

Together:

Onto a

NEW
CHAPTER

Annual
Report
2021



Purpose

In a world where challenges to harmonious family relationships are increasing in intensity, Morning Star Community Services strengthens family relationships in Singapore. Founded in 1999 with our first centre in Lorong Low Koon, we provide student care services, upstream, preventive and early intervention programmes, family life education workshops and counselling services.

Mission

To strengthen family relationships in Singapore.

Vision

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



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New

CHAPTER



Chairman's Message



2021 was yet another challenging year for our team at Morning Star. While 2020 saw the team rapidly pivoting to new ways of delivering services to our clients and families, 2021 saw the team demonstrating considerable resilience and flexibility as Singapore moved between different levels of Covid safe management measures with the attendant disruptions. ”



I am pleased to report that our team was undaunted by these challenges and has continued to advance our mission of strengthening and empowering families in Singapore to build vibrant communities. These achievements are vividly described and presented in the pages that follow. I share a few key highlights.

★ **The Family Wellness Division** has seen ever higher case management requests and training hours being provided to parents through our online programmes. The need for counselling services as families struggled with the pandemic also grew with counselling hours having increased in 2021.

★ **CareNights @ Agape Village** was open in February 2021 enabling Morning Star to serve clients and families in Toa Payoh and its surrounding districts. Even though CareNights services were disrupted by the heightened measures in the middle of the year, CareNights staff continued to provide online programmes for families as they navigated the challenging external environment.

★ **With a grant from the Community Chest**, our trainers launched and delivered an online programme developed in collaboration with Singapore University of Social Sciences. The “Effective Care Giving” and “Working with Children” training modules draw upon Morning Star’s deep expertise in Common Sense Parenting. They were developed to equip our volunteers with skills that they can apply at home or while volunteering in Morning Star’s programmes and services.

★ **NOVA** Learning Intervention Programme launched its third centre at St. Stephen’s in April 2021. While operations were disrupted with the implementation of home-based learning and the suspension of CCAs, our NOVA facilitators were able to continue extending care and support for the children through CYBER NOVA – an online adaptation of our NOVA programme.

All these achievements would not have been possible without the determination and unstinting commitment of our staff and volunteers. It is truly a testament to the team spirit and sense of mission shared by the Morning Star team. I would also like to



take this opportunity to thank Mr Jeremy Tay who retired from the Board in 2021. Jeremy chaired the Board during Morning Star’s nascent years in the face of numerous challenges. Under his inspirational stewardship and leadership, the Board and staff came together and overcame these challenges and more. I firmly believe that the pioneering and innovative spirit of the early years has and continues to inspire and animate the work of Morning Star. The achievements of the present are truly the fruit of our predecessors. For his invaluable contributions and wise counsel, we are most grateful to Jeremy and wish him all the best in his future endeavours.

Equally critical to the success of 2021 is the generous support of donors, government agencies and stakeholders. So many of our programmes were made possible only because of the prodigious generosity of our supporters and stakeholders. These include the Ministry of Social and Family Development, the Ministry of Community, Culture and Youth, the Catholic Archdiocese, Caritas Singapore, South East Community Development Council, the Canossian Sisters, the National Council of Social Service, ST Telemedia, Oscar@SG Fund, Give@Avanda Fund, Ng Kim Suan Foundation, Tan Chin Tuan Foundation, NTUC Fairprice Foundation, Legal Options LLC, Collective Designs and many others. Thank you for believing in the mission of Morning Star as we continue to realise its mission and vision for families in Singapore.

We celebrated Catholic200SG in 2021. Marking 200 years of Catholicism in Singapore, the celebrations showcased the pioneering work of the Catholic Church and its agencies in caring for the children in Singapore. Many of us in Morning Star are beneficiaries of the Church’s work and we see in Morning Star an extension of this work. Just as the Church played a vital role in building the Singapore of today. We look to play no small part in strengthening the Singaporean communities of tomorrow. As Morning Star forges ahead in 2022, we look forward to furthering the mission confident that the team is well equipped to rise to the challenges, whatever comes. To God, who has sustained and continues to sustain our efforts, be all glory, honour and praise.

Mr Kelvin Poon

Chairman | Morning Star Community Services Ltd





Organisation Information

SERVICES & PROGRAMMES by Morning Star

Student Care Services

NOVA Learning Intervention Programme

CareNights @ Morning Star

Family Wellness Division
Case Management
Training
Counselling

Morning Star Community Services is governed by its Constitution, registered as a charity under the Charities Act (Chapter 37) on 27 November 2002 and a Company Limited by Guarantee on 31 August 2016.



Morning Star Community Services Limited

25 Lorong 33 Geylang #04-01
Pu Tian Building Singapore 387985

UEN No. > 201617675H

1 July 2020 to 30 June 2022

< IPC Status

Auditor >

Kreston David Yeung PAC 128A Tanjong Pagar Road
Singapore 088535



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www.morningstar.org.sg



www.facebook.com/morningstarsg



To Volunteer:

morningstar.org.sg/volunteer

To Donate:

morningstar.org.sg/donate



Corporate Governance

BOARD GOVERNANCE

	Code	Response
Induction and orientation are provided to incoming Board members upon joining the Board	1.1.2	Complied
Are there Board members holding staff appointments?		No
The Treasurer can only serve a maximum of 4 consecutive years	1.1.7	Complied
All governing board members must submit themselves for re-nomination and re-appointment, at least once every 3 years	1.1.8	Complied
There are documented terms of reference for the Board and each of its committees	1.2.1	Complied



