

# NEWSLETTER

Cerebral Palsy Alliance Singapore School



2018 / Term 4

## PRINCIPAL'S MESSAGE

Dear Parents,

As the year draws to an end, I would like to take this opportunity to extend my appreciation to groups of people who have journeyed with me in the past three years since I joined CPAS School (CPASS) on 15 December 2015.

First of all, I would like to show my appreciation to my colleagues who always worked alongside with me to teach our students and support their learning and development. Teachers, Administrative staff, Allied Professionals (APs) as well as Support staff, who gave their best to make a difference to our students every day. When teaching our students to help them gain greater independence or working with them to achieve their goals in their Individual Education Plan or Individual Transition Plan (IEP/ITP), every staff did it with patience and love. They worked with their heart and seized every opportunity to help our students grow.

Parents and care-givers, who are our key partners in this journey and who have been most supportive in working with us. With the full implementation of the Trans D Approach this year, many parents worked closely with us to learn the strategies adopted in school so that they could practise them with their child at home. This has helped their child to generalise their skills from school to home setting and the students have made greater improvements with this closer collaboration. Positive feedback was received from parents who attended the Trans D Lesson Delivery sessions where parents were invited into their child's classroom to learn strategies from the Trans D Team in terms two and three. One comment in the feedback that was most encouraging was "parents developed more confidence to guide our kids, while in the past we were uncertain of the ability of our child". Therefore, I encourage more parents to attend Lesson Delivery sessions in class from 2019 – "Your child's success does not lie in the hands of the Trans D Team alone. Your involvement is most critical in achieving better outcomes for your child."

Next, my heartfelt appreciation goes to a special group of parents who form the CPAS Parents Connection (PC). Under the leadership of Ms Juliah Bte Kasiman and Ms Jasveer Kaur, CPAS PC parents have volunteered their time to serve and rally other parents together for social interactions and support when they organised two annual events. In their regular interactions with parents, they provided emotional support which was very much appreciated by the parents, especially when they needed a pair of listening ears or when some parents were in need of some respite care for their child. CPAS PC encourages more parents to join the Parents Connection so that they can also make a difference to the other parents.

Finally, I would like to thank all the partners who have collaborated with CPASS. The industry partners who have provided opportunities for our students to experience different types of work through work attachments. Sponsors who have brought joy to our students through their generous sponsorships in the School's key events, schools and organisations who came to work with our students as part of their Values in Actions (VIA) and Corporate Service Responsibility (CSR) projects. A big 'Thank you' to Meridian Junior College, our satellite partner who have been collaborating with CPASS all these years, always generous in sharing the college facilities with CPASS.

Though there are much room for improvement, CPASS has made good progress in 2018. Every child's success requires a collaborative effort from everyone – "It takes a village to raise a child." Let us be encouraged to continue to work together as we move into 2019! We wish everyone a restful holiday and to remain in good health!

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

### An Extra Ordinary Celebration



Extraordinary People Limited (EPL) is a registered charity. They enable and support children and youth with special needs, striving for an inclusive society. As part of their vision, CPASS students from CCA Performing Arts combined with Singapore Chinese Girls School to put up a performance on 10 November at Resort World Sentosa for the inaugural "An Extra Ordinary Celebration". This was the first time that the Performing Arts CCA students had combined with a mainstream school for a performance. The students practised hard and thoroughly enjoyed the experience of performing along with their peers in mainstream. It was an exuberating day where the talents of differently abled individuals were recognised.

We are talented too !!!



### Christmas Party & Night Drive in Vintage Classic Cars



It's gonna to be Christmas soon ....

Students from CCA Performing Arts performed a Christmas medley during the Christmas party & Night Drive in Vintage Classic cars on 13 November. The students sang "O Christmas tree, Oh, come let us adore Him. The First Noel and Rudolf the Red-Nosed Reindeer." The students also went on rides in classic cars through Orchard. It was a very fun way to end their final performance for 2018!!!



Written by [Ms Anita Rose](#), Transition Planning Officer

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

### Zoo Zoom Day Out

Students from CCA Track and Field were invited to the Singapore Zoo on 8 September. Despite the rain in the morning, the students still managed to walk around the zoo and extended their learning spaces outdoors to know more about the animals and their environment. They also participated in inclusive exercises and games stationed at some areas in the zoo.



Thank you to  
all the  
volunteers who  
had assisted us!



Getting up close with the Pelicans.

### Haw Par National Youth Inclusive Athletics Championships

We were proud to say that our students had managed to secure 7 medals (3 gold, 4 silver) during the competition held at Bedok Stadium on 28 September. Despite the scorching heat of the sun, the students completed all the events without any complaints during our 6-hour stay. They had also displayed sportsmanship and resilience by giving their best in the competition. Well done, students!



