

Cerebral Palsy Alliance Singapore School

Newsletter 2022 / Term 2



KEY TENETS OF SCHOOL

School Vision

A school that empowers students to be active learners in the community.

School Values

Confidence
Integrity
Respect
Resilience

School Mission

To equip our students with a holistic education to
Live Meaningfully,
Learn Continuously,
Work Productively.

School Culture

To Build a Culture
of Care and
Empowerment

School Beliefs

Everyone...
Can Learn
Can Serve
Is Special

PRINCIPAL'S MESSAGE:

Dear Parents,

Since the easing of Covid Safe Management Measures (SMM) from 26 April 2022, I am so glad and delighted to share that life at CPASS has gradually returned to much normalcy.

As daily flag raising and lowering ceremonies, and weekly Tuesday assemblies resumed, it was heartening to see students interacting with their peers when they gathered at the assembly area and school hall. Students rejoiced when class outings, learning journeys resumed, and listened gleefully as teachers shared plans on the places that they would be visiting. With the resumption of community mobility training, Functional Senior class students have become more active in the community again as they resumed practice of skills which they have learnt in class into an authentic environment, such as the public transport, supermarkets, and shops.

It is commendable that our students have displayed a high level of resilience in the last two years during the pandemic. Many students have been observed to keep their masks on during the school day, they have displayed social responsibility by observing social distancing and practiced good personal hygiene by washing their hands frequently. They have surpassed our expectations. Well done, students of CPASS!

At the peak of the pandemic, when the student and/or family members encounter a Covid-positive person, parents would administer the antigen test on their child prior to sending them to school each day, and when students and their family members were diagnosed as Covid-positive, parents showed consideration and social responsibility by informing CPASS and kept their unwell child at home. In this way, students and families have contributed to the national efforts to better manage the spread of Covid in Singapore as well as in CPASS. We are grateful and appreciative.

As SMM continued to ease, CPASS persisted with the good practices of hygiene, for example, washing of hands at the start of each school session, disinfecting shared resources, and checking of the well-being of each student to ensure that they are well at the start of each school day. All this was done to ensure that CPASS remains a place safe for both students and staff.

Finally, to all staff, I would like to record my appreciation, for ensuring students under their charge remain safe, collaborating closely with different stakeholders, and implementing the Covid SMM to keep CPASS safe for all.

As the school year ploughs into semester two, I look forward to more opportunities to conduct face-to-face meetings as we organise more physical activities and events. To everyone, whether at home or planning for overseas travel - do stay safe and have an awesome June holiday!

Yours sincerely,
Mrs Koh-Lim Ai Lay
School Principal

☆☆~*' ^ '~*~.,.,~*~ CPASS S^ports Carnival 2022 ~*~.,.,~*~ ^ '~*~☆☆

Written by Ms Joey Liaw, Teacher


On 28 April 2022, CPASS held Sports Carnival within the school premises for the second time. The alleviated Safe Management Measures (SMM) allowed the Sports Day committee to organise the sporting event with no capacity limit, which means that all students were able to congregate to participate in the activities with mask-on.

Four house mascots, each representing CPASS school values, were introduced to this year's Sports Carnival and matched to the four house colours, Leo the Lion (Confidence for Green House), Roger the Rhino (Integrity for Blue House), Ellie the Elephant (Respect for Red House), and Emma the Eagle (Resilience for Yellow House). Sports Carnival decorations hung around the school compound and soon the air was filled with excitement and anticipation as the carnival day drew near.

There were numerous track events and games planned for our students by the Sports Day Committee. Students competed in pre-track events such as Kaye walker-races and wheelchair-races and had a lot of fun. There were many fun and exciting games that all students enjoyed. One popular game was the 'Red Light, Green Light!' game where competitors were required to move forward as fast as they possibly could when the light turned green and they had to stop moving immediately when the light turned red, all the students enjoyed themselves playing the game.

Congratulations to Blue House, which won the House cup for both morning and afternoon sessions. Thank you to all who helped in making the Sports Carnival fun and memorable, and looking forward to 2023 Sports Day!



 100m Motorized Wheelchair



Red Light! Green Light!



Congratulation to Blue House for winning the House Cup!



Junior students playing the Connect4 game.



