

## Peer Care Programme Series 1

Theme : Without You, Who am I	Target Group: 43 new mothers in Miri General Hospital
Date :18 <sup>th</sup> Feb 2012	Place: Pediatric Ward,Miri General Hospital
Involvement : Peer mentors	Time :9.00 pagi – 11.00 pagi

## OBJECTIVE:

1. To develop student awareness and respect for the glory of motherhood
2. To develop loving mothers in the future

## LEVEL OF PARTICIPATION OF PEER MENTORS

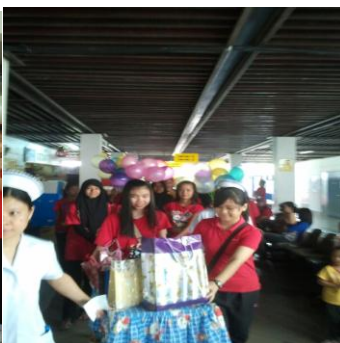
1. Planning
  - a. Conduct meeting on planning of the program
  - b. Prepare paperwork for the programme
  - c. Manage correspondence with Miri General Hospital and Miri District Health Department
2. Implementation
  - a. Pre Stage
    - i. Conduct fundraising activities in order to finance the programme
    - ii. Conduct publicity campaign to promote the programme within the school community
  - b. Implementation stage
    - i. Distribute souvenirs to new mothers (To show appreciation toward mothers)
    - ii. Conduct interviews and sharing sessions with new mothers on motherhood and difficulty of child birth (To nurture good listening skills and develop sense of empathy)
  - c. Post Stage
    - i. Self reflection
      - Students reflect upon themselves on their relationship with their own mother/parents
      - Students motivated to treat their mother/parents better
    - ii. Post Mortem
      - Evaluate strengths and weaknesses of the programme
      - Suggest improvements for future programme
      - Write reports
      - Report on programme through bulletin counseling
      - Shown appreciation to school community in school assembly

## ACTIVITIES

1. Distribute 'Ang Pow' (Red packets containing money) in conjunction of Chinese New Year and hampers for new mothers
2. Conduct interviews and sharing sessions with new mothers on motherhood and difficulty of child birth

## SOURCES OF FUNDS

1. Parents
2. Teachers
3. Students
4. Charity sales by Peer Mentors
5. DatukYek Min Yee



## Peer Care Programme Series 2

Theme : Loving Touch

Target group: 20 single mother

Date :12 May 2012

Venue : *Kampung Pujut Corner*

Time : 9.00 am to 1 pm

Involvement: Peer Mentors , Career Coaching Club

### OBJECTIVE:

1. To develop student awareness on sacrifice of mothers
2. To nurture students appreciation towards mother's over their sacrifice and deeds
3. To bring joy and happiness and also shows compassion towards single mothers/parents in conjunction of mother's day

### LEVEL OF PARTICIPATION OF PEER MENTORS

1. Planning
  - a. Conduct meeting on planning of the program
  - b. Prepare paperwork for the programme
  - c. Manage correspondence with Village Heads of Kampung Pujut Adong, Miri
2. Implementation
  - a. Pre Stage
    - i. Conduct fundraising activities in order to finance the programme
    - ii. Conduct publicity campaign to promote the programme within the school community
  - b. Implementation stage
    - i. Distribute essentials goods (To lessen burdens of single mothers)
    - ii. Spring cleaning of houses of single parents ( To develop humility among student)
    - iii. Celebrate mother's day with single mothers
  - c. Post Stage
    - i. Self reflection
      - Students reflect upon themselves on their relationship with their own mother/parents
      - Students motivated to treat their mother/parents better
      - Students learn to appreciate their parents
    - ii. Post Mortem
      - Evaluate strengths and weakness of the programme
      - Suggest improvements for future programme
      - Write reports
      - Report on programme through bulletin counseling
      - Shown appreciation to school community in school assembly

