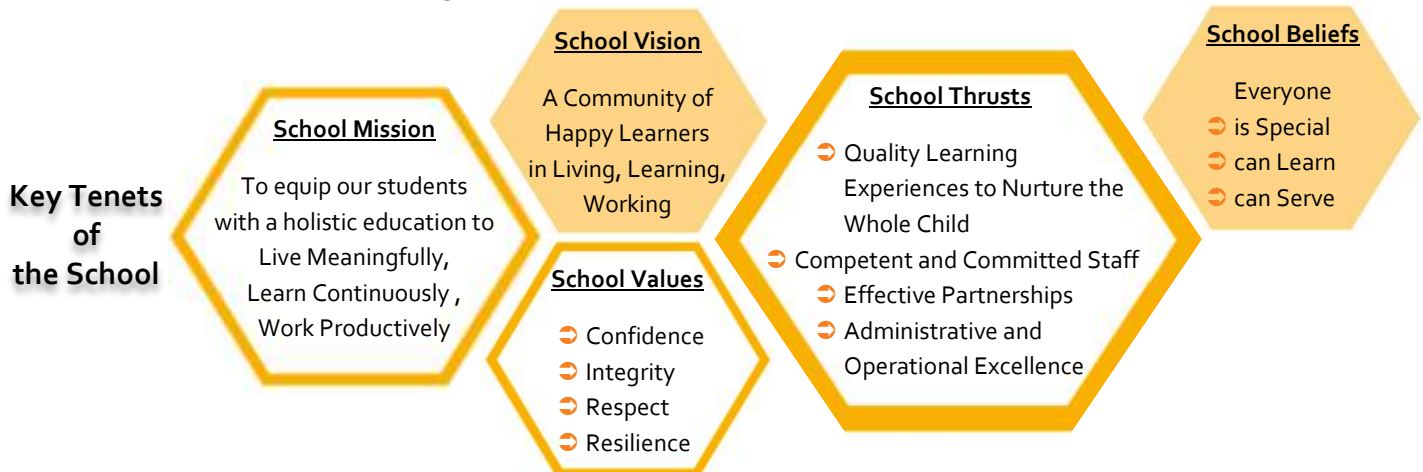


# CPASS NEWSLETTER

2019 / Term 2



Cerebral Palsy Alliance Singapore School



## PRINCIPAL'S MESSAGE

Dear Parents,

The focus of this termly newsletter would be the progress of our School-to-Work (S2W) Transition Programme at Cerebral Palsy Alliance Singapore School (CPASS). We embarked on this exciting journey in 2017 when we joined the multi-agency collaboration between SG Enable, Ministry of Education (MOE) and Ministry of Social and Family Development (MSF) in partnership with SPED schools. The S2W Transition Programme is a two-year bridging programme that starts in the final school year and extends one-year post-school. It aims to bridge students' transition from Special Education (SPED) schools to the work place. The programme is open to graduating students in their final year in SPED schools, assessed to be work capable. Upon graduation, students are placed in suitable training pathways leading to employment.

Students selected for the S2W Transition Programme at CPASS are those from the Functional Senior programme (FS) who have open or supported employment identified as their post-school outcome. A structured approach has been created for the FS students of different age groups to have different work experiences. Starting at the age of 15 years, FS students would participate in the Job Shadowing Day organised by SG Enable, where they would visit companies identified by SG Enable as cooperating industry partners willing to host SPED students to learn and understand the demands and requirements of certain jobs. At the age of 16 years, for two days a week, FS students would perform work attachments at various departments in CPAS. Work tasks could include administrative work such as data entry, reception at the front counter and preparation of resources. At the age of 17 years, the FS students would perform community work attachments at authentic work environments. During the course of these work attachments, the FS students would be supported by the School's Job Coaches. Each work attachment would usually last a month and students would work for two days in a week at each work place. The objective is to enable the students to gain a variety of work experience. Job Coaches would also be helping the students acquire independent travelling skills during this period of time. Skills that need to be improved would be taught by the class teachers and the job coaches when these students return to school. When FS students are 18 years old and in their final year in CPASS, they would be working for longer periods of time at Industry Work Attachments in jobs which they have shown a keen interest in. Industry Work Attachments could be a duration of three to six months and the support from the Job Coaches would be gradually withdrawn after the first two weeks.

Since 2017, CPASS have built strong collaborations with numerous industry partners, and they have been most generous and understanding in working with our students. As we prepare the FS students in the CPASS S2W Transition Programme for graduation, we continue to explore potential employment with these industry partners. We are glad to share that 5 students who graduated in 2017 and 2018 have gained employment in social enterprises before they graduated from CPASS. Transiting students who are work capable into employment continue to be a goal for CPASS and it is the effort of everyone at CPAS, including the parents. Beginning from the very first day the students enter CPASS, let us continue to work together to achieve the best possible outcomes for our students.

