

# CPASS NEWSLETTER

Cerebral Palsy Alliance Singapore School

2023/Term 2



## PRINCIPAL'S MESSAGE

### key Tenets of the 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

Dear Parents,

At the beginning of Term 2, CPAS School (CPASS) extended its reach to the west of Singapore. The campus of CPASS (West) was nearing completion and Principal Mrs Koh-Lim Ai Lay, moved her office to the West Campus to ensure that all the works will run smoothly from the first day of Term 3. It was the first week of Term 2 that I took over the helm of CPASS (East). I take this opportunity to thank Mrs Koh for all that she has done to grow CPASS into the strong and happy school it is today. She will continue to guide us with her experience and expertise.

One of the very first things that showed me what CPASS is about was encapsulated in one event that I first experienced. That was the celebration of International Friendship Day. Before the event, the teachers preparing for it left no stone unturned for creative ideas for the various activities. The resultant programme of varied activities was not only enjoyable but also promotes learning beyond the classroom and bring the world beyond our shores into the experience of the students, enriching them in the process. And the most wonderful and heart-warming thing about it was that all the teachers poured their hearts into the work that they made it seem like so much fun.

Every one of the events and celebrations that are featured in this newsletter has that very special element in it – the teachers going all out as a team to create, resource, manage and turning every challenge into an opportunity for innovation and learning. The same magic was seen in the Sports Day where the entire CPAS Family got together to hold the first Sports Day in 3 years! It was themed “Together We Soar” and truly, the entire CPAS soared. Spirits were high. Energy was even higher and the adults rallied together to bring out the best experience possible to let the children and adults show their perseverance, resilience and determination to be the best that they can be. The finale almost shook the roof of the Tampines Meridian Junior College (TMJC) school hall. We are truly grateful to our neighbour and partner in education, TMJC for the use of the resources and the contribution of the TMJCian students who performed for us. Thank you to TMJC Principal, Mr Sin Kim Ho!

All the school events featured and more forthcoming contribute to the sense of belonging and forge relationships across the entire school-community. I shall look forward to meeting all the students and teachers and getting to know them better.

I must say that the beginning months of my being at CPASS has been very enjoyable, meaningful and refreshing. There are so many new things that I have to learn and thus far, the learning has been very enriching for me personally. This is especially so with the wonderful people that makes up this school – the students, teachers, parents and staff who have so much energy and passion to do wonderful things for the students they are nurturing and developing. I am truly looking forward to being able to contribute to the growth of this school – this family.

Yours sincerely,

Mr Boo Hian Kok  
Principal, CPASS (East)

## Inspirational Talk by Mr Christopher Hills

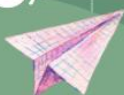
Written by *Ms Lanny Kwok, Head of Programme - ICT and Ms Irene Seah, Teacher*

On 22 February 2023, CPASS was visited by a very special guest and familiar friend, Mr Christopher Hills, who came to give an inspirational talk to students, parents and staff. Indeed the talk was very successful for it was attended by a large crowd of enthusiastic audience, with representatives from Ministry of Education - Special Education Branch (MOE - SEB), SG Enable (SGE), and Apple Inc.

Mr Christopher first visited CPASS in November 2018 with his father, Mr Garry Hills, and spoke to CPASS students, parents and staff about his life story and the challenges he faced and how he overcame them. The topic was "The Sky Is the Limit", and it was very well-received, and the audience was truly inspired. This year, in collaboration with Apple Inc., Mr Christopher visited CPASS again, to share more about his journey with Cerebral Palsy and how technology had impacted his life. CPASS was very honoured to host Mr Christopher, and the audience was able to interact with him as well as the staff from Apple Inc. CPASS Functional senior students from the IT Enrichment Programme were very fortunate for they had the invaluable opportunity to personally interact with Mr Christopher as he shared his experiences using the Apple Final Cut Pro for his video editing.

CPASS hoped that the inspirational talk by Mr Christopher had encouraged and motivated the audience to aspire for better and that nothing was impossible. We would like to thank everyone who graced the occasion, and would look forward to hosting similar events in the future because CPASS aimed to provide meaningful and enriching educational experiences for our students, parents and staff.

EVERY  
THING  
STARTS WITH A  
DREAM



Many students, staff and parents attended the talk and were inspired by Mr Christopher Hills that nothing was impossible.



