

METTA

慈光心缘



Children Are Our Future

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慈光福利协会
METTA WELFARE ASSOCIATION

Caring For Our Communities
关爱我们的社群

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Children Are Our Future



Children's Day has been celebrated in Singapore every October since 1961. Nelson Mandela once said, "There can be no keener revelation of a society's soul than the way in which it treats its children." Children are the future pillars of our nation. In Metta Preschool and Metta School, we strongly believe every child is unique in his or her strengths and challenges, and it is our responsibility to foster highly individualised learning in response to the student. Not the other way around.

Metta takes a systemic planning and approach in the growth and development of every child, from enrolment to post-graduation. Hence there are programmes and services like Arts@Metta, Metta Café, Metta Day Activity Centre for the Intellectually Disabled and Metta Home for the Disabled that cater to clients' different needs. By taking the long-term holistic approach, the children can then obtain greater independence and contribute back to the community in their own way.

Each child deserves a quality education and personal development plan, but needs very different things to get there, whether it be a hot lunch, a speech therapist, an art instructor, or otherwise. The high needs of a child also necessitates both high expectations and highly individualised support from teachers and caregivers.

May I therefore call on our donors, corporate partners, volunteers and sponsors to continue supporting our children with special needs and give them a brighter future. We hope the children's potential will not be restricted by their ability, family income, race or religion; it must instead be an open invitation to all with the desire to learn and adapt to the world around us through such learning. May we be the enablers for the children to be life-long learners that our world requires!

Triple Gems Blessings

Venerable Shi Pu En
President
Metta Welfare Association

Run As One

29 Sep 2018,
Angsana Green @ East Coast Park

Running enthusiasts enjoyed the scenic views of East Coast Park while supporting Metta Welfare Association at the recently ended 9th annual Metta Charity Run. On 29 September 2018, 1,300 runners battled the heat to raise funds for the development of disability care, medical care, children care, special education, alumni care and early intervention programmes that Metta provides in aid of some 1,200 beneficiaries from across various races and religions.

Themed as "Singaporean", the charity run saw participants donned in white jerseys inspired by the "Good Morning" towel, gathering at Angsana Green to complete either "Double Confirm" Parent & Child 2km Fun Run or "Steady" 5km or "Chiongster" 10km run. The Fun Run this year was an extended version of older 1.5km routes and participating families got to play fun and family-centered games. Singa the Courtesy Lion mascot, together with percussion group Stomp Warriors from Metta School and clients from Metta Day Rehabilitation Centre for the Elderly cheered on the runners with their wide smiles, upbeat music and vibrant pom poms at the starting

point. Clients from Metta Day Activity Centre for the Intellectually Disabled and people with special needs from inclusive running club Runninghour also took on the challenge and completed the run.

Gracing the event as Guest-of-Honour was Associate Professor Dr Muhammad Faishal Ibrahim, Senior Parliamentary Secretary for the Ministry of Social and Family Development and the Ministry of Education, and Ms Jessica Tan, MP for East Coast GRC, who participated as a Special Guest. Dr Faishal and Metta's President, Venerable Shi Pu En also gave out the Tokens of Appreciation to our key contributors including Tote Board and Singapore Pools Pte Ltd, Utraco Pte Ltd and Changi Simei Grassroots Organisations.

The runners enjoyed the merry mini carnival soon after their run. There were stalls selling food, Teh Tarik and wellness products. To enhance our use of technology, the stalls implemented QR codes for ease of payments and donations. Kids were treated to free balloons and games such as the bouncy castle and Singapore old school traditional childhood games such as huge five stones and pick-up sticks.

