

CPASS EAST NEWSLETTER

Cerebral Palsy Alliance Singapore School (East)

2023/Term 3



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,

I have just experienced a little more than one and a half terms in the school calendar of CPASS East. The experience of Term 3 had been a very enriching one. I have learned so much in that short time and yet there is still so much more to learn. This is indeed a reflection of life's reality that learning has no end and that has to be the case, as learning new things and skills enables us to navigate the new journeys that we constantly have to make. The world changes so fast and the pace of change is ever increasing. We must tell ourselves that there is the constant need to keep up with change and this is through learning and relearning new skills. This is life-long learning.

Throughout the term, I have been making the effort to interact with the students and teachers in school. Getting to know them - their likes and dislikes, their habits and learning styles. I am beginning to grasp more of what the students are trying to tell me, verbally or non-verbally. I am learning how to respond to them in the way that helps them comprehend what I am communicating to them. I truly and deeply appreciate the tenacity of their efforts, their patience to help me understand them and in never giving up. This spirit of ever-willing to try has been most evident to me in beginning of my journey in CPASS.

We are into our Term 4 and this term will be a very fast-moving term with many events and programmes taking place. All these are designed to give our students the variety of learning experiences and leisure activities that bring wholeness to their lives. Just before this term began, CPASS students spent time with students from other schools at a bowling event organized by Playbuddy. In the first week of term, groups of students were treated to a movie, and arcade games followed by a scrumptious lunch with western food and ice-cream at Swensen's.

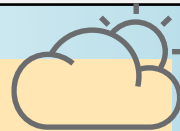
In the next couple of weeks, more students will be taking part in exciting experiences. There will be a cruise on luxury yachts in the evening to enjoy and appreciate the Singapore skyline from a very different view-point. And following that, we will have the highlight of every calendar year that every student looks forward to - The Singtel Carnival at the EXPO. Every student and staff in CPASS will get the opportunity to spend several fun hours with all sorts of games and activities. It is heartening to report that these experiences would not have been possible without the strong and passionate support from our partners, many of whom have been with us for some years.

Many students will also find this short intense term even more intense for them. They are the ones who have been preparing for the exams that will take place around the corner. In fact, the PSLE exams have just started for the P6 class from the Academic Programme. We wish them all the very best in the exams, and also hope to see all Academic Programme graduates going into mainstream schools for the next stage of their education journey. While feeling the pressure of the exams, they and the graduating students from the Functional Programme and the High Support Programme are also feeling the excitement of the graduation party that will be happening at the end of the year. Preparations for this event has been going on and everyone is excited.

Some students have told me that they are feeling great about the terms that have passed and they are looking forward to a very nice ending to the academic year. Some are looking forward to be graduating students in 2024. That is the growth mindset we hope to see in all our students.

I wish all students and staff, a productive term, finding a mindful balance between the weight of work and the joys of helping and seeing our students grow.

Yours sincerely,
Mr Boo Hian Kok
Principal, CPASS East



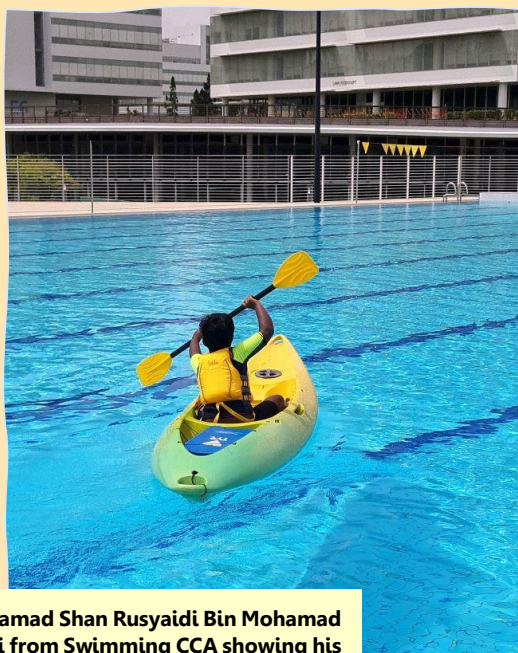
CPASS East Outdoor Education Programme

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

On the last Friday of every term, students from the Niche CCAs - Scouts, Swimming and Track & Field would participate in the CPASS Outdoor Programme. For Term 2, the Outdoor Programme was held at Republic Polytechnic Swimming Complex on 19 May 2023.