Students from IT Enrichment Programme interacted with Mr Christopher Hills.



Mr Christopher Hills shared about his journey with Cerebral Palsy and how technology had impacted his life.

## @ GRACE MISSION HYDROPONICS FARM

## Student Work Attachment Term 2, 2023

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

Zhi Xiang washing parts of the hydroponic system.



Zhi Xiang cleaning pods for next use.

Tan Zhi Xiang, Eagle 10A sowing Kai Lan seeds into sponges for germination.

When seventeen-year-old Functional Senior student, Tan Zhi Xiang from Class Eagle 10A, completed twenty days of work attachment at the Tampines Regional Library in Term 1, he had requested to Job Coach, Ms Aifaa Liyana Binte Norazhar that he would like to try a different working environment. Therefore, from the

beginning of Term 2, he continued his work attachment at Grace Mission Hydroponic Farm. Grace Mission, a social enterprise which provided holistic rehabilitation, training and jobs for youths and seniors through agriculture, was located at the rooftop of Techplace in Ang Mo Kio. The hydroponic farm was maintained by the staff, people in the community, adults with autism and their family members.

For his work attachment at Grace Mission Hydroponic Farm, Tan Zhi Xiang volunteered every Tuesday and Thursday for four hours in the morning. He performed a wide variety of tasks such as watering plants, maintaining the nutrient levels of the plant systems, sowing seeds for germination, washing and assembling the systems. He worked together with other volunteers to complete the various tasks allocated each day. He enjoyed the working environment as it was outdoors and there were opportunities for social interaction. Although he worked for long hours under the hot sun, Zhi Xiang did not complain and displayed the value of resilience and diligence. He worked hard and worked well with others and extended his hand in friendship towards his colleagues who had different disabilities.

Work attachment at the hydroponic farm in Term 3 would continue for Tan Zhi Xiang, and he would learn harvesting and packing. It would be both a challenge and an opportunity to learn new things, and he would do well confidently.

## 2023 Mother's Day Sale

Written by *Ms Catherine Tan, Job Coach*

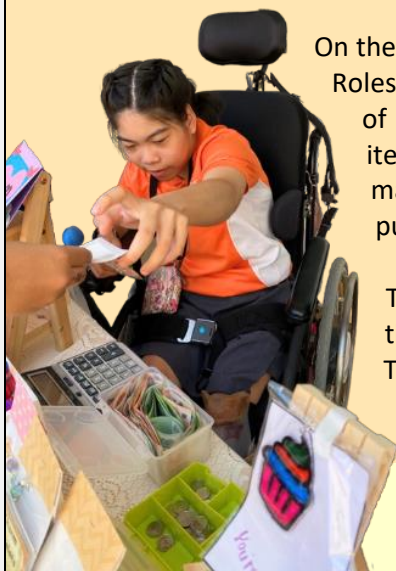
On 11 May 2023, students from the Functional Senior (FS) classes came together and set up a booth to sell the craft products that they had created for Mother's Day. From the beginning of term 2, the FS classes planned, designed, and made the crafts, such as resin keychains, resin coasters, shrink wrap keychains, charm bracelets, cat collars, mother's day greeting cards and tie-dye tote bags. Every single item was handcrafted with love.



Mother's Day  
Sale Booth

On the day of sale, students were scheduled into different time slots to help manage the booth. Roles were given to them according to their abilities, such as salesperson who promoted the sale of the crafts, cashier who collected payment and packer who packed the items. Although there were challenging moments, students who helped manage the booth had lots of fun interacting with the people who purchased the crafts.

The handcrafted products were well received and well-liked by the teachers, students, and staff from the various departments. The booth sale was a huge success, and most items were sold out.



Student Sow Zi Xuan, Eagle 10A making change for purchases by teacher.

Teacher Ms Nurul Asyiqin Abdullah with craft and card purchases.



## National Para Swimming Championships 2023

Written by *Ms Hafidah Binte Mohamed Yacob, Teacher in-charge Swimming CCA*

On 4 March 2023, three students from CPASS Swimming CCA participated in the National Para Swimming Championships 2023 organized by the Singapore Disability Sports Council (SDSC) and held at OCBC Aquatic Centre's competition pool which was three meters deep. The goal of the competition was to provide opportunities for youths with disabilities to compete, as well as create exposure for potential swimmers to be selected for the national swimming team or national swimming development squad. These national swimmers would then represent Singapore at major or international competitions.

