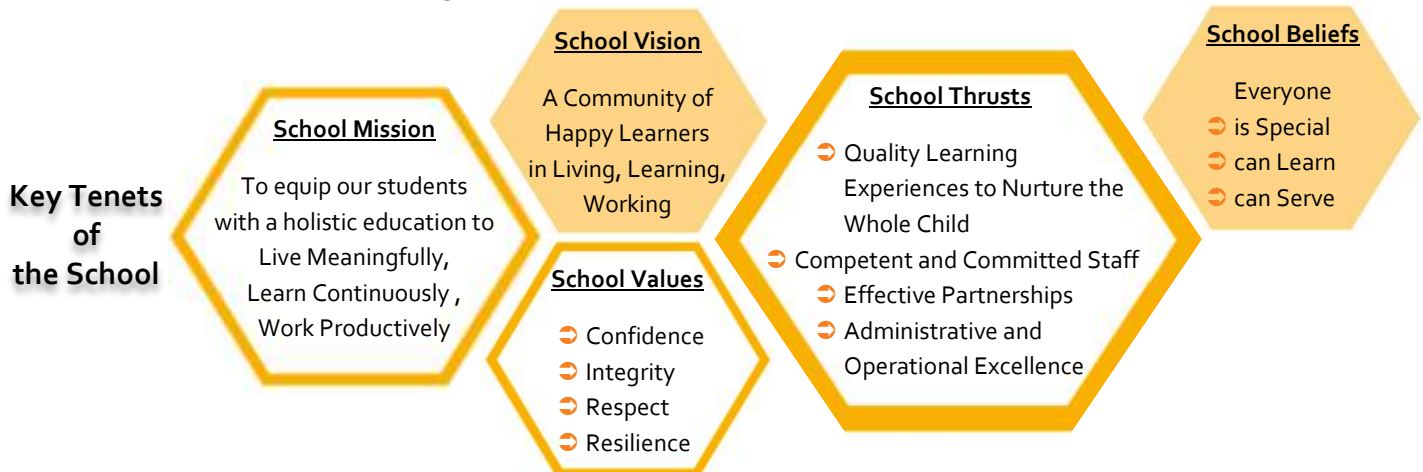


CPASS NEWSLETTER

2019 / Term 1



Cerebral Palsy Alliance Singapore School



PRINCIPAL'S MESSAGE

Dear Parents,

A year filled with opportunities describes 2018, opportunities for collaboration among the Trans Disciplinary (Trans D) Team members and caregivers as CPAS School implemented the Trans D Approach for the whole school.

Feedback received from the teams and caregivers at the end of last year were positive and encouraging -

"Students outcomes were observed to be better as all team members worked together to achieve the client's goals. Teachers felt more empowered while handling their students with multiple issues."

"The teachers, therapists and caregivers work together during the Trans-D session to achieve the best learning situation for the child."

These testimonials encouraged us and have provided greater impetus for us to sharpen our Trans D processes in 2019. One change is an increase in the frequency of Trans D exercises from two times per week on every Monday and Tuesday in 2018 to three times per week on every Monday, Wednesday and Thursday in 2019. Another change is an increase in the number of groups where students are placed according to their gross motor skills for their workouts, from five in 2018 to six in 2019. As the groupings are now more refined by the gross motor skills of the students, Trans D members are better able to plan the exercises and organise the activities that best suit the needs of each group. Parents and caregivers are strongly encouraged to participate in these exercises especially for the group who perform their stretching exercises in the hall. When these exercises are performed at home on a daily basis, the benefit to your child is paramount.

Towards the end of terms two and three, parents will be invited to School to observe the Trans D team supporting your child's class and learn strategies for implementation at home. Parents are strongly encouraged to attend so that the skills learned in school will be generalised at home. The greatest benefit will only be your child. As Trans D approach is a family-centred intervention with participation from parents/caregivers, the intent is for the skills taught in school to be transferred to home. Our hope is that when students graduate from CPAS School, they will have learned much because they have generalised their skills learned from school to home as well as other settings, and that they will eventually achieve as much independence in life as they possibly can.

I would like to urge all parents to work closely with your child's Trans D team to achieve greater outcomes. Assistive equipment such as communication devices are available for loan during school holidays and families are encouraged to borrow these devices for your child's use at home so that their learning continues during the long breaks in June and December. Please do approach your child's class teacher regarding this loan system or you may email us at cpassschool.org.sg.

As the end of 2019 Term One is near, I wish to reiterate that School and Families must work together as a TEAM to achieve better outcomes for our students.

"Coming together is a beginning, keeping together is progress and working together is the success". (Henry Ford)

Let us combine our efforts and energy to work towards the success of our students at CPASS!

Mrs Koh-Lim Ai Lay
School Principal

ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

Chinese New Year Celebrations 2019

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

This year, CPASS celebrated Chinese New Year on the 4 February in the multi-purpose hall. The celebration marked the first day of the New Year in the Chinese calendar. Each new year it was represented by a zodiac animal sign. For this year, it's the year of the Pig.