A group photograph with Mr Lim Swee Say after the prize presentation.

Students went to the finishing line to cheer for their friends and walked back to the holding area together after their events.



Written by Ms Kan Yuan Ping, Teacher

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



### Children's Day Celebration

Written by Ms Nur Ulfah Bte Abdul Kadir, Teacher

This year's Children's Day celebration was held on 4 October. Students from the High Support Programme were immersed in a multi-sensory installation where contemporary dance, music and visual art were melded together at The Artground.



Students were enjoying the musical performance and rainbow scarf activity at The Artground.



Students from the Functional Programme explored the magical journey at the Future World Exhibit of the Art Science Museum. They interacted with the various digital installations which enabled them to discover their own unique narrative and experience of each artwork. They were also excited to scan their images, which they had coloured in school, and see them formed into 3D images on the walls and floor. We hoped our students had an enjoyable Children's Day celebration!



Students were going down the slide and exploring the lighted boxes at Art Science Museum.



Happy Children's Day

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



**Ms Dora and Ms Ben kept the festive mood going by engaging the students and they responded with great excitement.**

### Deepavali Celebration

Written by Ms Shalani d/o Suppermaniam, Teacher



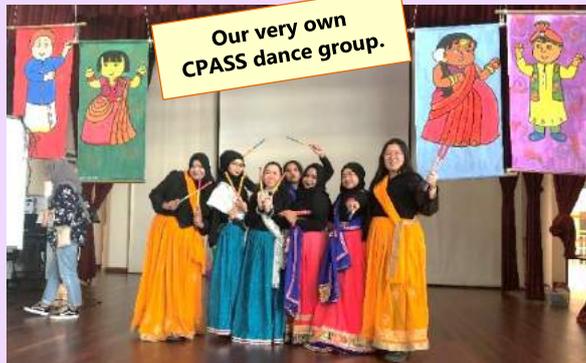
The streets of Little India came alive with glittery lights as Singapore celebrated Deepavali. Here at CPASS, teachers from different ethnic groups came together to set up the stage to celebrate the festival. The unity and embracing of diversity is the true meaning of celebrating a festival.

Indian communities all over the world celebrate Deepavali differently. With this in mind, the Deepavali Planning Committee themed this year's celebration as "Deepavali around the World". The aim of the theme was to enable students to have a better understanding of the different cultural practices within the Indian community.

In order to create an engaging Deepavali celebration experience for the students, we set up four stations namely Ra Ra Ra Rongoli, Henna-havanah, Oh Sweet Ladoo and Bollywood Star for the students to explore. Witnessing teachers supporting students as they actively participated in the various stations brought us great joy and satisfaction. This year's celebration was an enjoyable and memorable one for most of us in CPASS and we looked forward to many more enriching Deepavali Celebrations. I would like to take this opportunity to thank all staff who had helped in one way or another.



**Ms Irene and Ms Anabelle gearing up to demonstrate the art of making a ladoo at the Oh Sweet Ladoo Station.**



**Our very own CPASS dance group.**



**Our new instrument – Paper plates!**

### CPAS School Camp

Written by Ms Sabrina Mok, Teacher

This year the CPAS school camp was held from 14 to 15 September. It was an overnight camp and the students spent the night in the school. Students from both the Functional and High Support programmes participated in the camp. A total of 15 students, 12 from the Functional programme and 3 from the High Support programme participated in the camp.

The objective of the camp was to build a sense of responsibility in the students and promote independence and social relationships among them. Hence, the camp activities incorporated the development of skills such as choice making and problem solving. The school values (respect, confidence, resilience and integrity) were also reinforced during the camp activities.

The theme for the camp was 'Fun Time'. So all activities were organised with a fun element in them. The activities included water play at Splash@Kids Amaze, art, camp games and music & movement. Although it was the first time for most of the students to take part in an overnight camp, they had fun playing and mingling with the other campers. All of them also enjoyed sleeping in the tents.



**Exploring with ART.**

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

### Singtel Carnival

Written by Mr Koh Teng Hock, Vice-Principal

On 10 October, the Singtel Carnival was held at Hall 3 of the Singapore Expo. The objective of the Singtel Carnival was to support engagement and interaction between their employees and the special needs community so as to build empathy, inclusion and advocacy with their employees. Students from all SPED schools as well as the Principals, teachers and caregivers were invited to participate in the event. The participants were given carnival coupons to exchange for sumptuous food items and a specially designed Tote bag to contain the various prizes. Together with the Singtel volunteers, the students enjoyed the different rides and games that were set up at the hall. There were about two train rides, three bouncy castles, one flying carpet ride and thirty Do-It-Yourself (DIY) games to engage the students. It was indeed a fun-filled and memorable day for both the Singtel staff and the special needs community.