Before the swimmers could compete, they must undergo classification and testing to evaluate their abilities and skills to perform their event competently and confidently. Swimmers must demonstrate that they could swim at least fifty meters without the use of a buoyancy aid. After classification and eligibility test, CPASS swimmers prepared for the upcoming event by undertaking extra swimming practices with Coach Peter. Athletes from various Sped schools, swimming clubs and current national para swimmers arrived at the competition venue early as the event began at 8:30 a.m. Athletes dressed in their competition swimwear stretched and warmed up at the sides as proud parents and relatives cheered from the spectators' stands. The air was thick with excitement and nervous energy.



All three of our athletes who competed received medals, Hong Mei Zhi Jarene won gold in the Women, 15 & over, 50 meters Freestyle Multi-Class S8; Sim Yue Tong, won bronze in the Women, 13-14, 50 meters Freestyle Multi-Class S14; and Liew Jia Jun, won gold in 15 & over, 50 meters Freestyle Multi-Class S7. Superb performance swimmers! Congratulations to all three athletes.

## CPASS Outdoor Education Programme Term 1

Written by *Ms Aifaa Liyana Binte Norazhar, Job Coach, Outdoor Education Programme in-charge*



**Siti Nur Iman**  
from the Scouts CCA  
climbing her way through a floating hurdle  
during the water confidence activity.

On 10 March 2023, CPASS Outdoor Education Programme began the first session at Republic Polytechnic. Students from the Scouts, Swimming and Track & Field CCA groups visited the polytechnic swimming complex to participate in water-based activities, such as kayaking and water rafting.

After a short warm-up, students were briefed on the safety and use of a personal floating device (PFD). To build confidence in the water, facilitators planned a mini obstacle course and a relay match for the students in the pool. Although some were unaccustomed to wearing a PFD and found it awkward to move around the pool, gradually the students could float in the water without any assistance. After the water confidence activity, they proceeded to learn how to kayak. Students learnt about the different parts of a kayak,

how to embark and disembark safely from a kayak and how to use the paddle to row. Accompanied by a facilitator, the students took turns paddling and completed one round around the perimeter of the pool. Though there were challenges during the paddling activity, no student gave up, everyone displayed resilience and determination and tried their best to complete the activity to the best of their abilities. After kayaking, students tried paddling on the raft prepared by the facilitators from Republic Polytechnic. Our students enjoyed participating in the raft activity with the Polytechnic students and both had lots of fun trying to steer the raft to the direction they wanted.

## Continued from page 4

Everybody had fun together, kayaking and water rafting, and though it was a first experience for many, they overcame their anxieties and grew in confidence, and enjoyed themselves tremendously. The students are anticipating the next Outdoor Education Programme training session.



★ Koh Ling Yun from the Track & Field CCA accompanied by a facilitator, paddling around the perimeter of the pool.

Yan Jun Jie Lucas, Tan Zhi Xiang, Kumara Manohara Hardik, Ng Li Wen Wayne, and Muhammad Alfian Bin Mohamad Azhar from the Track and Field CCA before they embark on the rafting activity.

## Track & Field CCA Team CPASS

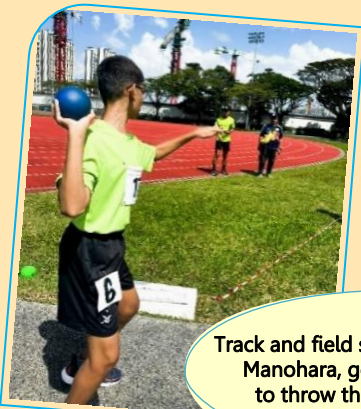


## Para-Athletics Junior & Youth Athletics Meet 2023

Written by Mr Abhinav Joshi,  
Teacher in-charge Track and Field CCA

On 11 March 2023, 14 students from CPASS Track and Field CCA participated in the Para-Athletics Junior & Youth Athletics Meet 2023 at the Temasek Polytechnic Sports Complex. The Track and Field competition was the very first competition for some of the younger students who were unable to participate in the previous year due to Covid-19 restrictions.

