sponsors and Kairos

20 Calendar of Events

President's Message

主席公告



Inclusivity was the top issue that young Singaporeans were concerned about, according to a recent nation-wide survey of youth. Youth in Singapore want society to look beyond identity categories such as race and social class, and they value the opportunity to be exposed to varying perspectives, including those different from theirs. These were the findings of the first phase of the National Youth Council's Youth Conversations, based on over 1,400 responses collected in April and May 2018.

It is encouraging to know that youth care about inclusivity. At Harvest Care Centre (HCC), we have worked towards making our annual flagship event, the ROMP sports carnival, more inclusive as well. ROMP 18 in July featured persons with disabilities among the sports competitors, performers and volunteers. In total, ROMP 18 had a record high of 2,000 athletes and volunteers. Thank you to those who made the event possible!

HCC has also been breaking new ground in helping its beneficiaries. For the first time, it worked with the cajon and ukelele groups of two universities to teach people in Cambodia how to make music, as part of exposing the children to the arts and giving the children a holistic education. HCC also launched a new programme to provide free homework guidance to children from lower-income families, extended some of its community programmes to Fengshan to meet the needs of more families, and SPARKS Student Care centre also continued to offer interesting activities about robotics and food heritage to children during the school holidays.

We are thankful for the support from all our volunteers, sponsors and programme partners. As we meet the needs of disadvantaged groups, we are also encouraging others to volunteer alongside us, so that communities are transformed and become more inclusive too. **S**

Reverend Bernard Foo
President
Harvest Care Centre

国家的包容性是新加坡的年轻人最关注的问题。新加坡的青少年希望我们的社会能够跨越宗族和社会阶层的分化，他们也非常重视有机会来接触不同的观点，甚至是那些可能会令他们感到不适的观点。这项由国家青年委员会青年对话的第一阶段调查的初步结论数据是基于2018年4月和5月在网上所收集的1400起回复。

青少年关心社会包容性是件令人感到欣慰的事。在丰收关怀中我们一直致力使我们的年度旗舰活动ROMP体育嘉年华更具包容性。在7月份举行的ROMP18也让残障人士有机会参与比赛，成为体育竞赛者之一，有些参与演出，还有一些是当天的志愿者。ROMP18一共有2000名运动员和志愿者参与。感谢每一个为这项活动付出的，你们的付出使这项活动能圆满落幕！

HCC在帮助其受益者方面也有所扩大。为了提供孩子们接触艺术的平台并给予一个更全面的教育，这是我们第一次与两所大学的箱鼓和尤克里里团体一起教导柬埔寨人如何玩音乐。我们也开始一项新计划，为低收入家庭的儿童提供免费的家庭作业指导，并将一些社区计划扩展到凤山，以满足更多家庭的需求。

除此之外，我们的SPARKS学生托管中心也在不断地提供有趣的假期活动例如机器人和美食之旅来充实学生们的假期。

我们非常感激所有的志愿者，赞助商还有合作伙伴一路来的支持。“满足需求，转化社区”向来都是我们中心的核心宗旨。当我们在供应这些弱势群体时，我们也在鼓励我们周围的人参与我们的志愿工作，一同来帮助和扶持这些与他们不同的群体。这么一来，我们的社会才会有转变，也变得更有包容性。 **S**

符照修
主席，丰收关怀中心

W.A.D! Club



ROMP 18 adds inclusivity sports categories for the first time

A record 2,000 participants and volunteers took part in ROMP this year, the annual youth sports carnival organised by W.A.D! Club, the youth arm of HCC. Graced by guest-of-honour Associate Professor Muhammad Faishal Ibrahim, Senior Parliamentary Secretary (SPS), Ministry of Social and Family Development, the event featured for the first time a competitive inclusivity segment for basketball and soccer that were well-received by both athletes and volunteers alike.

ROMP had its usual feature of five sports, namely soccer, basketball, tchoukball, pool and badminton, conducted across three venues: the MOE Evans Stadium, King's Pool and Singapore Badminton Hall. But this time, it upped its game by adding categories that allowed athletes with intellectual disabilities to play together with mainstream athletes. In addition, persons with disabilities were also involved as performers and volunteers in the carnival and fringe activities as well.

Noor Hamzah, programme executive at THK @ Eunos Home, whose athletes participated in both the women's basketball and men's soccer categories, said: "Sports unites individuals and helps to change the community's perception of people with disabilities. Having a match official from the Football Association of Singapore was a great idea because the match officials helped to excite the flow of the game."

