

CPASS (West) Newsletter

2023/Term 3

#001

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,

Welcome to the first issue of CPASS (West) Termly Newsletter!

There is much excitement and happiness as we announce that our new school in the west began smoothly on 26 June 2023. From as early as April 2023, a few administration staff and I started work on the preparation for the setup and sprucing works on the site of CPASS (West). The teaching staff and Allied Health Professionals (AHPs) officially moved from CPASS East on 1 June 2023. The transfer was done gradually, teaching resources were moved in batches, together with the students' personalised items such as wooden chairs, table-tops and rehabilitation devices. It was a day filled with mixed feelings, of sadness for leaving the familiar CPASS East, and of excitement for the future of CPASS (West).

We created a welcoming environment for our students, all CPASS (West) staff spent June holidays preparing for the first day of Term 3 - classrooms, foyer and corridors were decorated with origami butterflies and flower balloons to create a welcoming atmosphere. On 26 June 2023, the much-anticipated day finally arrived, all staff reported to school early, waiting eagerly for our first student to arrive. Students were warmly welcomed with sculptured flower balloons and tote bags filled with goodies, and the tote bag was specially printed with mascots depicting the four CPAS School Values. Students and staff made fingerprints on specially-prepared canvas, which would be part of CPASS (West)'s history. Students and parents gathered in classroom 2 for the first assembly in CPASS (West) before the students were ushered to their new classrooms while parents were given a tour of the new school by the School Management Team.

During snack time, students were treated to popcorn and ice-cream on this special day. After eating, students went on to explore the game booth in the canteen. A wide range of items were displayed at the game booth, and these included an electronic keyboard, books, games, puzzles and toys. They learnt to make requests to their schoolmates to play with them, managed their emotions when they lost a game and built friendships with their schoolmates. Students began to finish eating their snacks promptly because spending time playing with their friends became their motivation. What a joy it had been to watch students from different classes interacting and engaging one another as they played games during snack time!

With a starting school enrolment of 33 students, abundant opportunities have presented to our students to lead during school assemblies, in flag raising and lowering ceremonies, pledge taking and greetings. Students have grown in confidence as they performed their assembly duties daily. Many have improved their proficiency in using their communication devices as they greet the school.

It had been an exciting Term 3 and we look forward to Term 4, and beyond. CPASS (West) Termly Newsletter would be bringing more exciting news as the months progress, and we hope that parents and caregivers would journey with us together. Here's to the future of CPASS (West). Have a great September holiday, stay healthy and see you in Term 4!

Yours sincerely,

Mrs Koh-Lim Ai Lay

School Principal (CPASS West)

Cerebral Palsy Alliance Singapore School (West)



CPASS (WEST) MINI OPEN HOUSE



by Mrs Koh-Lim Ai Lay, Principal



Staff arrived early on 26 June 2023 (Monday), eagerly waiting for students to arrive.



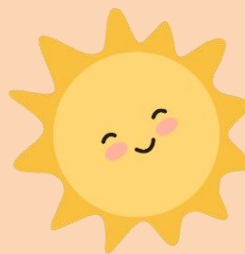
Ms Michelle Chin (Transition Planning Coordinator), Ms Ni Ni Swe (Senior PT) and Ms Yogaisvari (Social Worker) making popcorn for the students.



Senior Physiotherapist (PT) Ni Ni Swe and Senior Occupational Therapist (OT) Mavis Quah assisting Sarah Swee (Swan 1C) to do fingerprinting with a sponge.



Chua Han Yu, Avery (Falcon 6D) using her iPad to greet the school at the assembly.



Aydil Putra Bin Rizal (Swan 1C) trying out the electronic keyboard at the Game Booth.



Harith Bin Hazli (Falcon 5C) and Lim Kai Ning (Falcon 4C) playing a memory game with Irfan Bin Muhammad Ali Khanafiah (Falcon 5C) looking on.



Mrs Koh-Lim Ai Lay (Principal) bringing parents on a school tour during the Mini Open House.

Cerebral Palsy Alliance Singapore School (West)

VEGGIE HARVEST DAY

by Ms Chin Mei Foong Michelle, Transition Planning Coordinator



Luthfil Hadi Bin Azman (Falcon 5C)

We start by growing the small seedlings.