The programme was a fun-filled two and half hours, packed with meaningful and exciting activities. The students showcased their values of confidence and resilience during the quiz and game segments. The highlight of the programme was the Fashion Parade where both students and staff dressed elegantly in their Chinese New Year clothes. All of the participants received a big and well-deserved applause when they did a cat walk on the stage with confidence. The final segment for the celebration was the arrival of

the 'God of Fortune' and the Lion Dance whereby the students received the greeting of "Happy New Year" and little red packets of chocolate coins.

Before the whole celebration ended, everyone had a taste of the New Year cookies and cakes that the staff had brought for the celebration. On the whole, it was a joyful celebration to see the students with a big smile on their faces.

Students and staff were excited over the Lion Dance.



Arrival of the 'God of Fortune'.



McDonald's Happy Meals on 7 February 2019

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



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



Staff & students were taking stocking of the number of meals needed for the class.



Singapore Bicentennial Scouts Trek 2019

In commemoration of the Singapore Bicentennial year, Scouts units from the various schools in Singapore took part in a combined 200km trek to explore the different landmarks relating to the history of Singapore and Scouts. CPASS Helang Scouts Unit took part in the trek by exploring Changi Beach Park on 15 February, visiting the site where the Sook Ching Massacre took place on 20 February 1942. The Scouts enjoyed the short trek and their snack by the beach.



The CCA Scouts were standing by the memorial of the Sook Ching Massacre at Changi Beach Park

Scouts Carnival at Bishan Stadium

In celebration of the Scouts Founder's Day and to mark the end of the Singapore Bicentennial Scouts Trek, the Singapore Scout Association held a carnival at Bishan Stadium on the 23 February. Booths were manned by Scouts and Cub Scouts from the various schools in Singapore.

The Scouts had a new experience meeting fellow Scouts and Cub Scouts through the morning programme while completing fun-filled activities at the various booths.



The CCA Scouts were waiting for the arrival of the Guest-of-Honour, Mr Chan Chun Sing, Minister for Trade and Industry at Bishan Stadium field.

Written by [Ms Aifaa Liyana Bte Norazhar](#), Job Coach

ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

Prefectorial Board 2019

Written by Mr Koh Teng Hock, Vice-Principal

In 2019, we are proud to have four newly appointed prefects to lead the student population during the afternoon session. This new group of 13 prefects is selected to be good role models for their peers. Amongst their many responsibilities, they will assist to usher guests in events such as CPAS Sports Day & Open House as well as facilitate assemblies. A basic in-house leadership training programme was provided on 12 & 19 February for the prefects to perform the duties to the best of their ability. The prefects were given the opportunities to develop their teamwork and leadership skills through a series of activities over the 2-day sessions. They also reflected on their strengths and talked about the skills needed as student leaders in the school. We look forward to everyone's support in this student leadership programme for the school.

Congratulations to the appointed Prefectorial Board of 2019.

Head Prefect

1. Gan Sun Ling, Eagle 5A

Prefects

1. Chong Zai Ping Linus, Eagle 5A
2. Lam Hong Yolk, Elijah, Eagle 6A
3. Mohamed Aiman bin Abdullah, Eagle 3A
4. Muhammad Firhad Bin Azhar, Eagle 5A
5. Muhammad Ryman Zufayri bin Mohd Sani, Eagle 3A
6. Ng Thiam Hock, Eagle 5A
7. Siti Hawa Bte Abdullah, Eagle 7A
8. Sng Yew Suan, Samuel, Eagle 5A
9. Cheong Nur Faidisha Qistina, Eagle 7B
10. Koh Ling Yun, Eagle 8B
11. Muhamad Dahny Mikhail Bin Mohamad Nazree, Eagle 9B
12. Nur Aleesya Bte Abdullah, Eagle 10B

I AM
PREFECT

A discussion on the qualities and skills needed to be a prefect.



An activity was organized to develop their awareness of teamwork.

Singapore Boccia Special Training Workshop

Written by Mr Yap Feng Kai, Teacher



Coach Kwon was asking our student Elijah Lam, Eagle 6A, on his Boccia journey



The CPASS Boccia Team attended the Singapore Boccia Special Training Workshop conducted by renowned Boccia Coach, Mr Kwon Cheolhyeon from Korea. Mr Kwon has coached and competed with his Korean athletes in 3 Paralympic Games and attained Gold Medals. The workshop, organised by Singapore Disability Sports Council, saw the whole Singapore Boccia community congregating at CPAS for the two-day workshop on 15 and 16 February. Coach Kwon shared valuable knowledge and gave our athletes and teachers coaching advice and pointers on how to improve their skills. It was truly a valuable experience. Thank you, Coach!



Coach Kwon was evaluating our student Ryan Das, Eagle 7A, in his throwing technique.



ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

Assembly Group Exercise 2019

Written by Mr Koh Teng Hock, Vice-Principal

With a successful implementation in 2018, we have decided to increase the number of days for this Assembly Group Exercise to 3 days a week, starting from 18 February 2019. It will be on every Monday, Wednesday and Thursday. There are 6 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. The Assembly Group Exercise Programme is initiated 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



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



The student was requested to throw the bean bag into the hoop.



ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

Project REACH 2019

Written by [Ms Angeline Yeat](#), Job Coach

After the successful collaboration last year, Tampines-Meridian Junior College (TMJC) invited CPASS again this year to participate in the Project REACH on 26 January. Four students of the Functional Senior Programme went on a Saturday morning to Pasir Ris East to collect old newspapers and clothes. It was another meaningful and enriching experience for our students as they built their confidence going from door-to-door to ask members of the public for their donations. Our students also got the chance to talk to students from TMJC and made new friends. We look forward to Project REACH in 2020!



We were asking the member of public if they had any old clothes or newspapers to donate to us.



A group photograph with TMJC students after the collection of items.

ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

Individualized Educational Plan / Individualized Transition Plan (IEP/ITP) Meeting 2019

Written by [Ms Noredah Sim](#), Senior Teacher

IEP/ITP meeting for school was scheduled from 25 February to 8 March. The meeting involved the collaborative effort by the Trans D team comprising of the Class Teacher and Allied Professionals to plan appropriate goals that met the student's needs and parent's aspirations. The meeting was also a platform for the team to share information with parents so that they can work together to enhance the student's learning and education in the school.



An IEP/ITP Meeting in process

1st Fire-drill 2019

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

The first fire-drill was conducted on 13 February for the classes in the afternoon session at 1.30 pm. We evacuated to the External Holding Area at Tampines Meridian Junior College (TMJC) Track upon the activation of second alarm bell. Staff and students were informed that the picture of a "Fire" symbol would be an indication of fire at that particular location. On that day, the plan of a "missing student" was executed during the evacuation and the Search Team was deployed to look for the missing student. Overall, it was a good practice for all staff and students as they were calm and composed throughout exercise.

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



The location of fire was designated at the CPAS Cafe.

ST 1: QUALITY LEARNING EXPERIENCES TO NURTURE THE WHOLE CHILD

Total Defence Day 2019

Written by Ms Shalani d/o Suppermaniam, Teacher

Total Defence Day was commemorated on 14 February. The theme was “Together We Keep Singapore Strong” because we believed that our greatest strength lies in the unity & resilience of its people. With this in mind, a week prior to this commemoration, we planned station activities that allowed students to come together and think of ways in which they could step up and play their part in defending the nation. In one of the stations, students were tasked to listen, think and solve some case examples of an emergency or crisis.

This year, we also engaged the Singapore Police Force (SPF) to conduct a crime prevention talk to educate our students on crime prevention measures and the serious consequences of breaching the laws. For a more engaging session, the SPF also brought in two police vehicles and some defence equipment that they would use during an emergency or a crisis. Our students truly had an enjoyable day of photograph taking and interaction with the officers from the SPF. We would like to take this opportunity to thank the teachers from the National Education committee and the parents from the Parent Support Group for making the commemoration of Total Defence Day a memorable one.

Our students had an enjoyable time trying out the police vest.



Police officers were having a chat with our student.



ST 2: COMPETENT AND COMMITTED STAFF

Congratulatory Notes

The School would like to congratulate our Senior Teachers Ms Tan Chor Hui and Ms Noredah Sim for their accomplishment in completing their course on Management and Leadership in Schools (MLS) last year at the National Institute of Education (NIE). The Management and Leadership in Schools (MLS) programme aims to develop middle level leaders to expand their roles beyond departments and take on direct leadership for teaching and learning for the innovative school. The core emphasis in this programme is collaborative learning.



An industrial visit to a tea house in China during Ms Chor Hui (seated behind Guzheng, right)'s MLS course.



The much awaited MLS graduation ceremony for Ms Noredah (Front row, 2nd from the left)!

ST 3: EFFECTIVE PARTNERSHIPS

Group Class Outing to Gardens By The Bay

Written by Mr Ong Kim Beng and Mr John Liu, Teachers

On 28 February, CPASS was invited by Singapore Civil Defence Force (SCDF) to go on an outing to Gardens by The Bay. The staff from SCDF sponsored the admission tickets to the Flower and Cloud Domes. We were also served with snacks and transport was provided with the inclusion of 7 hydraulic buses and a 45 seater bus. A total of 7 classes attended this event: one class from the Functional Senior Programme and 6 classes from the High Support Senior and Junior Programmes. 20 volunteers from the SCDF were assigned to help in the event. The students and staff viewed the many varieties of flowers and plants. Many pictures were taken by class teachers, caregivers and SCDF photographers to mark this memorable day.



A group photograph with the SCDF volunteers.



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 (25 March 2019 to 31 May 2019)

Friday, 19 April 2019	Good Friday
Saturday, 27 April 2019	Sports Day
Wednesday, 1 May 2019	Labour Day
Monday, 20 May 2019	Vesak Day Off-in-lieu
Tuesday, 21 May 2019	Sports Day Off-in-lieu (no school for all students)
Saturday, 1 June 2019 to Sunday, 30 June 2019	School Holidays