

# NEWSLETTER

Cerebral Palsy Alliance Singapore School



2018 / Term 3

## PRINCIPAL'S MESSAGE

Dear Parents,

In the blink of an eye, we have passed the half-way mark of 2018 and so many exciting events have occurred in this short period of time! The Transdisciplinary (Trans D) Approach for school, since its full implementation, has slowly and steadily been taking shape. In the last issue, I had mentioned that an important element in the Trans D Approach is the active involvement of the family. Therefore, towards the end of Terms 2 and 3, parents were invited to School to learn strategies from your child's Trans D team for home implementation.

When parents learn strategies from School and implement them at home, student outcomes increase, testimonial to the active involvement from their parents. Opportunities presented to students to practise their skills at home will allow them to generalise their skills to different settings and achieve better results in skills acquisition. In this issue, I would like to share a success story of Jolene Sim from Class 16A. Her success in school was the result of the strong collaboration between her Trans D team and her mother, Mrs Sim.

Jolene joined CPASS in 2016 and her most recognisable trait was her constant crying; it was her main mode of communication. She would cry for anything and everything, from seeking attention from adults to showing her discomfort, such as when she was hungry or when she needed a stretch from cramped and tired muscles. It was not difficult to detect her presence as she would be heard crying throughout the school day. The situation was similar at home as shared by Mrs Sim.

When Trans D began at CPASS in 2016, one of the pilot classes was 16A. Class teacher, Ms Gena worked closely with the Trans D team. Communication was identified as a priority goal for Jolene. With the successful use of Assistive Technology such as the Big Mack, the team equipped Jolene with a means to communicate some of her daily needs as well as to seek attention in an appropriate way. When the strategy proved successful in class, it was shared with Mrs Sim who transferred the strategy at home. Soon, Jolene began using the Big Mack at home to communicate her needs and wants. Mrs Sim feedback that home has become more pleasant and peaceful since Jolene's crying reduced, and this has also lowered her stress level.

From the close collaboration between Mrs Sim and the Trans D team, many strategies has been transferred from school to home. A Big Mack was purchased for Jolene to communicate her needs and wants, as well as a standing frame to practise standing at home. The little girl who used to cry has now been transformed, Jolene's presence in school was no longer recognised by her crying, but by the wide cheerful smile on her face when she enters the school gate. Jolene is indeed a changed girl, she has also become more attentive and remained engaged in class.

One success story begets another, and we hope to find more success stories to share. Consequently, I strongly urge parents to participate in their child's Trans D team sessions where school strategies are shared for home implementation each and every time that they are set up in school. Time spent on learning and transferring successful school strategies for generalisation at home will result in favourable benefits for your child that is manifold.

Finally, as we continue on this Trans D journey, we wish good health to all parents and students, and in the words of Helen Keller: "Alone we can do so little; together we can do so much."

Yours sincerely,  
Mrs Koh-Lim Ai Lay,  
School Principal

## KEY TENETS OF THE SCHOOL

### School Vision

A Community of  
Happy Learners  
in Living, Learning,  
Working

### School Mission

To equip our students with  
a holistic education to  
Live Meaningfully  
Learn Continuously  
Work Productively

### School Values

- Confidence
- Integrity
- Respect
- Resilience

### School Beliefs

- Everyone is Special
- Everyone can Learn
- Everyone can Serve

### School Thrusts

- Quality Learning  
Experiences to  
Nurture the Whole  
Child
- Competent and  
Committed Staff
- Effective  
Partnerships
- Administrative and  
Operational  
Excellence

## ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

### CCA Scouts

Written by Ms Divya Menon, Teacher

After weeks of practices, the Scouts were eager and excited to conduct the march in of the state and school flags for the school's National Day celebrations ceremony. Their hard work and effort put in was paid off when the whole ceremony went off smoothly. There were challenges the students faced along the way, such as remembering the commands and how to pace themselves, but they never gave up. They also displayed confidence in their abilities. Kudos to the Scouts on their great effort!

**We are the Scouts  
ready to serve you!**



### SPD Appreciation Dinner 2018

Written by Ms Anita Rose, Transition Planning Officer

Students of CCA Performing Arts were invited to perform at the SPD Staff Appreciation Dinner, held at Orchid Country Club on the 27 July. This was the first time that they had to put up a performance for the staff of another organization serving people with disabilities. The students performed two songs namely "Big, Big World" & "Catch A Falling Star" to the delight of the audience. The audience thoroughly enjoyed the show and were impressed by the abilities of our students. It is heart-warming to see our students giving their best and displaying our school values of Resilience, Respect & Confidence. Hats off to our students of the CCA Performing Arts!



