

PRINCIPAL'S MESSAGE:

Dear Parents,

Greetings! In this issue, I would like to share about the efforts that CPAS School (CPASS) has been making to achieve our School's new Vision - A School that Empower Students to be Active Learner in the Community.

As a School, we aspire to empower our students by equipping them with the relevant knowledge, skills and attributes to gain as much independence and autonomy as possible. To do so, we are in the process of developing customized curriculums to meet the needs of students from the two programmes, Functional and High Support. In these curriculums, the knowledge, skills and attributes in various areas or domains are scoped and sequenced for teaching and learning. Students learn self-help skills such as dressing, eating, doing household chores, and for selected students, they will learn independent travelling on public transport. We advocate the transfer of skills from school to home, for purpose of skill generalization as well as for skill mastery. This builds the student's functioning level and it increases their level of independence, which is a valuable form of empowerment.

In the implementation of these curriculums, CPASS has placed emphasis on equipping students who are non-verbal with a mode of communication because we believe that everyone has a choice and a voice and a need to be heard. During class and daily activities, students are presented with opportunities to participate and make decisions through choice-making. The School ICT Domain works hand-in-glove with the CPAS Assistive Technology (AT) Hub to recommend suitable Augmentative and Alternative Communication (AAC) devices to the Trans D teams to trial with their students. The ability to decide and choose and making their choice and preference known is a powerful form of empowerment for our students.

Providing numerous platforms for our students to lead through daily school activities, such as daily assembly where School Prefects lead in raising the Singapore flag and School flag, or where students volunteer to lead in the recitation of the National pledge, as well as leading in school greetings to all teachers and students at the start of the school day, has been a powerful form of empowerment for our students as well. Through such actions and opportunities created for our students to serve as Class Leaders, CCA Leaders and School Prefects, we want to send a powerful message to all our students that they have a powerful force within them, to lead and be exemplars to everyone around. Through the use of AT and AAC, such as adapted specialized switches, recordings on Big Mack or iPad, students with additional needs are able to serve and lead in pledge-taking, raising the flags, and exchange of school greetings too. No one is left behind; everyone has a role to lead.

In recent years, students have been included in CPASS projects. This is another powerful form of empowerment for the students. For CPASS's recycling and upcycling efforts, since 2019, all students have been responsible for the creation and use of orange peels to make enzyme detergent for washing in class. This reduces the use of commercial washing detergent used in School and students are empowered through their efforts in helping to save the Earth. Students from the Functional Senior classes have been involved in fund-raising projects to benefit our partner Lee Ah Mooi Old Age Home. Projects lined up for this year include collection of funds to purchase essential food items and pre-recorded video performances by our students for the residents from the Home to celebrate 2021 Christmas. Providing such opportunities for our students to serve others is a great way to grow their self-esteem and self-determination, as according to our School's Belief - Everyone can serve.

We encourage parents to support your child by empowering him/her to gain as much independence and autonomy as possible. Present your child with opportunities to be involved in choice-making, allow him/her to decide for him/herself. For example, let your child choose the venue for the family outing or decide on one dish for the family's meal. With increased opportunities both in School and at home, our students will be more active learners and improve.

Let us journey together to achieve the CPASS Vision. Have an enjoyable school holiday and stay safe!

Yours sincerely,
Mrs Koh-Lim Ai Lay
School Principal

CPASS Sports Carnival 2021

Written by Ms Anita Rose, Transition Planning Officer

Sports Day at CPAS School is an annual event that happens yearly like clockwork and it is as certain as sunrise and sunset. Therefore, when Covid-19 happened in 2020, for the first time in CPAS School history and calendar, Sports Day 2020 was cancelled. Indeed, it was a sad day for all at CPAS.

As the world struggled to cope with the pandemic, and as restrictions slowly eased, Sports Day committee was determined that Sports Day 2021 must happen. However, there was still no green light for Sports Day 2021 to occur, instead, Sports Carnival 2021 was born!

