

NEWSLETTER

Cerebral Palsy Alliance Singapore School



2018 / Term 1

PRINCIPAL'S MESSAGE

Dear Parents,

I hope 2018 has started off well for all of us, with our focus set on achieving our New Year resolutions. In this issue, I would like to share on the implementation of the Trans Disciplinary (Trans D) Approach in CPAS School.

Trans D was piloted in 2 classes in 2015, and additional 8 classes in 2016 and 2017. Since its implementation, 3 teams of teachers and Allied Professionals (APs) have made learning journeys to Hong Kong where they visited 3 schools serving children with special needs. These schools were selected because they have been implementing the Trans D approach for more than 20 years. During the school visits, teachers and APs learned good practices and gained a clearer understanding of what Trans D entailed and this ensured a smoother implementation at CPAS School.

The aims of Trans D approach are to:

- i. develop team work among therapists, school teachers and parents;
- ii. promote the integration of services/programmes in school;
- iii. build on learning opportunities across different settings and
- iv. support the families to embed learning throughout daily routine-based activities.

A Trans D team would comprise of the class teacher and APs (Occupational Therapist (OT), Physiotherapist (PT), Speech and Language Pathologist (SLP) and Psychologist). Together, they provide support to all the students in the class. Monthly team meetings are conducted to discuss the setting and implementation of IEP goals for each student. During the meeting, the team also deliberates on strategies to bridge learning for students faced with varied forms of challenges and makes recommendation for suitable assistive devices to trial in class. Decisions are made as a Trans D team, with inputs from every member.

The Trans D Approach is a family-centred practice which emphasises respect for the families' knowledge, skills and beliefs. It supports families to make informed decisions to utilise their existing resources. Another feature of this approach is the emphasis for students to learn through everyday opportunities in their natural environments. Therefore, therapy should be provided in natural settings instead of a specialist setting or clinic. IEP goals are developed in partnership with the family based on their priorities; parents' inputs are sought through home visits that teachers make.

When a teacher or an AP works with a student, he/she becomes the key worker. The key worker gains skills and knowledge transferred from other members of the Trans D team. For instance, the PT works with the teacher to demonstrate how walking and standing goals should be implemented for the students and find ways to infuse these goals into the daily routines in class. Another example is when the SLP works with the class teacher for the transfer of skills to conduct oral stimulation for a student during snack time so that it can be implemented every day before snack. The emphasis on teaching a skill in its natural environment (i.e. oral stimulation during snack time in class) and on a daily basis as part of the snack time routine makes it very meaningful and functional for the student. This practice surpasses the weekly pull-out session where the SLP conducts the oral stimulations only once a week outside of snack time, in an unnatural setting. With the increase in team collaboration between teachers and APs in the Trans D approach, students' outcomes improve.

As we, the School and you, take the Trans D journey together, we hope to improve on the Trans D processes, and anticipate more family involvement. We thank you in advance, for your commitment and dedication, and let us look forward to an exciting year ahead!

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

Chinese New Year (CNY) Celebrations 2018

Written by Mr Ong Kim Beng, Teacher

On 15 February, the entire hall of CPAS School was filled with jubilation as we welcome the Year of the Dog. The hall was decorated with bright CNY decorations. Students and staff donned colourful ethnic costumes to mark the special occasion. A welcoming speech was made by the School Principal, Mrs Koh-Lim Ai Lay. Ms Anita and Ms Zerline were the emcees for the day.

The celebration started off with a splendid performance done by the Performing Arts CCA group where the audience were awed with the stunning performance on the drums. The quiz and games were immensely enjoyed by the students and also taught them many valuable values on this special occasion. Furthermore, they were given Mandarin oranges and red packets filled with chocolate gold coins. To carry out this tradition of paying respect to their teachers and staff, the students gave Mandarin oranges to the staff. Lastly, a prosperity toss also known as Lou Hei was done to end the event on a high note.



Students were drumming for CNY.



Lou Hei ingredients.



