

seed

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Harvest Care Centre

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SPARKS

Celebrating SG 50 with SPARKS

学生服务

与SPARKS一同欢庆建国50周年。

W.A.D. CLUB

Experiential learning and mentorship

青少年节目

实践经验中学习—并伴着指导

LOVE OUR COMMUNITY

Brisk walking with O' Friends Club

爱我们社区活动

与好朋友早晨步行





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将来的活动。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 社区服务
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联络人: 徐业龄小姐

W.A.D! Club 青少年节目
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联络人: 李国恩先生

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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。

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President's Message

主席公告

Singapore marks its 50th birthday this year, and many activities have been held to mark this significant milestone, with some even held last year! As we look back on the past with gratitude, we also look to the future generation that will take society forward.

At SPARKS student care centre, we are passionate about providing all that it takes to discover, ignite and develop the potential in each child. Though they may not have lived through the early nation-building years, we want them to have the entrepreneurial spirit of our founding fathers, and dare to imagine. We organised activities that encouraged this, as well a programme that gives them more awareness of Singapore's strong defence.

It is also important for youth to have values that anchor them as they face an uncertain future. Thus, we are focusing more on mentoring in our youth programmes at W.A.D! Club.

And for the elderly, one is never too old to exercise or volunteer. They have been enjoying our brisk walk sessions so much that we decided to hold them more often, once every two weeks instead of once a month. Some participants have also now joined as volunteers, taking on the role of "brisk walk leaders" and helping to facilitate such sessions.

We're thankful to our volunteers and partners who have supported our activities. Of course, we're also thankful to Singapore and those who laid the foundations before us. Let's look forward to a joyful, jubilant Golden Jubilee for all Singaporeans! **S**

Reverend Bernard Foo
President
Harvest Care Centre



今年我们欢庆新加坡的建国50周年。很多活动的开展也是为了与这历史性的一刻同步，有些活动甚至在去年就有开办了！当我们带着感恩的心回首过去的成就时，我们同时也期盼着那些可以推动社会前进的未来一代。

在SPARKS学生托管中心，我们有满腔的热忱来提供一切能让每个小孩去探索，激发以及开发潜能的项目。虽然他们未曾有建国一代的经历，但我们希望他们仍然能够秉承我们开国元勋的创业精神，并且敢于想像。我们组织的活动就是为了鼓励这一点。我们也有开办一个项目来提高他们对新加坡国防能力的认识。

而青少年能够具有在面对未来挑战时可以坚定不移的价值观是很重要的。所以，我们也很注重在W.A.D! Club针对青少年的指导项目。

对于年长者，我们相信他们仍然老当益壮，同样能运动和做义工。由于参与我们竞走活动的年长者很享受我们的活动，我们将这项活动增加到了每两周一次而不是之前的一个月一次。有些参与者还成为竞走队的组长，志愿的帮助主持竞走活动。

我们很感激那些支持我们活动的参与者和合作伙伴。当然，我们也很感激那些为新加坡的今天奠定基础的人们。让我们一同来期待一个充满喜乐的金禧吧！ **S**

符照修
主席
丰收关怀中心

SPARKS Student care



Celebrating SG 50 with SPARKS

Singapore marks her 50th birthday this year, and much is being made of the significance of this milestone. As Singaporeans from all walks of life take part in festivities to mark the nation's Golden Jubilee, the children at SPARKS student care centre were no exception. SPARKS offers academic, character-building and other enrichment programmes for students aged 7 to 14.

In January, 38 children put their creativity and child-like imagination to good use as they designed keychain badges and postcards along the theme of "SG50". Staff got children to draw a mind map of what they love about Singapore, and the children then shared their ideas - such as their concept of Singapore as a tiny red dot, its wide variety of food, and landmarks like Gardens By The Bay. They went on to draw one significant idea and use this as the basis for their design of the keychain.

30 postcards will also be displayed at the National Library from April to September 2015.

When talking how far Singapore has come as a nation, it is difficult to ignore the role our military has played in guaranteeing our peace and stability. In the spirit of being appreciative for 50 good years, 25 children at SPARKS also became more aware of the significance of Singapore's military through the "Army Attention" programme.