### ACTIVITIES


1. Distribute essentials goods to 20 single mothers
2. Celebrate mother's day with 20 single mothers

### SOURCES OF FUNDS

1. Parents
2. Teachers
3. Students
4. Charity sales by Peer Mentors
5. Hii Ching Chiong's Services Centre





Peer Care Programme Series 3		
Theme : Smile, Peace and Love	Target group: all teachers and students	
Date : April – June 2012	Venue : Kolej Tun DatuTuanku Haji Bujang	MASA :April – Jun 2012
Involvement: Peer Mentors , Moral and Civic Panel. Malay Language Club		
<b>OBJECTIVE:</b> <ol style="list-style-type: none"> <li>To nurture the culture of smile, greet and love (3 S – Senyum (smile), Salam (greet/peace) and Sayang (love)</li> <li>To develop Peer Mentors as ROLE MODEL in practicing Smile, Greet and Love programme</li> </ol>		
<b>LEVEL OF PARTICIPATION OF PEER MENTORS</b> <ol style="list-style-type: none"> <li>Planning <ol style="list-style-type: none"> <li>Conduct meeting on planning of the programme with Moral and Civic Panel, Malay Language Club</li> <li>Prepare paperwork for the programme</li> <li>Identify suitable activities</li> <li>Delegation of task</li> </ol> </li> <li>Implementation <ol style="list-style-type: none"> <li>Pre Stage <ol style="list-style-type: none"> <li>Create posters</li> <li>Create Banner</li> <li>Train other students for special performances</li> <li>Prepare items on 3S campaign to be shared through Schools PA systems during recess</li> </ol> </li> <li>Implementation stage <ol style="list-style-type: none"> <li>Role model for 3S campaign</li> <li>Committee member in-charge of performances for the Launching of 3S campaign</li> <li>Distribute 3S campaign brochure to each class</li> </ol> </li> <li>Post Stage <ol style="list-style-type: none"> <li>Post Mortem <ul style="list-style-type: none"> <li>Evaluate strengths and weaknesses of the programme</li> <li>Suggest improvements for future programme</li> <li>Write reports</li> <li>Distribute and analyze evaluation form of the campaign</li> <li>Report on programme through bulletin counseling</li> <li>Shown appreciation to school community in school assembly</li> </ul> </li> </ol> </li> </ol> </li> </ol>		
<b>ACTIVITIES</b> <ol style="list-style-type: none"> <li>Launching of 3S Campaign</li> <li>3S Awards for Class</li> <li>Distribution and wearing of 3S badge by teachers, non academic staff and students</li> <li>Distribution of 3S brochure and Banner</li> <li>3S Dj's</li> </ol>		
<b>SOURCES OF FUNDS</b> <ol style="list-style-type: none"> <li>Civic and Moral Panel allocation</li> <li>Counseling Unit Allocation</li> <li>Malay Language Club</li> </ol>		
		

3S CAMPAIGN LAUNCHING CEREMONY

## Teachers and Peer Mentors wearing 3S Badge



## 3S DJ'S

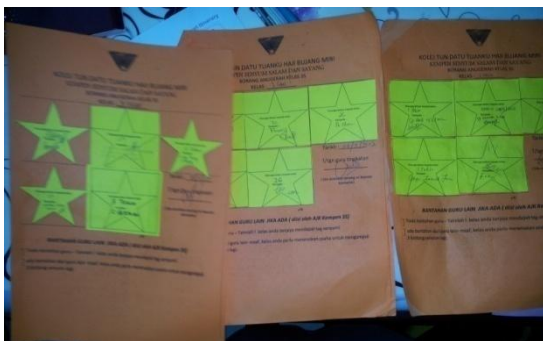
Selected Peer Mentors had been chosen to be 3S DJ's which given the task to spread the message of 3S,, motivational information and introduce 3S songs through School PA system during recess. This activity will take 10 minutes of the recess time in the months of April until June

## Inculcation Of 3s Values Through Cross-Curriculum Approach

Teachers of Moral and Civic subjects indoctrinate the 3S values during teaching and learning throughout the month of April till June

## 3S Awards for Class

3S Awards was given from April till June. Classes that practices 3S values will be awarded 3S Star by their subjects teachers. When the class had received five 3S stars, they will be evaluated by a panel of adjudicators. Classes deemed qualified by the panel will be awarded 3S awards and each students of the class will given 3S badge signifying their efforts in practicing 3S values.



## Samples of 3S stars and form collected by each class

## Presentation of 3S Badge during assembly



## Classes that has been awarded the 3S Awards



## The Peer Care Programme SERIES 4

Theme : Sharing is Caring | Target Group: 40 students that is academically challenge

Date : May – October 2012 | Venue : Kolej Tun Datu Tuanku Haji Bujang | Time : -

Involvement: Peer Mentors

### OBJECTIVE:

1. To inculcate the practice of helpfulness among Peer Mentors
2. To develop Peer Mentors as Role Model in providing guidance to peers
3. To help increase academic performance of mentee through sharing and special guidance