Best Decoration - Leo the Lion from Class 16



CPAS Sports Carnival Mascots

Written by Ms Sonia S Nair, Teacher

The introduction of mascots for Sports Carnival 2022 was a fresh new concept for CPASS. The opportunity and idea to present mascots as representation of CPASS values - Confidence, Respect, Resilience, and Integrity was a first! Each mascot was presented as cute animal characters in relatable stories to personify each school value.

Four cartoon characters, Leo the Lion, Roger the Rhino, Ellie the Elephant, and Emma the Eagle were inspired by our students, and their stories were based on the challenges faced by our students in their daily lives and how these were solved through showing the values in their actions.

LEO the Lion ▶ Representing the value **Confidence**

Leo the lion, had been a timid and shy boy.

He would feel anxious and nervous when called upon in class. He would mumble his words and avoid class participation.

One day during lesson, his teacher was talking about trains. As Leo loves trains and knows everything about them. He was excited. When his teacher called for a group discussion, Leo had a wealth of knowledge to share. His teacher was so proud on him.

This made Leo feel good and happy. Leo has shown confidence!



Emma the Eagle ▶ Representing the value **Resilience**

Emma the Eagle is a determined and strong girl. She believes, if she sets her mind on a task, she can do it.

Emma needs to wear her AFO before she leaves the house. Her mother would put it on for her and ensure that she is comfortable. Emma decided that she was going to put it on by herself. The first time she wore her AFO by herself, she was uncomfortable and in pain. The second time, she took too long. The third time, she got a little bit better. By the fifth time, she was able to put on her AFO by herself.

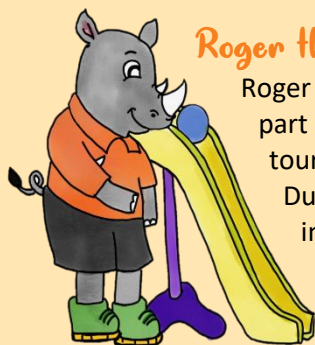
Emma had shown resilience by putting on her AFO by herself.

Ellie the Elephant ▶ Representing the value **Respect**

Ellie the elephant, enjoys coming to school. She looks forward to seeing her friends and teachers.

Unfortunately, a classmate of Ellie's kept using unkind words on everyone. This made Ellie sad as she was told that words can be hurtful. She saw how these unkind words were troubling her friends. She took it upon herself to stop her classmate. Ellie kindly shared with her classmate that these unkind words are hurtful and does not show respect.

Ellie's classmate had started to be kinder to everyone.



Roger the Rhino ▶ Representing the value **Integrity**

Roger the Rhino, enjoys sporting game. One of his favourite sport is Boccia. Roger has been taking part in Boccia competitions. As a matter of facts, Roger is currently participating for a Boccia tournament.

During the tournament, Roger realises that his scores had been wrongly tabulated. He shows integrity and informs his teachers.

Roger is happy that he had played an honest game.

Designs of the four mascots were drawn by Teachers, Ms Shalani S, Mr Yang Junwei and Ms Joey Liaw.

International Friendship 🌐🌐🌐 Day 2022

Written by *Ms Nur Nabila Binte Mohammed Ali and Mr Yang Junwei, Teachers*

International Friendship Day is an important occasion that is observed internationally on 30 July 2022. It promotes the role of friendship in establishing peace and harmony among countries. On the 7 April 2022, CPASS celebrated International Friendship Day. Several booths were set up in the school hall to introduce food items from Indonesia, Mexico, Thailand, Philippines, and Japan. To enhance the experience for the students, each booth was decorated with props from the respective countries. The students had the opportunity to participate in the preparation of food items from the respective countries.

For the booth from Indonesia, students learnt that the brand of instant noodles, Indomie, was staple food popular in the country. The Indonesian brand of instant noodles had a rich variety of flavours. At the booth, students participated in packing cooked Indomie noodles into hawker paper, guided by teachers and parent volunteers. For the booth from Mexico, tacos and salsa (dipping sauce for tacos) was presented. Students were guided in the preparation of the salsa which comprised of tomatoes, onions, cilantro, and lemon juice. For the booth from Thailand, traditional Thai food such as Tom Yum soup, a type of sour and spicy soup, cooked with prawns was presented. Each student was given a bowl of spicy tom yum soup to taste. For the booth from Philippines, the Halo-Halo dessert made of shaved ice, milk/coconut milk and topped with fruits, beans, and yam was presented. For the booth from Japan, onigiri was presented. Students watched a demonstration of making onigiri before trying to make one for themselves, under the guidance of teachers.