Over the course of three days in March, the programme infused fun elements of the military with specific lesson objectives to give them a glimpse of life in the army. Some activities included putting the children through an obstacle course, outdoor cooking and watching educational military videos.

SPARKS programme executive Ms Ng Ming Zhu said: "Beyond wanting the children to have fun, we want to instil in them values like discipline that will serve them well in years to come. We also want to let them know that many people have contributed to the prosperity of our nation and invoke in them a desire to serve in whatever capacity they have".

A SPARKS participant's mother, Mrs Rachel Chng, added:





“Creating a better world requires teamwork, partnership, collaboration, discipline and passion of life. This has to be cultivated since young and this shall pass on. SPARKS did it!” 

The heart of all SPARKS programmes is to foster our children’s interest in learning, especially through lessons outside of the classroom. During each school holiday, we will have thematic activities that form a coherent approach in promoting children’s cognitive, social and emotional development. One of the most popular programme, which was well loved by the children was “Army Attention”. This programme simulated a soldier’s life for the children, a lifestyle of strict training where the children had to undergo discipline and learn to follow instructions well.

At SPARKS, we believe that there is no substitute for activities that require kids to use their hands as well as their minds. As students put projects together, create crafts, or use familiar materials in new ways, they construct meaning for themselves, learning more about themselves, each other and their environment in an organic manner.



If you wish to enroll your child with us, you may call us at 64942797 or email studentcare@harvester.org.sg.

Our services are:

- Academic Supervision
- Character Building
- Outdoor Sports & Games
- Enrichment Programmes
- Holiday Programmes

**Fee subsidies available*



Love Our Community



Brisk walking with O' Friends Club

One may hardly sweat it out when brisk walking, but the activity has gained much interest from elderly participants of O Frenz' Club. The club was established by Harvest Care Centre (HCC) in 2010 to give the elderly a sense of belonging, and to promote active aging and a healthy lifestyle.

It started organising monthly brisk walks in 2014, in addition to weekly karaoke and dancing sessions. The 1.5-hour brisk walking sessions include a morning walk along Aljunied Crescent, and simple warm-up and cool-down exercises.

Since January 2015, the club held the brisk walking sessions more often, on a fortnightly basis instead of a monthly basis, due to a high level of interest from its members. About 12 elderly take part in each session.




Three seniors from the brisk walk club have also taken on the role of “brisk walk leaders” to lead and support the fortnightly brisk walk. One of them is Mr Wong Foo Poh. He often tries out new routes prior to the brisk walk session so participants get a change of scenery during the walk, and he also ensures that the routes are safe before leading the group through them.

Another brisk walk leader, Mrs Pang Ah Yong, contributes by walking at the back of the group and cheering everyone else forward. She ensures that the pace is just right and that no one is left behind. Mrs Chua Kim Choo, the third brisk walk

leader, recognizes that one may lack discipline to do brisk walking alone. So she enjoys leading the brisk walk in a group as it helps seniors to be motivated to exercise and lead a healthy lifestyle.

Senior volunteerism, as the brisk walk leaders have exhibited, is what HCC aims to nurture in seniors by creating opportunities for them to serve the community. Ms Zhang Rong Zhu, HCC programme

Executive said: “It is heartwarming to see seniors give back to the community and I believe they can lead fulfilled lives by contributing in simple ways.” 

If you are interested in volunteering in any of HCC's Love Our Community programs, please contact Miss Zhang at 64942793 or rongzhu@harvestcare.org.sg.

WAD! Club



Experiential learning and mentorship



Experiential learning -- coupled with mentoring -- enables participants to take away important values such as respect and teamwork.

W.A.D! Club, the youth arm of Harvest Care Centre, started to focus more on mentoring in 2014 as it saw a need to go beyond the running of activities in its involvement with mainstream youths and youth-at-risk.

“While good activities allow youths to have an enjoyable experience, good mentors help make these experiences become more impactful moments, where youths are challenged to reflect and apply the values they learn to their own lives,” said W.A.D! Club programme executive Nigel Lee.