*"Individually, we are one drop. Together, we are an ocean." (Ryunosuke Satoro)*

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

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

### Sports Day 2019

Written by Ms Gena Tan, Teacher

On the 27 April, we held our 57<sup>th</sup> Sports Day at Tampines Meridian Junior College. The motto for this year's Sports Day was 'One Team, One Dream' and the theme was 'Pokemon'. The theme came to life with the amazing mascots and house decorations that were prepared by the three houses! We also saw a special guest appearance by our own Sports Day mascot – Pikachu!



Staff and student were participating in the game.

The students took part in 12 game events and many walked home with medals to boast. For this year, we also had our inaugural sibling's race where students participated in an event together with their siblings.

For this year's Sports Day, the students also danced to a mass dance "Best Day of My Life" that was choreographed by our own teachers from CPASS. With the help of our kind sponsors, we were also able to have a few carnival booths set up and there was a free flow of popcorn, candy floss and ice cream for everyone. We also had a photo booth for everyone to take photographs to remember the day!

This year, we were lucky to be joined by RECA, a circus art group from Grace Orchard School and Fusionz Dancerz from Association for Persons with Special Needs (APSN) Tanglin School. The students put up wonderful performances for everyone and really hyped up the crowd!



In the end, the winning house was the Yellow house! This year's Sports Day would not have been possible without the great help from Singapore Civil Defence Force (SCDF), the volunteers from Nomura Singapore Limited and Mrs Singapore & Classic Mrs Singapore as well as the kind sponsorship from Loomis Sayles Investments Asia.

We would also like to thank parents, the School Management Committee and the CPAS Board members for joining us this year.



Cheering for the participants!



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

### Abseiling Adventure at Dairy Farm Outdoor Activity Learning Centre

Written by Ms Noredah Sim, Senior Teacher

Students from Track and Field CCA and Swimming CCA had a thrilling adventure on 10 May when they experienced their first abseiling activity at Dairy Farm Outdoor Adventure Learning Centre.



They were listening intently to the safety briefing.

The students spent the morning with facilitators from Innotrek where they abseiled in an amazing natural environment right in the western part of Singapore. The abseiling was a simulation session to help the students prepare for their upcoming outdoor adventure trip to Thailand in June.

Many of the students were expectedly nervous and afraid, but upon hearing the encouragement from teachers, friends and the facilitators who were cheering the students throughout the session, the students did not give up and eventually overcome their fears. The students successfully completed their abseiling challenge and were looking forward to their exciting adventure trip to Thailand from 19 to 22 June.



Ling Yun was trying to abseil with confidence.

They were gearing up for the abseiling.





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

### SPH Foundation National Inclusive Swimming Championships 2019

Written by Ms Debbie Chan, Teacher

On 5 May, 4 students namely, Siti Hawa Binte Abdullah (Eagle 7A), Samuel Sng (Eagle 5A), Thomas Ng Thiam Hock (Eagle 5A) and Liew Jia Jun (Eagle 2A) represented CPASS in the SPH Foundation National Inclusive Swimming Championships 2019. The competition was organized by Singapore Disability Sports Council (SDSC) and was held at the OCBC Aquatic Centre.

Our swimmers displayed confidence as they competed against other students from other special schools and mainstream schools. The students displayed



Our swimmer, Samuel Sng, was steadily preparing for the start of the race in the water.

confidence at the competition as they competed in the 3m deep competition pool. Despite the challenges of the new environment, our students showed resilience and completed all the races. Some of them also achieved new personal best timings during the competition. Well done, their hard work had paid off!



Our Swimmer, Thomas Ng, was receiving a medal during the prize ceremony.

### The Clean & Green Month 2019

Written by Mr Koh Teng Hock, Vice-Principal

The Clean & Green Month 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 and video-taped by the respective students from the Functional Junior Programme and Functional Senior Programme. The students from the Academic Programme also did a song-cum-video presentation on the theme of "Eco-friendly Environment". On 17 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 month.

A video presentation on "Reduce, Reuse & Recycle".



Castanets using cardboard and bottle caps



A song performance by students of Functional Junior Programme.

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

### International Friendship Day 2019

Written by Mr Calvin Goh, Teacher

CPASS commemorated International Friendship Day on 4 April. This is a special day dedicated to the understanding of Singapore's relations with neighbouring countries and beyond. The aim of International Friendship Day is to remind us to foster friendships and promote mutual understanding and trust with one another.