As the students had learnt kayaking in term 1, they were filled with excitement as they put on their personal floatation device (PFD) confidently before entering the pool. Already familiar with the equipment and safety rules, the students prepared quickly and were in the pool in no time. The session began with a water confidence game where students taught to work with one another to complete an activity. To prepare for the main activity, students were learnt to escape safely from a kayak during an emergency. Every student took turns to complete the safety drill, which required them to jump out of the boat and to swim away. During the kayaking activity, the students showed that they could remember what they had learnt in the previous session; they positioned themselves and sat in the kayak safely and used the paddles to maneuver the kayak around the pool. The students were paired up and they learnt how to work with their partner to move the kayak forward and backward. Due to challenges faced with their hand functions, some students found it difficult to hold the paddles. However, they problem-solved and used their hands to move their kayak in the direction they wanted.

All too soon, it was the end of the day's session, and it was time to return to school. Everyone enjoyed themselves learning new skills, interacting with one another, and the CCA teachers felt incredibly proud of the students' progress. Students have become more confident in water and their paddling skills have improved. Students and teachers are all looking forward to the next session of Outdoor Education Programme at the end of Term 3.



Mohamad Shan Rusyaidi Bin Mohamad Yusri from Swimming CCA showing his confidence in paddling a single kayak independently. 👍



😊 Tan Zhi Xiang and Kumara Manohara Hardik from Track and Field CCA figuring out how to maneuver their boat around the swimming pool.



Students from the Scouts and Swimming CCAs watching a demonstration by the facilitators from Republic Polytechnic. 😎

Term 3 Student Work Attachment @ Grace Mission Hydroponics Farm

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

Tan Zhi Xiang, Eagle 10A removing the produce from the systems for harvesting.



In early Term 2, Functional senior student from Eagle 10A, Tan Zhi Xiang began his work attachment at Grace Mission Hydroponic Farm. Grace Mission is a social enterprise which provides holistic rehabilitation, training and jobs for youth and seniors through agriculture. Located at the rooftop of Techplace in Ang Mo Kio, this hydroponic farm is maintained by the staff, people in the community, adults with autism and their family members.

Although Tan Zhi Xiang completed his eight weeks of work attachment in Term 2, he decided that he would continue his work attachment at the farm for Term 3 as there were more skills that he had wanted to learn. In Term 2, Zhi Xiang learnt and performed tasks such as watering plants, sowing seeds for germination, washing and assembling the systems. In Term 3, he was taught to harvest the produce from the farm and assisted in the packing process. Zhi Xiang worked together with other volunteers at the farm to complete the various tasks assigned to them each day. He enjoyed the work as there was a variety of tasks for him to complete and he felt empowered especially when his supervisor allowed him to work independently. Though Zhi Xiang faced several challenges, such as limited hand functions and speech clarity, he learnt to manage and overcome these obstacles to complete the tasks independently. He has earned the praise from his supervisor and fellow colleagues.

Tan Zhi Xiang has displayed the values of resilience and compassion, working long hours in rain and shine, and when he observed colleagues facing difficulties, he would offer his help. Zhi Xiang has obtained important new skills during his time at the hydroponics farm and this experience would help him in future work attachments. Nevertheless, the most important life skill he has learnt from his work attachment experience must be the increased confidence and self-esteem to face the future as an adult.

Zhi Xiang carrying the produce he harvested to the work area for packing.



Zhi Xiang washing and wiping the systems in the rain.



Racial Harmony 2023

Written by Ms Nur Azira Binte Syed Ahamad Shah and Ms Nur Raudhah Binte Jamaludin, Teachers

On 20 July 2023, CPASS East commemorated Racial Harmony Day to remember the communal riots of 1964. This annual event celebrates our diverse community and promotes understanding, respect, and appreciation for all races and cultures. It was a time to reflect on the importance of racial harmony and unity in building a strong, inclusive society.