Huge crowds surrounded the Milo truck that dispensed chilled Milo and many

runners were intrigued by the pastel pink Volkswagen photo booth bus set up by Kombi Rocks. While waiting for the lucky draw to begin, there were many entertainment segments such as the Metta School students who presented impressive Wushu performance and Metta School's Stomp Warriors who gave an exuberant Bahiana Funk performance. Afro-Brazilian percussion band Samba Masala from Singapore Management University then took the stage and wowed the audiences with their showmanship. The MadHatter Project, a home-grown band whose members consists of History graduates, were also there to perform their versions of popular contemporary songs. The runners were all glued to the stage when 17-year-old ITE College East's student Adelyn started singing. Despite being visually impaired, she played the keyboard on her own and sang with a mellifluous voice.

A total of 30 prizes were given out during the lucky draw and the top winner walked home with a pair of return economy class air tickets to Hong Kong, proudly sponsored by Singapore Airlines. Besides leaving the philanthropic footprints behind, the runners also reduced their carbon footprints by discarding cans and plastic bottles at the recycling points set up by Tzu Chi foundation and Metta.



F.L.A.M.E VIRTUAL RACE

Fight to improve Lives,
Be an Advocate for
Metta's Extraordinaires



Begin your
virtual strides at
metta.org.sg/flamevirtualrace



Donate \$15 to Register

Donate \$15 at metta.org.sg/flamevirtualrace and you'll receive a confirmation email with the race instruction. Remember to register by **30 Nov 2018**.



Run 5km or Complete 10,000 Steps

Choose your flame. Each coloured flame represents Metta's core services. Begin the race anywhere, anytime and with anyone. Complete the race at your own pace by **2 Dec 2018!**



Submit Your Results Online

Complete the race and upload a screenshot of your race results via the submission link included in your confirmation email.



Get Your Finisher Medal

Once we have verified your results, we'll add you to the leader-board and send a **Finisher Medal** to you. Plus, stand a chance to be one of our 10 lucky draw winners!

Contact us for more information on Metta's inaugural F.L.A.M.E Virtual Race



metta.org.sg/mettarun/flame



events@metta.org.sg



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[fb.com/MettaWelfareAssociation](https://www.facebook.com/MettaWelfareAssociation)

Rising Above The Odds

Congratulations to Metta School students, Sarhan Bin Zuhir and Downen Tan Zhen Yuan for being awarded the Lee Kuan Yew Exemplary Student Award 2018 on 14 August. The award is in recognition of their dependable display of diligence, creativity and sound values in the domains of academic, vocational, sports and arts, as well as contribution to the school community and beyond.

Metta Welfare Association's President, Venerable Shi Pu En and Metta School Principal, Madam So Kah Lay, heartily rendered their supportive presence at the award presentation ceremony held at Republic Polytechnic. Amid the thundering applause of the guests, both students felt honoured to be receiving the award from Ms Sim Ann, Senior Minister of State for Communications and Information & Culture, Community and Youth.

It was indeed a memorable moment in their lives. Every stride of theirs across the stage triggered flashes of pertinent memories, be it a "Values-In-Action" (VIA) effort overseas where they helped to paint the living quarters of orphans or tackling that gruelling test of courage and vigour when completing a 20km kayaking water expedition during the school camp.

When asked about their thoughts after the presentation ceremony, Sarhan expressed strengthened direction and motivation: *"I will work very hard to make it to the Institute of Technical Education (ITE) after graduating from Metta School. Once there, I will keep working hard to receive the 'Lee Kuan Yew Scholarship to Encourage Upgrading'".* For Downen, he kept his conviction simple: *"After getting this award, I must still be honest with myself. I must give my best when I do things – whether it is during training or helping others. I want my life to be more meaningful."*

Let us all join in to wish Sarhan and Downen continued success in their future endeavours!



Serving Food With a Dose of Good

With a huge blackboard indicating the daily specials and beverages available, Metta School's newest space, V Café, appears no different from the cafes that have popped up in Singapore in recent years. But there is something special about it.

V Café was launched this year, as a training café for students taking ITE Skills Certification (ISC) to gain more hands-on work experience and to provide learning opportunities for them to connect with the real world directly.