On this day, students were treated to a galore of activities and food. The main highlights of the event were the food tasting and badge making activities. For the food tasting segment, students were introduced to a variety of food items from different countries namely – miso soup from Japan, Tom Yam soup from Thailand, muruku from India, dried mango from Philippines, Haw flakes from China and Tortilla chips from Mexico. The students had the opportunity to taste each of the items. During the badge making activity, students got to make badges for their friends. Students were split into groups consist of one class from the High Support Programme and one from the Functional Programme so that students could interact with their friends from other classes. Once the badges were completed, the students exchanged their self-made badges with their friends.

The commemoration of International Friendship Day in CPASS gave our students an opportunity to share about their countries' cultural practices and beliefs. It also enabled them to build friendship with people of different nationalities, races and cultures where diversity would be better understood and appreciated. It was indeed a very meaningful and memorable experience for the teachers and the students!



Food Tasting Session



Badges made for my friends.



Badge Making Activity



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

### Briefing for Parents of 17-year-old students in the CPASS School-to-Work Transition Programme

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

There are six 17-year-old students in the CPASS School-to-Work (S2W) Transition Programme in 2019. On 3 May, a briefing was conducted for the parents of these six students and the parents of four students attended the event.

In the meeting, parents were briefed about the SG Enable S2W Transition Programme. They were also updated of the experiences and certifications these six students went through in 2018, so as to prepare them for work experience attachments in 2019.

In 2018, these six students attained the Workforce Skills Qualifications (WSQ) for Food and Beverage Safety, Hygiene Policies and Procedures, and they also attained the Workplace Literacy and Numeracy (WPLN) Statement of Attainment. These six students also participated in a basic barista experience, a hydroponics course, and a Job Shadowing Day organized by SG Enable. They learned to use the Point of Sale system for cashiering. In 2019, these six students had work experience in the community. The community partners are Onesimus Garden Grace Mission Hydroponic Farm, The SMU Shop, SmartCo and CPAS Administrative Department.

Parents were also encouraged to continue their support for the six students.

**Mdm Irene Ho updated on the SG Enable S2W Transition Programme.**



## ST 2: COMPETENT AND COMMITTED STAFF

### Fire Fighting Workshop

Written by [Ms Tan Chor Hui](#), Senior Teacher

"Pull the pin, aim at the base of the fire, squeeze the handle and sweep from side to side", instructed the Singapore Civil Defence Force (SCDF) officer to the participants (Teachers and Teacher-aides) as they each held a fire extinguisher to put out the simulated wok fire. A loud noise accompanied the shooting out of fire suppressant from the nozzle of the fire extinguisher. This scenario was repeated as the participants took turns to operate the fire extinguisher.

On 18 March, the SCDF was invited to CPASS to conduct the "Response Ready" Programme which was part of the Community Emergency Preparedness Programme (CEPP). An overview of SGSecure, a national movement that aimed to build community resilience against terrorists' threats, was shared. Advisories were given on what to do in the event of a terrorist attack and how to keep themselves and others safe.

The participants had practical hands-on training in three areas of emergency preparedness skills known as the 'Triangle of Life' encompassing Basic First Aid, Cardio-Pulmonary Resuscitation plus Automated External Defibrillator (CPR+AED) and Fire Fighting. They were also strongly encouraged to download the "myResponder" app which enables early notification to SCDF 995 call centre through mobile phone geolocation.

Ready, steady and shoot!



Let me show you how to apply a tourniquet.



## ST 3: EFFECTIVE PARTNERSHIPS

### The Art Loops

Written by Ms Lynn Sim, Teacher

The Art Loops is a collaboration of an art project with Creative Mindset Hub. Our students were engaged in this series of sensory art workshops in the month of April. During the four workshops facilitated by Ms Dorothy from Creative Mindset Hub, they got to hone skills such as gripping, tying, knotting and pulling to create their individual loops. This project ended off with a closure on 6 May, where CPASS hosted a session with other beneficiaries from St. Luke's Eldercare (Tampines) and MINDSville@Napiri to connect their arts loops. They had all come together to create a universal identity that was both vibrant and beautiful.

On the whole, it was a great social interaction for all!



Creating art loops with St Luke's Eldercare (Tampines) and MINDSville@Napiri.



Creating art loops with me.



Toss and throw our art loops.



### Orientation Programme for CPASS – TMJC Satellite Partnership

Written by Ms Lynn Sim, Teacher

On 3 April, CPASS hosted the satellite partnership orientation programme for the students from Tampines Meridian Junior College (TMJC). A group of 13 JC1 students attended the orientation programme that was held at the school hall. The orientation programme started off with a sharing by our school's Vice-Principal, Mr Koh where he shared strategies to adopt while working with the students with cerebral palsy. This was followed up by an ability awareness workshop conducted by Ms Gena, Ms Lynn and Ms Angeline. During the workshop, the student volunteers went through various simulation activities to experience the challenges faced by persons with disabilities. The students were also exposed to the various accommodations and assistive technology (AT) devices available to facilitate better learning experiences for the students. Some of the students' feedback after the workshop were:

I admire their determination to learn and press on even though even normal tasks maybe difficult for them

Resilience in attempting new things and positive mindset for life

To cater to their needs rather than our convenience – even if it requires more work.