CONFLICT OF INTEREST

	Code	Response
There are documented procedures for governing board members and staff to declare actual or potential conflicts of interest to the Board at the earliest opportunity	2.1	Complied
There are special procedures to deal with the conflict of interest when board members have any interest in business transactions or contracts, joint ventures, suppliers, service users, beneficiaries or staff	2.3	Complied
Board members do not vote or participate in decision making on matters where they have a conflict of interest	2.4	Complied
Board members have signed a Conflict of Interest Declaration	2.5	Complied
There is a whistle-blowing policy in place to address concerns about possible wrongdoing or improprieties in financial or other matters within the charity		Yes

STRATEGIC PLANNING

	Code	Response
The Board periodically reviews and approves the strategic plan to ensure that activities are in line with objectives	3.2.2	Complied
Strategic plans, programmes and outcomes are adequately reported to stakeholders	3.2.3	Complied
The Board monitors the progress of the documented plan to develop capacity and capability	3.2.4	Complied

HUMAN RESOURCE & VOLUNTEER MANAGEMENT

	Code	Response
The Board approves documented human resource policies for staff, process for setting the remuneration, measurable and clearly defined targets	5.1 5.2	Complied
The Board approves a documented Code of Conduct	5.3	Complied
Human resource policies aim to attract, retain and motivate staff with suitable qualifications, experience and performance	5.4	Complied
There are processes for regular supervision, appraisal and professional development of staff	5.5	Complied
There are documented policies for claims for reimbursement of expenses	5.6	Complied

DISCLOSURE & TRANSPARENCY

	Code	Response
Number of Board meetings and Board members' attendance is disclosed	8.2	Complied
Board Members are not remunerated	2.2 8.3	Complied
The highest paid staff receive \$100,000-150,000 annually	8.4	Complied

★ Our only assets are cash in the bank and that functions as a reserve for future projects or continuation of current programmes and services if needed.

FINANCIAL MANAGEMENT & INTERNAL CONTROLS

	Code	Response
There is a documented policy to seek the Board's approval for any financial matters provided apart from core charitable programmes	6.1.1	Complied
There are documented procedures in place for internal controls for financial matters in key areas	6.1.2	Complied
Reviews on internal controls, processes, key programmes and events are regularly conducted	6.1.3	Complied
There is a process in place to identify, monitor and review key risks	6.1.4	Complied
The Board approves an annual budget for plans and regularly monitors expenditure	6.2.1	Complied
MSCS aims to keep in reserves up to two times of total operating expenses and regularly reviews its financial status	6.4.1	Complied
There is a documented investment policy approved by the Board	6.4.3	Complied



FUNDRAISING PRACTICES

	Code	Response
All collections received are properly accounted for and promptly deposited	7.2.2	Complied
All donations in kind received are properly recorded and accounted for	7.2.3	Complied

CONFLICT OF INTEREST POLICY

Every Director shall observe the provisions of Section 156 of the Act relating to the disclosure of the interests of the Directors in transactions or proposed transactions with the Company or of any office or property held by a Director which might create duties or interests in conflict with his duties or interests as a Director. Whenever a Director in any way, directly or indirectly, has an interest in a transaction or project or other matter to be discussed at a meeting, the Director shall disclose the nature of his interest before the discussion on the matter begins. A Director shall not be entitled to participate in the discussion or vote in respect of any transaction or arrangement in which he is interested and he shall not be taken into account in ascertaining whether a quorum is present.

Board Members Meeting Attendance

Mr Kelvin Poon Chairman since 2016		4 out of 4
Ms Christina Lim Deputy Chairman since 2016	4 out of 4	Mr Jeremy Tay Board Member until April 2021 1 out of 4
Mr Gerald Tan Treasurer since 2016	4 out of 4	Mr Joseph Yeo Board Member since 2016 4 out of 4
Mr Bernard Yee Board Member since 2020	4 out of 4	Ms Kit Tan Board Member since 2019 3 out of 4
Ms Elizabeth Sulistio Board Member since 2019	4 out of 4	Mr Michael Koh Board Member since 2016 2 out of 4

Executive Management Team

★ Mr Freddie Low Executive Director	1 Aug 2012
★ Mr Rick Lee Deputy Director, Family Wellness Division	18 Mar 2019
★ Ms Josephine Loh Senior Training Manager, Family Wellness Division	6 May 2013
★ Ms Agnes Yeo Finance Manager	16 May 2016
★ Ms Sherlee Choliluddin Corporate Services Manager	5 Feb 2018
★ Mr Khong Klong Seng Communications & Development Manager	21 Feb 2018
★ Mr Shaun Liu Interim Case Manager, Family Wellness Division	1 Apr 2021
★ Ms Cai Silei Programmes Manager	5 May 2021
★ Ms Marie Khong NOVA Learning Intervention Programme Manager	16 Sep 2019
★ Mr Wee Tai Seng Student Care Services Manager	7 Jan 2013

Board of Directors



Mr Kelvin Poon
(Chairman) Deputy & Managing Partner, Rajah & Tann Singapore



Ms Christina Lim
(Deputy Chairman) Head of HR & Communications, B. Braun Singapore