Students enjoyed the fishing game stall.



Students were dancing with the Singtel volunteers at the carnival.



Immersing ourselves in music.

### M.Y Toy Library

Written by Ms Sabrina Mok, Teacher

On 20 September, our students from the Functional Junior programme were delighted to be involved in mobile Toy Library programme organized by Metropolitan Young Men's Christian Association (MYMCA). M.Y Toy Library team was a group of volunteers who used music and skit to engage our students in a series of songs and stories. They presented a series of nursery rhymes through movements and used different instruments such as recorder, keyboard and bells to engage our students in a sing-a-long session. A skit that re-enacted the story – The Great Big Turnip was also presented to our students during the event. This fun and engaging session had brought lots of laughter and joy to our students.

A skit on the story - "The Great Big Turnip".



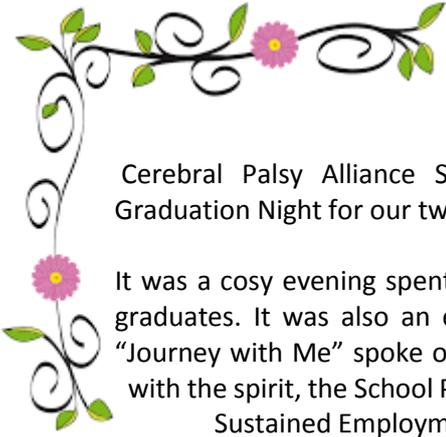
Our sing-a-long session started with DO RE MI.



Action song –  
B.  
I.  
N.  
G.  
O.



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



### Graduation Ceremony

Written by Ms Shermaine Goh, Teacher

Cerebral Palsy Alliance Singapore School (CPASS) held our annual Graduation Night for our twelve graduates from School on 16 November.

It was a cosy evening spent reminiscing the wonderful memories of our graduates. It was also an evening celebrating friendship. The theme – “Journey with Me” spoke of this alumni spirit that CPASS upheld. In line with the spirit, the School Principal Mrs Koh also presented the inaugural Sustained Employment Award to four ex-students of our alumni.

Our Guest, Ms Janice Beh (Senior Inspector of Special Education Branch, MOE), presented our first group of graduates with their leaving certificates. CPAS Executive Director Ms Latha and School Principal Mrs Koh then presented our second and third group of graduates with their leaving certificates respectively.



Graduate Jia Jie receiving her leaving certificate from the School Principal!

This year was the first year that The Event Store sponsored the event set up of our ceremony. This included stage side panel decals, a photobooth backdrop, a garden landscape, chairs, cocktail tables and a reception area. The decoration team also added to the mood by hanging fairy lights around the hall with graduates’ footprints and handprints pegged on and bringing in seven tables with tiffany chairs for the VIPs as well as the graduands and their family. This year’s decoration theme followed a garden theme.

The graduates and their families left an everlasting memory in us, and we would like to wish them success in all their future endeavours. We will miss you graduates, you are never alone. Journey with me! Congratulations on your graduation!



The garden landscape.

The photo-booth backdrop.



The graduation committee of 2018, along with School Principal and Vice-Principal.



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

### Lockdown Drill

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



**Mounting of the corrugated black-out board at the classroom door.**

On 28 August, the School executed a Lockdown as an immediate action to manage a mock-up intrusion with malicious intent in School. This was the following mock-up scenario: A perpetrator entered the School Gate and approached the Security Post. The perpetrator pulled out his knife and shouted at Security Officers not to follow him, otherwise he would hurt her. The Security Officer informed the General Office and in turn, the General Office Staff informed the Principal. Subsequently, the Principal announced the Lockdown Message and executed a Lockdown. Eventually, the Singapore Police Force arrived at CPAS and managed to arrest the perpetrator. The school population had to evacuate to the external holding area at the Dance Studio of MJC before the exercise was cut at about 10.30am.

**A debrief session was conducted by the SEMPO Trainer, Reeve.**



The morning ground exercise ended well with a debrief session done by the Security & Emergency Planning Office (SEMPO) trainer and a plaque was awarded to CPASS for the successful completion of the 3-day Lockdown Drill workshop.

**Congratulations on the successful completion of the 3-day Lockdown Drill workshop.**



### Progress Report Meeting with Parents

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

Meetings with parents began on 15 October and ended on 26 October. The Trans-Disciplinary (Trans D) approach was implemented school wide this year and this changed the manner by which Progress Report meetings were conducted.