The training café is designed with a standard bar counter, a separate operational kitchen and a maximum seating capacity of 18 customers. Students will get a chance to work in a different job role weekly, ranging from a Service Captain; who seats customers at their respective tables and make appropriate food recommendation, to a Barista; who prepares and creates delightful beverages.

With each role, they will learn the task they are required to carry out, the responsibilities to complete their duties, and the importance of their role. They will also get a chance to mentor their peer who will be taking over the appointed role on the following operation day. This allows the students to train on their recalling skills and at the same time develop their communication and leadership skills. Our students were seen to display more confidence in their work and a great sense of achievement in helping one another.

Through this learning platform, we are able to provide an authentic learning environment for the students to be trained in café operation and customer service. At the same time, this renders support to them as they move towards independent employment, minimising the workplace culture shock they might face and making the transition from school to workforce smoother.



"It is my first time as Captain, I am nervous and do not know what to say at the very beginning. But with the help from my trainer and classmates, I was able to do better and now I love interacting with customers."

— Franziska Aw
V3-2, ISC in Hospitality Services



Pass On the Gift of Love

In conjunction with Giving Week* (27 Nov - 5 Dec)

For some beneficiaries of Metta Welfare Association (Metta), simple actions like moving around unaided, socialising, personal grooming such as shaving, toileting and brushing of teeth is a norm to most of us, but yet it is a big challenge to them. Metta provides welfare services for these beneficiaries so they may integrate back into society or live an independent and meaningful life.

We at Metta hope that you can be a part of Giving Week's donor community. Pass on the Gift of Love and let the ripple effect of change grow in the lives of our beneficiaries. Every \$10 donation aids our beneficiaries in fulfilling their daily needs, medical care and therapy sessions.

It's a dollar to you; it's a lifetime of hope for our beneficiaries. Please donate to them at <https://www.giving.sg/metta-welfare-association/givingmetta2018>



* Giving Week is a national movement that encourages everyone to give back. During this week, corporates, non-profits and individuals across Singapore come together to make a difference. Giving Week is organised by The National Volunteer & Philanthropy Centre (NVPC).

METTA CHARITY MOVIE SCREENING

RALPH BREAKS THE INTERNET: WRECK-IT RALPH 2

SATURDAY, 24 NOV • GOLDEN VILLAGE – SUNTEC CITY, SINGAPORE 038983

CONTACT US FOR TICKET ENQUIRIES OR FOR MORE INFORMATION!

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“Ralph Breaks the Internet: Wreck-It Ralph 2” leaves Litwak’s video arcade behind, venturing into the uncharted, expansive and thrilling world of the internet-which may or may not survive Ralph’s wrecking. Video game bad guy Ralph (voice of John C. Reilly) and fellow misfit Vanellope von Schweetz (voice of Sarah Silverman) must risk it all by traveling to the world wide web in search of a replacement part to save Vanellope’s video game, Sugar Rush. In way over their heads, Ralph and Vanellope rely on the citizens of the internet-the netizens-to help navigate their way, including a webite entrepreneur named Yesss (voice of Taraji P. Henson), who is the head algorithm and the heart and soul of trend-making site “BuzzzTube.” Directed by Rich Moore (“Zootopia,” “Wreck-It Ralph”) and Phil Johnston (co-writer “Wreck-It Ralph,” “Cedar Rapids,” co-writer “Zootopia,”), and produced by Clark Spencer (“Zootopia,” “Wreck-It Ralph,” “Bolt”), “Ralph Breaks the Internet: Wreck-Ralph 2” hits cinemas on 22 Nov 2018. Click or scan QR code on right to watch the movie trailer.



Organised by Metta Welfare Association for the 6th year, this action-packed adventure movie screening aims to raise funds for Metta’s programmes and welfare services for its beneficiaries. With your support towards this meaningful campaign, we can play our part in engendering a compassionate society to the lesser privileged.