The first Sports Carnival occurred on 29 April 2021, and it was held within the CPAS School premise. The theme was 'Colours' and each colour was assigned a school value, namely red for 'Respect', green for 'Integrity', blue for 'Confidence', yellow for 'Resilience'. Every class was assigned a colour and hence a school value. When for previous years' Sports Day, all students were given a Sports Day T-shirt, this year all students received a customized mask with the corresponding School value printed on, and according to the class colour. This year, due to the adherence to the Safety Management Measures of the pandemic, no parents or guests were invited, instead, students and teachers enjoyed themselves tremendously, visiting the variety of games that were set up around the school. Physiotherapists from the Physiotherapy Department who were serving school volunteered at the game booths, and parent-volunteers from the Parent Support Group also helped.

From students to teachers to volunteers, everyone enjoyed themselves thoroughly, playing games and interacting with one another while observing safe social distancing. Everybody had a whale of a time, yet silently and secretly, in all our hearts – let there be Sports Day 2022!



Catch of the Day



Hungry Crocodiles Game



Learning Beyond the Classroom

Written by Ms Esther Leow, Teacher



On 17 February 2021, students and teachers from the Academic Programme, classes 6A, 9B and 10B embarked on a Science learning journey to Sungei Buloh Wetland Reserve. The students were very happy and excited, and nothing could dampen their spirits, not even being divided into three different groups due to social distancing requirements.

When the young explorers set foot at the start of the trail at the reserve, they were greeted by the many sights, sounds and smells of Mother Nature. Each student was paired with a friendly educator from Young Nautilus, an educational enrichment partner for nature learning journeys for schools. Before the adventure began, the students and teachers were given an overview of the day's itinerary. As the students walked, the educators pointed to interesting animals and plants around them. "Shhhh, look over there!" said one educator as he gestured towards a large, brown reptile crawling slowly on the bridge. "That's a monitor lizard. It's not every day that they come up on the bridge, so we are very lucky to see them," he whispered. Though the sun was blazing, the students soldiered on and their resilience was rewarded by the amazing sights of the flora and fauna at the reserve. They sighted many animals such as bats, squirrels, terrapins, dragonflies, butterflies, spiders, crawling crabs and carpenter bees, and heard the distinctive cackling calls of kingfishers in the distant background, and many colourful plants such as mangroves and bird nest ferns.

As the day ended, students and teachers reluctantly bade farewell to their new friends – humans, animals, and plants alike. It had been an amazing day, an exciting and wonderful adventure into Nature, an eye-opening revelation of the diversity that is around them!

A bat in the wetland reserve.



A monitor lizard sunning itself!



A squirrel in the wetland reserve.



Look! A reptile crawling under the leaves.



Group photo to remember the exciting day.



Can you spot the climbing crabs?"



School-To-Work (S2W) Work Experience in 2021 Term 2

Written by *Ms Aifaa Liyana Binte Norazhar & Ms Angeline Yeat, Job Coaches*

When the pandemic happened in 2019 and all community work attachments for the Functional Senior (FS) students were suspended, it was not easy. As we learned to manage the pandemic, and restrictions gradually eased, work attachments resumed in March 2021 and the FS students were happy again.

Work attachments continued with existing partners, such as Foreword Coffee and Pan Pacific Serviced Suites. Two new collaborations, Cherie Hearts Kidz Campus, a kindergarten in Elias Mall and iFood, which operates Providence Cafe at Yishun Community Hospital, were started. FS students received work experience in an authentic work environment with colleagues and supervisors and learned to work together with persons other than their teachers, job coaches, and therapists in CPAS School. Although the students took some time to get used to the new experience of working, they soon settled down into their various work settings. Their confidence improved when their supervisors gave positive feedback regarding their work attitude.

School psychologists and job coaches worked closely with the FS students to ensure smooth transition into the workplaces. Now the FS students are excited for their upcoming work attachments.



Muhammad Ryyan Zafayri bin Abdullah Sani (Eagle 10A)
washing crockery and preparing breakfast bento sets for guests.



Chan Benng Heam, Adrian (Eagle 10A) weighing and packing pasta into bags.



Adrian arranging cookies for display.