### LEVEL OF PARTICIPATION OF PEER MENTORS

3. Planning
  - a. Identify target individuals based on academic performances.
  - b. Identify Peer Mentors to be given the role as Mentors
  - c. Plan activities and special guidance class
  - d. Prepare paperwork.
4. Implementation
  - a. Pre Stage
    - i. Peer Mentors prepare suitable modules with the target group
    - ii. Special briefing and Contract Signing with mentee
  - b. Implementation stage
    - i. Weekly guidance class
    - ii. Peer Mentors plan activities such as motivational seminar, study skills workshop
  - c. Post Stage
    - i. Mentors monitor mentees development especially in academics
    - ii. Post Mortem
      - Evaluate strengths and weaknesses of the programme
      - Suggest improvements for future programme
      - Write reports
      - Distribute and analyze evaluation form
      - Report on programme through bulletin counseling
      - Shown appreciation to school community in school assembly

### ACTIVITIES

1. Guidance class
2. Motivation seminar
3. Study skills workshop



The Peer Care Programme SERIES 5		
Theme : We Care	Target Group: 43 Orphan	
Date : 12 July 2012	Venue : "Rumah Anak Kesayangan Kami " ( An Orphanage )	Time :10.00 am – 8.00 pm
Involvement: Peer Mentors, Secondary Three "Persistence" class, Parents of students		
<b>OBJECTIVE:</b> <ol style="list-style-type: none"> <li>To nurture Peer Mentors into a concerned individual and practices thankful values in their lives.</li> <li>To nurture Peer Mentors into a sincere individual in giving contributions to the less fortunate.</li> </ol>		
<b>LEVEL OF PARTICIPATION OF PEER MENTORS</b> <ol style="list-style-type: none"> <li>Planning <ol style="list-style-type: none"> <li>Establish a working committee and conduct a meeting with Secondary Three "Persistence" class representatives</li> <li>Prepare paperwork for the programme</li> <li>Get parents to be involved as committee member for the project.</li> <li>Delegation of task</li> <li>Manage correspondence with the management of "Rumah Anak Kesayangan Kami"</li> </ol> </li> <li>Implementation <ol style="list-style-type: none"> <li>Pre Stage <ol style="list-style-type: none"> <li>Distribute letters to parents for collecting funds</li> <li>Organize a charity sale to increase fund collection.</li> <li>Plan activities suitable for children during the program</li> </ol> </li> <li>Implementation stage <ol style="list-style-type: none"> <li>Take the role of facilitator in organizing activities during the programme</li> <li>As volunteers to clean the area.</li> <li>Organize "Majlis Berbuka Puasa"(Breaking of Fast) for the children</li> <li>Organize outdoor activities with the children.</li> </ol> </li> <li>Post Stage <ol style="list-style-type: none"> <li>Post Mortem <ul style="list-style-type: none"> <li>Evaluate strengths and weakness of the programme</li> <li>Suggest improvements for future programme</li> <li>Write reports</li> <li>Distribute and analyze evaluation form of the programme</li> <li>Report on programme through counseling bulletin</li> <li>Shown appreciation to school community in school assembly</li> </ul> </li> </ol> </li> </ol> </li> </ol>		
<b>ACTIVITIES</b> <ol style="list-style-type: none"> <li>Ice breaking</li> <li>Outdoor activities and tele matches</li> <li>Distribute stationeries, food and toys to the children,</li> <li>Organize "Majlis Berbuka Puasa"(Breaking of Fast) for the children</li> </ol>		
<b>SOURCES OF FUNDS</b> <ol style="list-style-type: none"> <li>Contributions from Parents</li> <li>Contributions from Teachers</li> <li>Donation collection</li> <li>Charity sale</li> </ol>		
		



## The Peer Care Programme SERIES 6

Theme : “ We Love We Care”

Target Group: Elderly/senior citizens

Date : 19<sup>th</sup> August 2012

Venue :senior citizens in a home  
for the elderly.