Ms Elizabeth Sulistio
(Treasurer) Senior Audit Manager, OCBC Bank Group Audit



Mr Bernard Yee
(Secretary) Managing Director, Resource Law



Ms Kit Chan
(Chairman, Human Resources Committee) HR Business Partner, Tech Date



Mr Gerald Tan
Manager, Systems & Projects, PetroChina



Mr Joseph Yeo
Quality Assurance Manager, GE Aviation

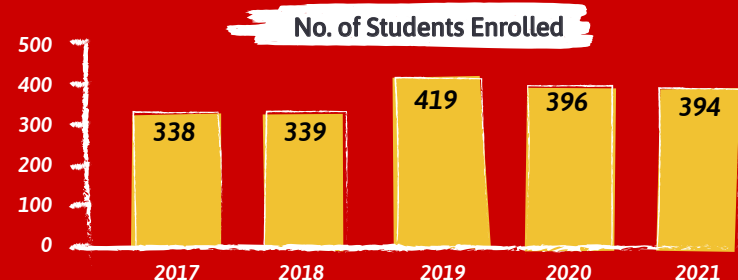


Mr Michael Koh
Senior Estate Manager, Housing & Development Board

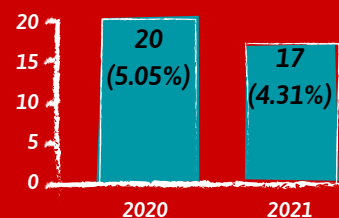


Student Care Services

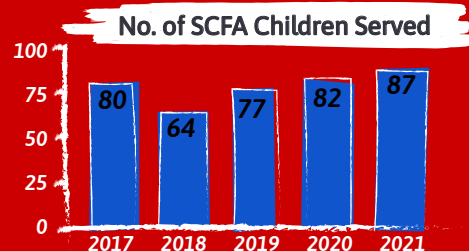
Student Care Enrolment



Students granted financial help (temporary service suspension initiative) due to COVID-19



Student Care Fee Assistance (SCFA) Scheme



Household Income of Families under SCFA

Household Income	No. of Families	%
≤ \$1,500	25	29%
\$1,501 - \$2,600	26	30%
\$2,601 - \$4,000	26	30%
\$4,001 - \$4,500	10	11%
TOTAL	87	100%



SCS Programmes

With the prevailing safe management measures in place due to Covid-19, we have been continuing to engage the children through online enrichment programmes via Zoom with community partners. The children have been staying future-ready with the Infocomm Media Development Authority's interactive robotics and coding programme Lab on Wheels, and hands-on science workshops, including a fun family night, with Little Changemakers. The children kept fit with soccer training by volunteer Kevin at our Hougang centre and Hip Hop dance classes by JUMP Productions. We're also grateful for the many lively storytelling and craft sessions by the National Heritage Board's HeritageCares@Home that brought our arts and culture to life for the children.

Collaboration with Community Partners

- 1 Hip Hop Dance Programme by JUMP Productions
- 2 Aviation Experience by Temasek Polytechnic School of Engineering Aviation Management
- 3 Community Puppetry Workshop by Esplanade
- 4 Lab on Wheels by Infocomm Media Development Authority
- 5 Jumping Clay Program by Heart of God Church, Masjid Khalid and South East Racial Harmony Youth Ambassadors
- 6 'Show your Gratitude with Kindness Keychain' by Singapore Kindness Movement
- 7 Soccer Training by Volunteer Kevin
- 8 The Mandarin Universe & Singapore Federation of Chinese Clan Associations: Mandarin Lessons & Chinese Folklore





9

Science Projects by Little Changemakers sponsored by Collective Designs Pte Ltd

10

Service Learning Collaboration with Catholic Junior College

11

Mentoring Collaboration with TP-BP

12

HeritageCares@Home by National Heritage Board

- ★ WahSoSimple – Feeling Boleh! Craft & Learn Workshop
- ★ Speak Mandarin Campaign – True and the Rainbow Kingdom
- ★ Speak Mandarin Campaign – The Dog and Its Reflection
- ★ Tamil Language Council – The Next King
- ★ Tamil Language Council & AKT Creations – The Dragon Who Couldn't Spit Fire
- ★ Speak Good English Movement – The Emperor & The Nightingale
- ★ Co:Creation Workshop – Fun with Latch Hooking
- ★ Wigglepods – Our Kampung Days
- ★ Virtual Storytelling Programmes
- ★ Difference Engine – Blast from the Past Comics Workshop
- ★ Singapore Philatelic Museum – Secret Treasures
- ★ Singapore Philatelic Museum – Home Sweet Home
- ★ Asian Civilisations Museum – Fantastical Creatures at ACM

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Art Giants In Harmony by Kaki Bukit Community Arts & Culture Club for PAssionArts Festival 2021

14 Art Programmes by B Inspire! Pte Ltd

15 Family Disco Math Night by Little Changemakers

16 Flashy Dough Children's Day Programme by Little Changemakers

Heartware Network

- ★ Asian Civilisations & Amazing Civilisations
- ★ Food for Thoughts – Focusing on the evolution of food aligned with its culture & how to Reuse, Reduce and Recycle
- ★ Interactive V-Learning Programme

18 Project heART by artSE

19 Learning Ventures – Mindfulness Programme

20 Skit, Art & PE Sessions by NIE Group Endeavours in Service Learning

21 AC Cares Treat Animals Right with Anglo-Chinese Junior College

22 Thank You My Friend! Games & Crafts by Rotaract Club of Ngee Ann Polytechnic

23 Gratitude Comics Project with Nan Chiau High School



CareNights



Parents and caregivers benefit from CareNights by having the time to manage challenging familial circumstances or to improve their social and financial mobility. E's mother takes care of her single-handedly and has to work long hours as a manager in a beverage distribution centre. CareNights Bedok North helps to care for her daughter in a safe environment while E's mother works with peace of mind.

Over at our newly opened Agape Village centre, another family in a similar situation is M and his father. In the evenings when M is at our CareNights centre, his father who works as a private-hire driver gets the opportunity to clock in a few more hours of work and income, knowing his son is supervised and engaged at our centre.

There are also families who have benefitted due to a crisis in the family, like K from our Sengkang centre.

K became withdrawn when his dad fell seriously ill in October 2020. He had to spend many evenings at home alone while his mother accompanied his father for the frequent medical follow-ups. Attending CareNights has lifted K's spirit and his mother tells us that he has been much happier since joining the CareNights programme.



