

CPASS EAST NEWSLETTER

Cerebral Palsy Alliance Singapore School (East)

2024/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,

Term 2 was indeed a very busy term for students and teachers alike. It was 10 weeks of activities over and above the daily routines of classroom and experiential learning that carry on throughout the term. The excitement of competitions, celebrations and commemoration events added varied dimensions to the experiences the children had throughout the term. Besides being enjoyable, they were adding to the learning the children had.

The highlights of the term were the sporting competitions that the students participated in. The time the sportsmen and women spent on prior training was instrumental to the successes they claimed on the tracks, in the field and in the pool. Their winning of the Para-Athletics Inter-School Championship Trophy was an achievement the CPASS team, of 11 athletes from both schools East and West, were extremely proud of. Two other championship trophies for Swimming were also brought home by the CPASS swim teams, the Under-10 and Under-20 categories.

Our sporting teams' ability to clinch the championship trophies is a testimony of what they can achieve when the athletes are committed to their training that boosts their stamina, strength, and confidence. Their resilience and perseverance have been the bedrock of their achievements. Well done, Team CPASS!

While the competitions on the national front were high level events, the general population in CPAS were also given opportunities to compete with one another, in a fun and carnival-like atmosphere. The entire community of CPAS and partners, sponsors and caregivers had a blast of their time at the Annual Sports Day. This event has always been a key highlight in our school calendar.

Teachers and staff play a very important part in creating such experiences for all in CPASS. Their commitment and dedication in creating fun and interesting activities that add to the students' experiences and learning make these experiences even more enriching and meaningful. The time they spend beyond their hours of duty in and out of the classroom require their full conviction to their roles as teachers. For this, we are always grateful that we have such teams of teachers and support staff.

Parents and partners also play their roles too in supporting the work of our teachers to add a greater palette of colours and depth to the students' experiences. We always look forward to working with both parents and partners for the benefit of the students. One key event that exemplifies this is our Leisure Faire. This year, we saw an increase in the number of partner organizations participating in the event. We hope to see the number increase further in subsequent years. Our P@C, Parent@CPAS, was very active in various activities and socials. Their skills also added to their contribution through sales of hand-made items. These sales at various events in school are consistently well-patronized by our staff and other parents.

For the wonderful term we had, we are always thankful for the keen participation of all parties in the school and CPAS community, including parents and partners. We look forward to an even better term and the second semester of 2024.

Yours sincerely,
Mr Boo Hian Kok
Principal, CPASS East



CPAS 62nd Sports Day

Written by Ms Zerline Goh, Teacher

On 27th April 2024, CPAS held its 62nd Sports Day at Tampines Meridian Junior College school hall. Generous sponsorship from Singapore Bus Service Transit made the event a successful one. The theme for the Sports Day was “Everyday Champion”.

This year, Sports Day featured wide-ranging activities tailored to suit the abilities and interests of our students. Based on the Sports Day theme, items from our daily lives were used for the construction of the game activities, thus creating a unique sporting experience for all participants. Meticulous planning and preparations were made possible by the unwavering passion and support, and the collaborative efforts of CPAS staff from all departments. All students and staff were grouped by the four house colours, namely Red House, Blue House, Green House, and Yellow House. In the spirit of camaraderie, participants gave their all in the game activities, boosted by the backdrop of cheers and encouragement from all Houses. Beyond the boundaries of the race lanes, we want our clients and students to develop resilience in the face of challenges, nurture confidence in their abilities, value teamwork and develop good sportsmanship.

With a final score of 90 points, Blue House clinched the title of Champion House for 2024! With heartfelt thanks to everyone for their hard work and enthusiasm, 2024 Sports Day was filled with fun and excitement. Looking forward to 2025 Sports Day, let us continue to carry the spirit of teamwork, reminding ourselves that together, we can achieve everything.



Student, Chew Kay Luck Jarrett (Dove 16A) participated in a game with his Class Teacher Ms Ilya Insyirah Binte Khairudin & Teacher-Aide Mr Mark Wong.

Camaraderie and teamwork – CPAS staff from different departments posed for a group photo.