Get-To-Know-You (GTKY) Session with SG Enable 2021

Written by *Ms Aifaa Liyana Binte Norazhar & Ms Angeline Yeat, Job Coaches*

On 7 April 2021, three students from the Functional Senior programme were shortlisted to participate in the 'Get to Know You' (GTKY) session by SG Enable. From the GTKY sessions, SPED student candidates are assessed for their suitability for selection for SG Enable's School to Work Transition (S2W) Programme. SPED students will demonstrate their work-oriented knowledge, attitude and skills through activities that simulate job tasks from industries they may eventually be employed in.

The activities that showcased our students' abilities were the use of the Point-of-Sale (POS) system machine, how they interacted with customers as cashiers in the School Minimart, prepared hot drinks for customers, price tagged items for sale in the Minimart, and demonstrated how to set a table. Our students had to demonstrate their ability to cope and problem-solve in challenging situations when different scenarios were presented to them, such as when the POS is malfunctioning or when the customer became difficult. One of our students showcased his skills in digital art by creating a simple poster for the Minimart's opening hours.

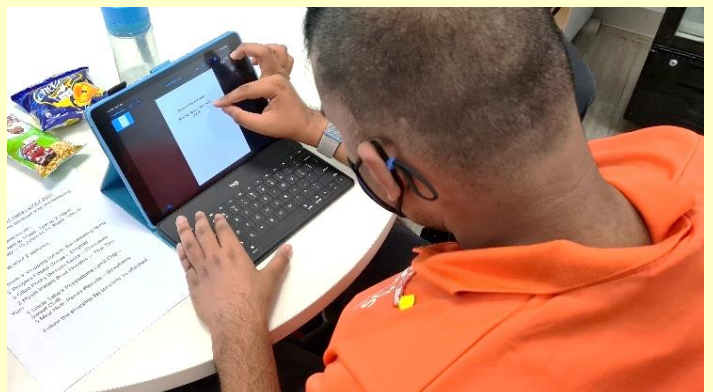
A job coach from SG Enable came to CPAS School to interact and observe our students. Although nervous initially, our students soon got over their anxiety and showed their capability with confidence.



Chan Benng Heam, Adrian (Eagle 10A)
setting a table.



Adrian attending to a customer in the Minimart.



Aaryll Ryan Das (Eagle 8A) creating a poster using Keynote on his iPad.

Confident

Haw Par Youth Para Swimming Competition 2021

Written by Ms Debbie Chan, Teacher

In 2020, due to the constraints of the pandemic situation, the annual Singapore Disability Sports Council (SDSC) National Inclusive Swimming Championships was cancelled. As Singapore slowly learns to deal with the pandemic, normal activities gradually resumed and SDSC hosted the Haw Par Youth Para Swimming Championship 2021 on 30 March 2021 at Our Tampines Hub.

With strict adherence to the Safe Management Measures (SMM) that the pandemic situation entailed, changes were made to the swimming events, competition format and administrative processes to ensure a safe and authentic environment for all participants to compete.

Two athletes, Siti Hawa bte Abdullah (Eagle 10A) and Liew Jia Jun (Eagle 4A) represented CPAS School to compete in the 50m freestyle. Although feeling slightly nervous and apprehensive, due to the lack of training for such a long period of time, constrained by the pandemic, CPAS School swimming athletes pulled through and gave the other athletes a fair competition. Recalling what their coach and teachers taught them, our swimmers calmed themselves by taking deep breathes and doing warm-up stretches before the swim-off. They demonstrated resilience and determination as they swam relentlessly towards the finish line. Both swimmers achieved excellent results and received a medal and a certificate of participation.

Well done Siti Hawa and Jia Jun! We are very proud of you! ❤️❤️



The swimming pool at level 6 in Our Tampines Hub.

Medals received by the students.



Haw Par Junior and Youth Athletics Meet 2021

Written by Ms Noredah Sim, Senior Teacher

On 20 March 2021, due to the demands of the pandemic, after a year of hiatus from track competitions and runs, 11 CPAS School Track and Field CCA students returned to the tracks to compete in the Haw Par Junior and Youth Athletics Meet 2021 competition, held at Kallang Practice Track.