Impact by Numbers

Total Children since 2016	Total Children served in 2021	Total Families	Total Indirect Beneficiaries	Completed Programme
196	85	123	308	133

New enrolments decreased by 5% (16 new beneficiaries) compared to 2020 (17 new beneficiaries)

CareNights @ Agape Village

We opened our long-awaited 4th CareNights centre at Agape Village to serve the children at Toa Payoh on 1 Feb 2021. Prior to the opening of the centre, much thought and preparation was done to ensure the space is conducive for learning and play, while outreach to share about our services was also done through block visits and an Edusave Scholarship and Bursary presentation ceremony at Toa Payoh East Community Centre.

CareNights featured in The Straits Times:

Covid-19 drives demand for night-time childcare in Singapore

[straitstimes.com/life/covid-19-drives-demand-for-night-time-childcare](https://www.straitstimes.com/life/covid-19-drives-demand-for-night-time-childcare)



We started with a humble group of 7 children from 5 families and steadily grew to 14 children from 9 families with referral from community partners and by word-of-mouth. In addition to our committed facilitators, we were supported by a group of 29 volunteers who took turns spending their evenings with us, coaching the children in their work and interacting with them through activities and games.

Project One Small Step (POSS)

Project One Small Step (POSS) is an online engagement initiative launched back in May 2020

to engage our children virtually during our centre on-site suspension. It incorporates elements of virtue-based teaching as well as academic knowledge-based lessons. In total, we conducted 57 sessions across the 3 runs.

Corporate Partners

Partnered with 7 organisations for sponsorships:

- > National Heritage Board: 1 year Disney Plus account sponsorship
- > Sweetest Moments: Monthly Cupcakes sponsorship
- > One Dollar Only: Presents for Children's Day
- > The Privé Group: Soft Toys for Children's Day
- > EtonHouse Community Fund (Box of Joy): Presents for Christmas
- > The LEGO Group: Presents for Christmas
- > Caritas Singapore & CHIJ St. Nicholas Girls' School: Care Pack for Christmas

Outreach

- Online and Physical presentations to Schools, SSAs and community partners

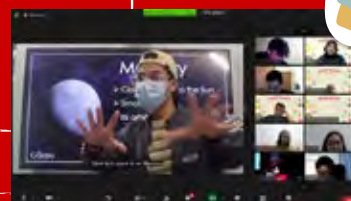
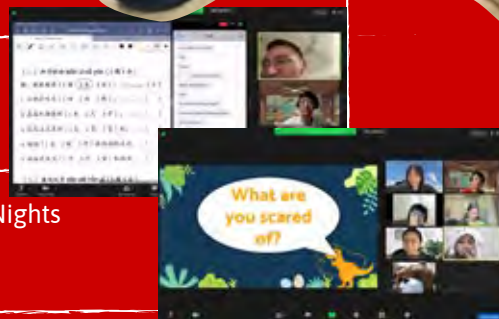


80 VOLUNTEERS
clocked in
1,214 hours



Events & Programmes with Partners in 2021

MONTH	
January	> Outreach to partners and for awareness > Preparation and setting up of CN AV > CareNights Volunteers Induction > Staff Training
February	> Opening of CareNights Agape Village
March	> National Heritage Board Movie Night > GroupAid Project BalloonAid Workshop > IMDA Lab on Wheels Robotics and Coding Programme > Education Volunteer Network Keyboard Lessons > CareNights Volunteers Induction
April	> Tuition by Heartware Network > Education Volunteer Network Keyboard Lessons
May	> Project One Small Step (POSS) 2.0 – Online CareNights > Staff Training
June	> Project One Small Step (POSS) 2.0 – Online CareNights > NTU Perbayu Local Community Project Online Interactive Sessions > CareNights on-site services resumption
Weekly Check-in with Parents	



MONTH	
July	> Tuition by Heartware Network > Education Volunteer Network Keyboard Lessons > Staff Training
August	> Project One Small Step (POSS) 3.0 – Online CareNights > Tuition by Heartware Network
September	> CareNights on-site services resumption > Teacher's Day Celebration: Happiness Art Jam > Nan Chiau High School Online Interactive Sessions > Tuition by Heartware Network > Tuition by NUS Teach SG > Education Volunteer Network Keyboard Lessons > Fengshan Youth Network & Penpals In The Community > Staff Training
October	> Project One Small Step (POSS) 4.0 – Online CareNights > Children's Day Delivery Run > Tuition by Heartware Network > Tuition by NUS Teach SG > Education Volunteer Network Keyboard Lessons > Staff Training
November	> Project One Small Step (POSS) 4.0 – Online CareNights > Tuition by NUS Teach SG > Education Volunteer Network Keyboard Lessons > The A Cappella Society Online Singing & Music Making sessions > Staff Training > Morning Star Volunteers Briefing
December	> Project One Small Step (POSS) 4.0 – Online CareNights > The A Cappella Society Online Singing & Music Making sessions > Christmas Gift Distribution
Year-end Evaluation with Parents and Child	



NOVA Learning Intervention Programme



NOVA Learning Intervention is a school-based programme catered for children aged 7 to 10 years old with Social-Emotional Learning (SEL) difficulties.

Our curriculum is specifically crafted by the NOVA Team to be child-centric and is based on CASEL (Collaborative for Academic, Social and Emotional Learning), which focuses on 5 core competencies of a child: self-awareness, self-management, social awareness, relationship skills and responsible decision-making.

Our NOVA Learning Labs help to provide a warm and supportive environment for children to express themselves through modelling, coaching and experiential learning. Games and activities are conducted by the NOVA Facilitators where children can learn to identify, regulate their emotions and build interpersonal skills in a calm manner.