Student, Raeburn Persis Estella (Eagle 3A) received her medal for first position in the Frame Runner Race from Mr Kumar D Senthil, Head of Department, Physiotherapy & Senior Principal Therapist.

Games played with a friend is always double the fun!



Para Athletics Inter-School Championships 2024

Written by *Mr Abhinav Joshi, Teacher*

Para Athletics Inter-School Championships 2024 was held at Home of Athletics (formerly known as Kallang Practice Track) on the 30th March 2024. Eleven athletes from the Track and Field CCA participated in the competition.

It was a hot and blazing early Saturday morning when our athletes arrived at the venue. The CPASS athletes were bursting with energy and excitement as it was the first competition for some of them. The athletes competed against 8 other schools in various Track and Field events, such as Sprinting and Long Jump. This competition provided a great opportunity for CPASS East and West to unite and bond. Senior level student, Tan Zhi Xiang, competed in 3 events (100 meters, 200 meters and 400 meters), and he had to run the 400 meters event at 12 noon, which was extremely hot and he emerged the winner, a gold medal! A testament to his perseverance and hard work. Apart from the competition, the athletes also tried out some new Paralympic sports activities. The students tried a new sport called "Laser Pistol Shooting", and used a laser pistol to hit some targets. They were delighted and had a lot of fun.

All through the competition, the CPASS athletes displayed good character and demonstrated our school values. They shook hands with their competitors after each event and displayed good sportsmanship. The team amassed a stunning total of 18 medals this year! What a feat! Congratulations to a tenacious team! Well done CPASS, truly amazing!

Athlete, Phoebe Cheng, taking longer strides to win the race!



The CPASS (East) track and field students proudly holding onto the Championship trophy.



Athlete, Hardik Manohara, beaming with pride, posing with Guest of Honour, Mr Eric Chua, Senior Parliamentary Secretary, Culture, Community & Youth and Social & Family Development.



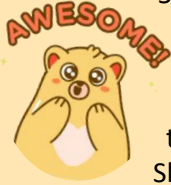
Athlete, Muhammad Alfian Bin Mohamad Azhar, trying his hand at Laser Pistol Shooting.

National Para Swimming Championship 2024 & Para Swimming Inter-School Championships 2024

Written by *Ms Hafidah Binte Mohamed Yacob, Teacher*

On 23rd March 2024, a Saturday morning, three of our athletes competed in the annual National Para Swimming Championships 2024, organized by Singapore Disability Sports Council (SDSC). This year, Para Swimming Inter-School Championships 2024, was included in the competition.

CPASS (East) swimming athlete, Siti Nur Iman Bte Shaharudin, competed in the competition for the first time, she was in 50-Meter Breaststroke event. Though she did not qualify for a medal, the experience was enormous, and the coach and swimming CCA teachers are indeed very proud of her effort and progress. Siti Nur Iman will continue to work hard and look forward to compete in the National Para Swimming Championships 2025. Two male swimming athletes, Mohamad Shan Rusyaidi Bin Mohamad Yusri and Liew Jia Jun, competed in the 50-Meter Freestyle, and both earned gold in their respective categories. Congratulations to Mohamad Shan Rusyaidi Bin Mohamad Yusri and Liew Jia Jun!



As part of the Para Swimming Inter-School Championships 2024, a new event, School Challenge Trophy was added. CPASS (East) was awarded the School Challenge Trophy for 2 categories, namely, Under-10 (swimming athletes aged 7 – 9 years old), and Under-20 (swimming athletes 17 – 19 years old). The two trophies will be housed at CPASS (East) till championship next year. With hearts full of joy and anticipation, to all our athletes – Hip, hip, hurray for CPASS!



Gold medals for Liew Jia Jun (left) and Mohamad Shan Rusyaidi Bin Mohamad Yusri (right)

First time swimming athlete competitor, Siti Nur Iman Bte Shaharudin

International Friendship Day 2024

Written by *Mr Yang Junwei, Teacher*



CPASS (East) celebrated International Friendship Day (IFD) on 4th April 2024. IFD was established in 2011 by the United Nations Educational, Scientific and Cultural Organization (UNESCO), a specialized agency of the United Nations. IFD recognized the relevance and importance of friendship as a valuable sentiment in the lives of human beings around the world. Friendship between peoples, countries, cultures and individuals inspired peace efforts and honoured cultural diversity by building bridges between communities. Every year, IFD is celebrated in all schools in Singapore.