We grow the vegetables using water, light and nutrients. The vegetables grow taller and bigger.

We are harvesting the vegetables



Harith Bin Hazli (Falcon 5C)



Janelle Han Xin En & Vithur Raj (Falcon 5C)



Lim Ethan (Lin Yiteng) (Falcon 5C)

Look!
So much vegetables!



Cerebral Palsy Alliance Singapore School (West)



Auntie May, please cook the vegetables for us.
Thank you!



Vithur Raj (Falcon 5C) and Ms Teh Mooi Kiah May (Cook)



Vithur Raj (Falcon 5C)



Janelle Han Xin En (Falcon 5C)



Time to clean the hydroponics system. We can't wait for our next Veggie Harvest Day!



Harith Bin Hazli (Falcon 5C)



Editor's Note: We would like to express our gratitude to Pastor Andrew Choo from Grace Mission Agri Pte Ltd for his guidance and sponsorship of the hydroponics system.



Cerebral Palsy Alliance Singapore School (West)

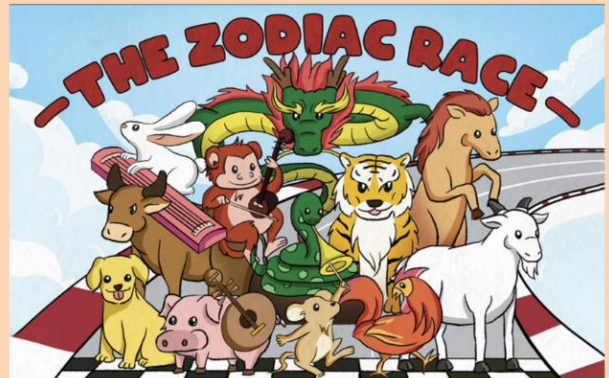
THE ZODIAC RACE MUSICAL SPONSORED BY SINGTEL

by Ms Chin Mei Foong Michelle, Transition Planning Coordinator

On 25 July 2023 (Tuesday), students from the Functional Programme (AM) were treated to an inclusive and captivating musical titled *The Zodiac Race* at Singtel Waterfront Theatre at the Esplanade Bay.

The *Zodiac Race* is a musical involving 12 puppets representing the animals in the Chinese Zodiac. Interestingly, the puppets were operated by the actors riding bicycles depicting the animals. There were also many interaction points throughout the 40-minute performance. Students were invited to respond by raising the various animal cards and cheering along with the actors.

The *Zodiac Race* was accompanied by musicians from Ding Yi Music Company. Students were introduced to musical pieces played by a Chinese Orchestra featuring the Erhu, Pipa and Yangqin.



The Zodiac Race Musical sponsored by Singtel



Group photo outside the Singtel Waterfront theatre after a memorable musical experience



A scene taken from the musical when the animals were in the race



For some of the students, this was the first time being in a theatre and watching a live musical performance. The organizers had prepared pre-visit guide to prepare the students on what to expect during the performance. There were ear protectors available upon request. The foyer was also available for students who might need a calmer and quieter area. The show was cast 'live' on a TV for them to enjoy at the foyer. Students could go back to the theatre when they were ready. As a SPED educator, I appreciated the effort from the organizers to make art accessible for our students.



(Permission was given by Singtel for the use of the photos for publication)

Cerebral Palsy Alliance Singapore School (West)

INCLUSIVE SPORTS FESTIVAL

By Mrs Noredah Bte Mohd Yatim, Senior Teacher

CPASS (West) Track and Field CCA students had a blast on 11 July 2023 (Tuesday), at the Inclusive Sports Festival at Our Tampines Hub (OTH). Not only did the students get to experience the various adaptive sports, they also get to hone their skills in activities that they have not tried before. The students had the opportunity to learn how to play adaptive sports like bocce, floor ball, football, and basketball - some of the popular activities amongst our students.