NOVA Facilitators conducting Circle Time, where teaching of Social-Emotional skills takes place

NOVA Child making a Ketupat Card for Hari Raya Puasa Celebration



NOVA Child using a Social-Emotional Learning resource to hone their friendship skills



NOVA collaborated with

- ★ Montfort Junior School
- ★ St. Joseph's Institution Junior
- ★ St. Stephen's School



NOVA adopts a systemic approach by partnering with schools and parents through periodic meetings and workshops. During these meetings, schools and parents receive updates on the child's progress and discuss effective interventions to support and manage the child in the school and home environments.

Parents are offered Triple-P Parenting workshops where they are empowered and equipped with positive parenting strategies. These workshops are conducted by the Trainers from Morning Star's Family Wellness Division.

CYBER NOVA

2021 was an extraordinary year due to the rise in community Covid-19 cases. Schools implemented Home-Based Learning (HBL) and suspended external after-school activities. However, NOVA remained fully committed to serve our children and readily adapted and pivoted our service delivery online through CYBER NOVA.

CYBER NOVA is an enhanced online NOVA curriculum conducted via Zoom. It was introduced in the previous year during the Circuit Breaker period. Through CYBER NOVA, NOVA Facilitators were able to check in with each child and conducted lessons individually to support the social and emotional needs of the children.

NOVA in Numbers

- > **27** children were assisted by NOVA Learning Intervention Programme
- > From May to December 2021, NOVA Team of Facilitators conducted a total of **1,048** CYBER NOVA sessions across all 3 NOVA Learning Labs
- > **96%** of children achieved minimum 75% attendance
- > **93%** of children improved in their Social-Emotional behaviour after receiving NOVA programme interventions
- > **92%** of parents felt more confident in child management at home after receiving support from the NOVA Facilitators
- > **92%** of parents were engaged in receiving updates of their children's progress in NOVA





NOVA Facilitators conducting Cyber NOVA with the children from Montfort Junior School, St. Joseph's Institution Junior and St. Stephen's School

New NOVA Lab @ St. Stephen's School

Our third NOVA Learning Lab commenced operations at St. Stephen's School on 19 April 2021. Despite having sessions conducted through CYBER NOVA due to the sudden implementation of HBL and suspension of CCAs, the NOVA Facilitators were able to extend their support and meaningfully engage the students to cope with their social and emotional needs.



NOVA Facilitators conducting Children's Day Celebration via Zoom with students from St. Stephen's School

life is
magical



Family Wellness Division



The Family Wellness Division (FWD) is a division that was formed in March 2019 with the re-organisation of three departments:

- 1 Case Management
- 2 Training
- 3 Counselling



This merger allowed for enhanced synergy among the three departments and improved collaborative delivery of services to Morning Star's Clients. In line with this formation, FWD has sought to develop a framework to ensure its clients receive better support in a holistic manner as well as quicker link-ups with Morning Star's community partners.

The formation of FWD was also timely as Morning Star was appointed by the Ministry of Social and Family Development (MSF) as one of the Parenting Service Providers (PSP) in the ten regions of Singapore, serving 35 schools in the Bedok and Geylang Serai region from Nov 2019 to 31 Mar 2023. The appointment demonstrated Morning Star's capability and ability in delivering quality training, as endorsed by MSF.

In 2021, the Covid-19 pandemic continued to pose enormous hardships to communities and families, which also directly impacted the operations of the FWD team. Unable to provide training workshops, counselling and case management services in person, FWD continued to conduct online training, counselling and phone calls for case management to serve our families and clients. Even during the Heightened Alert period, all FWD team members worked tirelessly from home, contacting and engaging the clients, children, parents and caregivers. Online training, counselling was also conducted at night to cater to the surge in demand from parents and clients. The enhanced operating model has enabled Morning Star to be in a better position through FWD to further enrich and strengthen family relationships in Singapore.

Case Management

Case Management services continued in 2021 amidst the ongoing Covid-19 pandemic. A further 54 cases were referred for Case Management support in 2021. As of December 2021, 94 cases remained under active Case Management.



Case Management services continues to provide one-stop intake assessment services for both Morning Star Community Services and community enquiries seeking various support. This will ensure families and clients are accurately directed to relevant services that they require in a prompt manner.

While the Covid-19 pandemic has continued to bring about hardship for the community, we continue to enhance the collaboration with our community partners and agencies to render support to the families in need. This not only assists the families that are grappling with the current situation but also enables our Case Management services to continue to support families in need with our connected stakeholders.

Case Management responsibilities include:

- > Working with clients enrolled in MSCS as well as their immediate family members
- > Needs assessment to identify areas of risk and recommend interventions needed
- > Coordinating referrals for various internal services (e.g. clients for counselling, therapeutic interventions or parenting programmes)
- > Linking families with various community resources
- > Collaborating and coordinating with various community stakeholders to provide holistic care for families in need
- > Engagement with schools that MSCS children are enrolled in
- > One-stop intake and assessment services for community enquiries directed to MSCS



Training

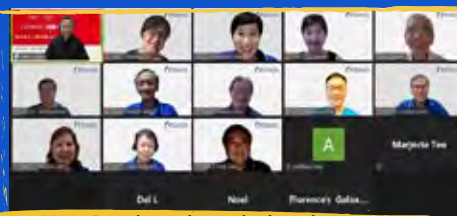
“When it’s dark enough, you can see the stars. - ”

Charles A. Beard

In 2021, Morning Star continues to be the bright star to shine the Light and give Hope to all who come through our doors, be they virtual or physical doors. Relentlessly, we served a total of 3,722 clients, clocking 1,146 hours.