The mentors are trained to understand people’s different learning styles and to debrief their mentees properly. The W.A.D

Club will also run a three-tier programme this year -- training people to be volunteers, mentors and leaders. To ensure an impactful mentoring session, mentors have to possess a keen eye for teachable moments and adapt learning to the participants.

The recent programmes done by its mentors include soccer trainings with 10 youths and a bonding camp held on 14 March 2014 at Jurong West Secondary for 18 students.

John Huang, 30, and Adler Sho, 32, are among some of the mentors who have experienced the joy of serving others.

John said: “Mentoring brings out the best in the individual and the group. One has to resist dominating the group, but has to elicit the deep learning that is extant within the group.”

Adler added: “In the volunteering experience, I felt I’ve gained more than what the kids received through the training. The simple words of ‘Thanks Coach!’ conclude every session.”

W.A.D! Club participants Vivekka and Letchmi, both 15, have learnt values such as the importance of teamwork. Vivekka said: “I’ve learnt that with teamwork, nothing is impossible and we have to be loyal to our friends.” Letchmi said: “I learnt that teamwork needs things like proper communication and cooperation and these two things can make teamwork work.” **S**

If you are interested to volunteer with W.A.D.! Club by being a mentor, please contact Mr Nigel Lee at 64942794.

Little Soldiers



Little Chef



Snapshots
快照

Hands on activity



Parenting workshop



学生服务



与SPARKS一同欢庆建国50周年

今年我们欢庆新加坡的建国50周年，而这对新加坡人而言是一个非常有意义的里程碑。来自各行各业的新加坡人都为纪念我国的金禧来参加不同的庆祝活动，在SPARKS学生托管中心的孩子们也不例外。SPARKS提供学业、品格培养等丰富的节目给年龄介于7至14岁的学生。

今年1月，38名儿童利用他们的创意和孩子般的想象力，设计了关于“SG50”主题的钥匙扣、徽章和明信片。我们的教师让孩子们画出为什么他们喜欢新加坡，也让他们分享他们的想法 - 比如他们对新加坡的概念就是一个小红点，有各式各样的食物，还有像滨海湾花园等的标志性建筑。他们在参考其他人的概念之后，从中挑选他们认为最有意义的并以此为基础作为他们的钥匙扣的设计。

30个明信片也将从2015年4月到9月在国家图书馆展示。

当我们回想起新加坡辛苦的奋斗史，我们很难忽视我们的军队在确保国家的和平与稳定所扮演的角色。在我们感恩50年的繁荣的同时，25名SPARKS的学生们也通过“Army Attention”的节目更加了解新加坡军队的重要性。

在今年3月举行的这项长达3天的课程里，我们在活动里注入了一些娱乐成分，让孩子们以轻松的方式学习并且体会到军队里的生活。一些活动包括让儿童通过超越障碍训练场，户外烹饪和观看军队教育影片。

SPARKS的负责人黄明珠小姐表示：“除了希望孩子们玩得开心，我们也要灌输他们一些价值观如纪律因为这些价值观在今后的日子里将有助于他们。我们也希望让他们知道，我国能有今天的繁荣是归功于很多人的付出，并从中激发他们想回馈社会的决心。”






一个SPARKS参与者的母亲，补充说：‘能够让学生尝试这些富有创意的活动不仅给了他们更丰富而难忘的童年经历，也能帮助他们学习表达自己，提高他们的听力与注意力。这些对于他们的个人成长也是至关重要的。’

SPARKS假期节目

SPARKS节目的中心是培养孩子的学习兴趣，特别是通过在课堂外的教导。学校假期，我们有一连贯的主题活动来促进孩子们的思维，社会和情感的发展。其中最受欢迎，深受孩子们喜爱的节目是‘军队，注意’。这个节目模拟军人的生活，一种严谨训练的生活方式，让孩子们接受纪律并学习遵守指示。

在SPARKS我们相信，任何活动都需要用到孩子们的双手，以及他们的思想。当学生把作品组合在一起，设计手工，或以新的方式使用熟悉的材料，他们为自己构想主意，更多地了解自己，对方和自己的环境。 