Shreyans Shah, a 32-year-old volunteer from HCC, who participated in the inclusivity soccer



category, said: “It was a humbling experience to play alongside some of the most spirited individuals I have met. Winning or losing was not so important for me, but it definitely was for them! Kudos to HCC for including the inclusivity category as part of ROMP. I left the event wiser, happier and inspired. I will surely participate next year as well.”

After the event, SPS Faishal also wrote on his Facebook page that he was “glad” to have spent his Saturday afternoon with the volunteers and athletes, and called the sports carnival “a meaningful event that champions inclusiveness and aims to raise awareness of para-sports”.

“It is heartening to see youth of all abilities coming together through their love of sports, and building a deeper understanding of each other’s abilities. This is what inclusiveness is about. Not just catering activities specifically for persons with disabilities, but also promoting interaction with persons of all abilities... I hope that the efforts by the youth at ROMP 18 would inspire young people to do more and to do better for an inclusive Singapore.”

ROMP was held on July 7 this year. In its seventh edition, the event continues to inspire youths to pursue their dreams and promote inclusivity through sports, as well as to build character of youths through volunteerism.

W.A.D! Club adds soccer to its sport coaching programme

In April this year, W.A.D! Club added soccer as a new sports category to its weekly coaching programme, which aims to build the character of youths through healthy pastimes such as sports. W.A.D! Club also believes that sports can inculcate positive values in youth and build a healthy community for them to belong to.

Held every Sunday from 3pm to 5pm at T-Net Club Macpherson, the group now has 15 youth members aged 13 to 16 joining regularly from various schools. It is conducted by two volunteer coaches.

In July, just three months since the group started, it sent a soccer team to participate competitively at ROMP 18. Although the team, W.A.D Club United, did not win, the members continue to train themselves to prepare for other upcoming tournaments.

Ryain Chua, 15, from Geylang Methodist School (Secondary), who has been training with the group for four months and was also Captain of the eight-strong team that took part in ROMP, said trainings are “quite fun” and he felt “proud” as Captain to represent W.A.D! Club at the sports carnival.

“Soccer is my passion. I like soccer because I get to engage with friends. I keep coming back because it makes me better. Coaches are friendly,” he said. His hope is that his team mates will work harder and put in more effort into trainings to improve their skills. **S**



For more information, please contact us at 6494 2798 or visit us at <http://wadclub.org/>

W.A.D! Club (OSL)




Breaking new ground in Overseas Service Learning

Exposure to another country and its culture can provide one with an appreciation of the privileges that we as Singaporeans can often take for granted. Through various overseas service learning (OSL) trips to Cambodia, Laos and Vietnam, HCC has partnered various secondary schools and tertiary institutions to enable their students to be immersed in the lifestyle and culture of another country. On these trips, students also have the opportunity to serve and help the locals, which often results in them leaving that country with a greater sense of social responsibility.

For instance, HCC has collaborated with Sangkhoem Khmer (SKK), a non-profit organisation which is devoted to helping the less privileged in Cambodia. Like SKK, HCC strongly believes that one of the key ways to improve the living standards of the less privileged in the poor communities in Cambodia is to teach them “how to fish” instead of “giving the fish”.

Through a recent OSL trip to Cambodia which lasted five days and four nights, 18 students from Nanyang Technological University (NTU) and Singapore Institute of Technology (SIT) taught these Cambodians how to make musical instruments such as shakers, drums and rain tubes from raw materials. In turn, the locals taught them how to dance too.

The trip impacted many of the students such as Sophia Sim, 24, from SIT and Tew Jia Jing, 22 from NTU. Sophia said: “It was an unforgettable experience when I saw the children’s eagerness to learn and persevere even when resources were scarce.” Jia Jing added: “The children always had a smile on their faces even when they were in classrooms with limited space. I’m reminded to be contented of what I have here in Singapore.”

As part of its OSL programme expansion, HCC will also venture into Indonesia next year. 

For more information, please contact us at 6494 2793 or visit us at <http://wadclub.org/>



SPARKS Student Care



SPARKS Student Care aims to develop children holistically

SPARKS Student Care does more than catering to the academic needs of children. Through various fun activities, SPARKS also caters to the physical, emotional, intellectual and social needs of children as well.

For instance, during the March school holidays, students enjoyed a three-day Tchoukball clinic, building character and sportsmanship through learning a new sport. Those who participated were able to hone their hand-eye coordination skills and learn teamwork.


Students were also intellectually stimulated by the Robotics Coding Programme as they learnt to build and programme LEGO EV3 robots - which are capable of fighting with each other - to navigate obstacles and mazes.