Neither hot weather nor the lack of experience of training on an actual running track could dampen the students' spirits as they were determined to compete and complete the race. They held their heads high as they ran to the finish line, and the harvest for their determination - for track events, 7 gold medals, 1 silver, and 2 bronze medals, and for field events, in the Medicine Ball throw category, 2 gold medals, 2 silver and 1 bronze medal. Determined and resilient, the CCA students overcame their initial fear and hesitation to compete, and their mental strength and tenacity propelled them to persevere to the end.

The Track and Field students remained true to their CCA's motto, "One need not be the fastest runner in a race, but one can certainly be the fastest one can be, and continue running, all the way to the finish line!"

Proud moment for our CPAS School track and field students during the Haw Par Athletics Meet 2021.



CPAS School track and field students doing warm-up before the start of their event.

Koh Ling Yun (Eagle 6A) running her race - 100m race.



Ng Li Wen Wayne (Eagle 9B) during Medicine Ball Throw event.



International Friendship Day 2021

Written by *Ms Shermaine Goh and Ms Nur Ulfah Bte Abdul Kadir, Teachers*

International Friendship Day was celebrated on 8 April 2021. The theme was 'Our International Friends Around Us'.

The day started with students learning more about fellow students at CPAS School who came from other parts of the world, such as Japan, Malaysia, Scotland, England, India, Indonesia, and Netherlands. It was a surprise to discover that there were many international students amongst us! Indeed, it was fascinating to learn about the various countries, different languages, and culture. The most interesting information must have been the variety of different food that all these different countries have. The international schoolmate friends and their families were interviewed and recorded on videos, which was shared to all classes. It was an enriching experience listening to the students and families share about their home country, all students and staff were thankful for the rich sharing of knowledge and information.

The day continued with the students learning to make their own Wayang Kulit Shadow Puppet stage and puppets. All students and teachers enjoyed themselves thoroughly. The fun-filled day ended on a high note when all students were given a mini Anklung as a souvenir to remember the memorable day.



Students playing together.

Students playing the shadow puppets with their teacher.



Traditional Hari Raya Goodies



Hari Raya Celebration 2021

Written by *Ms Norisah Bte Sa'ad & Ms Ivy Tan, Senior Teacher Aides*

On 18 May 2021 CPAS School celebrated Hari Raya Aidilfitri to mark the end of Ramadan which is the fasting month observed by all Muslims.

A committee was set up to plan the festivities so that everyone, students and staff would come together to be part of the celebration. The committee joyously planned activities to bring the festive mood and cheer to everyone. The school was beautifully decorated, in lushes of green with colourful lights blinking merrily away, as if in greeting, "Selamat Hari Raya Aidilfitri everybody!" Students and staff were dressed in their Hari Raya best, beautiful traditional Malay costumes and what a sight it was to behold. Everyone was treated to a wide variety of traditional Hari Raya cookies such as kueh bangkit as well as delicious all-time lip-smacking favourites such as Lontong, Lodeh, Begedil and Rendang Chicken. The snacks and goodies were kindly sponsored by members of the planning committee. The celebratory events consisted of a pre-recorded Hari Raya programme which the students and teachers could enjoy as they snacked in the comforts of their classrooms, while observing pandemic safety measures. The programme was hosted by our teacher-emcees, Ms Nur Nabila Binte Mohammed Ali and Mr Yang Jun Wei. Although it was their first time hosting, both teachers did a fine job, thoroughly engaging the students and staff throughout the programme, and students participated actively during quiz time. Students made a craftwork of a crescent moon and star to hang as décor outside their classroom.

Everyone had such a fantastic and happy time, and we would like to record our appreciation and thanks to the committee for their efforts, hard work and generosity!

Recycled Paper Project

Written by Ms Charmaine Hon, Teacher

In their Eco Journey together, CPAS School and Outward-Bound Singapore have been collaborating on numerous 'Green' projects to help reduce, reuse, and recycle. Recycled Paper Project, their most recent collaboration, all students at CPAS School participated in creating their own unique, handmade recycled paper.