你若要帮你的孩子报名，请电邮 studentcare@harvester.org.sg 或拨 64942797 与我们联系。

我们的服务：

- 学业监督
- 建立品格
- 户外运动， 游戏
- 丰富节目
- 假期节目

**费用补贴*

社区服务



与好朋友早晨步行

虽然竞走的活动很难让人大汗淋漓，但是却吸引了许多来自“老朋友”俱乐部的年长者们。这个俱乐部是丰收关怀中心在2010年建立的，为了是要给年长者一个归属感，并且提倡一种积极的年长生活和健康的生活习惯。

从2014年开始，每个月都举办一次竞走活动，还有每周的卡拉OK和排舞。一个半小时的竞走内容包括早晨沿着阿裕尼区的竞走，还有简单的热身和放松运动。

从2015年1月开始，俱乐部开始将竞走的活动调到每两周一次，而不是每月一次。这是由于成员参与的高度热忱。每次竞走都有约12位年长者参与。

有三个来自竞走俱乐部的年长者也担任竞走队的队长，他们主要带领和支持每两周一次的竞走活动。他们当中有一位是王先生。他总是在活动前先自己去寻找并尝试新的路线，这样一来参与的人们就可以看到新的路线带来的不同景色。他也会在带领竞走前确保新的路线的安全性。

另一个竞走的队长彭亚橡女士。她总是走在竞走队的后面为其他人加油打气。她确保竞走的速度合适，并且没有人落在后面。第三位竞走队的队长是蔡金珠女士。她发现一个人会缺乏竞走的自律。所以她很享受带领竞走队成为一个团队的活动，这样可以帮助年长者有动力去锻炼，来建立一个健康的生活习惯。

丰收关怀中心希望能培养年长者当义工，就像上面提到的竞走队的队长们，提供机会让他们可以来服务社区。张榕株小姐，丰收关怀中心的节目负责人说到：“看到年长者有这份回馈社区的心，我真的很感动。我相信他们能够通过这样简单的贡献会有一个更加丰富的生命。” S



青少年节目



实践经验中学习—并伴着指导

在实践经验中学习—并伴着指导—让参与者可以学习到重要的价值比如尊重和团体合作。

W.A.D!俱乐部是丰收关怀中心的青年之翼。在2014年，我们开始着重开展针对青少年的指导项目因为若要真正接触到主流青年和边缘青少年就必须超越举办活动。

“当然好的活动能让青少年享受，而好的指导员可以通过这样的经历来鼓励参与者自省和应用学到的价值在他们自己的生活中，这样带来的影响会更大。”W.A.D!俱乐部的项目执行官李国恩说。

指导员都有受过培训，能了解不同人的学习方式，然后因材施教的。今年，W.A.D!俱乐部也会透过一个三层方案来培训义工、指导员和领袖。为了确保我们的指导项目有影响力，指导员必须要能很敏锐的捕获可以教导的时刻让参与者学习。



最近的指导活动包括为10个青年人进行足球培训以及在2014年3月14日为裕廊西中学的18个学生举办的团契营。

30岁的黄志祥和32岁的昀暉是其中两名通过对他人指导而经历到当中的喜乐的指导员们。

志祥说到：“指导可以把个人和团队中最好的一面带出来。一个人要学会不要压迫团队，而是激发团队中潜藏的更深的学习机会。”

昀伟也说到：“虽然这是我义务当孩子们的指导员，我觉得我的收获反而比这些孩子还多。简单的一句‘谢谢教练’就代表了一切。”

W.A.D!俱乐部两名15岁的参与者Vivekka和Letchmi学习到了比如团队合作的重要性这样的价值观。Vivekka说：“我学习到只要有团体合作，没有什么是不可能的。我们也要对自己的朋友忠诚。”Letchmi说：“我学习到团体合作需要很好的沟通和队员的合作。要有这两样才能有所谓的团体合作。” **S**

如果你有兴趣加入W.A.D!俱乐部义务做一名指导员的话，请联络李国恩先生。他的电话号码是64942794

Volunteering 义工



Volunteering is an exciting way to enrich our life experience. Whether you mail flyers to raise awareness for our works or build a hut in Cambodia through our overseas service-learning trips, nothing beats experiencing the real world through hands-on work. Volunteers enjoy a universe of opportunities to change the world around them, empowered by the platforms and possibilities provided by Harvest Care Centre (HCC).