Nathan Eo (Falcon 6D), Lim Kai Ning (Falcon 4C) and Janelle Han (Falcon 5C) in front of the Inclusive Sports Festival arc at OTH



The event was more meaningful for students from CPASS (West) Track and Field CCA as they met up with their peers from CPASS East Track and Field CCA whom they have parted ways with due to the distance and location of the two schools. Their meet-up fostered the interaction and bond that they have missed and they cheerfully played and tried out the inclusive games alongside each other.



Lim Kai Ning (Falcon 4C) and friends from CPASS East trying out the bocce



Nathan Eo (Falcon 6D) and Lim Kai Ning (Falcon 4C) trying out the adaptive floorball

The festival also gave opportunity for our students to connect and interact with people from all walks of life who came to try the disability sports. Through the uniting power of adaptive sports, our students were not only able to try out and enjoy the games, but they were also able to develop their confidence when they managed to demonstrate their abilities and skills competing during the games.

The students had a great time and fun exploring the adaptive sports at OTH. The Inclusive Sports Festival has provided the students with the opportunity to experience fun and play together through sports.



Students from different CCAs waiting for their turn



Cerebral Palsy Alliance Singapore School (West)

CPASS (WEST) CELEBRATES RACIAL HARMONY DAY

by Mr Teo Wei Jek (Jack) & Ms Kavita Arjanmall Parwani, Teachers

On 20 July 2023 (Thursday), CPASS (West) celebrated Racial Harmony Day with a line-up of exciting activities for all students throughout their respective sessions. Everyone had the opportunity to learn about the different races in Singapore, even before assembly began, as teachers and students arrived to school dressed in their colorful and unique ethnic costumes.

During assembly, the importance of racial harmony was shared with the students, including its relevance to a small country like Singapore. This was followed by the highlight of the presentation - a catwalk show where all the students and teachers took turns to show off their individual outfits. The excitement and joy of many of the students was infectious, as they confidently paraded to the beat of the music.

After assembly, the classes visited the game booths set up as part of the celebrations. Each booth focused on a traditional game that the various races in Singapore used to play -namely, pick-up sticks, five stones and Gasing. The students were thus able to experience the cultures of different races in a fun and engaging way.

In their own classes after Snack time, the students watched a few informative and interesting videos about Racial Harmony Day. They also took part in an Art & Craft activity based on the same theme, where they each created their own rainbow-colored handprints and combined them together. The artwork would signify the coming together of different races in love and harmony.

*Nur Aileen Ariana Binte
Mohammad Airie (Swan
1C) with Teacher Nur
Ghain binte Musa*



*Coen Cheng Sheng An
(Swan 1C)*

*Aydil Putra Bin Rizal
(Swan 1C)*



Racial Harmony Day at CPASS (West) was indeed a memorable and meaningful event for all the students and teachers. It was also heartwarming to see a few students' parents enthusiastically helping to man the game booths for the morning session. We express our heartfelt appreciation to these parents for their assistance.

Cerebral Palsy Alliance Singapore School (West)



FIRE DRILL EXERCISE 2023



by Ms Kwok Ping Ping Lanny, Head of Programme

On 26 July 2023 (Wednesday), the school conducted our very first fire drill exercise for both the morning and afternoon sessions with a resounding success! For many of the school staff, this marked their first time wearing full Personal Protective Equipment (PPE), which includes coveralls, helmets, and gloves. Some of us also had the opportunity to learn to activate the fire alarm and use the fire extinguisher. This was a beneficial experience for everyone – not only our students and staff but also for the parents, volunteers, and visitors. Despite it being the first fire evacuation drill, everyone participated with tremendous enthusiasm and responsibility. The evacuation process was carried out in an orderly and safe manner.

Our gratitude goes to Rulang Primary School for graciously allowing us to utilize their sheltered basketball court as our assembly area. With the availability of a quick and direct access route to the school, our staff and students found it easier to reach the assembly area. This has significantly enhance the overall execution of the drill. A special mention goes to our school staff who formed the Resource team, Emergency Response (ER) team, Assembly & Head Court team, and First Aid team for their swift and efficient actions.



Students, staff, parents, volunteers and visitors assembling at the Assembly Area



Everyone evacuating to Rulang Primary School in an orderly and safe manner.