Full bellies and happy smiles on the faces of everyone showed that the event was a successful one. Kind compliments affirmed the efforts of the team led by Ms Nur Nabila Binte Mohammed Ali and Mr Yang Junwei. They were supported by members from the NE Committee as well as parent volunteers.



Zayden Tay (Eagle 1A) used the shaving ice machine to make the Halo-Halo dessert.



A student prepared the salsa sauce at the Mexico booth with a parent volunteer.



Cheong Nur Faidisha Qistina and Wee Zhi Qing Bravienne (Eagle 4A) prepared an onigiri at the Japan booth.

Get-to-Know-You Session with SG Enable 2022

Written by Ms Angeline Yeat, Job Coach

The Get-To-Know-You (GTKY) sessions are precursor events by SG Enable (SGE) to observe nominated students from SPED schools for selection for the SGE School-to-Work (S2W) Transition Programme. In the GTKY sessions from previous years, SGE officers would observe nominated student candidates within a setting (either at school or SG Enabling village) that had been set up to simulate work environments to showcase the student's capability for work. From the observation, SGE would select student candidates for the SGE S2W Transition Programme. This year's GTKY sessions were more exciting as officers from SGE observed student candidates at their actual workplace while on their work attachments.

With the easing of the Safe Management Measures (SMM) from the start of Term 2 this year, the Functional senior students had the opportunity to resume work attachments in the community. One of our students, Muhammad Ryyan Zufayri Bin Mohamed Sani, from class 22A, began his work attachment at the Food Platelets, a café serving the general public as well as the blood donors at the Blood Bank @ Health Sciences Authority. Hence, it was an exciting day when two staff from SGE visited Ryyan at his work attachment site!

For this year's GTKY for Ryyan, SGE staff were able to observe him performed various tasks such as tying teabags, peeling potatoes and stocking up plastic utensils and drinks. They were impressed with his attention to details and that he could do most tasks on his own, with minimal supervision. They were also heartened to see Ryyan's co-workers being so friendly and helpful towards him. Towards the end of the session, they sat down to have a casual conversation with Ryyan, he shared that he hoped to work in the Food & Beverage or Hospitality industries in future.

SGE has informed CPASS that Muhammad Ryyan Zufayri Bin Mohamed Sani has been successful in being selected for the 2023 S2W Transition Programme. Well done Ryyan!



Stocking up drinks.



Tying teabags guided by supervisor.



Conversation with the staff from SGE.



Hari Raya Celebration 2022

Written by *Ms Joana Kumar, Senior Teacher*

On 10 May 2022, the school hall in CPASS once again burst into life after two long years of hiatus due to the pandemic. The 'first' approved school event held in the school hall begun with the Hari Raya celebrations. Everyone was filled with festive cheer and in a delightful mood. It was heart-warming to see many staff, students, care-givers decked out in their finest wear, from brilliant festive attire to their national costumes, gathering to celebrate, for numerous reasons, from the month long fasting in preparation for Hari Raya, to the sigh of relief as the world slowly but gradually recover from the uncertainty of the pandemic and its restrictions.



Emcees, Ms Nur Aqilah Binte Amrun and Ms Sharifah Masturah Bte Syed Zainal Abidin Alhabshee entered the hall, to the rousing applause from the students, staff, parents and caregivers. Hari Raya celebration started off with the introduction of members of the casts performing the skit, and they were all familiar and well-loved by everyone in school, our CPASS teachers!

The skit was set in a traditional kampung home, where a three-generational family eagerly anticipated and prepared for Hari Raya. The highlights of the skit were the introduction of 4 different 'Kuihs' served during the festive season, a moral lesson to be learnt, quizzes with prizes as well as a vibrant atmosphere of song and dance. During the quiz segment, students in the academic and functional programmes, displayed much joy and excitement on their faces, as well as in their active responses when they shouted answers to quiz questions. Students in the high support programme also participated, with some assistance from their teachers, by tapping on the Big Mack for answers to 'Yes' and 'No' questions.

After the event ended at the hall, everyone returned to their respective classes, where a delicious meal awaited them. The feasting did not end there, students, staff, parents and caregivers adjourned to the hall according to their scheduled timing. Students excitedly sampled on and participated in the making of the different 'Kuihs'.