One parent of a child who participated said: “Coding and robotics were very useful. The children got to learn hands-on activities; it was well-planned and conducted very well. Children got to work in teams and also individually, and it inspired my child to want to know more about coding. I was impressed with the healthy balance of outdoor time for breaks in the midst of a structured day. It helped the children feel independent and confident.”



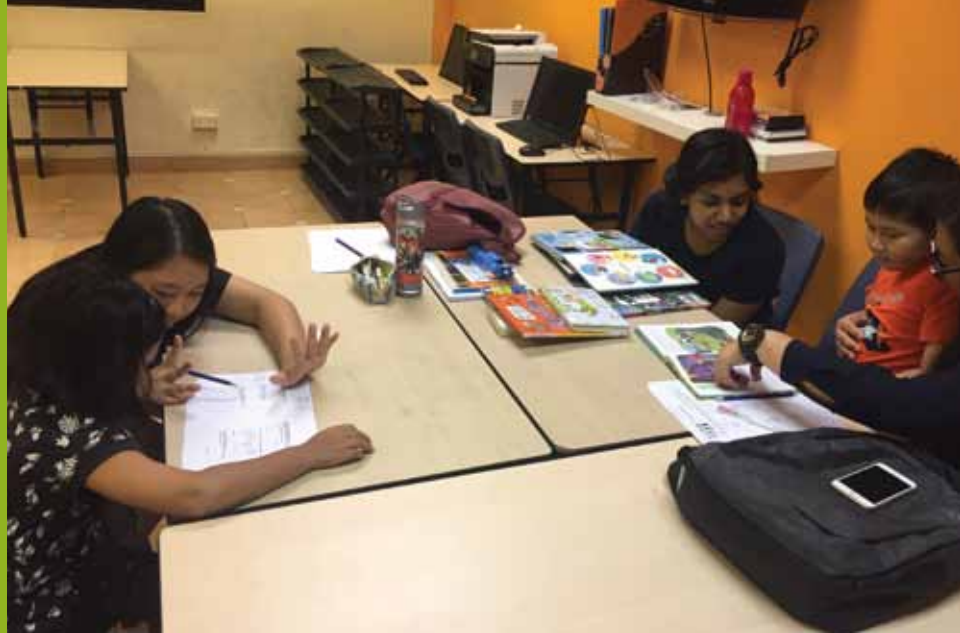
With the recent nomination of Singapore’s hawker culture as an intangible cultural heritage for UNESCO listing, SPARKS also decided to bring students on a gastronomical journey to learn more about the history and stories behind the local dishes and delicacies that they eat every day.

To instil a sense of social responsibility and to enable them to appreciate their role in keeping Singapore a clean and green city, the Value in Action programme also brought children to the neighbourhood to collect old newspapers and clothing. Proceeds from selling the collected items went towards funding HCC’s community programmes.

Parents Gary Koh and Janice Koh said: “Amelia gained a new perspective in life from the Value in Action programme as it impacted her greatly... Overall, it was a great success as it not only engages the students physically, but mentally and spiritually too.” 

For more information, please contact us at 6494 2797, email us at studentcare@harvestcare.org.sg or visit our website at <http://sparksstudentcare.com/>

Love Our Community



KidWorkz programme launched to help children with schoolwork

With shrinking attention spans, children today face more distractions than ever before. Through home visits and interaction with parents, HCC grew to realise the need for a conducive and supervised environment for learning. This led to the launch of KidWorkz programme by en'Rich Kids Club in March 2018.

KidWorkz programme is a homework supervision programme for children aged 5 to 12. During the session, volunteers from various schools including the National University of Singapore, Singapore Management University and Nanyang Polytechnic assist children with their homework. Working adults from various industries make up the pool of volunteers as well. Besides providing homework supervision, the club prepares weekly lessons to enhance learning. The sessions end with a short educational video or storytelling.

Since the launch of this programme, the club has seen significant improvement in the level of engagement by students. Nurul Huda Ramli, parent of five-year-old Ar-Rayyan Nasuha, says: "Rayyan enjoys the hands-on activities during the weekly learning sessions. He is often excited to share about what he learned after each session." Madam Nurul added that Rayyan's teachers at school have also said that he has grown to become more confident when interacting with his teachers and classmates. He does not hesitate to share his answers even if he might get them wrong.



Besides KidWorkz programme, en'Rich Kids Club also offers subsidised tuition and a Read-With-Us programme to inculcate a passion for learning in children. In addition, the club organises various activities to encourage parents to play an active role in their children's education and growth. In August 2018 for instance, en'Rich partnered Mendaki to arrange a family movie night.