Our Emergency Response Team getting ready to respond to the emergency situation

The success of this fire drill highlights the importance of preparedness and reinforces the value of regular safety exercises. The fire drill has proven to be an exceptionally valuable learning experience for everyone involved. At CPASS (West), the safety of our students, staff, and everyone remains our utmost priority, and drills like these are essential in equipping us with the knowledge and skills necessary to confidently handled emergencies. Once again, we express our gratitude for everyone's active participation and cooperation during the drill.

Cerebral Palsy Alliance Singapore School (West)

TRANS-D ASSEMBLY GROUP EXERCISE (AGE)

*by Ms Ni Ni Swe, Ms Low Hui Jia Jessica & Ms Quah Yew Kin Mavis,
Allied Health Professionals*

Our CPASS (West) staff and students resumed the weekly Trans-D Assembly Group Exercise (AGE) on 26 July 2023 (Wednesday). The AGE aims to promote physical fitness, stimulate and enhance students' level of awareness before class lessons, as well as to foster social interaction among the students and staff. AGE is conducted once a week, for both morning and afternoon sessions.



Staff and caregivers engaging in a simple dance exercise warmup before facilitating the students in their groups



Activities in Group A - Range of Motion Exercises and Active Assisted Exercise (reaching and catching the object)

*Liang Yi Ting & Javier Hong
Jie Wen (Falcon 5D)*



Chua Han Yu, Avery (Falcon 6D) & Liang Yi Ting (Falcon 5D)



Activities in group C - Exercises involving standing, cruising and walking while upper limbs are engaged in activities

Cerebral Palsy Alliance Singapore School (West)



Natalie Soo Wen Xuan (Swan 4C)



Tang Hong Kai Lennox (Chen Hongkai) (Swan 4C)

Activities in Group D - Exercises to practice balancing, focusing on tasks and motor planning



Activities in Group E - Exercises to practice balancing, focusing on tasks and motor planning



Dawson Toh Li Sheng (Falcon 6D)



Lim Kai Ning (Falcon 4C) & Harith Bin Hazli (Falcon 5C)



Lim Ethan (Lin Yiteng) (Falcon 5C)

Activities in Group F - Exercises to strengthen muscles and for agility training



The students are classified into different exercise groups (A, B, C, D, E, F) based on their cognitive ability and their Gross Motor Function Classification System (GMFCS) level, which describes the gross motor function of children with Cerebral Palsy. Each exercise group is led by the Trans-D team consisting of teachers, therapists, teacher/therapy aides, nurse and support staff, to engage in warmup stretches and fun physical activities.

Cerebral Palsy Alliance Singapore School (West)

"ONWARD AS ONE": UNITY AND PRIDE AT CPASS WEST SCHOOL'S NATIONAL DAY 2023

by Ms Kavita Arjanmall Parwani, Teacher

The entire CPASS (West) community came together with pride to celebrate National Day on 8 August 2023 (Tuesday). Students, staff, and caregivers joined hands in a heartfelt commemoration of this special day, wearing vibrant colours that represent our nation.

In the days before the event, our students showcased their creativity by decorating classrooms with symbols of togetherness. Batik paintings, carefully crafted flags, and intricate buntings transformed our learning spaces into colourful displays of unity.

Under the open sky, our parade square hosted a meaningful Observance Ceremony. This ceremony set the tone for the celebrations, reminding us that despite our diverse backgrounds, our Singaporean identity unites us.



Students playing the "What's missing on the flag" game



Staff and students enjoying the National Day celebrations



The theme "Onward as One" isn't just words - it's a reminder of National Day's importance. Staff and students shared what makes our home and heritage special, which of course includes the joy of walking through safe, clean streets and enjoying the diverse food options in our little red dot.

Laughter filled the air as students, staff, and caregivers enjoyed the day. Activities like the "Passing the Parcel" quiz and the interactive "Find What's Missing on the Flag" game created shared moments of happiness, highlighting the power of unity.

The festivities peaked with everyone singing beloved National Day songs together. Alongside these melodies, we sang the Birthday song to pay tribute to our nation. As we savoured delicious cake and snacks, our unity and pride shone brightly.