Members of the cast sang and danced to familiar Hari Raya songs.

Everyone went home happy and contented, grateful to the organising committee who prepared months ahead. Tired but happy, the day ended on a high note.



Sampling Kuih Layang Layang - Crunchy and sweet.



Ms Nur Aqilah Binte Amrun showing samples of Kuih Buah Rotan.



Shredding sweet potato to make Cakar Ayam.



All smiles from the students who had tons of fun.

CPASS Prefects' Investiture 2022

Written by *Ms Noredah Bte Mohd Yatim, Senior Teacher*

CPASS Prefects' Investiture Ceremony 2022 was held on 26 April 2022. The ceremony marked the official appointment of eleven prefects for the 2022 Prefectorial Board. They would lead their schoolmates and peers, as well as serve the school. As Safe Management Measures (SMM) was not easing yet, the ceremony was pre-recorded, and broadcasted to the whole school during a Tuesday assembly session. The ceremony recognised the prefects for their contributions and dedication in carrying out their duties diligently.

School Principal Mrs Koh-Lim Ai Lay, gave the opening speech and congratulated all the Prefects on their appointments. She commended them for their resilience in performing their duties responsibly and with integrity, during the pandemic. Every prefect stood tall and proud, and looked smart in their vests. They recited the Prefect's pledge with enthusiasm and promised to perform their duties and responsibilities diligently, and to the best that they could possibly do.

Our sincere and heartiest congratulations to all appointed prefects. We encourage them to be good and capable student leaders and to always display school values.



Back Row ▶ Principal Mrs Koh-Lim Ai Lay, Prefects - Muhd Irfhan s/o Mohaiyadin Shah (Eagle 10A), Muhd Ryman Zufayri bin Mohd Sani (Eagle 22A), Kumara Manohara Hardik (Eagle 22B), Tan Zhi Xiang (Eagle 22A), Koh Ling Yun (Eagle 6A), Vice-Principal Ms Suzana Ahmed

Front Row ▶ Nur Aleesya Abdullah (Eagle 5A), Annabelle Ang Jia Ci (Eagle 6A), Cheong Nur Faidisha Qistina (Eagle 4A), Mohd Dahny Mikhail bin Mohd Nazree (Eagle 22B)

Absent ▶ Muzayna Begum (Eagle 22B)



Gardening Professional Learning Team (PLT) Vegepods Project – Growing of Vegetables

Written by *Ms Ivy Tan, Senior Teacher Aide*

In 2022 Term 2, Gardening PLT provided a platform for teachers to challenge their students to be urban farmers and grow vegetables for their own consumption. They encouraged the students to take ownership of their very own 'plot of land'. Six vegepods were snapped up by the classes, one for Academic class, three for Functional classes and two for High Support classes. Students from these classes chose to grow vegetables such as 'pek chye', 'kai Lan', lettuce and spinach. Each vegepod was labelled with the students' names and class. The PLT team also pinned a picture of the type of vegetable each class was growing to encourage the students as well as to instil a sense of pride. The main objective of the vegepod challenge was for our students to do their best and remain committed to a decision they have made.

Our little farmers watered, fertilised and cared for the vegepods regularly as a class. Teachers were even able to include Science lessons such as the stages of plant growth and life cycle of plant. Students learnt many other soft skills, such as turn taking, responsibility, patience and teamwork. Each class was encouraged to record their experience through journaling, which made learning fun and interesting. All the vegepods were placed along the assembly area, and it was a delight to see the students performing their gardening duties enthusiastically and checking on the growth of their plot. Many staff from CPAS also came to admire the vegetables grown in the vegepods.

The Gardening PLT team members felt heartened by the excitement displayed by the students as they anticipated the harvest of the vegetables and the sharing of the fruits of their labour. All these life lessons from the humble 'pek chye', 'kai Lan', lettuce and spinach, wow!



Traffic Light and Sensory Pathway (Assembly Area Floor Mural)

Written by *Mr Muhammad Rasoul Bin Shiddik, Ms Raidah Binte Razali*
and *Ms Sharon Tan, Teacher Aides*

The Traffic Light and Sensory Pathway Project was a Professional Learning Team (PLT) project undertaken by the Adaptive PE PLT.