Volunteering is ultimately about helping others and making a positive impact on the wellbeing of others. What better way is there to connect with your community and give a little back? As a volunteer, you will certainly return to society some of the benefits that society gives you, perhaps even more.

Volunteers also have opportunities to reach out to the elderly through regular health screenings, which are provided for at a token cost. This year, we have partnered with students from Ngee Ann Polytechnic Health Science Nursing and Singapore Polytechnic to provide more specialized and targeted health services and talks for the elderly. This enables the elderly to live a fulfilling and active life even in old age.

Let's hear from one of our volunteers, Jerry Shen, who was part of a home revamp:

I think the biggest satisfaction is that by the end of the assignment, the surprise and happy face of the beneficiary, and also by looking at the end product of the house revamp, I feel happy for what I can help out with.

当义工可以丰富我们的人生。无论是通过分派单张来提高对于我们工作的认知或是在海外服务学习之旅的柬埔寨建造棚屋，没有什么比通过亲身经历的工作更真实。丰收关怀中心提供一个平台让义工们享受全面的机会来改变他们周围的世界。

当义工的最终目的是帮助他人，使他人有积极的影响。有什么好办法可以连联系并回归你的社区？作为一名义工，你肯定能够回归社会。通过定期的健康检查，义工们也有机会接触到年长者。今年，我们与义安理工学院的健康科学护理系和新加坡理工学院的学生提供更专业的健康服务和讲座。这使得年长者的晚年生活过得即充实又积极。

让我们来听一听参与家居改造的义工， Jerry Shen:

我觉得最大的满足是完成任务后，看到受益人脸上的惊喜和欢乐，也看到改造后的房子，我感到高兴因为我可以帮忙。



If you are interested in volunteering in any of our HCC programmes, please contact Miss Ng Mingzhu at 64942797 or mingzhu@harvestcare.org.sg

PARTNERING WITH SCHOOLS

Rainbow Programme

RAINBOWS is a peer support programme for children and adults who have experienced death, divorce, separation and abandonment in the family. RAINBOWS provides an accessible and a safe environment for one to sort through their pain and confusion, build a healthy self esteem and learn to trust again.



Harvest Care Centre is collaborating with HELP Family Service Centre to offer the RAINBOWS programme to schools. If you are interested to know more about RAINBOWS, please contact Mingzhu at mingzhu@harvestcare.org.sg



Leadership Camp

Our Leadership Camp is designed around the framework of Servant Leadership. Adopting the experiential approach and a strong emphasis on mentorship, every part of the camp programme is aligned to enable students discover the qualities of a Servant Leader.

Heritage Tour

Adopting the concept of a popular reality television game show, we bring students through a fun and experiential tour along with creative story telling to uncover lesser known facts of historical sites and develop a greater sense of appreciation for Singapore culture and practices.

Overseas Service Learning

Overseas Service Learning goes beyond an ordinary overseas community service trip. It is designed to expand the worldview of every participant through an immersion into the local culture as well as interaction with the locals. We aim to inculcate in participant a sense of appreciation and empathy for the under-developed country and its people. Through this trip, participant will also gain a global vision of happenings in under-developed countries and learn to cultivate a sense of social responsibility in their lives.

Service Learning Workshop

Our workshop is designed to equip and enhance every participant's ability to make the most of their service learning experiences. Our service learning model is adopted from the American service-learning model, where emphasis is given to our two-fold objectives: serving the beneficiaries and educating students who participate in service learning activities. Through this workshop, students will identify learning gaps in traditional community involvement activities and learn to plan service learning activities effectively.

W.A.D! STAR Sports

W.A.D! STAR Sports goes beyond an ordinary sport training or play session. It is designed for the purpose of character building. We help participants develop self-confidence, leadership skills and inspire them to serve. We aim to inculcate in every participant a healthy self-esteem and the ability to break out of their perceived limitations. Through this programme, students will not only learn a new sport but develop their ability for Self-love, Teamwork, Adjusting to achieve their goal and Responding correctly in unfavourable circumstances. W.A.D! Tchouk is ideal for a Time- Out Programme to engage students after school.