To further strengthen family bonding, en'Rich also work with See Mee Club to organise a children's party with bouncy castles, magicians and fun games at FengShan Community Centre in October 2018. [S](#)

For more information, please contact us at 6494 2797 or email us at community@harvestcare.org.sg

School Programme & Volunteering



Rainbow Programme continues outreach to children and youth

When one is dealt with death, divorce, deployment and other trauma in his or her growing up years, one may sometimes find it difficult to express their thoughts and emotions. Seeing the need to provide support to children and youth going through such situations, HCC started the Rainbow Programme in 2011.

At the 12-session workshop, students come together in small groups of five to six people to share freely about their circumstances. Trust and rapport is built within the groups through educational card games, watching short clips, and discussion sessions.

Recently, the centre worked with a group of secondary school boys. As many of their parents work long hours, it is common to find youths facing issues with loneliness and an inability to manage their feelings. Initially unwilling to open up, the boys progressively learned that it was normal, even healthy, to get in touch with their emotions. The Rainbow Programme provided a safe environment for the boys to express their vulnerabilities despite the differences in their circumstances and family backgrounds. **S**

For more information, please contact us at 6494 2780 or email us at enquiry@harvestcare.org.sg

SPARKS collaborates with schools on buddy and schoolwork mentoring programme

HCC believes that one of the most effective ways to give back to the community is through volunteering - the giving of one's time and talents to meet various needs. For instance, Sparks Student Care Centre at HCC has collaborated with GMSS for the past three years, providing various volunteering opportunities through the school's Value in Action (VIA) programme, including the SPARKS buddy programme, which is a mentoring programme that involves homework supervision.

Alarice Chew and Yolby Low, both 15, from GMSS, said they "thoroughly enjoyed" the VIA programme. They now volunteer at least thrice a week during the weekdays to help children with their schoolwork in various subjects.

Alarice said: "My volunteering experience with HCC was really fun and enjoyable. I got to know the kids and help them in their schoolwork. As I wanted to spend more time with the kids, I am now coming back to help on a weekly basis."

HCC has also collaborated with other schools such as Raffles Institution, Chung Cheng High School (Main) and Bukit Panjang Government High, providing them with volunteering opportunities such as the centre's Sparks Holiday Programme and Love in Action programme. **S**

For more information, please contact us at 6494 2793 or email to us at volunteer@harvestcare.org.sg

W.A.D! Junior



W.A.D! Tchouk



W.A.D! Club Snapshots 青少年俱乐部 快照



W.A.D! Shot



W.A.D! Le



W.A.Dventure



W.A.D! Hoops



青少年俱乐部



ROMP 18 首次加入具包容性的运动项目

今年的ROMP体育嘉年华总共有2000参赛者和义工参与，这个参与人数也创造了ROMP有史以来参加者人数新的记录。ROMP 由是丰收关怀中心的WAD俱乐部所主办一年一度的青年运动嘉年华。那天的贵宾是费绍尔博士，教育部兼社会及家庭发展部高级政务次长。这嘉年华以包容性篮球和足球为特色，受到了运动员和义工的热烈欢迎。

ROMP 在三个不同的场合 (MOE Evans Stadium, King' s Pool 和 Singapore Badminton Hall) 举办了五项的运动项目: 足球, 篮球, 巧固球, 桌球和羽毛球。 但与往年不同的是, 今年的运动项目更具挑战性, 让参与者有机会挑战自我极限, 让有智力残疾的运动员和主流的运动员一起参赛。除此之外, 残疾人士也以表演者和义工的身份参加这次的活动。

在THK@Eunos Home 担任节目主管的Noor Hamzah, 见到THK@Eunos Home的居民在女子篮球和男子足球项目中参赛, 对此发言: “运动使人团结, 也帮助改变社区对残疾人士的观念。能邀请到一个来自新加坡足球协会的比赛官方是个非常好的主意, 因为一个正式比赛官方能使球赛马上兴奋起来。


参加包容性足球运动比赛的选手有今年32岁的 Shreyans Shah, 他也是一名丰收关怀中心的义工。他说: “这次能和一些具有体育精神的球员一起参赛, 令我感到非常荣幸。输赢对我来说不重要, 但对他们来说是非常重要的! 丰收关怀中心这次加入包容性的运动 -- 超赞! 这次参加活动后, 我觉得自己变得更智慧, 更开心, 更有启发。明年一定会回来参加!”