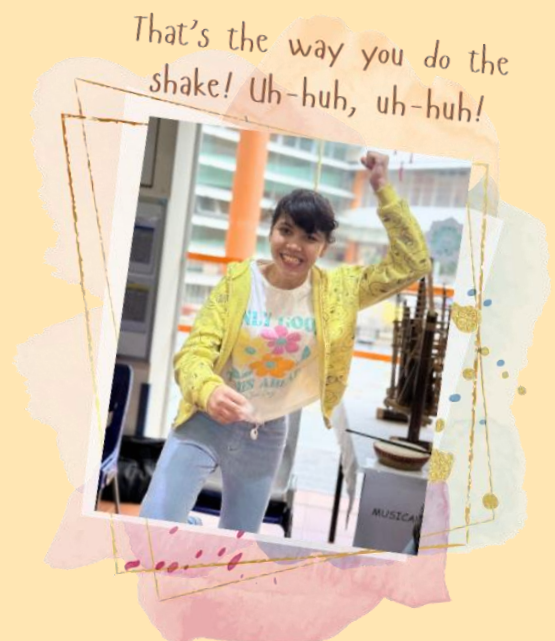
This year, the theme for IFD was “Singapore in Asia” and in CPASS (East), the National Education team immersed music into the theme. We believed that music played an important role in setting the mood and creating the motivation for movement. CPASS (East) performers managed a wonderful job at this - the Malay dancers began the celebration of friendship by performing a traditional Malay dance, Joget, which originated from Malacca. This was followed by a modern Korean dance by our colleagues from the Advocacy & Marketing department (AMD). Our students were given the opportunity to join our dancers and showcased their dancing skills too. Everyone had a wonderful dancing time. After the dance performances, IFD continued with booths displays and participation. The 4 booths were “All things Japan”, “Guess the country”, “Parachute Time”, and “Musical Melody”.



At the “All things Japan” booth, the Japanese hand clapping game, “Omochio Tsukimasho” was showcased. It involved chanting lyrics while performing a hand clapping pattern to specific rhythms guided by the beat in the lyrics. The students enjoyed the “Guess the country” booth activity very much because they had to guess the name of the country the song originated from after watching and listening to the music video for 30 seconds. The booth, “Parachute Time”, was a crowd favourite amongst the students because they had to snuggle under the parachute while the music played. Students also explored different musical instruments in the “Musical Melody” booth. As songs from Japan, Korea were played, students felt the rhythm of the music and displayed their musical talents through their choice of musical instruments. Students also had loads of fun as they dressed up in traditional costumes from Korea, India and Malaysia, and captured these memories at the Photobooth!



Modern Korean dance by Mr Clement (left) and Mr Alex (right) from CPAS AMD.