Having a gala time....



**We are fabulous!!!!**



## ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

### Get ActiveSG! Singapore National Games 2018

Written by Ms Shalani d/o Suppermaniam, Teacher



The word 'Boccia' is derived from the Italian word meaning to bowl. This sport requires accuracy and high amount of focus and concentration. This year, six athletes namely Aloysius Gan (Eagle 10A), Gan Sun Ling (Eagle 4/5A), Seri Nuratiqah (Eagle 6A), Juraimi Abudallah (Eagle 6A), Edara Vasishta Choudhary (Eagle 9A) & Soh Zhi Xuan (Eagle 9A) participated in the Get ActiveSG! Singapore National Games 2018 held on 28 & 29 July at the Toa Payoh Sports Hall. Facing stiff competitions from other schools, our athletes made our school proud by winning 3 medals for the following categories:

- ➡ BC3 Category, Gold medal - Aloysius Gan (Eagle 10A)
- ➡ BC2 Category, Silver medal - Gan Sun Ling (Eagle 4/5A)
- ➡ BC1 Category, Bronze medal - Seri Nuratiqah (Eagle 6A)

It was great to see our students translating their success onto reaching the finals of a prestigious National competition. This competition also gave all our athletes confidence in their abilities to compete, to meet lots of people and make new friends. Once again, Congratulations to all our participants and we wish our athletes of the CCA Boccia success for all future competitions!

Sun Ling was putting her visual acuity into practice as she assessed the ground for her next shot.



Aloysius was rejoicing in victory after clinching 1st place for the BC3 Category.





## ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD



### CCA Track and Field

Written by Ms Kan Yuan Ping, Teacher

It had been an eventful term for our students of CCA Track and Field as they had been involved in a few events since we started the term.

#### ★ Singapore Sports School Para Games 2018

We were proud to say that our students had managed to secure 16 medals (8 gold, 5 silver and 3 bronze) during the Para Games held at Singapore Sports School in June! The students had displayed sportsmanship and resilience by completing their race despite being overtaken by other competitors at times. We were thankful for the opportunity to be part of this competition.



Big congratulations to all our runner!



Beat the heat!

#### ★ UOB Heartbeat Run 2018

Our students had participated in the UOB Heartbeat Run in July organised by UOB to raise funds for their 4 supported charities, whereby one of which was CPASS. It was one of the earliest events we had participated in as the students had to assemble at Singapore Sports Hub at 7am in the morning. Despite the early morning run, students had shown resilience by completing the 2km run. Well done, athletes!



A group photo before we had free ice cream from the booths!



Students taking a break after the run.

## ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

### ★ Inclusive Sports Festival 2018

On 4 August, seven students participated in the Inclusive Sports Festival held at Singapore Sports Hub. It was similar to the Play-ability which we had attended in March 2018, but there were more games available due to the physical space of the Sports Hub. Our students had fun trying out different sports such as Goalball, Curling, Obstacle Courses and trying out different gym equipment at the inclusive gym.



Experiencing how people who can't see would move around with a walking stick.



With Nila the official mascot.



Trying out the gym equipment without having to get up from her wheelchair.



Depending on just his sense of hearing as a goalkeeper.

### CCA Swimming

Written by Ms Debbie Chan, Teacher

Term 3 had been a busy time for the students in the CCA Swimming. Seven students namely Ryan Choo (Eagle 4/5A), Jim Lee (Eagle 9A), Siti Hawa (Eagle 7A), Samuel Sng (Eagle 8B) and Thomas Ng (Eagle 8B), along with our newest competition swimmers, Koh Ling Yun (Eagle 7B) and Liew Jia Jun (Eagle 2A) represented CPASS in several competitions held in July and August.

Our swimmers participated in 3 competitions: (1) Singapore Para Games, held at Singapore Sports School (2) Haw Par National Swimming Competition, organized by Singapore Disability Sports Council and (3) the Singapore National Games 2018 organized by ActiveSG.

The students displayed confidence as they competed against other students from other SPED schools and mainstream schools. It was not easy for them as they had to endure long hours at the competition, as well as the pressure of competing against a large crowd. Nonetheless, our students showed resilience and completed all their races. In addition, some of them also achieved new personal best timings during the competition. Well done to the team! Their hard work had paid off well!



The medals achieved by the team during the Haw Par National Swimming Competition.

Our swimmer, Koh Ling Yun, was displaying resilience as she completed her 50m freestyle race.





## ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

### Art Workshop by UOB Heartbeat Volunteers

Written by Ms Benedicta J Silva, Teacher

Students from the CCA Special Arts and Scouts had an enjoyable and fulfilling session when volunteers from UOB Heartbeat conducted an art workshop for them in CPASS on 29 June.

After being shown how to do relief painting, students were soon busy trying out different designs on their own, while chatting with the friendly volunteers. Later, they were hosted to a mini buffet by the volunteers and then it was back to doing another art piece. At the end of the workshop, students were all smiles as they bade their new found friends “Goodbye” and asked them when they would come back again.



The students and volunteers shared ideas on the art piece.



We worked together hand-in-hand on the parts of a face art piece.

### National Day Parade (NDP) Funpack Design

Written by Ms Benedicta J Silva, Teacher

It was a special moment indeed when ex-student, Rajkiran Parienan, saw his design at the unveiling of the NDP Funpacks 2018. The event, graced by the President of Singapore, Mdm Halimah Yacob took place on 26 June. Together with his peers in the CCA Special Arts, Raj, as he was popularly known, had submitted his design, last year. He was pleasantly surprised when his design was selected as one of 38 designs for the funpack. The icing on the cake was when the president autographed his bag!

Raj said, “I’m grateful to all the school teachers who have taught me. I still remember all the values we learnt – Integrity, Respect, Resilience, Confidence. I will keep on trying to do my best.”

Another dream came true when Raj was given tickets to attend the NDP at the Marina Bay Floating Platform. The feather on the cap – seeing himself on the screen at the parade!

President of Singapore, Mdm Halimah Yacob, autographed on Raj’s bag!



This is my designed bag for National Day 2018.

## ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

### National Day Celebrations 2018

Written by Mr Yap Feng Kai, Teacher

This year's CPASS National Day Celebrations on 8 August was extra special. Prior to the actual date of celebration, students embarked on different learning journeys to various locations such as the National Museum, Air Force Museum and even a National Monument Trail. The students were exposed to Singapore's culture, heritage and history. Their teachers prepared vlogs (video logs) of their experiences and these were showcased during the National Day Celebrations.

Students were also tested on their knowledge of the National Day songs in the games "Guess The Song" and "Don't Forget The Lyrics". The celebrations also featured performances from EIPIC students, CCA Performing Arts and even our CPAS Band. The session ended off with a sing-along and everybody was wishing Singapore a Happy 53<sup>rd</sup> Birthday!



All dressed in red and white for the National Day Celebrations!

A token of appreciation given to the National Heritage Board.



### Hari Raya Puasa Celebration

Written by Ms Suzana Ahmed, Head-of-Programme (High Support Programme)

Hari Raya Puasa is a celebration at the end of the fasting or Ramadan month. It is also known as the festival of Eid or Hari Raya Aidilfitri. CPASS marked this joyous occasion by holding a Hari Raya Celebration for the students of both morning and afternoon sessions on 5 July in the multi-purpose hall.

It was a fun-filled 2-hour programme for each session, packed with graceful Malay dance performed by our very own staff, 'Kompong' ensemble showcased by our students and a heart-warming skit-cum-song performance by our guests, students from MIJ Special Education Hub. The highlight of the programme was definitely the buffet lunch whereby the students, caregivers and teachers enjoyed the delicious Malay food spread such as the lontong, lemak vegetables (lodeh), potato cutlets (begedil), tofu in chilli gravy (sambal) and the varieties of cookies and cakes.



It was wonderful to see the students leaving the hall with a big smile on their faces. It made all the hard work of planning and practice all worthwhile!

A Hari Raya food spread catered for the celebration.





## ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

### Racial Harmony Day 2018

Written by [Ms Nur Faezah Abdul Rahman](#), Teacher

The theme for this year's Racial Harmony Day Celebration is "Food". As Singapore is known as a 'rojak nation', our pre-event celebration was making our own rojak. On the event day, we had performances, sing-along session and food tasting activities from the different races – prata, popiah, putu piring and sandwich. Photographs of students and staff in ethnic costumes were taken and the students & staff were given a chance to win the Best Dress Award. There was a free & easy Food Fiesta during the celebration whereby students got to use the given food coupons to exchange for their desired food items. It was indeed a fun and joyous celebration for Racial Harmony Day.

The teachers did a performance, using the Ukuleles.



Students were making their own rojak.