SCHOOLS WE WORK WITH

Tampines Primary School. Wellington Primary School. Hougang Primary School. Xinmin Primary School. Admiralty Secondary School. Bedok View Secondary School. Compassvale Secondary School. Fairfield Methodist Secondary School. Geylang Methodist Secondary School. Raffles Institution. Serangoon Secondary School. Swiss Cottage Secondary School. River Valley Secondary School. Yio Chu Kang Secondary School. Ngee Ann Polytechnic . Republic Polytechnic. Jurong West Secondary School. Yishun Junior College. St Joseph Institution Junior. National University of Singapore.

If you are interested to know more about any of the above programmes, please email wadclub@harvestcare.org.sg

ROMP 15

#DREAMITBIGGER

Thousands of energetic youth, four sports, two venues, one historic sporting event.



ROMP is a youth sports carnival last held in 2011 and is back in town on 15 August 2015. Since its inception, it has aimed to reach out to at-risk and mainstream youths through the universal language of sports.

Organised by W.A.D! (We Are Different!) Club, ROMP aims to build the character of youths through sports and to promote active learning through volunteerism. So whether as a budding athlete or a fervent volunteer, ROMP provides the platform for youths to challenge themselves, work in teams and cultivate their social responsibility to the community.



This year, we #DreamItBigger for ROMP, as we aspire for youths to use this opportunity to discover their potential as an athlete and as a person, instead of just attending yet another mass sporting event. To realise this, we have collaborated with Fei Yue Community Services and Care Corner to institute W.A.D! STAR -- a sports programme benefitting up to 60 youths-at-risk. The programme will help them hone their skills and character through

coaching and mentoring from May-July 2015, which will give them a chance to compete at a mass sporting event like ROMP 2015.

As a prelude to ROMP 2015, #VforVolunteer will go beyond promoting youth volunteerism to radically altering the way youths perceive it. Through three months of structured coaching, volunteering, mentoring and sports opportunities, every youth will realise his/her capacity to learn through serving. We aspire that after three months of training, these youths will also be equipped to become passionate facilitators and youth change-makers in their own right. So if you haven't signed up already, wait no longer and sign up at <http://wadclub.org/romp>.



Previous guests of honour include Mr Lawrence Wong, Minister for Culture, Community and Youth, Mr Teo Ser Luck, Minister of State for Ministry of Trade and Industry and Mrs Yu-Foo Yee Shoon, then-Minister of State for Community Development, Youth and Sports.

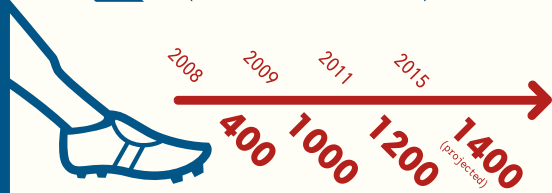


2015

#DREAMITBIGGER

www.wadclub.org/romp

1 No. of Participants (increase from 2008 to 2015)

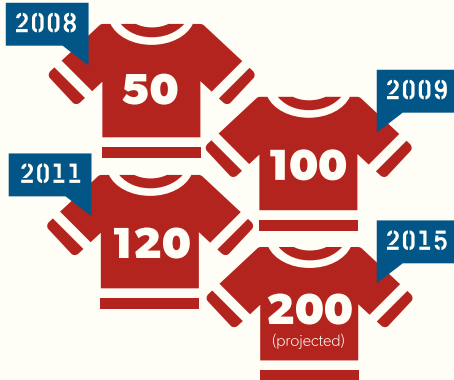


2 No. of Sports



Soccer, Basketball, Tchoukball and Pool

3 No. of Volunteers (increase from 2008 to 2015)



4 Impact of ROMP

- Birth of W.A.D! Club in 2008
- Sports Programmes of Tchoukball, Basketball, Soccer and Pool
- Overseas Service Learning Programmes in Cambodia since 2009
- Sports Coaching with underprivileged youths and Youth at Risk
- Leadership Camps in Schools