2024 CPASS (East) Parent's Day Sale

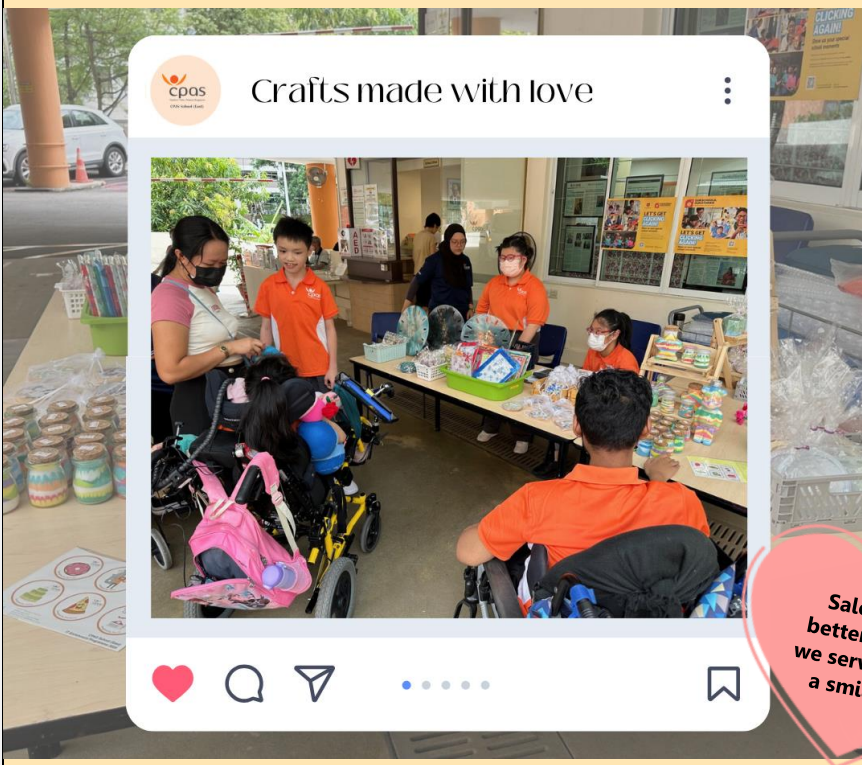
Written by Ms Catherine Tan, Job Coach

CPASS (East) celebrated Parent's Day on 9th May 2024. Senior level students from the Functional Programme set up booth to sell craft products which they had made themselves. Craft products included clocks made using resin, pencil holder made from marbling clay, mosaic tiled coasters, student designed stickers from the IT class, as well as flowers made from pipe cleaners.

From the beginning of Term 2, Functional Senior class teachers and students started discussing and planning for the booth sale. They planned and designed the craft products carefully so that every craft item was handmade with love. Teachers and students planned a schedule so that every Functional Senior class would manage the booth at different times of the school day. Students were assigned roles and duties according to the student's strengths and abilities. They took on roles such as sales assistants to help promote the sale of the craft products, or as a cashier to collect sale payments, and some students took on the role of a packer to help put the craft items into the bag after a customer has made payment.

The handmade crafts were very popular and well-liked by the teachers, students and staff from the other departments within CPAS. As for the students who managed the booth, they had a very meaningful learning day and gained much experience from the challenges they encountered, yet most of all, they had fun working as a team!

Functional Senior students manage the booth sale and had loads of fun.



Hari Raya Celebration 2024

Written by *Written by Ms Nur Nabila Binte Mohammed Ali and Ms Nurfarah Norkamar, Teachers*



On 18th April 2024, CPASS (East) celebrated Hari Raya. The theme this year was "Music and Songs"; it was a celebration filled with immense joy and vibrancy; it brought unity to our school community.

Students from Meridian Primary School joined us for the celebration, and their exceptional choir and Malay dance performances captivated the audience and added a special touch to our festivities. It was amazing to watch a Kompang performance by students from class, Eagle 2B. A Kompang is traditional Balinese and Javanese musical instrument which the students had practiced very diligently in preparation for the Hari Raya celebration. The organizing committee also included five interactive cultural booths for the event, where students and teachers explored various traditional instruments and art. At the Angklung booth, students used the bamboo instruments to create harmonious melodies, while the Gamelan booth introduced them to the intricate rhythms of the Gamelan orchestra. The Kompang booth allowed students to experience the communal joy of playing the traditional Malay drum in a group, and the Wayang Kulit booth offered a glimpse into the fascinating world of shadow puppetry. CPASS (East) teachers doubled up as skilled henna artists at the henna booth, and it was bustling! Students and staff were excited to choose their own beautiful henna designs. In addition to these activities, a pre-celebration competition for the best-decorated class was held where classes were encouraged to decorate their classrooms using recycled materials. The creativity and efforts put into this competition was truly inspiring, and prizes were awarded to the most beautifully decorated classes, showcasing our community's commitment to sustainability. Adding an element of fun and fashion to the festivities, prizes were also given to the Best Dressed students and teachers. Students also enjoyed delicious traditional Malay food such as lontong, lemak lodeh, sambal telur, serunding, and bagedil, adding a delightful culinary experience to the celebration.