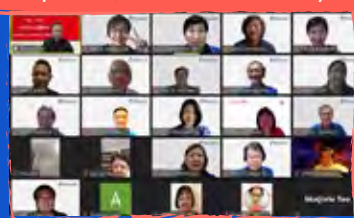
Catholic200SG Intercessory Prayer (CIP)

The Catholic faith celebrated its 200th anniversary in Singapore last year. The theme of the celebration was Ignite and Shine with Faith. As part of the celebration, a series of Catholic200SG Intercessory Prayer (CIP) sessions was held, hosted by various Catholic organisations. Morning Star hosted ours on 29 Jun which attracted over 112 participants praying together with us that evening. Our Spiritual Director, Rev Fr Henry Siew, led our prayer session, and our Board members, staff and trainers took turns to recite the prayers. June 2021 was also special to Morning Star as we started our very first Student Care Centre in Lorong Low Koon on 28 Jun 1999. It was indeed a meaningful way to celebrate Morning Star’s 22nd birthday. Morning Star will continue to strive to be the instrument of change and make a difference in the community we serve.



MSCS Board members who lent their voices to lift the prayers to the Lord

Participants who attended the CIP led by MSCS



Parent Training Programmes

★ Positive Parenting Programme (Triple P®)

Triple P Level 2 webinars attracted over 724 attendees, logging on to participate every Saturday morning for a light-touch sharing of effective positive parenting strategies. Morning Star conducted 16 runs of webinars in 2021. For Triple P Level 3 one-to-one coaching, we served 217 parents and caregivers while we had 24 parents coming in for Triple P Level 4 small group runs in which many parents appreciated the intimate group dynamics and support given to one another.

“I realised my son is calmer when he has a routine to follow. I didn’t know a routine could help him that much. Slowly, I was able to wean him off from watching youtube videos when having his meals.”

— Mother of 8-year-old boy with Autism Spectrum Disorder (ASD) in mainstream school



Triple P L4 Primary (8 Apr)



Triple P L4 Secondary (8 May)

“Every Saturday, my daughter and I would make it a point to cook lunch together. Even though she might not share with me as much as I would like her to, she no longer holes up in her room the whole day. I learnt that spending Quality Time with a teenager is just as important as when she was a child.”

— Father of 14-year-old girl



Child Training Programmes

★ Roar with Dina

The popular holiday programme, Roar with Dina, returned with 2 runs in 2021. Young children joined us in 2 half-day sessions of fun and exciting games to learn social and emotional self-regulation and problem solving skills. It was a wonderful and meaningful way to spend their June holidays learning important life skills in a fun manner.



The children learnt to work as a team to come up with the strongest and tallest straw tower

Circle Time to share their own feelings and learning points after the fun activities



Free creative expressions on canvas pencil cases depicting their favourite cartoon characters while exploring their personal strengths and talents



★ Incredible Years Small Group Dinosaur Programme

7-year-old K was suspended from school for a week for breaking the window panes in school when he was involved in a fight with a schoolmate. K was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) with the combination of hyperactivity and impulsiveness. He was easily agitated and would often get into arguments that quickly evolved into fights. In Dinosaur school, K learnt how to calm himself down and to use his words to explain himself better instead of using his fist. Gradually, with his pro-social behaviours and active problem solving skills, he earned himself respect and eventually more friends to play with.

“I like to go to Dinosaur school because I have a chance to talk and play fun games.”



This is a common refrain from the children who attend Dinosaur school with us. However, behind the ‘talking’ and ‘playing’, the children are coached on serious core pro-social skills like turn-taking, sharing, using polite words, using quiet hands up, having listening ears and focusing on their tasks. They are also coached on how to calm themselves down quickly without hurting themselves or others around them before moving on to think of various options to solve their problems. These are important skills for the children as they need these coping mechanisms to navigate safely and independently in their formal school environments and be understood better by others.



Practising listening skills and using helpful words, the children worked as a team to complete an exciting task together

Listening to one another and asking permission from others are constantly reinforced in Dinosaur school



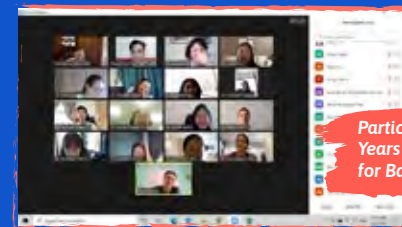
Children are coached to navigate the challenges they could experience when working together as a team in pro-social ways



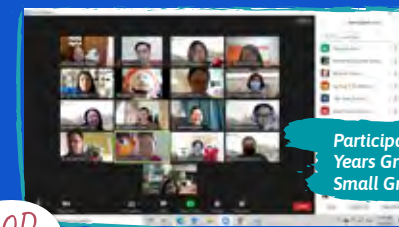
Professional Training Programmes

★ The Incredible Years® Group Leaders (Online)

Our well-regarded Group Leaders training for The Incredible Years Programme series went online in 2021. The pivot to online training enabled interested participants to continue with their training despite the Covid-19 pandemic. This in turn enabled the practitioners to apply their Incredible Years strategies to help and support the families they served, creating a positive ripple effect in our community.



Participants of The Incredible Years Group Leaders training for Basic Parent Programme



Participants of The Incredible Years Group Leaders training for Small Group Dinosaur Programme



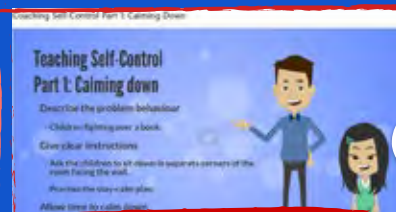
★ Online Effective Caregiving

We addressed the need to provide timely and in-demand training for our staff and volunteers in our Children Services by collaborating with Singapore University of Social Services (SUSS) to upload our child management skills training onto the SUSS portal. Now, our new staff and volunteers need only register online and begin their initial training with us anytime, anywhere.