### Talk by Society for the Prevention of Cruelty to Animals (SPCA)

Written by [Ms Suzana Ahmed](#), Head of Programme (High Support Programme)

During the school assembly session on 3 May, school had invited a special guest from SPCA to give us a talk on respecting animals. The talk was conducted by Ms Tan EE Rong, a SPCA Educational Officer. It was organized for students in both AM and PM sessions. It was a very educational sharing session where both teachers and students got to learn new and updated information on the services that SPCA rendered, the respectful ways when handling animals and the kind of contributions that could be made to help the animals. On the whole, we felt that the talk was enriching and enjoyable.

A token of appreciation presented to the speaker from SPCA.





## ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

### Lee Kuan Yew - Exemplary Student Award (LKY-ESA) 2018

Written by Ms Michelle Chin, Teacher

The LKY-ESA aims to celebrate the human spirit and affirm students who have risen above the odds to be exemplary role models to their peers, through their progress and contributions in areas such as the academic, vocational, sports and arts domains. It also aims to acknowledge SPED students' contributions to the school community and beyond.

In 2017, Student Mohamed Aiman Bin Abdullah was nominated as he had displayed great strength and perseverance in school, during his Co-Curricular Activities and Student Leadership Programme. Aiman possessed qualities that reflected our school values namely Confidence, Respect, Resilience and Integrity.

Subsequently, he was selected and presented the award at the Republic Polytechnic on 14 August during the Special Awards Presentation Ceremony 2018. CPASS as well as Aiman's family are proud of his achievement and hoped that he would continue to contribute to the school community and beyond.

Student Mohamed Aiman Bin Abdullah was one of the student recipients for Lee Kuan Yew - Exemplary Student Award.



Congratulations, Aiman!



## ST 2: COMPETENT AND COMMITTED STAFF

### Training Sessions by Security & Emergency Planning Office (SEMPO) 2018

Written by Mr Koh Teng Hock, Vice-Principal

On 17 & 30 July, the SEMPO Training Officers came to CPAS and conducted lessons on Security & Emergency Preparedness. For the first training session, the following areas of interest were presented by the chief training officer:

1. Overview of Emergencies
2. Guiding Principles
3. Peacetime Preparation
4. Lockdown
5. External Holding Area
6. Dealing with Security Incident
7. Safety Precautions

On the second training session, all the participants did a Table-Top Exercise with a simulated security incident happening in CPAS. We had to set up the Operations Centre at the School General Office whilst the other six functional groups namely Care Group, Assembly Group, Search Group, Emergency Response Group, Parents Management Group & Security Group performed their roles & responsibilities in the hall. It was another fruitful training session to learn how to deal and manage a security incident at CPASS.

**Staff were learning about the role & responsibilities of the Emergency Response Group.**



**Staff were planning a simulated security incident during the Table-Top Exercise.**





### ST 3: EFFECTIVE PARTNERSHIPS

## Prefects' Training Sessions by MJC Student Council 2018

Written by Mr Koh Teng Hock, Vice-Principal

On 13 & 20 July, our CPASS Prefectorial Board underwent 2 training sessions by the Meridian Junior College (MJC) Student Council. The objective was to sharpen our prefects' ushering skills and welcome any school visitors with confidence in the near future. For the first training session, the MJC Student Council demonstrated on how to guide the visitors at the MJC premises whilst for the second training session, the CPASS Prefectorial Board had to take the lead in ushering the MJC students around the various places at CPAS. At the end of each session, both parties would share their enriching experiences and give constructive feedback to one another. It was wonderful to inculcate social values and leadership qualities in the students of this Satellite Partnership between MJC & CPASS.

Head Prefect Gan Sun Ling was dividing the MJC and CPASS students into 2 groups before the tour of CPAS.



Prefect Ryan Das was ushering the MJC students to the Creative Arts Room and explaining about the art pieces done by our students of Special Arts CCA.

### Contact Tracing

To ensure that we are able to contact all parents / guardians / caregivers for exigencies, and to help the school in communicating effectively, please inform your child's teacher of any change in the following:

- Contact details (mobile / email address / home telephone number)
- Home address

### Important Dates in Term 4 (10 September 2018 to 16 November 2018)

Friday, 5 October 2018	Children's Day
15 to 26 October 2018	Progress Report Meeting
Tuesday, 6 November 2018	Deepavali
Saturday, 17 November 2018 to Tuesday, 1 January 2019	School Holidays (New school year starts on Wednesday, 2 January 2019)

**Important:** **No schooling** on

- Friday, 2 November 2018 (SPED Conference 2018)
- Friday, 16 November 2018 (Graduation Ceremony)