Preparing Children with Special Needs for Mainstream School

In 2017, 20 out of the 33 preschool students who graduated from Metta Preschool, went on to mainstream primary schools. With this year's graduation quickly approaching, Metta Preschool's senior psychologist, Ms Evania Yeo, shares some useful tips and activities that parents can do to prepare for their children's transition.



Moving on to a mainstream primary school can be exhilarating, yet at the same time, it can be quite daunting for some as well. I believe that feelings of stress and anxiety would be even higher for a parent whose child has special needs. By understanding the changes and requirements of the mainstream primary school, parents can invest in more targeted support to provide a smoother transition, and that can help to ease the unnecessary stress and anxiety.

Most children would already have some experience of a childcare or a kindergarten setting prior to primary school. Nevertheless, the transition between these two institutions is very significant. Children typically experience

a substantial shift in culture, where they go through a new system of learning in a formal structure. For those who are used to the shorter hours of a kindergarten, they have to adjust themselves to the longer hours faced in the primary school. Children who show more rigidity and resistance to change would need time to accept wearing a new set of uniform, taking a different route to school, and meeting different people – both children and adults.

If your child takes a longer time than others to accept changes in routine, it is advisable to mentally prepare him weeks or months in advance before the first day of school. Parents can create social stories about the new school –

what he would see and be expected to do, what he can do during recess time, how to ask for help, how to make friends, or how to stay calm when frustrated. The following is an example of a social story to prepare a child for first day of school.

I am big boy now, ready to go to primary school.

I will put on new uniform, and follow mommy to school.

There will be new teachers and friends, but it's ok, they will be nice to me.

In class, I must listen to my teacher. My teacher likes it when I listen.

If I have a question, I can raise my hand and wait for the teacher or someone who will help me.

My school ends at 1pm. I can see mommy again when my school ends.

Apart from creating social stories for your child, parents may also get your child to create his own social stories, role play the stories, or even use his favourite "super hero" to teach appropriate response or solution to a situation or event. Together with your child, think of what the super hero might say or do. The problem-solving method adopted by the super hero can then be detailed into brief strategy steps, including outcome or success of the hero using this strategy, for your child to learn and emulate.

Transition from preschool to primary school sets the tone and direction in a child's school career. Coping well with the changes at this time is important since a successful start is associated with future progress and achievement.

Yi Xuan's Transition from Metta Preschool to Metta School



You might have noticed this outstanding boy who was representing Metta School's Circus Arts and Sparks group, doing solo performance and twirling simulated flame

during Metta Shine Night last year. Despite being only 15-years old and diagnosed with autism spectrum disorder since young, Yi Xuan performed steadily on stage and all his moves seem effortless. Yi Xuan is being selected to represent his school for dance and circus arts performance time and time again and he will never shun away from new challenges and experiences. The teachers in charge of different Performing & Visual Arts (PVA) groups and Co-Curricular Activities (CCA) will repeatedly try to convince Yi Xuan to join their group as they are greatly impressed with his never-say-die attitude.

After graduating from Metta Preschool in year 2010, Yi Xuan moved on to Metta School to further hone his skills and talents. In school, he is given many opportunities to learn and explore, which builds up his interests, motivation and desire to improve. Ms Jean Pang, the current form teacher of Yi Xuan is in special education sector for 18 years and she said Yi Xuan is one of the students who left a deep impression on her. As she puts it, "Yi Xuan will always say 'I will try my best' to me whenever I hand him a new assignment."

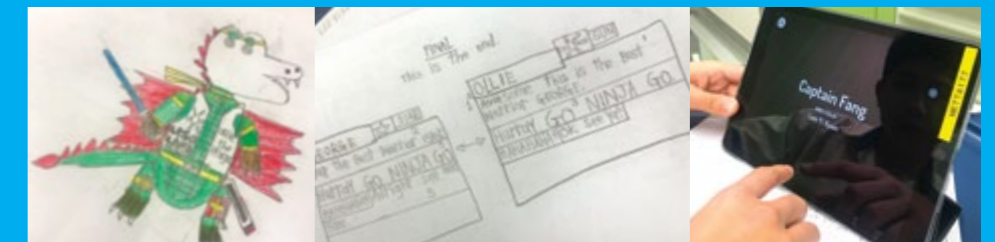
One very good example will be a cartoon animation project he was required to work on, using a creative storytelling app Toonstatic. Being an anime fanatic, Yi Xuan loves to draw characters such as dragon, snake and pirate he sees on the online videos. Hence, he drew all these characters on both paper and tablet, conceptualised the story plot from scratch,

came up with the script and even did narration for all the three 2-minutes videos.