Strategies are explained in graphical and video formats for easy understanding

Assessment of learning is done through a series of questions and answers



Short video clips show learners how some strategies are applied effectively

★ Understanding the Needs of Neurodivergent Developing Children & Application of Skills

With the increase in the number of children with special needs in our Children Services, our staff members needed to be equipped with effective strategies to understand and better support these children. A new training programme which includes a practicum module for our staff to observe and apply the skills learnt was developed. It was piloted with CareNights staff and will be rolled out to all identified staff from the Children Services in 2022.



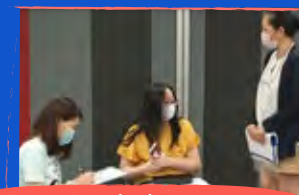
Practicum session for CareNights staff



Practicum session for CareNights staff

★ Common Sense Parenting® @ Care Corner Education Therapy Service

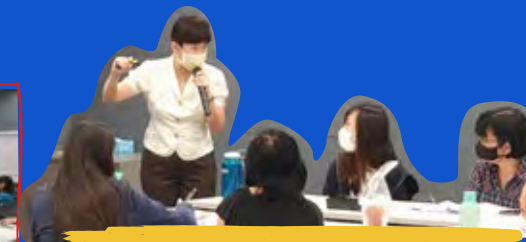
Care Corner Education Therapy Services is a social service agency providing academic coaching to children. Morning Star was engaged by Care Corner to train their therapists to apply effective social and emotional skills with children they are working with to support them better at their centres. Over 3 days, the therapists learnt how to apply Preventive Teaching, Corrective Teaching and Teaching Self-control to the charges under their care.



Interesting role plays to practise skills in authentic scenarios



Relevant modelled videos shown for understanding of skills application

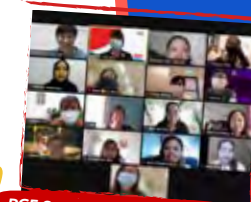


Engaging group discussions to enhance learning

★ PCF SparkleTots @ Geylang Serai Blk 412

M was a 6 year-old boy who could not sit still. He would walk around the classroom when his teacher was teaching or make funny noises to disturb his friends. During group activities, he must be the first to start. If he did not get what he wanted, he would throw a big tantrum. His teacher was at a loss.

A month later, M's teacher reported that M was better behaved. He was able to wait for his turn, follow rules and show more pro-social behaviours in the class. Moreover, M had grown closer to his teacher, sharing with her his feelings and what was happening at home. His teacher understood him better and felt more confident in managing his behaviour in class.



PCF Sparkletots @ Geylang Serai Blk 412 preschool teachers attending our online teacher training course

Early intervention is important so young children can be supported as early as possible to give them a longer runway to learn and grow. Recognising this need, Morning Star conducted training for preschool teachers to be equipped with skills to coach their preschoolers in social and emotional regulation skills. The training for the preschool teachers comprised 2 parts. Part 1 was a 2-hour online session for the whole preschool staff, followed by Part 2 which was 4 individual online sessions per staff to further support the teachers in their specific areas of concern.

Counselling



The Covid-19 pandemic and its accompanying safe management measures have continued to impact Morning Star's plans for its first dedicated centre offering psychotherapy services daily in 2021. However, Counselling services strove on and managed to successfully provide face-to-face counselling services at its dedicated centre throughout the year. In turn, Counselling services conducted some 230 counselling therapy hours for its clients.



Morning Star's dedicated Counselling centre includes therapy rooms fully equipped for expressive and talk therapies. Plans are in the pipeline to host Community of Practice sessions for our team of therapists to aid in developing a respected and trusted facility to serve the community post-pandemic.

Despite the advisory on non-essential in-person counselling sessions during the Heightened Alert, Counselling services continue to leverage online platforms to conduct counselling sessions for clients who needed continued support. Besides counselling sessions, our parenting support trainers also continued to render support to the clients via

online platforms for parenting programmes to complement counselling.

Theraplay® Training for Professionals

While it was unfortunate that the planned Theraplay Level One Training scheduled in April 2021 was inevitably postponed due to the pandemic, Morning Star continues in its partnership with The Theraplay Institute from the U.S. and two runs of Theraplay Level One Training have been planned for March 2022. In addition, a further 2-day Advanced Theraplay Practice

Training has been planned in March 2022 to provide previous participants of Level One with an opportunity to further enhance their Theraplay skills. Theraplay has been accepted by the U.S. Substance Abuse and Mental Health Services Administration for inclusion on the National Registry for Evidence-based Programs and Practices.



Testimonials

“Dear Counsellor, I feel that I have benefitted from counselling sessions and I feel great. I saw Ms X's message on the chat group today and I am able to be 'ok' (I am no longer affected by her which I used to be before).” — S. L.

“As a couple who've been married for about 12 years with kids in tow. We realised after a while that we were slowly beginning to drift apart. While trying to heal the rift, we also realised that we were unable to do it on our own. We decided to seek professional assistance and found the sessions quite enlightening. We were encouraged to try new strategies and initiatives that have helped us to navigate this next phase. The counselling sessions encouraged us to speak to each other more often and to be more open and honest with each other and ourselves.” — A. S.

“May has been very good at helping me to look at issues I don't want to. She helped me put in place some proactive steps, especially in my workplace. I actually have come to enjoy these sessions and look forward to them. It made me aware of skills I did not know I had. I am learning to make myself a priority and that the teachers I have possess more skills than I have credited them with. I have also learnt that I should be more receptive to the help they offer at school as I tend to want to do everything myself.” — Ms M.