Huat!
Huat!



Tossing Game at the dog.

McDonald's Happy Meals for Students and Staff on 21 February 2018



A very big Thank You to Dr Valli and his family who sponsored McDonald's Happy Meals for all staff and students!



Students from the Functional Senior Programme assisted in the distribution of McDonald's Happy Meals.

ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

Musical Theatre Workshop 2018

Written by Ms Anita Rose, Transition Planning Officer

Verve Music and Dance School, together with a group of student volunteers from Republic Polytechnic, organised a Special Needs Musical Theatre Workshop on 14 January. Students from the Performing Arts CCA joined them for a day of music, drama and art. Every student was given the opportunity to sing, dance, narrate, act and play a musical instrument. The whole event cumulated into a short mini-theatre production put up by the students. The objectives to enhance linguistic skills, motor skills, self-expressiveness and communication skills were achieved in a fun-filled environment. The students demonstrated the values of courage, respect and resilience throughout the whole workshop. Well done, Performing Arts CCA!



The Hunter



The Hunted

Chinese New Year 2018 Performance @ Buona Vista MRT Station

Written by Ms Anita Rose, Transition Planning Officer

Singapore Mass Rapid Transit (SMRT) Corporation organised a Chinese New Year (CNY) Festive Cheer Initiative at their train networks during the period from 9 to 15 February. The Performing Arts CCA along with the EPIC students was invited to put up a performance to spread the CNY festivity at the Buona Vista MRT station on 9 February from 6pm to 7pm. Many busy commuters took time to watch our students' performance and cheering them on with loud applause. It was a wonderful opportunity for our students to showcase their talents and be their own advocates.



Gong Xi Fa Cai !!!!

ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

Prefectorial Board 2018

Written by Ms Noredah Sim, Senior Teacher

CPAS School Prefects embarked on their prefect training sessions on 8 and 22 February. This year, we are proud to have our newly appointed Head Prefect, Gan Su Ling (Eagle 5A) to lead her fellow prefects during the training sessions. The prefects were given the opportunities to develop their teamwork and leadership skills through a series of activities. They also reviewed their character strengths and talked about the skills needed as student leaders in the school.

The role and responsibilities of the prefects are drawn up to support the school's move to develop and stretch the student leaders. Besides playing the role of ushers at school events and assisting fellow students' movement from the transport bay to the hall and classrooms, the prefects were also deployed to assist during the daily school assembly. By providing multiple opportunities for these prefects to practise their leadership skills, the school is confident that these young leaders will perform their duties with a high level of commitment and pride.

On 8 March, the Prefects' Investiture saw the prefects proudly taking their stand on stage, reciting the Prefects' Pledge and pledging their commitment as student leaders of CPAS School.

Congratulations to the appointed 2018 Prefectorial Board:

Head Prefect

- 1 Gan Sun Ling, Eagle 4/5A

Prefects

- 1 Aaryl Ryan Das, Eagle 6A
- 2 Lam Hong Yolk, Elijah, Eagle 6A
- 3 Mohamed Aiman bin Abdullah, Eagle 7A
- 4 Siti Hawa bte Abdullah, Eagle 7A
- 5 Muhammad Ryvan Zufayri bin Mohd Sani, Eagle 8A
- 6 Ng Thiam Hock, Eagle 8B
- 7 Chong Zai Ling, Linus, Eagle 8B
- 8 Sng Yew Suan, Samuel, Eagle 8B
- 9 Muhammad Firhad bin Azhar, Eagle 8B



My vision of a student leader in CPAS School.



You need teamwork to pass the hoop from one end to the other end.

ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

Project Reach 2018 with Meridian Junior College

Written by Ms Aifaa Liyana Bte Norazhar, Job Coach

On 3 February, four students from CPAS School joined the student leaders from Meridian Junior College (MJC) for their annual outreach programme to the Pasir Ris community. The 4 students were namely Chan Benng Heam Adrian (Eagle 7A), Chua De Zhi Jireh (Eagle 4/5A), Sng Yew Suan Samuel (Eagle 8B) and Ng Thiam Hock Thomas (Eagle 8B). The aim of Project Reach was to raise funds for the less privileged families in the neighbourhood while bringing some festive cheer to the residents in Pasir Ris East. These four students spent a total of two hours at Block 209 and Block 210 of Pasir Ris Street 21 with the MJC student leaders going from door-to-door to collect newspapers and old clothes while giving out red packets and Chinese New Year greetings to the residents. All proceeds from the sale of newspapers would be used to purchase items for the selected families. The students had a fun and meaningful time as they interacted with the MJC student leaders and Pasir Ris residents.



Samuel Sng (Class Eagle 8B) and Jireh Chua (Class Eagle 4/5A) were greeting residents of Block 210.



Thomas Ng (Class Eagle 8B) was collecting used textbooks from a resident.

Primary School Leaving Examinations (PSLE) 2017

Written by Mdm Irene Ho, Head of Programme (Functional Programme)

We are pleased and overjoyed to announce that Nurul Syuhaidah Binte Mohamed Shalihin and Eileen Tan (Owl 1A), have passed their Primary School Leaving Examination (PSLE) and qualified for mainstream secondary schools. Through their hard work and resilience displayed in the preparation for this national examination, they have performed well and did us proud.

There's a saying "It takes a village to raise a child". We would like to thank everyone at CPAS who have made a difference in the lives of these two girls, especially Mrs Lee-Tan Chor Hui who had worked very hard to prepare them for the PSLE, as well as Ms Benedicta who had supported them through her guidance and care. We wish Syuhaidah and Eileen a smooth journey ahead.



Eileen Tan with Principal Mrs Koh.



Syuhaidah with Principal Mrs Koh and CPASS staff.

ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

Total Defence Day 2018

Written by Ms Nurul Irdayu, Teacher

Our Total Defence Day was commemorated in School on 14 February. Prior to the event, the National Education (NE) committee set up 3 separate booths to provide interactive learning opportunities for our students. These booths included the Props booth, Ration Pack booth as well as the Music booth.

Students were given opportunities to explore the important aspects of Total Defence and had their learning activities recorded in their individual NE booklet.

The highlight of the event was when students and staff volunteered to parade in a fashion walk donning their respective occupational uniforms.



Three booths namely the Props booth, Ration Pack booth and Music booth.



Looking good in occupational uniform!



ST 2: COMPETENT AND COMMITTED STAFF

Workshop On Writing Functional Goals

Written by Ms Lanny Kwok, Senior Teacher

About 55 teachers and Allied Professional (APs) attended a 2-day educational workshop on developing and writing meaningful and functional goals. The workshops were held on 19 January and 2 February and conducted by Dr Mythra Mahesh, Principal Speech Therapist from National University Hospital, Singapore.

This course provided a framework for writing clear functional goals and understanding the concept of functionality. We had the opportunity to practice writing functional IEPs goals for our students. It was indeed a valuable learning experience for the staff who participated.



Ms Angeline shared her learning with the class.

Dr Mythra was sharing on "What is a Functional Goal?"



ST 3: EFFECTIVE PARTNERSHIPS

Briefing to Parents of Students New to Functional Senior Classes

Written by [Mdm Irene Ho](#), Head of Programme (Functional Programme)

A brief sharing for parents of students new to Functional Senior classes was conducted on Saturday, 3 February 2018 by the School Management.

The purpose of the briefing was to inform parents of the differences between Functional Junior and Functional Senior classes, and the emphasis for teaching at the senior levels. It is also to explain the expectations set for senior level students in preparation of their post-school outcomes. In Functional Senior classes, teachers emphasize building travel training skills, self-care and grooming skills, and communication. Mrs Koh, the School Principal, also emphasized the importance of allowing the students to practise these skills at home as this would enable the students to attain skills mastery.