Time :9.00am – 1.00 pm

Involvement: Peer Mentors

### OBJECTIVE:

1. To nurture Peer Mentors which are caring and understand the needs and feeling of the elderly.
2. To train the Peer Mentors to be patient in attending to the needs of the elderly.
3. To cultivate the values of respecting and appreciating the elderly

### LEVEL OF PARTICIPATION OF PEER MENTORS

1. Planning
  - d. Conduct meeting and establish working committee
  - e. Prepare paperwork
  - f. Plan activities for the programme
2. Implementation
  - a. Pre Stage
    - i. Manage correspondence with the management of “ The Home for The Elderly”
    - ii. Organize fundraising activities
    - iii. Rehearse performances to be used to entertain the elderly.
  - b. Implementation stage
    - i. Perform singing and dance performances to entertain the elderly
    - ii. Provide foot and hand massage
    - iii. Chat with the elderly.
    - iv. Distribute hampers and ‘ang pow’ to the elderly
  - c. Post Stage
    - i. Self reflection on the needs, how to treat and appreciate the elderly.
    - ii. Post Mortem
      - Evaluate strengths and weakness of the programme
      - Suggest improvements for future programme
      - Write reports
      - Report on programme through bulletin counseling
      - Shown appreciation to school community in school assembly

### ACTIVITIES

1. Dance and singing performances
2. Hand and foot massage session
3. Distributing ‘ang pow’ and presents to the elderly
4. Chat session with the elderly

### SOURCES OF FUNDS

1. Contribution from parents
2. Contribution from teachers
3. Collection of donations



## The Peer Care Programme SERIES 7

Theme : Cheers to Your Life

Target group: 40 primary six students

Date : 29<sup>th</sup> August 2012

Venue : SK Lambir Miri

Time :2.00 – 5.00pm

Involvement: Peer Mentors

### OBJECTIVE:

1. Train Peer Mentors in communication skills, attending to needs of others.
2. Train Peer Mentor as highly skilled motivational speakers/conduct motivational seminars.
3. Help to uplift the motivation and confidence of Primary School Examination (Ujian Penilaian Sekolah Rendah, UPSR) candidates.

### LEVEL OF PARTICIPATION OF PEER MENTORS

1. Planning
  - a. Peer Mentors conduct meeting to identify target groups.
  - b. Peer Mentors conduct meeting to set up a working committee
  - c. Prepare paperwork
  - d. Manage correspondence with Lambir Government Primary School (Sekolah Kebangsaan Lambir)
2. Implementation
  - a. Pre Stage
    - i. Plan activities suitable for the target group.
    - ii. Prepare bookmark as souvenirs
  - b. Implementation stage
    - i. Take the role as facilitators in handling effective study skill workshop.
    - ii. Motivational speaker and share experiences on preparation for examinations
    - iii. Demonstrate effective memorizing techniques
  - c. Post Stage
    1. Post Mortem
      - Evaluate strengths and weaknesses of the programme
      - Suggest improvements for future programme
      - Write reports
      - Report on programme through bulletin counseling
      - Shown appreciation to school community in school assembly

### ACTIVITIES

1. Ice breaking
2. Sharing on examinations preparation
3. Effective study skill workshop
4. Effective memorizing technique slot
5. Creative thinking skills slot
6. Distribute bookmark and stationeries to the students

### SOURCES OF FUNDS

1. Donations from parents
2. Donation from teachers
3. Collection of donation.
4. Bank Rakyat Permyjaya Branch





### The Peer Care Programme Series 8:

Themes : Someone Cares

Target Group: 40 children from poor families

Date : 21<sup>st</sup> Sept 2013

Venue : Kampung Pujut Adong

Time : 2.00 – 8.00 pm

Involvement: Peer Mentors

#### OBJECTIVE:

1. Train Peer Mentors in communication skills, attending to needs of others.
2. To cultivate the culture of helpfulness and care

#### LEVEL OF PARTICIPATION OF PEER MENTORS

2. Planning
  - a. Peer Mentors conduct meeting to identify target groups.
  - b. Peer Mentors conduct meeting to set up a working committee
  - c. Prepare paperwork
  - d. Manage correspondence with Pujut Adong Village Heads
3. Implementation
  - a. Pre Stage
    - i. Plan activities suitable for the target group
    - ii. Fund raising by collecting donations from parents, teachers and students
  - b. Implementation stage
    - i. Take the role of facilitators in handling ice breaking dan outdoor activities
    - ii. Motivational speaker through sharing
    - iii. Celebrate participants birthdays
    - iv. Distribute school bags, stationeries and financial assistance to participants
  - c. Post Stage
    - i. Post Mortem
      - Evaluate strengths and weaknesses of the programme
      - Suggest improvements for future programme
      - Write reports
      - Report on programme through bulletin counseling
      - Shown appreciation to school community in school assembly

#### ACTIVITIES

1. Ice breaking
2. Sharing sessions
3. Outdoor activities
4. Celebrating participant birthday
5. Dinner with participant
6. Distribution of hampers
7. Giving away of financial assistance

#### SOURCES OF FUNDS

1. Donations from parents
2. Donations from teachers
3. Collection of donations