For this project, students first soaked shreds of scrap paper in water overnight, next, they blended the watery mixture into mush, and then sieved it to collect the pulp. This was then placed on a screen to drain out the water and left out to dry. Finally, when all the water has evaporated, the dried-out thin layer of pulp became unique handmade recycled paper. With adult supervision, all students had fun operating the blender, and they had more fun watching the paper turn around in the watery mush, and for some students, they used switches to control and operate the blender for easy access.

Affirmation cards were made from the recycled paper and dedicated to staff or adults and these were displayed around the school. It was a meaningful experience and worthwhile project to do. Parents could try it at home if they have an extra blender to spare!

Mixing water to recycled paper.

Helping to get shredded paper.



Switch controlled blender.

Preparing the pulp.

Ayden Chan Shi Han and Toh Jia Yi (Dove 11A) from 11A making recycled paper.

Trans D Group Exercise 2021

Written by *Ms Suzana Ahmed, Vice-Principal*

When Covid Safe Management Measures (SMM) gradually relaxed, CPAS School made a deliberated decision to resume Trans D Group Exercises from Term 2 2021. Hence, after a slightly longer than a year's pause from the group exercises, on 24 March 2021, all the students and teachers, and allied professionals gathered in small groups, abiding to the numbers stipulated by SMM, and exercised.

The Trans D Group Exercises were carried out on 2 days in a week, with students from the High Support Programme exercising on Wednesday, and Functional Programme students exercising on Thursday. All the students were classified according to the 5 levels of Gross Motor Function Classification System (GMFCS) by the Physiotherapists, and each group of students performed different sets of physical exercises and activities, depending on their physical strengths and abilities. The Trans D Group Exercises programme planned to achieve the following:

- 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.

Although the SMM were relaxed, CPAS School ensured that all staff and students practised safe and good hygiene habits as according to COVID-19 Safety Guidelines. Everyone had a safe, fun and happy time exercising.



Functional senior students exercising in a group and following the instructions from PT.



Preparing the body
for walking through
stretching
exercises.



CPAS Virtual Open House

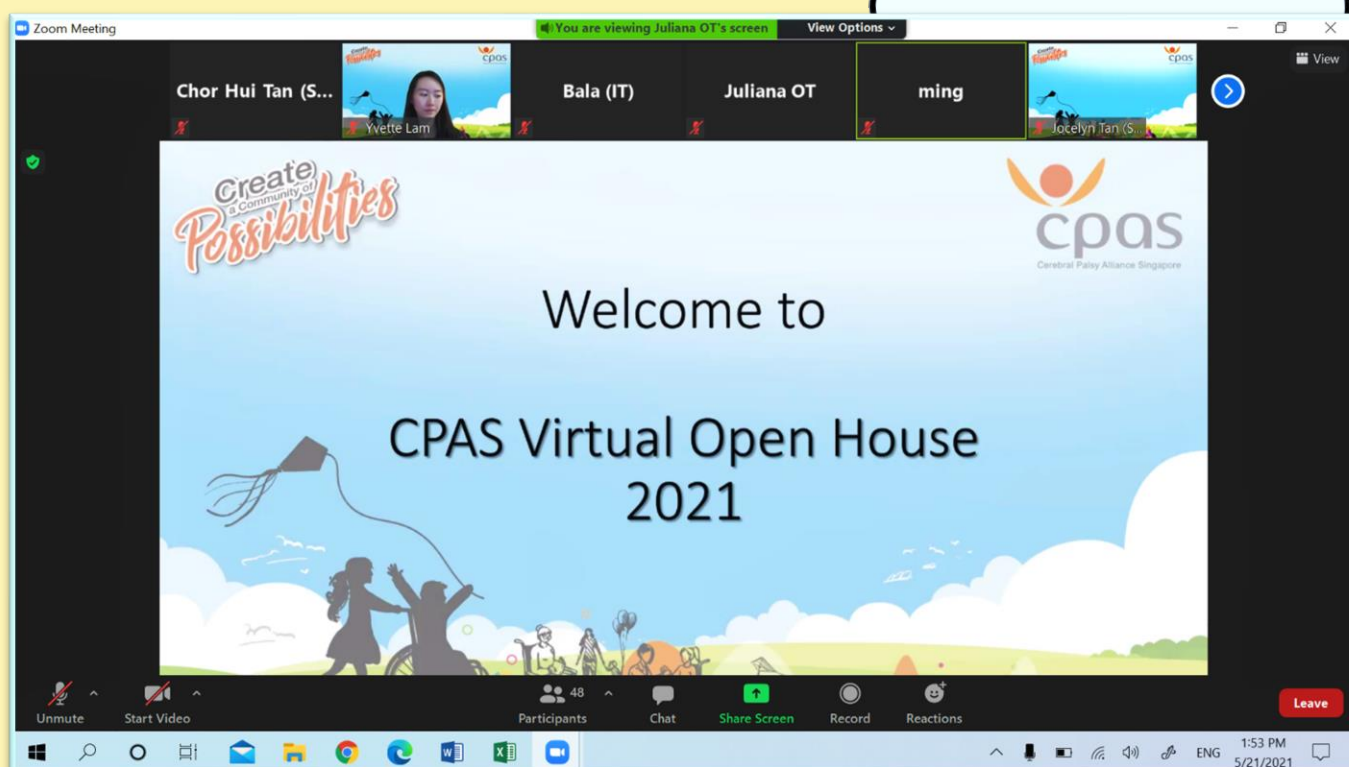
Written by Mrs Lee-Tan Chor Hui, Senior Teacher

