

# NEWSLETTER

Cerebral Palsy Alliance Singapore School



2018 / Term 2

## PRINCIPAL'S MESSAGE

Dear Parents,

In the first issue of CPAS School 2018 Newsletter, I had shared about the implementation of the Trans-Disciplinary (Trans D) Approach in all classes in School this year. The Trans D team comprise of Class Teachers, Physiotherapist (PT), Occupational Therapist (OT), Speech and Language Pathologist (SLP), Psychologist and Social Worker (SW); they collaborate to set and implement each student's Individual Education Plan (IEP) or Individual Transition Plan (ITP).

In this issue, I will share about the changes that have occurred since the implementation of the Trans D Approach, such as how IEP/ITP goals are written, and how parental involvement and collaboration have increased.

Starting this year, IEP and ITP goals are no longer set by domain, instead goals are set with a more functional focus in mind, for example "use the pincer grip to hold" will be changed to "use the pincer grip to eat finger food during daily snack time in school and at home", which becomes more meaningful for the student. When we set goals with a functional focus, we enable the students to use such skills in daily activities to accomplish things that are meaningful to them. From the strengths of the student, the Trans D team identifies the next level of skill to achieve as goals for IEP or ITP for the student. Daily routines and activities within the family and/or community are excellent naturally occurring opportunities for students to maximise their learning, especially when their motivation is driven by interest. From home visits at the start of the school year, the Trans D team has gained a better and clearer understanding of the priorities, values and beliefs of your families, all these serve to guide them in the setting of functional goals for IEP or ITP.

For the successful achievement of functional goals for IEP or ITP, strategies implemented in class should to be carried out at home as well. Therefore, by the end of Term 2, you would have been invited by your child's class teacher to observe and learn from the Trans D team at work. These interactions and collaborations aim to transfer classroom based strategies and skills to parents to practise with their child so that these skills are generalised at home. Then at the end of Term 3, you will again be invited to your child's class for this purpose. Please do remember to mark that day on your calendar and keep it free.

We hope that you will continue to work with the Trans D team, and seize every opportunity that you can find at home to practise the skills that you have learned from the team. With consistent effort and sufficient time for practise, your child will eventually generalise these skills at home. Your child's success does not lie merely in the hands of the team, your active participation, involvement and collaboration in ensuring that the functional goals set for your child are also transferred to the home setting is equally important. You are not alone in this journey, should you require additional guidance and/or help, please do approach your child's Trans D team, who is most willing to work with you to teach and transfer the skills for the benefit of your child.

Finally, a word of encouragement from Winston Churchill, "The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." We wish everyone a smooth journey ahead and good health every day.

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

### CPAS Sports Day 2018

Written by Ms Gena Tan, Teacher

The slogan for this year's 56th CPAS Sports Day was '**Together Everyone Achieves More**'. The acronym for this year's slogan also formed the word – "**TEAM**" and this was fully demonstrated during Sports Day as everyone demonstrated the spirit of cooperativeness and team-spirit within the event houses.



DESIGNED BY: CLASS DOVE 18A

This year's theme was **Superheroes** and we saw various superheroes making their presence known with the amazing mascots that were prepared by the three houses! The houses went all out this year with their decoration, mascots and innovative cheers.



During the Sports Day, the students also danced to a mass dance song "Can't Stop the Feeling" that was choreographed by our own teachers from CPAS School. The students danced their heart out along with the video featuring many of the talented students and staff from CPAS! In total, the students took part in 12 games event and many walked home with medals to boast!

This year, there was also a Kin Ball demonstration where students and staff came together to play a friendly match of Kin Ball. There were also performances by Elite Wushu and Temasek Polytechnic's Fusion Percussion Group which brought a high level of energy and cheers to the event.

In the end, the winning house was the Yellow House! This year's Sports Day would not be a success without the great help from the Singapore Civil Defence Force led by Captain Lau and the volunteers from Marina Bay Sands. We would like to thank the Guest of Honour, Dr Terry O'Connor (CEO, Courts Asia), parents, School Management Committee and CPAS Board members for taking their time to join us this year! Happy 56th Sports Day!



Roll the bottles.

Receive a medal  
with Bumblebee!