Students proudly showcased their traditional outfits with a smile :)

The event began with a message by CPASS East Principal, Mr Boo Hian Kok, during assembly. Next, event emcees, Teachers, Ms C Sonia Shakti Nair and Ms Farah Nurfarah Norkamar explained the importance of racial and cultural harmony and encouraged students to appreciate the various traditions that enriched our society. As part of the commemoration, students were encouraged to come to school wearing their traditional costumes. As part of the assembly celebration, students took to the stage in a catwalk to

showcase their outfits. After the catwalk, a martial art group called Aliran Bebas gave a riveting Pencak Silat performance, showcasing their talent and amazing skills. Pencak Silat, an ancient martial art rooted in

Aliran Bebas did a riveting performance showcasing their talent and amazing skills in Pencak Silat.

the south-east Asian countries of Brunei, Indonesia, Malaysia and Singapore, is a Malay art of self-defence. It is practiced as a form of martial art, and as a ceremonial display or dance when accompanied by drums. Everyone thoroughly enjoyed the performance and gave a resounding round of applause. As our theme for Racial Harmony Day this year was games, 4 traditional game booths - Congkak, Gasing, Pick-up Sticks and Five Stones were set up for students to experience and play the traditional games. The committee ensured that the games were modified to allow accessibility to all students. There was also a Silat booth, a Henna booth and a Photobooth.



Students had a wonderful time exploring and learning the traditional games. The games also evoked a nostalgic feeling of the good old days for our teachers. It was heartening to see our students and teachers of different races come together to uphold the values of inclusivity, respect, and understanding towards all individuals, regardless of their race or background. It was indeed a meaningful and joyous Racial Harmony Day!



Students exploring the Silat costumes and equipment.

Students & teachers playing with adaptive Gasing toys.



Teachers and students playing an adapted game of Five Stones.

Students learning how to play Pick-up sticks.



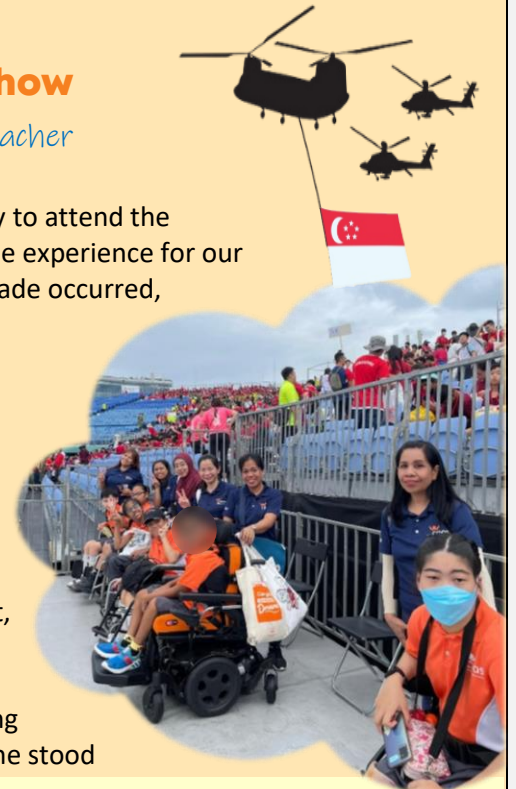


2023 National Education (NE) Show

Written by *Ms C Sonia Shakti Nair, Teacher*

On 2 July 2023, 13 students and 13 teachers had the opportunity to attend the 2023 NE Show. This year's NE theme was 'Onwards and One'. It was a memorable experience for our students and teachers as the parade was held at the Padang, where the first parade occurred, it was like they were part of history!