You may visit <https://bit.ly/2OvrZcd> to watch one of the videos.

Not only that, Yi Xuan enjoys all kinds of art and craft activities, one of which is making paper swords after learning origami from his elder sister. After coming across fine clay modeling compound in class, Yi Xuan started making



different animal figurines such as hawk, sea turtle and wolf. On his classmate's birthday recently, he put one of these figurines into an envelope together with his handmade greeting card and wrapped it nicely with a paper ribbon. Beneath the shy persona is a polite and sweet boy, it is no wonder that Yi Xuan is well liked by his peers and teachers in school.

Being a perfectionist at heart, Yi Xuan would get very upset when he was not first in a running race or when he got a question wrong. The situation gets better after he received repeated assurance from the teachers after joining Metta School. His verbal communication and reading have also largely improved over these years, now he is able to recall different words and phrases to try to explain something in a different way when the other person did not understand him initially.

We Went To The Zoo, Zoo, Zoo!

More than 130 staff volunteers from auditing and financial advisory firm, Deloitte Singapore, together with over 80 beneficiaries from Metta Day Activity Centre for the Intellectually Disabled (IDAC), Metta Home for the Disabled and Metta Day Rehabilitation Centre for the Elderly literally went wild. As part of Deloitte's IMPACT Day 2018, an annual day of community service, the volunteers brought the clients for a delightful and educational tour around the Singapore Zoo, visiting the various animal enclosure and walk-through exhibits. It provided an excellent opportunity for the volunteers to interact with our clients and for the clients to experience the nature and outdoors. The day ended on a high note with everyone enjoying fried chicken for lunch. The volunteers helped the clients to peel the chicken for easy swallowing, painting smiles on everyone's faces including their own.



Adding Colours to Our Life



A group of staff volunteers from Keppel Corporation let their creative juices flow by creating their very own terrarium and tote bag with the clients from Metta. Half of the group discovered their green thumbs by working with indoor plants, potting soil, coloured pebbles and decorative items, building 40 colourful terrarium together with the clients from Arts@Metta. Everyone had fun while adding a bit of green into their lives. Another group of volunteers paired up with the clients from Metta Day Activity Centre for the Intellectually Disabled and made use of acrylic paint to come up with their own tote bag designs. There were cartoon characters and natural wonders such as the rainbow and ocean. All these terrariums and tote bags were then sold to Keppel employees to help raise awareness of Metta and the sale proceeds will go to funding our welfare programmes and activities.

Over the Moon for Mid-Autumn Treats

Staff volunteers from Eastspring Investments (Singapore) Limited celebrated Mid-Autumn Festival by interacting with the clients from Metta Day Rehabilitation Centre for the Elderly and they connected through food and crafts.



Metta's kitchen chef, Ms Jessica Feng taught some 14 volunteers how to make pretty pink and green snowskin mooncake with silky lotus paste filling. The volunteers then proceeded to teach and guide over 30 clients with their fresh skills. Though the finished product might not be comparable to the mooncakes for sale in the market, every piece of them is filled with that personal touch coming from every volunteer and client. The clients also got to bring home a few for their family and friends to sample.

Besides that, volunteers also assisted the clients to decorate paper lanterns with butterfly and heart embellishments. As the clients trained their motor skills by indulging in these activities, the mooncakes tasted the sweetest and the lanterns burn the brightest when clients enjoyed making them with their new-found friends from Eastspring.