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

**Participation in Play Ability** ▶▶ On 17 March, seven students from the Track and Field CCA participated in the launch of Play-Ability at Heartbeat @ Bedok. The students had a great time trying out the various sports like Futsall drills, Badminton, Boccia, Table Tennis, Wheelchair Basketball, Sitting Volleyball and interacting with the Guest of Honour, President Halimah Yakob.



Oohh yes!  
I'm sure I  
can hit it!



President Halimah Yakob watching CPASS students' foot drill.

At the launch of Play Ability.



Rowing together towards the finish line!



Briefing on proper  
use of life vest.



Feeling proud after completing the  
challenge of the Dragonboat Programme!



**Dragonboat Orientation Programme** ▶▶ Students from 3 CCA groups namely Track and Field, Swimming and Scouts had a blast time at the Kallang Water Sports Centre, immersing themselves in the challenging but fun experience during the Dragon-boat Orientation Programme on 27 April. The students had so much fun and looked forward to more of such outdoor experiences in the future.

Written by Ms Noredah Sim, Senior Teacher



### SPH Foundation National Inclusive Swimming Championships 2018

Written by Ms Wang Ai Ling, Teacher



SPH Foundation National Inclusive Swimming Championships was held on 7 April at Tampines Hub swimming pool. One of our senior school swimmer, Ng Thiam Hock (Class Eagle 8B), was all gearing to meet and pit his skills against fellow competitors from other SPED schools. His hard work paid off after sweeping all the golds in the events he entered. In total, there were three events (100m breaststroke, 50m and 100m freestyle) that he took part in. A special mention here was that he managed to improve all his timings compared to last year. The highlight of the swimming meet was not just about winning medals but the confidence and resilience which Thiam Hock displayed in the wake of overwhelming crowd of other supporters. He went ahead quietly, focused on his swim and did his race brilliantly. Special thanks to Singapore Disability Sports Council and school swim coaches, Tommy and Victor. Till we meet and compete again in the waters!

Thiam Hock and Mr Baey Yam Keng, MP for Tampines GRC giving the thumbs-up while posing for a photograph.

### Tanglin Club Charity Ball

Written by Ms Anita Rose, Transition Planning Officer



Performing a song on "Catch a Falling Star".

The yearly Tanglin Club Charity Ball was held on 12 May from 7.00 pm to 9.00 pm at Churchill Room, Tanglin Club. Nine students from the Performing Arts CCA participated in the event. They sang 2 songs namely Catch a Falling Star and Big, Big World. CPAS Chairman, A/Prof Kevin Lim, made special mention of Jerryl Ong during his speech presentation. The students put up a brilliant performance to an appreciative audience. It was another good opportunity for the students to showcase their musical talents.



With our very own Elvis Presley!

### Special Arts CCA's Proud Moment at the True Colours Festival 2018

Written by Ms Benedicta J Silva, Teacher



A sprig of orchids against a mirage of Singapore icons such as the Singapore Flyer, Merlion and Marina Bay Sands for this flag.



The colourful birds found at Jurong Bird Park are featured in this flag.



This flag shows one of the many trees growing in our Garden City.



This flag depicts the vibrancy of the flora and fauna found in Singapore.

It was a proud moment for students of the CPASS Special Arts CCA when they visited the True Colours Festival on 22 March at the OCBC Square. After a few months of preparation and hard work beginning from the fourth quarter of 2017, they were able to see the fruits of their labour displayed prominently at the festival. Students from the Special Arts CCA designed four flags as part of an initiative by Very Special Arts Singapore Ltd (VSA) to involve special schools at the festival.

Working on the flags provided by VSA, students brainstormed on ideas for the festival and decided that they wanted to showcase some famous places and icons in Singapore. Using acrylic paint, students worked as a team to design one flag at a time. Finally, students were able to admire their creations at the festival!

### Sales @True Colours Carnival

Written by Ms Angeline Yeat, Job Coach

As part of the project-based learning, our students from the Functional Programme took up their biggest sales project to date which was to sell their craftwork at the True Colours Carnival. The True Colours Carnival was the first ever Asia Pacific Performing Arts Festival celebrating artistes with disabilities. In preparation for the carnival sales, the students spent ten weeks of effort in making the crafts. The posters and thank-you cards were also designed personally by them. It had been a meaningful journey where the students learnt that they could achieve their goals as long as they persevered and put their minds to it.