The celebration was a wonderful opportunity for everyone to learn, share, and celebrate our cultural diversity, fostering a sense of community and joy. The celebration was a success, the dedication and hard work of the organizing committee and the volunteers have strengthened our school's community spirit and created lasting memories for all.



Meridian Primary School Choir with Ms Latha Kutty, CPAS Executive Director, and CPASS (East) School leaders

BEST DRESSED AWARD



Teacher Aide, Ms Norizan Binti Yusof



Student, Phoebe Cheng (Eagle 2B)



Teachers, Ms Annabelle Wang and Ms Kelly Chew told a story to all students at the Wayang Kulit booth.

Singapore Police Force Community Appreciation Night 2024

Written by *Mr Yang Junwei, Teacher*

On 25th April 2024, the Pasir Ris Neighborhood Police Centre (Pasir Ris NPC) held the Singapore Police Force Community Appreciation Night 2024 at Pasir Ris Community Centre's multi-purpose hall to recognize the collaborative efforts of Pasir Ris NPC, individuals and community partners. Principal, Mr Boo Hian Kok, and Teacher, Mr Yang Junwei, represented CPASS (East) to attend the event.

The Guest-of-Honor of the event, Assistant Commissioner of Police (AC) Justin Wong from Bedok Police Division highlighted that scams had been increasing in an alarming rate which resulted in over 16 million dollars lost over the past years. He emphasized the importance of building camaraderie with the police, strengthening partnerships as well as enhancing public security. Awards were presented to 37 deserving individuals and organizations, who worked with Pasir Ris NPC to contribute to the efforts in Singapore's crime prevention. The diverse community consisted of private companies to schools and government sector such as Avned Asia Pte Ltd, Kenyon Pte Ltd, 2nd SCDF Division HQ, HDB Pasir Ris Branch, Park View Primary School, Elias Park Primary School, and CPASS (East). In advocating crime prevention knowledge, crime prevention talk by Pasir Ris NPC was presented to CPASS (East) students annually.

The Community Appreciation Night ended with the exploration of 4 booths which featured Community Watch Scheme, Volunteer Special Constabulary (VSC), Police Game Booth and Divisional Tactical Team.



Principal, Mr Boo Hian Kok receiving award from AC Justin Wong, Bedok Police Division.



Teacher, Mr Yang Junwei with a police constable in tactile gear.



VSC are volunteers who help the police in crime prevention. They volunteer for 16 hours per week, wear the police uniform and have the authority to arrest.



Pasir Ris NPC Jam Band performed and serenaded the audience with amazing vocals and songs such as "Home" by Kit Chan and "晴天" by Jay Chou.

Work Experiences of Functional Programme Senior Student, Tan Zhi Xiang

Written by *Ms Irene Ho, Transition Planning Coordinator*

Functional Programme senior student, Tan Zhi Xiang began his Work Experience work attachments in 2021. To date, he has performed work attachments in industries such as Library Services, Urban Farming, as well as Food and Beverage.

On an average, Zhi Xiang had worked with one industry partner for 3 to 4 months' duration for 2 days every week, each work session lasting 3 to 4 hours. His first work attachment was at the Tampines Regional Library, as a volunteer, where



he learnt to sort and shelve books, and maintained tidiness of the book shelves. At Grace Mission Hydroponics Farm, and City Sprouts Urban Farm, Zhi Xiang worked as a general worker; in areas of washing and scrubbing plant pods, sowing seeds and harvesting crops, his work performance was good. At City Sprouts, Zhi Xiang worked with various gardening tools such as the secateurs, and learnt to prepare compost. At Kunyah Café, he worked as a F & B kitchen and service crew. He learnt about customer service by taking orders from customers and serving food, he also learnt simple food preparation.

When Zhi Xiang began his work experience, he was slightly anxious and lacked confidence. He was worried about interacting with members of the public and communicating with them. Through the work attachments, he has gained confidence and self-esteem, remembering to speak clearly and audibly, or use his handphone to type what he wanted to say. He was no

longer shy and a smile was often on his face, and it endeared him to the people he met. He has shown that he could think on his feet, problem solve any challenges that came his way, and demonstrated resilience and perseverance by not giving up till he overcame the obstacles.