费绍尔博士 (教育部兼社会及家庭发展部高级政务次长) 在面簿上留言他非常高兴能和一群的义工和运动员共度星期六下午, 也称这次的运动嘉年华为 “一个非常有意义的活动, 提倡了包容性, 也提升众人对残疾运动的意识”。

“能见到不同才能的青年通过对运动的热爱聚在一起, 来更深地了解对方, 是一件鼓舞的事。这就是包容性。这不只是为残疾人士主办活动, 而是能在不同才能的青年中促进交流...我希望ROMP 18 的青年举动能启发更多的青年 - 通过行动使新加坡成为一个更有包容性的地方。”

ROMP 在今年的7月7日举行。这已经是ROMP嘉年华的第7周年。ROMP要继续启发更多青年来追求他们的梦想和通过运动来促进包容性, 也通过志愿精神培养青年的人格。 


W.A.D青年俱乐部把足球项目加入运动训练节目

今年的四月份, W.A.D青年俱乐部为他们每星期的运动训练添加了足球的项目。W.A.D青年俱乐部希望能通过运动训练来提倡健康的消遣活动来培养青年的人格, 并且相信运动能提倡良好的价值观, 也建立一个属于他们的健康社群。

运动训练的时间是每逢星期天下午, 3至5点, 在 T-Net Club Macpherson 进行训练, 并由两名义工教练指导。现在的运动团体已有15个年龄在13至16岁之间, 来自不同的学校的青少年参与。

这团体虽然只成立3个月, 但在今年的7月, 它已派出第一队足球队在运动嘉年华ROMP18 上参赛。他们虽然并没有赢得比赛, 但值得鼓励的是成员们并没有灰心, 而是继续地为其他的比赛作好准备。

来自芽笼美以美中学15岁的Ryain Chua, 四个月前便开始起训练。他也参赛ROMP, 带领7位队友去参赛。他说训练非常 “好玩”, 也因自己能代表W.A.D 青年俱乐部, 而感到非常自豪。

“足球是我的热忱。我热爱足球, 因为能和朋友一起玩。我常回来训练, 因这些练习使我的技巧更熟练。教练也非常友善。” 他希望他能和队友一起努力, 更勤劳地锻炼, 使自己的球艺越来越好。 

若想咨询更多详情, 请联系我们在6494 2798或到我们的网址<http://wadclub.org/>

青少年俱乐部 海外社区服务



海外社区服务开辟新领域

有机会能够接触另外一个国家和其文化往往会让新加坡人意识到自己把能身处在这个繁荣的都市里当成是理所当然的。通过各种到柬埔寨, 老挝和越南的海外社区服务, 丰收关怀中心与不同的中学和大专学府合作, 让这些学生们有机会沉浸在另外一个国家的生活方式和文化里。在这些行程中, 学生们有机会服侍当地的居民, 这也使他们在离开那个国家时, 都带着满满的社会责任感。

近日, HCC与一个致力帮助柬埔寨弱势群体的非营利组织Sangkhoem Khmer (SKK)合作。和SKK一样, HCC坚信要提高这些柬埔寨贫困社区里的弱势群体生活水平, 最至关重要的途径是教导他们“如何钓鱼”, 而不是把“鱼送给他们”。

通过一个5天4夜的柬埔寨海外社区服务, 18名来自南洋理工大学和新加坡理工大学的学生教当地人如何运用原始材料来制造如鼓和雨管等乐器。而当地人则教导他们如何跳舞。

这次的行程对许多学生来说意义非凡, 特别是来自SIT的24岁学生Sophia Sim 和来自NTU的22岁学生 Tew Jia Jing。Sophia回顾这趟路程说:“当我看到这些孩子们在资源稀缺的情况下, 依然那么积极和坚持着学习时, 这真的是一个非常难忘的经历。” Jia Jing也说:“即使这些孩子们在一个窄小的教室里学习, 但是他们的脸上总是挂着笑容。这提醒了我要学会满足我在新加坡所拥有的。”

作为OSL项目扩张的一部分, HCC明年将进入印度尼西亚。 S

若想咨询更多详情, 请联系我们在6494 2793或到我们的网址<http://wadclub.org/>



学生托管中心



SPARKS托管中心旨在助学生全方面发展

SPARKS托管中心不仅仅只满足学生学术方面的需求,但也旨在通过有趣的活动来满足儿童的生理,心理,智力以及社交方面的需求。


例如在今年3月的学校假期,这些学生参与了3天的巧固球训练班,通过学习一项新的体育活动来建立品格和运动精神。那些参与的学生们也有机会锻炼自己的手眼协调技巧并且学习团队合作精神。