Preparing bead bowls to sell at the carnival.

During the carnival from 23 to 25 April, our students and staff also took turns to man the booth to sell the craftwork. It was an eye-opening experience for both students and staff to interact with so many people from all walks of life and disabilities at the carnival. Our students had learnt much from their interactions with the members of the public and it was a good platform to showcase their hard work and talents!



Selling crafts during the carnival.



Cashiering at the carnival.



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

### Singapore Kindness Run

Written by Ms Noredah Sim, Senior Teacher

Fourteen students from CPAS School participated in the Singapore Kindness Run held on 13 May. They were accompanied by volunteer pacers from the Running Hour during the race. Allied Professionals and school staff from CPASS were there to cheer the students and ensure their safety. All the students went home proudly with a medal each.

Triumphant run for Hardik!



Group picture with volunteers and staff after the run!

### The Clean & Green Week 2018

Written by Mr Koh Teng Hock, Vice-Principal

The Clean & Green Week is a recycling programme organised on an annual basis in the month of May. The main objective was to promote the knowledge on how reusing, reducing and recycling could save resources and reduce pollution. There were performances staged by the respective students from the Functional Junior Programme on 9 May and Functional Senior Programme on 10 May. On the same day, the students from the Academic Programme also did a presentation on the theme of "Food Wastage Reduction".



Art Exhibition on the theme "Food Wastage Reduction".

On 11 May, there was an Art & Craft Exhibition showcased by the students of High Support Programme at the assembly area outside classroom 9 & 10. It was a wonderful learning experience for the week.



A singing performance by students of Functional Programme on "Don't Waste Food."

Great video performance by students of Class Eagle 1A, 2A and





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

### Fun Time With Super Hero We!

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



On 22 February, a group of young men and ladies who called themselves 'Captains' from the Super Hero Team put up a Music and Movement workshop for all our students in school. They carried out a one-hour workshop for students in both AM and PM sessions in the multi-purpose hall. For AM session, the workshop was from 11.30am to 12.30pm whilst for the PM session, it was from 12.45pm to 1.45pm. The captains sang and taught our students dance moves that were easy to follow. They even played music and action games using big colourful beach balls that definitely caught the students' interests and attention. There were happy squeals and laughter when everyone bounced the beach balls from one end of the hall to another, following the beat of the music. They ended the workshops with a friendship connection dance and the captains got every student to be involved. On the whole, the Captains from the Super Hero Team did a wonderful job engaging our students in a fun and lively Music and Movement workshop. We hope they will come and have another fun session with the students again!



Everyone following the dance moves.



Singing & dancing with the 'Captains'.



### International Friendship Day 2018

Written by [Students of Class Eagle 4/5A](#)



Face-painting at the Myanmar booth.



We are the team from Myanmar booth.

We celebrated International Friendship Day on 6 April. Teachers and students from Class Eagle 4/5A organized this event with five booths featuring South East Asia countries Singapore, Indonesia, Myanmar, Thailand and the Philippines. We are grateful to the school parent volunteers who helped us at the booths.

On that day, the students enjoyed SG Kopi and Toast from the Singapore booth. During the batik art demonstration, the students got to paint their very own piece of batik. Myanmar booth featured a “Meet and Greet” session with Miss NiNi in her traditional costume. The students also tried the Do-It-Yourself facial painting, using the Myanmar traditional Thanaka powder. Thailand booth featured Tom Yam sensory spice with food tasting experience. Philippines delicacies like dried mangoes and tropical fruit salad were the highlights of the booth. Their booth was declared as the most attractive and decorative one.

We learnt that planning for an event was not an easy task and working together as a team for a school project was very important. In addition, we learnt more about the different cultures of the South East Asia countries.

Welcome to our  
Philippines booth.





## ST 2: COMPETENT AND COMMITTED STAFF

### Water-Play Workshop

Written by Ms Lanny Kwok, Senior Teacher

On 9 March, about 30 teachers attended a fun, hands-on workshop conducted by Mr Dolph Oh, an instructor of the Water-play CCA. The workshop was designed specifically for our teachers to learn and understand the water safety of handling our students in the water, such as how to assist students to enter and exit the pool. During the workshop, the teachers interacted with the students and caregivers through fun-filled activities. Participants also had opportunity to learn some basic swimming skills, such as how to do side-lying, supine floating, sculling and backstroke kicking techniques. Indeed, our teachers had a great, interactive and fun training experience!