In 2020, at the beginning stages of the project, Adaptive PE PLT did some research and decided to embark on creating a 'Sensory Pathway' for the students to help improve their vestibular, tactile and visual senses. The team designed and created a 'Sensory Pathway' by using colourful carpet tapes to the floor on the area outside the school hall. The team also provided simple instructions on how to use the 'Sensory Pathway' to guide their students. A group of students were selected to trial the pathway and the data collected supported the hypothesis that when students used the pathway, there would be improvements to the students' overall sensory well-being which could further improve the students' attention span in class.

From this project's exciting findings, school leaders encouraged the PLT to make the 'Sensory Pathway' a permanent feature on school ground. The team was further challenged to design a road safety area for teachers to conduct road safety lessons and for students to practice for their community mobility skills, as well as an area for students to be trained to use their wheelchairs. After many brainstorming sessions, discussions and deliberation, the team decided to incorporate all three ideas into one enormous project. The design to incorporate all three ideas must be practical and aesthetically pleasant. The assembly area was recommended for the new design, to replace the design of the snake and ladder game.

With no stone left unturned, the team painstakingly looked into every detail, such as procuring traffic lights for teachers to teach road safety lessons. The activities for the 'Sensory Pathway' had to include exercises that must keep students interested and engaged. A computer keyboard feature was included in the design because it would allow students to become familiar with the positions of the letters of the alphabet on the keyboard.

When the design was eventually completed, everyone was in awe. The teachers and students were very happy and excited because they have a permanent place to teach road safety lessons, a safe place to practise community mobility skills as well as a space to train students on how to manoeuvre and park their wheelchairs. With this new permanent feature, it would help teachers and allied professionals to impart important life skills to students and students would have fun learning.



Janelle Han Xin En (Class 7A) learnt to use the Zebra Crossing.

**Move
Carefully**

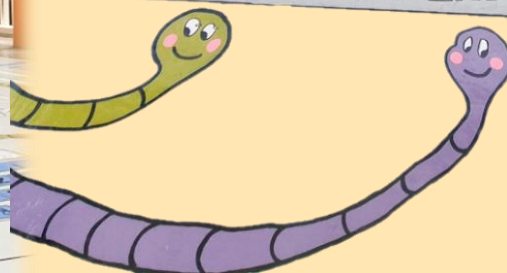
Muhammad Farish
Mateen Bin
Muhammad Fahmy
(Eagle 1B) practiced
his wheelchair
manoeuvring skills.



Nor Ryzqy Khalaf Bin Norhafis (Eagle 7A)
pressed the button for pedestrian crossing
at the traffic lights.



Dawson Toh Li Sheng
(Class 7B) spelt his name
on the Sensory Pathway.



CPASS Outdoor Education Programme

Written by *Ms Aifaa Liyana Binte Norazhar, Job Coach*

In the last week of Term 1, on 11 March 2022, three niche CCA groups, Scouts CCA, Track & Field CCA and Swimming CCA took part in a one day Outdoor Programme which was conducted by facilitators from Republic Polytechnic.

During the programme, students were introduced to navigational skills which they applied in an activity within the school compound. Students learnt to make their own compasses as well as to read the different bearings by using their compasses. The students learnt to locate the compass bearings of different locations in CPAS, such as the running tracks at Level 4, and the playground at Level 1. Students also had the opportunity to participate in outdoor cooking. They learnt to use common kitchen tools and other equipment such as mess tins and portable stoves to make apple crumble. All the students demonstrated good teamwork in the food preparation and clean-up activity.

At the end of the programme, students were assisted through an active reviewing session to share about their experiences and their feelings from the day's activities. Everyone enjoyed the programme and looked forward to the next outdoor activity in Term 2.



Scouts CCA student, Poh Jun Teng, used his self-made compass to identify landmarks at the playground.



Swimming CCA student, Kenneth Halim Putra, learnt about materials that are recyclable.



Students from the Track & Field CCA prepared apple slices that were cooked in the apple crumble dish.

Food Safety Course Level 1

Written by *Ms Aifaa Liyana Binte Norazhar, Job Coach*

In the second week of Term 2, five Functional Senior students and eight teachers attended the Food Safety Course conducted by Shatec Institutes Pte Ltd, on school premise. The course was conducted over three days, 28 March to 30 March 2022, with an assessment where participants sat for a written test and a practical session on the last day. Topics covered in the course included hygiene when handling, cooking, and storing food and beverages.