学生们也有机会参与有助于智力发展的机器人编码活动来学习如何构建乐高EV3机器人 - 这些机器人也能够相互战斗,自身的导航系统也使这些机器人可以躲避障碍物和走出迷宫。

其中一名学生的家长说:“编码和机器人的活动对学生发展有利。这项活动的安排非常周到,孩子们有机会亲手体验。这项活动也进展得非常顺利。孩子们有机会在团体里和个人活动,这也帮助我的孩子想要更加学习编码。一整天的行程下来还有时间让学生有户外的活动,这种室内和户外活动的平衡让我非常满意。这些活动帮助孩子们学习独立和更加有自信。”

鉴于近日新加坡小贩文化获联合国教科文组织的非物质文化遗产的提名, SPARKS也让学生们进行美食之旅,以此让他们能了解每天所吃的当地菜肴和美食背后的历史和故事。

为了培养学生们的社会责任感和使他们理解自己在保护新加坡这个干净的花园城市的责任,“德育在于行动”计划项目特别带这群学生到邻里去收集旧报纸和旧衣服。售卖所收集的物品的款项将全数用于资助丰收关怀中心的社区计划。

两位家长Gary Koh 和Janice Koh 说:“Amelia从这个项目里学习如何以新的视角来看待生活,从这些活动中真的让她收获匪浅。总的来说,这个项目非常成功,因为它成功地吸引这些学生参与其中,而不单单只是在形式方面,而是在智力以及属灵方面。” 



若想咨询更多详情,请联系我们在 6494 2797 或电邮我们在studentcare@harvestcare.org.sg, 您也可以到我们的网址 <http://sparksstudentcare.com/>

社区服务



KidWorkz活动旨在帮助孩童学业功课


随着注意力的缩短, 现今的孩子们比以往任何时候都更容易分心。通过家访和与父母的互动, 丰收关怀中心逐渐意识到孩子们需要一个舒适和受监督的学习环境。在2018年3月, en' Rich儿童俱乐部开办KidWorkz计划。

KidWorkz计划是针对5至12岁儿童的作业监督计划。当中有来自新加坡国立大学, 新加坡管理大学和南洋理工学院等多所学校的志愿者都来协助儿童完成作业。来自不同行业的工作人士也组成了志愿者队伍。除了提供作业监督外, 俱乐部还准备每周课程以加强孩童的学习。每次的活动都以简短的教育视频或讲故事结尾。



自从计划推出以来, 俱乐部的学生的参与水平明显提高。5岁的Ar-Rayyan Nasuha的母亲Nurul Huda Ramli说: “Rayyan喜欢每周学习课程中都给与他亲手体验的环节。他经常很高兴能分享在每次课程结束后所学到的知识。”Nurul女士还补充, Rayyan在学校的老师也说他在与老师和同学互动时变得更加自信。即使他所分享的答案可能是错的, 但他也会毫不犹豫地分享。

除了KidWorkz计划, en' Rich儿童俱乐部还提供补贴学费和Read-With-Us计划, 以培养孩子学习的热程。此外, 俱乐部还组织各种活动, 鼓励父母在孩子的教育和成长中发挥积极作用。例如, 在2018年8月, en' Rich与Mendaki合作举办了家庭电影之夜。

为了更加坚固家庭凝聚力, en' Rich也在2018年10月份和四维俱乐部在凤山社区服务中心联合举办了一个儿童派对, 其中的节目包括充气城堡, 魔术师和趣味游戏。 

若想咨询更多详情, 请联系我们在 6494 2797 或电邮我们在 community@harvestcare.org.sg

学校节目/ 志愿活动



彩虹项目继续触摸孩童和青少年

当一个人在他或她的成长岁月中面对死亡，父母离异，分离和其他创伤时，他们有时会发现很难表达和分享他们的想法和情感。鉴于这个需要和机会为经历这种情况的儿童和青年提供帮助，丰收关怀中心因此于2011年启动了彩虹计划。

在这个为期12周的课程，学生们以5至6人一组的小组形式来分享父母的离异，哀伤和失落。通过教育性的纸牌游戏，观看影片和讨论环节来在小组里建立信任关系。

近日，关怀中心与一群中学男学生合作。在这些学生当中，他们的父母很多都长期在外工作来养家糊口，因此青少年往往都是孤独一人和难以管理自己的情绪。他们起初不愿意敞开心扉来分享，但是现在这些男同学也初见学习和理解来“感受”和有这些情绪都是正常，甚至是健康的。彩虹项目提供一个安全的环境给予这些男生，无论他们是来自什么样的背景和处境，一个向彼此敞开心扉的机会。 **S**