The parents who attended this briefing shared that this briefing was important and necessary and they were appreciative for the sharing of information and felt empowered to support their children towards meeting their post-school outcomes. The parents also gave feedback that regular and frequent updates from teachers were useful and helpful to them as it enabled them to monitor their children and allowed them to work with their children on areas for improvement. It was a very fruitful session for both the School and parents.

Learning of money skills in a class of Functional senior Programme.



Worksheet on community resources for students in Functional Senior Programme.



Learning to take a bus and travel to White Sands Shopping Mall.



Briefing to Parents on the Trans D Approach Implementation in School

Written by [Mr Koh Teng Hock](#), Vice-Principal

The use of Trans-Disciplinary (Trans-D) Approach in school was piloted in 2015 with the aim to work in partnership with families to facilitate the student's development together with a team of professionals with different expertise. Under the Trans-D Approach, there is a key worker who will harness the skills of all team members from the other disciplines involved and build upon each student's/family's strengths in the service delivery.

Parents were invited to a briefing on the implementation of Trans-D Approach on 9 February so that they could better understand the framework and work with the Trans-D team for their child. There were a short presentation conducted by the School Principal, a sharing session by Teacher Gena who piloted the Trans D approach in her class in 2016 and 2017. It was a fruitful briefing for the parents as many shared that they have gained a better understanding of the classroom practices via the Trans-D Approach.



The Trans D team members who are working closely with the student and family.



An Occupational Therapist collaborating with the class teacher during PE session.

ST 3: EFFECTIVE PARTNERSHIPS

Individualized Educational Plan And Individualized Transition Plan Meetings

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

The Individualized Educational Plan (IEP) and the Individualized Transition Plan (ITP) meetings between the school staff and parents were held from 20 February to 2 March. Parents were scheduled to meet the Trans-D team comprising the respective class teacher and the Allied Professionals (APs) who had been working with their students. IEP educational goals were planned for students from 7 years old to 12 years old whilst the ITP focused on transition goals for students from 13 years old to 18 years old to prepare them for their post-school outcomes such as sheltered work shop, vocational schools and Day Activity Centres. Since the whole school had embarked on the Trans-D Approach, the IEP and ITP documents were crafted through the team in consultation with the parents. The goals and objectives were discussed with agreement from all parties in the meetings. Each IEP and ITP outlined the plan of specially-designed instructions to address the functional skills that each student would need to work on during the year. An evaluation would be done in Term 4 and the teachers would meet up with the parents again in November to share with them on the students' progress.



The Speech & Language Pathologist was sharing the communication needs to the parents and team.

Youth Connect! 2018

Written by Ms Joanna Chia, Teacher

On 21 February, 3 students from the Boccia CCA were invited to take part in Meridian Junior College (MJC) annual Youth Connect event. The main purpose for this event was to allow their JC 1 students to interact with different groups of people to gain a deeper understanding of them in the community.

It was the second time that our students from CPAS School has taken part in this event. This year, we had Elijah Lam (Eagle 6A), Edara Vasishtha Choudhary (Eagle 9A) and Bryan Cheong (Owl 10A) participating in the event. These athletes played with the MJC students in a series of Boccia matches organized by MJC's Service Learning Club. They displayed confidence, showcased their skills and impressed the JC 1 students of MJC.



Ms Joanna was explaining the game of Boccia to the students from MJC.



MJC students were learning how to move the ramp during the game.



It was definitely a great opportunity and experience for our athletes to showcase their skills in the sport they love to the public.

ST 3: EFFECTIVE PARTNERSHIPS

SEA Aquarium

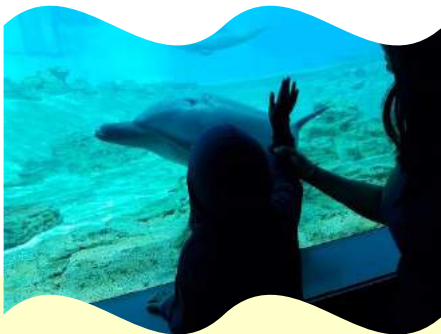
Written by Ms Nagajoethi Varadarasu, Teacher

On 3 February, CPAS students had a very interesting experience in SEA aquarium with the volunteers of Singapore International Airlines (SIA).