The CPAS Virtual Open House was held on 21 May 2021. This was a first for CPAS, due to the restrictions of the pandemic. The attendance was encouraging as there were more than a hundred participants, which included parents of potential students, therapists, social workers and educators from other institutions. Participants had a choice of two sessions, from 10.00 am to 12 noon or from 2.00 pm to 4.00 pm.

Both sessions began with a welcome speech by Executive Director Ms Latha Kutty, followed by the screening of the CPAS corporate video. From the video, participants gained a better understanding of the types of programmes and services offered by CPAS. After the corporate video, participants were grouped into their first preferred breakout session, either DAC, GROW & Alumni, School or EIPIC, where they were briefed by the Heads of Department on the general overview of their respective departments. Principal Mrs Koh-Lim Ai Lay, from School Department, gave a presentation on CPAS School, followed by presentations by the 3 Heads of Programme, namely Subject Head (Academic) Ms Korine Chung, Head of Programme (Functional) Ms Nur Faezah Abdul Rahman, and Head of Programme (High Support) Ms Lynn Sim Chai Leng. Each programme head elaborated on the core curriculum and activities of their respective programmes. Next, a virtual tour of the school's facilities was conducted for the participants, followed by a question and answer session where questions were asked about the presence of caregivers in classrooms, as well as transportation options for travel to CPASS.

When the first breakout session ended, a break lasting 10 minutes ensued, and thereafter, participants were directed to the second breakout session where CPAS allied professionals shared about the various forms of therapy and services available. There was also a question and answer session after the sharing. As the CPAS Virtual Open House drew to a close, participants gave their evaluations of the event, and the feedback was positive and encouraging. Congratulations to the organising committee for making the first CPAS Virtual Open House a success!

The first CPAS Virtual Open House, held via Zoom.



Contact Tracing

To ensure that we can contact all parents/guardians/caregivers for emergencies 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 (28 June 2021 to 3 September 2021)

*Sunday, 4 July 2021	Youth Day
Tuesday, 20 July 2021	Hari Raya Haji
Monday, 9 August 2021	National Day
Tuesday, 10 August 2021	Day after National Day
Friday, 3 September 2021	Teachers' Day
Saturday, 4 September 2021 to Sunday, 12 September 2021	School Holidays

* Monday, 5 July 2021 will be a scheduled school holiday.

2021 Newsletter general layout designed by Student Aaryll Ryan Das (Eagle 8A)