Partner Acknowledgements

A

AKT Creations
Anglo-Chinese Junior College
ArtSE
ArtSEA SG

B

B Inspire! Pte Ltd
Bedok Green Primary School
Bedok Green Secondary School
Bedok South Secondary School
Bedok View Secondary School
Big Love Child Protection Specialist Centre (Monfort)
Bloomberg Singapore
BP p.l.c

C

Broadrick Secondary School
Canossian Catholic Primary School
Caritas Singapore
Catholic Junior College
Catholic News
Cedele Singapore
Central Community Development Council
Channel NewsAsia
CHIJ Katong Secondary School
CHIJ Kellock
CHIJ St. Nicholas Girls' School
Child Protection Service (MSF)
Children-In-Action MDAS
Chung Cheng High School
Church of St. Ignatius
Co:Creation
Collective Designs Pte Ltd
Community Chest Singapore
Community Foundation Singapore
Covenant Family Service Centre (Methodist Welfare Services)

D

Damai Primary School
Damai Secondary School
Difference Engine

E

Education Volunteer Network
EtonHouse Community Fund

F

Eunos Primary School
Fengshan Primary School
Fengshan Youth Network

G

Geylang Methodist Primary School
Give@Avanda Fund
Group AID

H

Group Endeavours in Service Learning
Haig Girls' School
Health Promotion Board
Heart of God Church
Heartware Network
Hwa Chong Institution

I

Infocomm Media Development Authority
Institute of Mental Health

J

JUMP Productions

K

Kaki Bukit Community Arts & Culture Club
Kaki Bukit Ville RC
Korean Presbyterian Church

L

Learning Ventures
Legal Options LLC
LianHe ZaoBao
Little Changemakers

M

Maha Bodhi Primary School
Marshall Cavendish Education
Masjid Khalid Mosque
MINDS (Towner Garden)
Ministry of Social & Family Development
Montfort Junior School
Moove Media

N

Nan Chiau High School
Nanyang Technological University Perbayu
National Arts Council
National Council of Social Service
National Heritage Board
National Institute of Education
National University Hospital



National Volunteer and Philanthropy Centre
Ng Kim Suan Foundation
Ngee Ann Polytechnic
Ngee Ann Polytechnic Rotaract Club
Ngee Ann Primary School
North East Community Development Council
NTUC Fairprice Foundation
NuLife Counselling
NUS Raffles Hall – Raffles Volunteering Corps
NUS Teach SG

O

One Dollar Only
Opera Estate Primary School
Oscar@Sg Fund

P

Paya Lebar Methodist Girls' Secondary School
Penpals In The Community
Ping Yi Secondary School

R

Racial Harmony Youth Ambassadors (RHYA) from SE CDC Youths
Red Sakura Singapore
Red Swastika School
Resorts World Sentosa
Roman Catholic Archdiocese of Singapore

S

Sengkang Primary School
Sim Choon Wah
Singapore Children's Society
Singapore Federation of Chinese Clan Associations
Singapore Kindness Movement
Singapore Philatelic Museum
Singapore Technologies Telemedia Pte Ltd
Singapore University of Social Sciences
Social Service Office (Bedok, Sengkang, Serangoon, Hougang) (MSF)
South East Community Development Council
Speak Good English Movement
Speak Mandarin Campaign
St. Anthony's Canossian Primary School
St. Anthony's Canossian Secondary School

St. Gabriel's Primary School
St. Joseph's Institution Junior
St. Stephen's School
Sweetest Moments

T

Tai Sun (Lim Kee) Food Industries Pte Ltd
Tamil Language Council
Tan Chin Tuan Foundation
Tanjong Katong Girls Secondary School
Tanjong Katong Primary School
Tanjong Katong Secondary School
Teck Huat & Company Pte Ltd
Telok Kurau Primary School
Temasek Polytechnic
Temasek Polytechnic School of Engineering
Aviation Management
Temasek Primary School
Temasek Secondary School
Temasek Trust
The A Cappella Society
The Business Times
The Esplanade Co Ltd
The LEGO Group
The Mandarin Universe
The New Paper
The Privé Group
The RICE Company Limited
The Straits Times
THK Family Service Centre (Bedok North)
Thryft
TRANS Family Service Centre (Bedok & Macpherson)
Victoria Secondary School
Viriya Community Services

W

WahSoSimple
Whampoa Family Service Centre (Kampong Kapor Community Services)

Y

Yu Neng Primary School



Locations



1

Morning Star Headquarters

25 Lorong 33 Geylang #04-01
Pu Tian Building S387985
6285 1377

2

Morning Star Training Centre

Blk 323B Sengkang East Way
#01-553 S542323
6285 1377 (ext. 139)

3

Morning Star Family Wellness Centre

Blk 323A Sengkang East Way
#01-545 S541323
6285 1377 (ext. 140)



4

Hougang Centre

— Student Care

4 Lorong Low Koon S536450
6285 1377 (ext. 127)

5

Sengkang Centre

— Student Care

— CareNights

Blk 261B Sengkang East Way
#01-400 S542261
6285 1377 (ext. 128)

6

Bedok North Centre

— Student Care

— CareNights

Blk 508 Bedok North Ave 3
#01-369 S460508
6285 1377 (ext. 129)

7

Primavera Centre

— Student Care

— CareNights

Blk 95 Bedok North Ave 4
#01-1415 S460095
6285 1377 (ext. 130)

8

St. Joseph's Institution Junior

— Student Care

— NOVA Learning Lab

3 Essex Road S309331
6285 1377 (ext. 131)

9

St. Gabriel's Primary School

— Student Care

220 Lorong Chuan S556742
6285 1377 (ext. 132)

10

St. Stephen's School

— NOVA Learning Lab

20 Siglap View S455789
6241 9513

11

Montfort Junior School

— NOVA Learning Lab

52 Hougang Ave 8 S538786
6510 1588

12

Agape Village

— CareNights

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