若想咨询更多详情，请联系我们在 6494 2780 或电邮我们 enquiry@harvestcare.org.sg

SPARKS与学校合作进行伙伴和学业辅助计划

温斯顿丘吉尔说过：“我们靠得到的东西生存，但是靠给予的东西生活。” 丰收关怀中心相信回馈社会最有效的方式之一就是**通过志愿服务 - 献出个人的时间和才能来满足各种需求。**

丰收关怀中心的SPARKS学生托管中心在过去的3年间与芽笼美以美中学合作无间，提供无数的平台给在校学生通过学校的“德育在于行动”计划 (VIA)来参与志愿服务。这些平台通过SPARKS伙伴计划，这是一项辅助计划，其中包括学业方面的监督。

来自芽笼美以美中学15岁的Alarice Chew 和 Yolby Low都说他们 “极度享受” 这个志愿经历。他们现在也会定期来HCC志愿工作，每周至少会花3天的时间回来在学业方面教导和帮助这些小学生们。

Alarice 说：“我在HCC的志愿者经历非常愉快，我也很享受整个过程。我有机会认识一群小朋友和在学习方面帮助他们。因为我想跟小朋友们花更多时间在一起，所以我现在每周都会回来帮忙。” Yolby也说：“这是我第一次那么享受与小朋友接触的时间，所以我就决定参与这个志愿工作来照顾他们和在作业和复习方面帮助他们。” **S**

HCC也和其他学校如莱佛士书院，中正中学总校和武吉班让政府中学合作，提供志愿机会如SPARKS假期活动和关爱在于行动计划给这些学生们参与。

若想咨询更多详情，请联系我们在 6494 2793 或电邮我们 volunteer@harvestcare.org.sg

SCHOOL **BASED** PROGRAMMES

SCHOOL **SOCIAL** WORK

Designed for the purpose of character building, students build a healthy sense of self-confidence and socio-emotional competences.

Our programmes include Sports Engagement, Time-Out and Smoking-Cessation.



EXPERIENTIAL **LEARNING**

Heritage Tour

Going beyond our own ethnic culture and having a wider perspective and understanding of cultures around us. This programme broadens students' perspective and helps students to better appreciate diversity.

LEADERSHIP **TRAINING**

Leadership Workshop/ Camp

Based on leadership frameworks such as the Student Leadership Challenge, our leadership training programme focuses on empowering students to be effective leaders. All these are done through various experiential activities and by bringing students through challenging situations.



SPORTS **COACHING**

Developing teams and technical abilities in sports; the sports training helps students to improve in their sporting abilities and experience opportunities to take up new sports such as Soccer, Basketball, Tchoukball and Pool (Cuesports)

OVERSEAS **SERVICE** LEARNING

Going beyond the comfort of Singapore, students are exposed to various situations to learn and contribute back to society, by giving to the less fortunate.

Our Programmes include Serve Cambodia, Give Vietnam, Love Laos and Impact Indonesia.



VOLUNTEERING **WITH** US

An important aspect of developing our students, this programme enables students to be exposed to working with the community. By understanding the needs of the under-privileged, students learn to empathize and serve others with their heart. Volunteer training is provided to empower the students.



ENRICHMENT

Our enrichment programme emphasises on problem-solving and critical-thinking skills, and brings about effective and efficient learning in the students. Our programmes include academic resilience for learning disabilities and subject booster programmes.

RAINBOWS **PROGRAMME**

A peer support programme for children who have experienced death, separation and abandonment in the family. Rainbows provides an accessible and safe environment for one to healthily express their emotions and build trust in others.

For further enquiries on the above programmes, please email us at enquiry@harvestcare.org.sg

Sponsors & Partners



At KAIROS, learning is a lifelong journey and we care the way you learn. We provide the Opportunity for all ages to enjoy quality programmes that facilitate growth in Knowledge and its Application. We envision learners who achieve academic excellence that leads to Success in life.

◆ Courses for Primary & Secondary Students

- English
- Maths
- Science
- Chinese
- Tamil
- Principle of Accounts
- O-Level Preparatory Classes

◆ Enrichment Classes for Preschoolers

- Chinese Speech & Drama
- Speech & Drama
- Creative Arts
- Phonics And Reading

◆ Adult English Course

An English programme specially designed for adult learners and foreign workers who have the desire to develop a good grasp of the language. The course seeks to develop learners with language skills to be effective and efficient in their field of work.

What Our Clients Say ...