Our students were excited to have the opportunity for this experience. They decorated their faces with the temporary NE tattoos to show their support and anticipation of the NE Show. As true Singaporeans, they held onto their musical instruments, and sang their hearts out during the parade. The students were particularly impressed by the military parade. And as the eyes of the audience peered into the clouds, an A330 Multi-Role Tanker Transport, accompanied by six F-16D+ and three F-15SG fighter aircraft, executed the RSAF55 Island Fly-past, and set the crowd ablaze with excitement. From 10,000 feet above the parade ground and the Padang bathed in neon colours, the Red Lions, Singapore Armed Forces' parachutist team, pulled off their jump with panache, bringing the Padang crowd into another frenzy. The national pride was strong and evident as everyone stood together to recite the pledge and everyone sang the national anthem with the loudest voice they could muster.



Students and teachers smiling for the camera while eagerly waiting for the parade to begin.



It was especially memorable for one of our students, Nur Aleesya Binte Abdullah, as she had designed the picture printed on the 2023 National Day Parade (NDP) bags. Overall, the NE show was impactful and memorable, for everyone, teachers and students.



The Red Lions have jumped!

In front of the Parliament House, teachers and students – everyone a part of Singapore's history.

2023 National Day Celebrations

Written by *Ms Anabelle Wang and Ms Sabrina Mok, Teachers*

On 8 August 2023, with great fervour and pride, CPASS East came together as ONE to celebrate Singapore's 58 years of independence. Morning assembly started with an Observance Ceremony consisting of a march-in performance by CPASS East Scouts.

The scouts contingent marched in proudly in their uniforms, led by student, Yap Wei You from Eagle 8A, and accompanied by Scout Leaders, Ms Wang Ai Ling, and Ms Aifaa Liyana Binte Norazhar. At his command, the Scouts held the National flag with dignity and marched with pride.



Scouts march-in ceremony.

CPASS East singing loud and proud.



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Principal, Mr Boo Hian Kok explained the National Day message to the students.

After the Observance Ceremony, the National Day celebrations commenced with a Recollection segment, recited by student representatives from Eagle 23A and Senior Teacher, Ms Gena Tan. Next, a presentation on Singapore's journey to independence was featured. This year's theme was "Onward as One", and Teacher emcees, Ms Nur Raudhah Binte Jamaludin and Ms Nur Aqilah Binte Amrun shared National Day theme songs from previous years and explained that the intention of these songs were to develop a sense of belonging to the nation and solidarity amongst Singaporeans. Then, they led everyone into singing the National Day theme songs, such as Stand Up for Singapore and Home. Dressed in their red and white outfit, standing or sitting, the students waved the Singapore flag high and sung with pride and gusto.

Embracing unity and diversity, CPASS East sang our heartfelt hopes and wishes for Singapore. Everybody joined hands in celebration for 58 years of independence and continued prosperity into the future.

Singapore is our future; Singapore is our home.



Senior level students from CPASS East and West.

CPASS Leisure Faire 2023

Written by *Ms Irene Ho,*
Transition Planning Coordinator

On 15 July 2023, CPASS held its first Leisure Faire. The event was organized for the senior level students from the Functional Programme and Academic Programme. Six leisure partners participated in the Leisure Faire, namely Jojomama, Faith Music Centre, Me2, Paracycling, CP Football, and CPAS Alumni.

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The Leisure Faire began at 9am and ended at 12noon; senior level students, school leaders, Transition Team from CPASS East and West attended the event and everybody had an enjoyable time together. Some leisure partners visited CPASS East to recce the place, and began setting up their booths a day or two before the actual day of the faire. The Leisure Faire had pockets of time arranged for each leisure partner to showcase their activities and programme. After the welcoming and opening speech and introductions from the leisure partners, the faire kicked off with a performance from Faith Music Centre. Talented band members played musical instruments in accompaniment to the singers of the band who sang live for the audience. Participants also had hands-on activities with Me2 and Jojomama, they also tried out the handcycling, as well as had a friendly game of soccer with the coaches from CP Football. Faith Music Centre had another performance as the finale to the Leisure Faire. The second band performed songs from Teresa Teng and invited members of the audience to sing along on stage.



Student playing football with Social Worker, Mr Ong Boon Heng.