Zayne Ang (Falcon 5D) working on the pre-event handprint activity



Students bringing in the flag during Observance Ceremony

Cerebral Palsy Alliance Singapore School (West)



TEACHERS' DAY CELEBRATIONS



By Ms Siti Aisha Bte Umar Pulavar, Teacher

CPASS (West) celebrated Teachers' Day on the 31 August 2023 (Thursday). Despite its name, the day was joyfully celebrated by all staff, including Teaching Staff, Non-Teaching Staff and Allied Health Professionals (AHP). All staff have impacted the students' lives in one way or another, and thus, it was only right to honour and appreciate everyone for all the hard work and heart work they have put in.

The celebration was kicked off by a "Younger Me" game where students and staff had to look at a photograph and guess which staff it resembled. The photographs were all from when the staff was at a younger age. Some photographs stumbled the crowd, while some photographs were as clear as day. Regardless, everyone had an enjoyable time and by the end of the game, everyone was in chuckles.

Thereafter, a meaningful and heartfelt poem recited by the students, was showcased. The poem was significant as all the students used their various communication tools to convey their heartfelt thoughts. There was also another appreciation video consisting of photos and videos of staff in action. Mrs Koh-Lim Ai Lay (Principal) also presented the token of appreciation to all staff.

Subsequently, students also participated in a range of carnival games, where everyone could just let loose and enjoy the games at their own time and pace. There were also many photographs-taking opportunities all around the school, where both staff and students could go around to take photographs.

The school is also extremely grateful for the Parents @ CPAS or P@C (Parents Support Group) who have graciously and generously sponsored food for everyone. They had put in a lot of effort to cook finger food for everyone and they also made an exceptionally refreshing concoction, which everyone loved. The school would like to convey our deepest appreciation for these kind gestures.



Staff group photo



Parents Support Group



It was indeed a memorable day - a day the school will fondly remember in our CPAS journey. May we all continue to empower our students to realise their full potential and lead fulfilled, dignified, lives. Happy Staff Day to all!

Cerebral Palsy Alliance Singapore School (West)



CPASS (WEST) STAFF BONDING COOKOUT



by Ms Sumathi d/o Selveraj, Teacher

Spirits were high as it was the first Teachers' Day Celebration at CPASS (West), celebrated on 31 August 2023 (Thursday). To give the staff an extra boost for the day, a Staff Cookout was organized to encourage bonding for our staff strength of 35. The organizing duo, Ms Nur Shahira Yap binte Amran and Ms Sumathi d/o Selveraj, proposed the idea which was inspired by the hit series "MasterChef".



The Entrée Team



The Mains Team



The Dessert Team

The staff were split into 4 groups: "Entrée", "Mains", "Dessert" and "Deco". The organizing duo divided the team with care, connecting old and new staff. Having a good mix of racial diversity gave the organizing duo the chance to come up with the groupings with ease.

In the midst of organizing, it was heartwarming to witness colleagues coming forth to share their ideas, giving suggestions, advice, and support. The Cookout became a collective effort, and the initiative was encouraging.

Even when the team leaders were appointed, what shined through in each team was they took pride in the role they were assigned to, contributed relentlessly with the aim to make the Cookout a fulfilling experience. With a limited budget given, to come up with a dish in 45 minutes to feed 30 odd people, was no easy feat.

A special mention to the Deco team, with absolutely no budget and limited time, they surpassed all expectations. Tapping on their creativity, team spirit and using school and home resources, they transformed two classrooms into a hotel banquet, which had everyone in awe. Judges with their elegance and expertise were thoughtful in their deliberation and truly elevated the spirit of the Cookout.

Everyone was a winner in this Cookout. What we all brought home was the camaraderie, team spirit and getting to know each other better. CPASS (West) is a true family and the dynamic and the strength of the staff will hold true for years to come.



The final dishes with the deco set-up



The esteemed judges

IMPORTANT DATES IN TERM 4 (12 Sept 2023 to 17 Nov 2023)

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

Thursday, 5 October	Children's Day Celebrations
Friday, 6 October	Children's Day School Holiday
Sunday, 12 Nov*	Deepavali
Tuesday, 14 Nov	Deepavali Celebrations
* Monday, 13 Nov will be an Off In Lieu	