During the year, Class Teachers and Allied Professionals worked tirelessly in-tandem towards implementing every student's Individualized Education Plan (IEP) or Individualized Transition Plan (ITP) goals amidst meeting regularly throughout the year to discuss about the students in the class and their progress. After all the hard work, at the end of the school year was the time to meet parents to share of their children's progress. Previously, where only class teachers met with parents to report of the student's progress. Now, the whole Trans D team met with the parents at the meeting. Discussions were fruitful and holistic. Feedback from the meetings were good and encouraging. Good camaraderie and warm relations were also built up amongst the Trans D team members.

The turn-up rate for the meetings was good, with almost 70% parents attended, slightly under 30% parents contacted by phone and about 2% postponed to another date. In the end, 100% of the parents were updated of their child's progress in school for 2018.

**HSS Progress Report Meeting**



**FS Progress Report Meeting**



## ST 2: COMPETENT AND COMMITTED STAFF

### MOE-NCSS

### Outstanding Special Education Teacher Award (OSTA) – Ms Gena Tan

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

Ms Gena Tan has made CPASS proud for being one of the 4 winners for the 2018 MOE-NCSS Outstanding Special Education Teacher Award (OSTA). The award aims to recognise the teachers' outstanding contributions in educating students with special needs. Ms Gena Tan is a strong believer that all students are able to achieve anything they aspire to do when they are given the exposure and opportunity. She has worked tirelessly and with much zest to provide the platforms for CPAS students to show their true colours. In 2015, she led a team of 13 performers from the CCA Performing Arts to participate in the Opening Ceremony for the Association of Southeast Asian Nations (ASEAN) Para Games. This not only provided opportunity for her students to perform and showcase their talents in front of a big audience, but encouraged by her students' success, spurred her to prepare her next batch of students to participate in another big event which was the 2016 National Day Parade. She then led a group of 8 students participate in the National Day Parade NE show. Her belief in her students' abilities prompted her to constantly look out for opportunities for her students to shine. Her enthusiasm also extended to the coordination of one of CPASS student's participation in the National Day Parade Story Telling Act.

Gena also showed her passion and commitment in the Special Education (SPED) field by conducting talks and workshops on Disability Awareness for students in neighbouring schools such as Meridian Primary and Meridian Junior College to allow these mainstream students to gain a better understanding of the students with special needs and SPED in Singapore as a whole. Other neighbouring schools who came to know about the talks and workshops had also come forward to state their interest to have such talks for their students. In 2018, in order to stretch the experience of her students in the CCA Performing Arts, she initiated and organized the first overseas music exchange programme in Kuala Lumpur (Malaysia). Ms Gena has been involved in many other projects in order to provide opportunities for the students to reach greater heights. For all her efforts, Ms Gena Tan is definitely most deserving of this award.

Below are Gena's thoughts on receiving the Outstanding Special Education Teacher Award (OSTA):

*"First and foremost, I am immensely grateful to have been awarded such an honour.*

*I would like to take this opportunity to thank all my fellow colleagues for being so supportive, so inspiring, and so generous with sharing their knowledge and expertise.*

*I would also like to thank all my students' parents for their support and for entrusting their child with me.*

*Lastly, I would also like to thank Mrs Koh, the School Principal for being always so supportive and enabling me to bring all ideas into reality.*

*To me, this award is a symbol of all our hard work and accomplishments here at CPAS.*

*This entire journey has been a great learning experience for me and with this award, I am motivated to work harder and to do more in the future. Thank you to everyone who has been part of this journey."*

**Congratulations  
Ms Gena Tan!**



## ST 2: COMPETENT AND COMMITTED STAFF

### Updates on Staff Training

Written by Ms Tan Chor Hui, Senior Teacher

For the year 2018, school staff attended a series of trainings, mainly internal workshops conducted by our Allied Health Providers as well as several other workshops by external vendors. These trainings have helped staff to gain competence in their work performance as well as enhance their classroom management skills. The aforementioned training sessions included the following:

- A demonstration session on hearing devices by Speech Pathologist Ms. Laveena Gladson.
  - ✦ Staff were taught several techniques to facilitate better listening for children with Developmental Delay.
- A workshop on lifting and carrying techniques by Physiotherapist Ms. Gail Pamela Torres.
  - ✦ Staff learnt about the basic lifting, carrying and transferring techniques and the dos and don'ts to avoid back injury.
- A Water Play workshop by Swimming Instructor, Mr. Dolph Oh.
  - ✦ The workshop was conducted for our High Support Programme teachers to learn about water safety, especially in assisting students to enter and exit the pool. They also had the opportunity to learn some basic swimming skills, such as side-lying techniques, supine float, sculling and backstroke kicking.
- A workshop on nurturing healthy sexual development in persons with disabilities by Mr. Glenn S. Quint.
  - ✦ Staff learnt the stages of sexual development from birth to eighteen years old, and how and why sexual development was affected by developmental disabilities. The issue of sexual abuse was addressed and teachers learnt how they should respond appropriately to the sexual questions, comments, and behaviours of their students.
- A briefing session on the Audio-Visuals & Flag Raising Mechanism by Mr. Yap Feng Kai & Ms. Zerline Goh.
  - ✦ Staff learnt how to operate the Flag Raising Mechanism which was installed by Engineering Good. They also learnt how to use the new AV system in the hall.
- A workshop expounding the principles of seating and positioning as well as guidelines for wheelchair maintenance by Occupational Therapists Ms. Suhashini Sundraraj, Ms. Nur Sakinah Adam & Mr. Dwivedi Agyeya.
- A workshop on child abuse awareness by two speakers from Big Love.
  - ✦ Staff learnt about the 4 types of child abuse (Physical Abuse, Neglect, Sexual Abuse and Psychological/Emotional Abuse) and their impacts. The facilitator also walked through the Child Abuse Reporting Guide (CARG), a tool that helps professionals decide on the need to report on possible abuse or neglect of a child or young person to the Child Protective Service in Ministry of Social and Family Development.
- A mobile hoist training by Mr. Chris Tan from ARJO.
  - ✦ Chris demonstrated how the hoist can be used to transfer a client from the wheelchair to the bed and vice versa.



**Practical session for staff to identify the different types of diet using cutlery such as a fork, a spoon and a pair of chopsticks.**

- Demonstration and hands on practice on Heimlich Manoeuvre by Nurse Winnie Chew.
- Demonstration and hands on practice on Tilt Table by Physiotherapists Ms. Irdayu Bte Tumen, Ms. Gail Pamela Torres and Ms. Nini Swe.

**All eyes on Irdayu and Gail as they demonstrated the strapping of a client on the tilt table.**



## ST 2: COMPETENT AND COMMITTED STAFF

### Universal Design for Learning (UDL) Walk

Written by Mr Koh Teng Hock, Vice-Principal

On 9 October, a UDL Walk was organized for the teachers to identify the observed checkpoints with the respective evidence seen during the lesson delivery. The teachers were given a template each to record the evidence during their class visit. Subsequently, the group leaders guided the teachers in a discussion at the ICT lab and did an oral presentation to all. Although the main focus was on the identification of checkpoints in the Guideline 1 (Provide options for perception), 4 (Provide options for physical action) and 7 (Provide options for recruiting interest), many

teachers were able to relate other checkpoints from the remaining Guidelines to the evidence shown during the lesson delivery. It was a fruitful learning experience for the teachers to understand how to tag the appropriate UDL checkpoints to the specific class activity.



The teachers were seated at one side to identify the observed checkpoints during the delivery of a P.E. lesson.

An oral presentation was carried out by the group leader after a short discussion.



## ST 3: EFFECTIVE PARTNERSHIPS

### Friendly Boccia Session With Elias Park Primary School

Written by Ms Nur Ulfah Bte Abdul Kadir, Teacher

On 19 October, CCA Boccia hosted a friendly Boccia session with students from Elias Park Primary School. Our student leader, Gan Sun Ling (Eagle 4/5A), displayed confidence when she introduced to the students on the rules and objective of Boccia. All the students had a chance to experience playing Boccia.



Players were having fun at Tic-Tac-Toe station!

They also had a fun time trying out at being a ramp assistant. Our CPASS Boccia players also helped to facilitate these sessions. Indeed, it was an exciting and memorable session hosting students from Elias Park Primary School!



Students had a chance to try out being a ramp assistant.

## ST 4: ADMIN & OPERATIONAL EXCELLENCE

### 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 1 (2 January 2019 to 15 March 2019)

Tuesday, 1 January 2019	New Year's Day
Monday, 7 January 2019	Temperature Taking Exercise
Thursday, 14 February 2019	Total Defence Day Commemoration
Tuesday, 5 February 2019 Wednesday, 6 February 2019	Chinese New Year
Monday, 25 February to Friday, 8 March 2019	IEP Meeting
Thursday, 14 March 2019	Prefects' Investiture
Saturday, 16 March 2019 to Sunday, 24 March 2019	School Holidays