Although it was early in the morning the weather was already blazing hot, but the students remained enthusiastic about participating in this year's competition. The students competed against 7 SPED schools in various Track and Field events, such as Shot Put, Sprinting, Run-Stop-Jump and Mixed Relay. It was also the first time that CPASS competed in a mixed relay event. The junior students participated in a 6 x 50 metre shuttle relay while the senior students participated in the 4 x 100 metre relay and both clinched Gold medals for their events. Throughout the competition, the students displayed good character and remained true to their school values. They demonstrated good sportsmanship by shaking hands with their competitors after each event. The atmosphere of the event this year was particularly heart-warming due to the presence of supporters from all the participating schools.



Track and field student, Hardik Manohara, getting ready to throw the shot put.



CPASS Track and Field CCA team amassed a stunning total of 29 medals in this year's competition. We would like to congratulate all the students for accomplishing such an amazing feat, and it was doubly heart-warming due to the presence of staff and parents who cheered the athletes on!



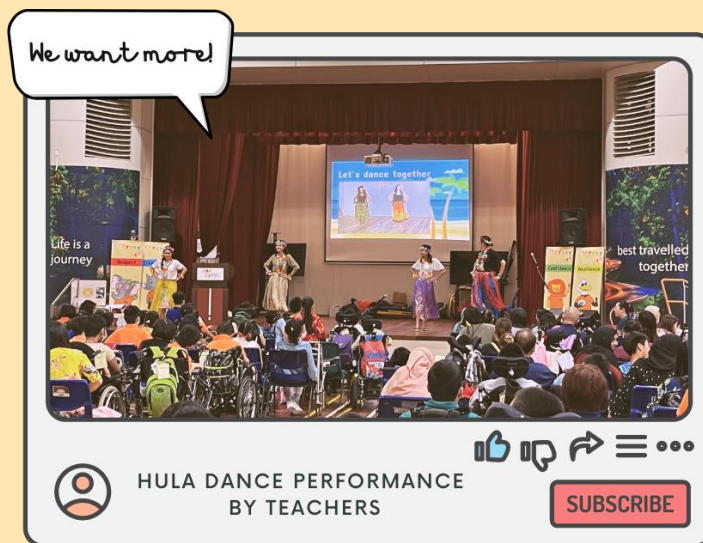
Proud smiles of the relay runners!

## A Day of Inclusive, International Friendship

Written by Ms Michelle Chua, Relief Teacher

On 6 April 2023, CPASS celebrated International Friendship Day (IFD). Mr Boo Hian Kock, Principal CPASS (East), remarked that it was wonderful to see so many colourful costumes from various cultures, and was thrilled by the level of high energy observed in students and teachers.

The celebration started with a Hawaiian Hula dance performance led by Ms Michelle Chua, Ms C Sonia Shakti Nair, Ms Nurfarah Najihah, and Ms Rahayu Amirah. Everyone enjoyed the performance very much and students happily joined the mass hula dance after the performance. Items presented in the programme featured games from Mexico, Scotland, South Africa, and Sweden. The country flag stickers used for a game, Class Passport, and the IFD 2023 logo sticker was designed by Asher Reign Das, class Eagle 8A, and guided by Teacher Ms Nurshameera Binte Abdul Hussain. Students from the High Support Programme were treated to a specially curated, multisensory storytelling session, Hannah's Surprise, delivered by drama educator Ms Norizan Ismail (Ms Nori). 5 Teachers and 30 students from the international school, The Grange Institution, joined CPASS for IFD, and were attached to classes in the Academic Programme, Functional Programme and High Support Programme. Everybody was super-charged by the learning experiences; a lot of thought and creative ideas were injected into the entire programme curation and design, with educational elements carefully and skilfully woven in.



It was very heartening to see the international school students and teachers interacting with CPASS students because it created a greater awareness of students with different abilities, observed CPASS Teacher, Ms Shalani Supermaniam. Echoing this observation, a teacher from the international school also remarked that the celebration went on smoothly and was well organised, and the students from both schools enjoyed interacting and playing games together. They had a lot of fun and would love to visit again!

Nur Aleesya Binte Abdullah, Eagle 23A scoring at Swedish Floorball with the support of Teacher Aide, Mr Parameswaran Pasupathy.