The volunteers enjoyed themselves by interacting with our students while viewing the different tropical fishes and exhibits. The attraction was built to amaze people from all walks of life. Its wave-like interior design enabled our volunteers and students to walk in one direction and visit all the exhibits without having to stray from the main path. It made the tour enjoyable for all the adults, especially our students on wheelchairs.

Students loved seeing the different oceanic environment and the educational booths set up to teach students about ocean conservation. SIA volunteers' enthusiastic and friendly attitude heightened our students' awe in looking at the Open Ocean habitat which housed countless number of rays, sharks, and other fishes. Looking at the Open Ocean habitat through a giant glass wall was a breath-taking moment that etched in the mind of both students and volunteers.

After a tranquil excursion, the students enjoyed a scrumptious lunch with SIA volunteers who displayed effortless bonding and interactions with them. The volunteers said goodbye to the students with huge smiles and promises for a next meet. Overall, the SEA Aquarium outing was a lovely morning trip.



A CPAS student was building rapport with man's best friend. It was a Dolphino moment.



Friends from SIA are more than happy to pose with our CPAS student.



Let us wade through the water together.



Let me do a chin up.

Splash@KidzAmaze

Written by Ms Gena Tan, Teacher

On 13 February, the students from Class Eagle 3A, Dove 12A and Dove 16A visited the indoor water playground at Splash @ Kidz Amaze. This outing was kindly sponsored by the Singapore Civil Defence Force (SCDF). The experience was a first for many of the students and they had a splashing good time together with their new volunteer friends!

ST 3: EFFECTIVE PARTNERSHIPS

1st Fire-drill 2018

Written by [Mr Koh Teng Hock, Vice-Principal](#)

The first fire-drill was conducted on 31 January for both morning and afternoon sessions at 9.30 am and 1.30 pm respectively. The whole of CPAS evacuated to the External Holding Area at Meridian Junior College (MJC) Track upon the activation of second alarm bell. Staff and students were informed that if they were to see a cone with the picture of a "Fire" symbol at level 2, it would be an indication of fire at that particular location. On that day, staff and students avoided the fire location and made necessary detour to the MJC Track. Overall, it was a smooth 11-minute exercise from the onset of second alarm bell to the assembly of staff and students at the track of MJC.



Staff and students avoided the location of fire during the drill.



Staff and students were on their way to the MJC track via the side gate.

Assembly Group Exercise 2018

Written by [Mr Koh Teng Hock, Vice-Principal](#)

The Assembly Group Exercise was initiated on 29 January with the following objectives:

- 1 Promote physical fitness for students with multiple disabilities
- 2 Stimulate and arouse the level of alertness before class lessons
- 3 Develop muscular strength and endurance through group exercise
- 4 Develop balance, coordination and stability through functional tasks
- 5 Promote social interactions among students and staff through fun activities

It would be conducted on every Monday & Tuesday throughout the year. There were 5 groupings of students classified according to the 5 levels of Gross Motor Function Classification System (GMFCS). Each group of students would be performing different set of activities, depending on their strengths and abilities. To date, all the staff and students are participating in the exercises enthusiastically and achieving a healthier lifestyle in school.



Students were doing exercises on passive range of motion for the upper limbs.

The students were balancing themselves while walking down the ramp.



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 2 (19 March 2018 to 25 May 2018)

Friday, 30 March 2018	Good Friday
Saturday, 21 April 2018	Sports Day
Monday, 30 April 2018	Sports Day Off-in-lieu (no school)
Friday, 6 April 2018	International Friendship Day Celebrations
Tuesday, 1 May 2018	Labour Day
Friday, 11 May 2018	Open House
Saturday, 26 May 2018 to Sunday, 24 June 2018	School Holidays