Although the faire was for 3 hours, friendships were forged with smiles and warm feelings. Everyone who attended enjoyed themselves and had a lot of fun together, interacting and socializing on a Saturday morning. Let us look forward to CPASS Leisure Faire 2024.

For those who are interested to find our more of the Leisure Partners -

Jojomama - <https://www.jojomama.net/>

Faith Music Centre - <https://faithmusic.com.sg/>

Me2 - <https://www.me2.com.sg/>

Paracycling - <https://www.paracycling.sg/>

CP Football - <https://www.activesgcircle.gov.sg/academies-clubs/cp-football>

CPAS Alumni - <https://cpas.org.sg/cpas-connect/>

Graduated students representing the Leisure programme they have joined. Do you recognize them?



From left: Ong Zi Yong, Owen Li, and Linus Choong.



Me2 booth displaying their activities.



Faith Music Centre giving a live performance at the Leisure Faire.



Paracycling members helping to prepare a student for handcycling.



CPASS Leisure Faire 2023



CPAS Alumni members Jeralyn Tan and Jireh Chua manning their booth.

Values In Action (VIA) Project for Lee Ah Mooi Old Aged Home (LAMH)

From Eagle 4A, 8A and 9A

Written by Ms Nur Irdayu Binti Abdul Kadir, Teacher

Functional Senior (FS) classes Eagle 4A, 8A and 9A organized a Bazaar and Auction Day to raise funds for LAMH. The event was held on 21 August 2023 at CPASS East Multi-Purpose Hall.

Prior to the event, students prepared by organizing a donation drive in CPASS East to collect pre-loved items such as books, clothes, accessories and toys. They cleaned, sorted and selected items that could be put up for sale at the Bazaar. During the bazaar, students had opportunities to engage and interact with the customers who came for the sale. The students greeted the customers with bright friendly smiles, and encouraged them to buy the items on sale. From this experience, they learnt about customer service and making financial transactions! In addition, students held an auction for 3 framed artworks designed by FS students from Eagle 8A, Asher Reign Das, Yan Jia Yi and Yap Wei You. The students wrote their own scripts and took photographs of the artists. The students displayed confidence and great enthusiasm to promote their peers' artworks. FS student from Eagle 8A, Rachele Lee, designed Ez-link cards that were sold to CPAS staff and parents.

All students played key roles in making the fundraising efforts a success. They displayed resilience and teamwork throughout the entire duration of the VIA project. We are proud to celebrate their efforts and achievements!

Students were actively involved in the event by manning the booths and interacting with customers at the bazaar.



Behind-the-scenes: Fellow students taking photographs of our artists.



FS students conducting an auction.



Values In Action Project (VIA) for Lee Ah Mooi Old Aged Home (LAMH)

From Eagle 5A, 6A, 7A, 10A and 21A

Written by Ms Nur Hidayah Binte Othman, Teacher

On 12 July 2023, students and teachers of Eagle 5A, 6A, 7A, 10A and 21A visited LAMH for their VIA project. It was very fortunate to physically visit the home, as visitors in large groups were not allowed to enter the premise due to covid restrictions. Hence, this was indeed a good start to the VIA project.

Prior to the home visit, as part of the VIA project, the classes organized a fund-raising campaign for LAMH. For several weeks, students of Eagle 5A, 6A, 7A, 10A and 21A collected donations from CPASS stakeholders. A total sum of a little over \$5000 was collected, a fraction of the money was used to purchase basic necessities such as milk, adult diapers and underpads for the residents of LAMH. These items were bought by students from Eagle 6A, 7A and 10A during their Community Mobility lessons. The rest of the donation money were given to the person in-charge of LAMH. When the students and teachers arrived at the home, they were given a short tour to take a look at their residential area where the students observed the environment so that they could discuss their experiences and observations when they returned to school.

Overall, the visit to LAMH was an uplifting experience for everyone. The students and teachers look forward for more such opportunities and continuous collaborations between CPASS and LAMH.

Students and teachers counting the donations for the fund-raising campaign for LAMH.



FS student, Ashton Lim Jun Jie, Eagle 7A, helped to carry a basket of milk powder.