5 Sponsors/Partners

- More than 60 sponsors and partners

6 Future of ROMP

- Reach out to underprivileged youths and Youths at Risk through sports
- Train and Empower Volunteers and Facilitators
- Establish connections between youths at large

W.A.D! CLUB PRESENTS

XXXXXX

2015



#DREAMITBIGGER

RAMP

15TH
AUGUST
SATURDAY

LOCATION

Co-Curricular
Activities Branch
(CCAB)
21 Evans Road
Singapore 259366

1.30PM



10PM



GAMES	SOCCER	BASKETBALL	TCHOUKBALL	POOL
TEAM	5 v 5 (3 reserves)	3 v 3 (1 reserve)	7 v 7 (3 reserves)	4 Players (min 3 to register, 1 reserve)
	8 Players (min 5 to register)	4 Players (min 3 to register)	10 Players (min 7 to register)	
AGE CATEGORY COST	Under 17 \$110	Under 17 \$65	Under 18 \$130	Under 30 \$70
	Under 21 \$120	Under 21 \$70	Men's Open \$150	
	Open \$130	Open \$75	Women's Open \$150	
	Males Only	Males Only	Males & Females	Males & Females

DON'T MISS THE FOURTH RENDITION OF THE BIGGEST EVER SPORTS CARNIVAL



POOL VENUE & TIMING

Venue: West Coast Recreation Centre,
12 West Coast Walk, S127157

Timing: 10am - 6pm

BROUGHT TO YOU BY:



Sponsor & 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.

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
- ◆ Conducive Group Size 小组学习

Your CHOICE Tuition And Learning Centre

◆ 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!
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165 Sims Avenue #04-02 Harvest Care Centre S(387606)
Tel: 64942780/64942793 Website: <http://kairos-academy.com>
Email: kairos@harvestcare.org.sg Facebook: www.facebook.com/hccckairos

CALENDAR OF EVENTS

	DATE	EVENTS/ ACTIVITIES	DEPARTMENT
MAY	30/5	One Day Educational Tour	LOC - O'Frenz Club
JUN	2/6 - 26/6	SPARKS Holiday Programme	SPARKS
	2/6 - 26/6	June Holiday Booster	KAIROS
	6/6	Volunteer Training Programme: Level 1	W.A.D! Club
	27/6	Volunteer Training Programme: Level 2	W.A.D! Club
JUL	4/7	Home ReVamp (Hari Raya)	LOC
	18/7		W.A.D! Club
	25/7	走你的路到健康 Brisk Walk Your Way to Better Health	LOC - O'Frenz Club
AUG	1/8	National Day Celebration - Dancing + Karaoke Carnival (SG50)	LOC - O'Frenz Club
	6/8	Sports FIESTA & National Day Celebration	SPARKS
	15/8	ROMP'15 Sports Carnival	W.A.D! Club
SEP	6/9 - 13/9	September Exam Booster	KAIROS
	7/9 - 11/9	SPARKS Exams Preparation	SPARKS
	6/9 - 8/9	W.A.Dsports Camp	W.A.D! Club
	12/9	Volunteers Appreciation	W.A.D! Club
	27/9	Children Day Carnival	LOC
	27/9	Mid- Autumn Community Outreach	LOC
	27/9	W.A.D! Tchouk Beach Tournament	W.A.D! Club
OCT	9/10	Children's Day Party - "ONCE UPON A TIME"	SPARKS
	24/10	One Day Educational Tour	LOC - O'Frenz Club
	24/10	Home ReVamp (Deepavali)	LOC
	31/10	W.A.Dshot Doubles Tournament	W.A.D! Club
NOV	7/11	LOC Health Screening	LOC
	21/11	W.A.Dle Soccer Tournament	W.A.D! Club
	23/11 - 18/12	SPARKS Holiday Programme	SPARKS
	28/11	W.A.D hoops 3v3 Tournament	W.A.D! Club

*Events and dates are subject to change.

Make a Donation Today!

Donation types: (Please tick) Personal Company

Company:

Name:

NRIC/FIN:

Add:

Tel:

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.
- * Mail to: **Harvest Care Centre, 165 Sims Ave #04-02, Singapore 387606**