Teachers paired up with students as buddies to ensure that the students understood what was taught during the course as well as the questions that were asked during the assessment. To cater to the needs of our students during the practical session, the course facilitator prepared the concrete materials as well as pictures of the materials as visual aids. Several students used the Proloquo2Go application on their devices to respond to the teachers and course facilitator.

At the end of the three-day course, all teachers and students were certified food handlers. This would ensure that both teachers and students would maintain safety and hygiene when handling food in school or at work attachment sites.



Joel Jiang (Eagle 10A) used gestures and iPad to answer Teacher-aide, Ms Sharmila Begum Bte Yahya, who assisted him during the written test.

During the practical session, students, Tan Zhi Xiang and Syed Amsyar Bin Ahmad Alhamid (Eagle 22A), used the materials and visuals provided, with the assistance of Teacher-aides, Mr Jegathesan Gopalakrishnan and Ms Sahlaa Abdullah.



Track and Field CCA Meet 2022

Written by Ms Noredah Bte Mohd Yatim, Senior Teacher

On 12 March 2022, seven CPASS senior students from the Track and Field CCA students participated in the Haw Par Junior and Youth Athletics Meet at Choa Chu Kang Stadium. They participated in both field and track events and amassed twelve medals.

When CCA teachers shared about the athletic meet and that they would be participating in the competition, the whole CCA were elated! The news was a surprise gift that the students had been hoping for, after the two-year long hiatus from any external event due to the pandemic. However, their elation reduced when they learnt that only students aged 12 years old and above could participate in the meet, younger students had to continue to adhere to the safety management measures. On the competition day, although the weather was hot and withering, it did not dampen the students' high spirit and resilience. Though our students did not train on the proper running track, they continued to show their grit and determination and remained focused and resolute, and all managed to improve their personal best timing on the tracks.

The camaraderie and spirit of good sportsmanship displayed throughout the competition was heartening. Regardless of winning the competition or not, the students cheered one another, and congratulated fellow peers with heart-felt joy. It was a truly remarkable sight to behold! Teachers beamed with pride as the students demonstrate respect for one another's efforts, resilience and will power in the face of challenging situations.



"It is not about winning the race always, sometimes it's all about making it to the finish line."



World Boccia Challenger 2022

Written by *Aloysius Gan Kai Hong, Student (Eagle 9A)*

On 2 April to 9 April 2022, I participated in the World Boccia Challenger 2022. It was held in Zagreb, Croatia. It was my debut competition in a World Boccia sanctioned event. It was an honour to represent Singapore to compete with other players at an international level.

I felt nervous before the trip as I did not know what to expect from the competition. However, I felt more relaxed after the first match. I finished in fourth position out of 14 participants in the individual event. For the pair event which I participated with my senior, Toh Sze Ning, and we won the bronze medal. Sze Ning graduated from CPASS too.

Being the youngest and non-ranked participant in this competition, It was indeed an eye opener for me. I learnt that I have to remain calm during the match, especially when I was not leading in the scores. I also learnt that I have to persevere and remain focussed, I will remember all this and aspire to do better in the next competition!

From this competition, I became officially classified as a BC3 player by sports governing body, Boccia International Sports Federation (BISFed). BC3 is a Paralympic Boccia classification, this category is for players with a very severe physical disability, including cerebral palsy. Players use a device to assist them and also can be helped by a nominated person at the court. The assistant must keep his/her back to the court, and they cannot give advice on where to throw or kick the next ball to get it closest to the jack. Due to the classification, I would also be attributed with a world ranking. Aside from official classification and adrenaline from the competition, the best rewards for me was to befriend many Boccia peers from around the world, this alone was simply awesome!

World Boccia Challenger 2022 *Zagreb, Croatia*



Medal display
from
competition

Pair event for Aloysius Gan
and Toh Sze Ning



International competition
and international friends



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 (27 June 2022 to 2 September 2022)

*Sunday, 3 July 2022	Youth Day
**Sunday, 10 July 2022	Hari Raya Haji
Tuesday, 9 August 2022	National Day
Wednesday, 10 August 2022	Day after National Day
Friday, 2 September 2022	Teachers' Day
Saturday, 3 September 2022 to Sunday, 11 September 2022	School Holidays

* Monday, 4 July 2022 will be a scheduled school holiday.

** Monday, 11 July 2022 will be a scheduled school holiday.

Newsletter main layout designed by student Ryan Das (graduated in 2021)