Happy faces and happy hearts – It is good to receive, it is even better to give!



Our Tampines Hub's Inclusive Sports Festival

Written by *Mr Abhinav Joshi, Teacher*

On 11 July 2023, students from the Track and Field CCA and Swimming CCA went to the Inclusive Sports Festival held at Our Tampines Hub. The purpose of the event was to create opportunities for SPED students to explore a variety of sports that were offered in the Special Olympics.

At the Inclusive Sports Festival, our students had the opportunity to try the sports of Bocce and Floorball. At the Bocce segment, our students learnt about the game of Bocce, and participated in two sports activities to understand the sport better. The first activity the students learnt was the way to throw the Bocce ball, then they learnt how to strategize when playing Bocce. To play the game, the students were divided into teams and learnt to aim and throw the Bocce ball to place it as close as it is possible to the neutral ball. During this activity, the students soon learnt that Bocce was a game of control and must be played with finesse – that throwing the Bocce ball further did not guarantee a win for this game. The second activity of the Bocce segment focused on accuracy and consistency of the throw. The students were given 5 balls and they had to aim and throw the balls towards a mini goal post. The students had a lot of fun at this activity, as could be seen from the enthused facial expressions and competitive atmosphere in the Bocce activities. Next, the students proceeded to the Tampines Hub's Inline Hockey court to learn to shoot and dribble a floorball. The Sports Ambassadors, who were present, taught the students to use the floorball sticks to manoeuvre and shoot the floorball. The students controlled and weaved the floorball around cones and shot it into mini goal posts. As this was the first-time playing floorball for many of the students, they had a lot of fun and were thrilled to try out a new sport and were actively performing the floorball drills around the court.

As the outing to the Inclusive Sports Festival drew to a close, and the students grew tired, they returned to school reluctantly. The students were elated for the opportunity to participate in the Inclusive Sports Festival at Our Tampines Hub, and many of them vouched that they would want to participate in the Inclusive Sports Festival again next year to try out more sports!

Track and Field student, **Nor Ryzqy Khalaf Bin Norhafis** weaving through the cones.



Track and Field CCA Student **Phoebe Cheng** shows her focus while shooting the floorball.



The students and teachers showing all smiles during the sports festival!



The Sport Ambassadors teaching the students the rules of Bocce.



The students eagerly looking on and learning to play Bocce.





Pesta Sukan Boccia 2023

Written by Ms Joyce Loh, Teacher

Pesta Sukan 2023 is a part of GetActive!Singapore (GASG) where Singaporeans, schools and teams come together to complete in 36 sport activities and celebrate Singapore birthday through sports.

On 29 and 30 July 2023, CPASS East Boccia CCA team participated in Pesta Sukan 2023. The competition was held at Pasir Ris Sports Hall. The Boccia CCA team members competed in and did amazingly well in the special sports event for people with disabilities.

Congratulation to Syed Amsyar Bin Ahmad Alhamid (Eagle 10A) who won a silver medal in the BC4/5 category. The participants have displayed respect towards their competitors and good sportsmanship. They have exemplified the school values of perseverance and resilience, and their hard work have paid off handsomely and they have indeed done CPASS proud. Well done, CPASS East Boccia!



Syed Amsyar Bin Ahmad Alhamid, Eagle 10A won a silver medal in the BC4/5 category.



A proud moment for Syed Amsyar.



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 4 (11 SEP 2023 to 17 NOV 2023)

Monday, 11 Sep 2023	Teachers' Day
Friday, 6 Oct 2023	Children's Day
Monday, 23 Oct 2023 to Friday, 7 Nov 2023	Progress Report Meetings
^ Friday 3 Nov 2023	SPED Learning Day
*Sunday, 12 Nov 2023	Deepavali
^ Friday, 17 Nov 2023	Graduation Ceremony
Saturday, 18 Nov to Sunday, 31 Dec	School Holidays
<p>* Monday, 13 Nov will be a school holiday. ^ No school session on SPED Learning Day and Graduation Ceremony Day</p>	