"Mr Lim's lessons are fun and interesting! He plays games that help me learn useful words and phrases for my composition."
- Lian Yong Bin, P3, Hong Wen Primary School

"The tutors in KAIROS show care and concern for my son and give regular feedback so that I can strengthen his learning at home."
- Katrina, Zainul's mum

"I'm able to count in basic conversational English and have improved my vocabulary. Much of the credit goes to my tutor who teaches English in a lively and interesting manner."
- Wei Rong, China

◆ School Holiday Workshops

- English Energizer
- Mathematics Master
- Chinese Conqueror
- Science Stimulator

Limited Vacancies

CALL US NOW!
64942793

CALL US NOW
64942793

- ◆ MOE-trained and experienced teachers 经验丰富的教师
- ◆ Exclusive Tips and Strategies 专属技巧和策略
- ◆ Proven Results 经过验证的成绩
- ◆ Personalized Coaching 个人的教导
- ◆ Condisive Group Size 小组学习

Your CHOICE Tuition And Learning Centre



165 Sims Avenue #04-02 Harvest Care Centre S(387606)

Tel: 64942780/64942793

Email: kairos@harvestcare.org.sg

Website: <http://kairos-academy.com>

Facebook: www.facebook.com/hcckairos

CALENDAR OF EVENTS

	DATE	EVENTS/ ACTIVITIES	DEPARTMENT
JAN	5/1 - 6/1	Tutor-Tutee Bonding	en'Rich
	5/1	Come Get Fit - Zumba Gold	O'Frenz Club
	6 /1	W.A.D! Kinball (Cohesion)	W.A.D! Club
	12/1	Readers and Students Bonding	en'Rich
	12/1	Volunteer Training Level 1 and Level 2	Volunteer
	13/1	Combine Sports SPARQ and Skills Test	W.A.D! Club
	19/1	House Revamp	LOC
	20/1	Combine Sports SPARQ and Skills Test	W.A.D! Club
	22/1	Volunteer Training Level 2	Volunteer
	26/1	Volunteer Training Level 3	Volunteer
FEB	1/2	Lunar New Year Celebration	SPARKS
	14/2	CNY Lohei	O'Frenz Club
	16/2	Volunteer Training Level 1 and Level 2	Volunteer
	16/2	Briskwalk CNY Lohei	O'Frenz Club
	23/2	Community Outreach	LOC
MAR	2/3	Parent-Child Bonding (Outing)	en'Rich
	2/3	Briskwalk Outing	O'Frenz Club
	7/3	Creative Art Workshop	O'Frenz Club
	9/3	Volunteer Training Level 1 and Level 2	Volunteer
	18/3 - 22/3	March Holiday Booster	Kairos
	19/3 - 22/3	March Holiday Programme	SPARKS
	16/3	W.A.D! Venture	W.A.D! Club
	23/3	Reader Volunteer Training	en'Rich
	29/3	SPARKS Parenting Workshop	SPARKS
	30/3	Volunteer Tutor Training	en'Rich
	30/3	Volunteer Training Level 3	Volunteer
APR	6/4	W.A.D! Beach Fiesta	W.A.D! Club
	8/4 - 13/4	W.A.D! Club Trip - Impact Indonesia	W.A.D! Club
	16/4	Volunteer Training Level 1	Volunteer
	13/4	Elderly Tour	LOC
	26/4 - 29/4	Parent Teacher Conference	SPARKS
	27/4	Karaoke Showcase	O'Frenz Club
	30/4	Volunteer Training Level 2	Volunteer
MAY	4/5 - 5/5	Parent-Teacher Meeting	en'Rich
	11/5	Volunteer Training Level 1 and Level 2	Volunteer
	18/5	Value-in-Action	en'Rich
	18/5	W.A.D! Venture	W.A.D! Club
	25/5	Health Carnival / Blood Donation	LOC
	28/5	Volunteer Training Level 1	Volunteer
	25/5 - 1/6	Overseas Service Learning Trip (University)	W.A.D! Club

*Events and dates are subject to change.

Make a Donation Today!

Name: _____

Email: _____

Tel: _____

Donation types: (Please tick) Personal Company

I will like to contribute the following amount to the community programmes of Harvest Care Centre: (Please tick)

\$10 \$50 \$100 \$200 Others: _____

Note:

* Kindly make cheque payable to **HARVEST CARE CENTRE**. An official receipt will be mailed to the address provided. Please note that donations made are not eligible for tax exemption. Please mail to: **Harvest Care Centre, 165 Sims Ave #04-02, Singapore 387606**