All in all, it was a great learning experience for all!

Introduction of workshop to students from TMJC.



Sharing of adaptive tools for daily living activities.



Showcase of AT devices to students from TMJC.

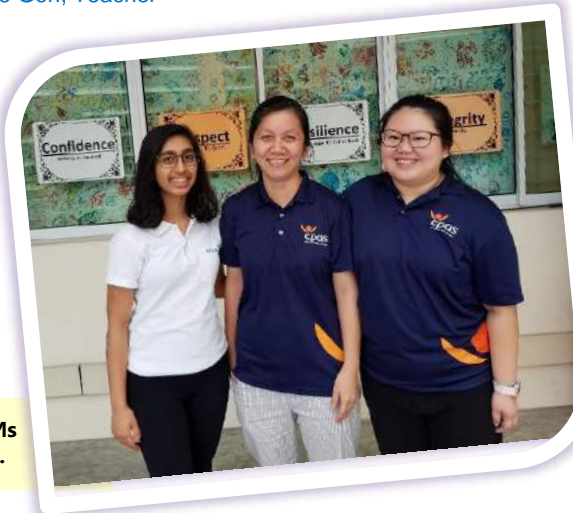


## ST 3: EFFECTIVE PARTNERSHIPS

### Partnership with United World College of South East Asia

Written by Ms Zerline Goh, Teacher

United World College of South East Asia (UWCSEA) had collaborated with CPASS on a Service Learning Programme. Students from UWCSEA joined Ms Jacqueline's class for Art and Craft lessons and Ms Zerline's class for Life Skills 1 lessons on scheduled Mondays within the period of February to May. They played an active role in assisting the teachers and in interacting with students from CPASS.



From Left to Right: Student Leader from UWCSEA, Ms Anya, with CPASS teachers Ms Jacqueline and Ms Zerline.



### Singtel Touching Lives Fund 2019

Written by Ms Shalani d/o Suppermaniam, Teacher

The Singtel Touching Lives Fund (STLF) is Singtel's philanthropy programme dedicated to helping children and young people with special needs in Singapore. This year, the cheque presentation was held on 24 April at the Singtel Comcentre. Classes Eagle 2B and 20B were selected to attend the cheque presentation. The event was filled with entertaining dance performances by SPED schools. The students also enjoyed the movie treat organised by Singtel. CPASS was truly thankful to Singtel for their generosity and bringing smiles to our students.



A group photograph was taken with the recipients at the cheque presentation



### ST 3: EFFECTIVE PARTNERSHIPS

#### Anti-Crime Talk by Pasir Ris Neighbourhood Police Centre (NPC)

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

The Singapore Police Force from the Community Policing Unit, Pasir Ris NPC, Bedok Division, gave a talk to the CPASS students and Adult Services trainees on 23 March. The selected participants were between 16 to 18 years old who were independent travellers.

A total of 21 students and 8 teachers from CPASS and 14 trainees and 3 staff from Adult Services attended the talk presented by 2 policemen. The presentation covered topics such as theft, fire, cyber wellness, sexual assault and bullying. The talk was interesting and engaging, and the audience were enraptured. The CPASS students, Adult Services trainees, teachers and staff asked many questions, to which the policemen answered diligently. The policemen emphasized that they are friends, and if there was anyone who was in need of help, they should approach any policeman for assistance. The policemen should be trusted to help, and members of the public should not be fearful of them .

**The audience was attentive to the Anti-Crime Talk.**



**The audience was responsive to the questions posed by the presenter.**



### 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 (1 July 2019 to 6 September 2019)

Thursday, 4 July 2019	Temperature-Taking Exercise
Thursday, 4 July 2019	Hari Raya Celebrations
* Sunday, 7 July 2019	Youth Day
Thursday, 18 July 2019	Racial Harmony Celebrations
Thursday, 8 August 2019	National Day Celebrations (school functions from 8.00am to 10.30am for both sessions)
Friday, 9 August 2019	National Day
** Sunday, 11 August 2019	Hari Raya Haji
Friday, 6 Sep 2019	Teachers' Day
Saturday, 7 September 2019 to Sunday, 15 September 2019	School Holidays

\* Monday, 8 July, is a scheduled school holiday.

\*\* Monday, 12 August, will be a public holiday.