Teachers were learning how to perform stretching exercises for the students in the water.



The instructor, Mr Dolph Oh, was explaining the rules of water safety to teachers.





## ST 3: EFFECTIVE PARTNERSHIPS

Teamwork is the way to go!



### Day Camp with MJC Council

Written by Ms Noredah Sim, Senior Teacher

CPASS Prefects were fortunate to be given the opportunity to join the Meridian Junior College (MJC) Councillors in their council camp on the 6 April. The camp aimed at fostering leadership skills through games and teamwork activities. Students from both schools also learnt to write motivating words for one another. The process of collaborating in teams had definitely enabled our CPASS Prefects to develop their communication and interpersonal skills.

CPAS Prefects and MJC Councillors in discussion.



Guys, I think we think better do like this!

### CPASS Open House 2018

Written by Ms Noredah Sim, Senior Teacher

CPASS held its annual Open House on 11 May. More than sixty participants were in attendance at this morning event. Participants included Allied Educators, Social Workers, Allied Professionals and parents. Overview of the school's programmes and tour of the CPAS premise provided the participants with insights of the school's culture and student-focused activities. Participants also had the opportunity to interact with students from the Special Arts CCA and School-to-Work Programme who were manning booths selling art and craft pieces as well as a book on a child with Cerebral Palsy. General feedback gathered from the participants was very encouraging as they found the session beneficial and informative.

School Principal Mrs Koh addressing the participants.



Refreshment and discussion after the school tour.



The crowd at the booths selling books and crafts.



### Satellite Partnership Programme 2018 - Basketball Game

Written by Mr Yap Feng Kai, Teacher

As part of CPASS and Meridian Junior College's Satellite Partnership, Classes Eagle 6A and Eagle 7A had been learning to play basketball with MJC's basketball team. MJC students were very forthcoming and likewise for our students as they were eager to learn to play basketball. This also marked the first time our students had their PE lesson in MJC. It was truly a fruitful experience for both schools and we look forward to future partnerships!



Practising on how to pass a basketball properly.

### Satellite Partnership Orientation Programme

Written by Mr Koh Teng Hock, Vice-Principal

On 27 April, Mr Koh and Teacher Gena conducted an orientation programme for the JC1 students of MJC who would be part of the Satellite Partnership Programme 2018. They were briefed on the following four points: 1) Goals of Satellite Partnership, 2) Introduction of CPAS School, 3) Definition of Multiple Disabilities and 4) Volunteering Tips. Inspirational video clips were also played for the MJC students to better understand the medical condition and aspirations of a child with multiple disabilities in the society. In addition, the JC1 students were given tasks to perform with a simulated disability such as manoeuvring a motorised wheelchair through a zig-zag pathway, writing sentences with a non-dominant hand and buttoning a shirt while wearing a mitten, etc.

In sum, the MJC students enjoyed the Satellite Partnership Orientation Programme and did some thoughtful reflections by penning their learning points down on papers. They were ready to see beyond the disability to the whole child and focus on what a student with special needs could do. They had learnt to simplify instructions by using simple language and breaking down instructions into smaller steps for the students with special needs. It was paramount that they participated in the organised activities with a positive attitude and commitment so as to gear them up for a successful Satellite Partnership between CPASS and MJC.

Manoeuvring a motorised wheelchair through a zig-zag pathway.



Buttoning a shirt while wearing a mitten.

### 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 3 (25 Jun 2018 to 31 August 2018)

Sunday, 1 July 2018*	Youth Day
Thursday, 5 July 2018	Hari Raya Celebrations
Thursday, 19 July 2018	Racial Harmony Celebrations
Wednesday, 8 August 2018	National Day Celebrations (school functions from 8.00am to 10.30am for both sessions)
Thursday, 9 August 2018	National Day
Friday, 10 August 2018	School Holiday after National Day
Wednesday, 22 August 2018	Hari Raya Haji
Tuesday, 28 August 2018	Lockdown Drill (AM Session)
Friday, 31 August 2018	Teachers' Day
Saturday, 1 September 2018 to Sunday, 9 September 2018	School Holidays

\* The following Monday, 2 July 2018 will be a scheduled school holiday