Tan Zhi Xiang has been shortlisted for SG Enable (SGE) School-To-Work Transition Programme 2025. Placed on Supported Employment/Customised Employment pathway, he will be supported by a Job Coach from SGE for 2 years. Congratulations to Zhi Xiang and continue to work hard!


CPASS Prefects' Visit to Seng Kang Primary School

Written by *Mrs Lee-Tan Chor Hui, Senior Teacher*

On 24th May 2024, CPASS (East) prefects visited Seng Kang Primary School as part of an ongoing collaboration between the two schools' prefect committees. They received a warm welcome from the Seng Kang Primary prefects. The visit began with a briefing by the head prefect, who shared insights into the school's values, vision, mission, and CCA activities. Our prefects also learnt about the responsibilities and daily duties of Seng Kang Primary prefects, including greeting students, raising the flag, and making public announcements. Additionally, they discovered the various leadership camps, training sessions, and special projects that the prefects participate in.

Following the briefing, the CPASS (East) prefects were given a tour of Seng Kang Primary School's facilities. They also engaged in a fun activity where participants drew a word written on a piece of paper onto the whiteboard for team members to guess. It was particularly heartening to see CPASS (East) prefect, Desireena Ng Yan En, who is usually shy, volunteer to draw. The game was enjoyed by all, adding to the positive experience.



Having a go at the drawing 



CPASS (East) prefects attentively listening to the tour guide, a Seng Kang Primary prefect.

As a gesture of appreciation for the collaboration, Seng Kang Primary School presented CPASS (East) with a vase decorated with recycled paper. The CPASS prefects left feeling inspired by what they had observed and experienced. Overall, the trip was both enjoyable and enriching for everyone involved.

CPASS Leisure Faire 2024

Written by Ms Irene Ho, Transition Planning Coordinator

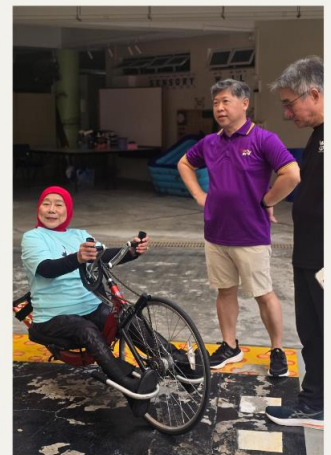
CPASS organized and held the second Leisure Faire on 25th May 2024. It was on the Saturday after the last day of semester one, and what better way to kick-start the June school holidays than a day doing fun leisure activities!

Seven leisure partners participated in the Leisure Faire, and three of them were new partners! We have increased the number of partners as well as expanded the type of leisure activities. The leisure partners were AquaFins, City Sprouts, CP Football (Active SG), Faith Music Centre, Flour Power, Jojomama, and Paracycling. An estimated twenty senior level class students and their families participated in the Leisure Faire.

Leisure and recreational activities are important part of our lives. Engaging in leisurely pursuits promotes mental well-being by reducing stress and anxiety. It provides amusement and enjoyment and we feel happy.

Cheers to the
2nd CPASS
Leisure Faire!

Enjoying a leisure time together is always fun!



Song sung together is surely the best song ever!

Singing their hearts out to an appreciative audience :)



Contact Tracing and Important Dates

IMPORTANT Dates IN 2024 TERM 3 (24th JUN 2024 to 30th AUG 2024)

note ON Contact TRACING

Parents, please take note.

In case of emergency and effective communication, please update class teacher for any change to the following:

- ❖ Mobile number
- ❖ Home number
- ❖ Home Address
- ❖ Email Address

*Sunday, 30 th Jun	Youth Day
Friday, 9 th Aug	National Day
Friday, 30 th Aug	Teachers' Day
Saturday, 31 st Aug to Sunday, 8 th Sep	School Holidays
* Monday, 1 st Jul will be a school holiday.	