Oliver Shan Yu Hanson, Eagle 1A winning at Pin the Tail on the Donkey.



Teacher Ms Irene Seah showing off her newly swen baju kebaya.



## Hari Raya Celebrations 2023

Written by Ms Sharifah Masturah Binte Syed Zainal Abidin Alhabshee, Relief Teacher

On 9 May 2023, CPASS celebrated Hari Raya. Everyone was excited because it was also near the close of the school term. All students and staff came beautifully attired in traditional Malay costumes such as 'Baju Kurung', 'Baju Kebaya' or in their own ethnic clothing. Traditional Hari Raya food such as lontong and kuihs was also served as part of the celebration.

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The CCE team, who was in-charge of Hari Raya celebrations, prepared a wonderful programme for the students. The students and staff were entertained by a skit reminiscing of Hari Raya celebrations from the olden days. Teachers who played characters in the skit were Ms Nur Raudhah Binte Jamaludin, Ms Chan Ju Lieh, Ms Anabelle Wang, Ms Irene Seah, Ms Shalani Suppermaniam, Ms Indira Shamini D/O Ravisanthiran, Mr Jack Teo, Mr Calvin Goh, Ms Nurul Asyiqin Abdullah, Ms Rahayu Amirah Binte Mohammad Ali and Ms Nurnabilah Binte Muhammad Shah. The CCE team also invited Meridian Primary School Malay dancers and Show Choir to perform for the school. Everyone had a good time that day; laughing and enjoying one another's company and eating delicious food.



Student, Chrislyn Rae Koh Li En, Eagle 22A trying out traditional costume.

Thank you to the CCE committee who planned a memorable celebration, namely Ms Sharifah Masturah binte Syed Zainal Abidin Alhabshee, Ms Siti Aisha bte Umar, Ms Shalani D/O Suppermaniam, Ms Siti Naqeah Binte Shamshul Bahrin, Mrs Liu-Ho Pui Han, and Ms Nurul Irdayu binte Abdul Shukor, including all the staff who helped in organizing the Hari Raya celebration.

## Sports Day 2023

Written by Mr Calvin Goh, Teacher

On 29 April 2023, CPAS held the 61<sup>st</sup> Sports Day physically at Tampines Meridian Junior College (TMJC) after 3 years hiatus due to the pandemic and its restrictions.

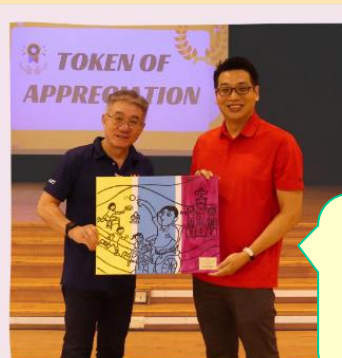
The theme for this year's Sports Day was 'TOGETHER, WE SCORE'. This was a celebration of the end of Covid and the return of excitement with everyone playing and having fun together. The theme came to life with the amazing mascots and house decorations that were prepared by the four houses! For this year's Sports Day, the students performed a mass dance 'Sunroof', choreographed by teachers from CPASS. Everybody had lots of fun dancing! With the help of kind sponsors, two carnival booths were set up and there was a free flow of popcorn and candy floss for everyone. We also had a photo booth for everyone to take



Houses march in before start of the games

photographs to remember the day! Students from TMJC Taekwondo and Wushu CCA joined us for the Sports Day, and they put on a wonderful performance for everyone which really hyped up the crowd!

The winning team and trophy went to the Red House! Hooray to the Red House! Congratulations and a big thank you to all the students and teachers for the hard work and efforts put in to make the Sports Day a success.



Mr Boo Hian Kok, Principal, CPASS (East) presented a token of appreciation to our Guest-of-Honour, Mr Daniel Ang, Director, Special Education Branch - Ministry Of Education.



# Contact Tracing and Important Dates

## note ON 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 (26 JUN 2023 to 1 SEP 2023)

Thursday, 29 Jun	Hari Raya Haji
*Sunday, 2 Jul	Youth Day
Wednesday, 9 Aug	National Day
Thursday, 10 Aug	Day after National Day
Friday, 1 Sep	Teachers' Day
Saturday, 2 Sep to Sunday, 10 Sep	School Holidays

\* Monday, 3 Jul will be a school holiday.