

CPASS (West) Newsletter

2024/Term 3

#005

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 CPAS Schools, our vision, "A School that Empowers Students to be Active Learners in the Community," guides everything we do. First established by CPAS School East in 2021, this vision was embraced by CPAS School West when it opened in June 2024, reflecting our shared commitment to empowering students.

Empowerment at CPAS Schools means equipping students with the knowledge, skills, and confidence to make independent choices. In our classrooms, students are given opportunities to make decisions during lessons and in their daily activities, whether it is selecting class resources or choosing how to interact with their peers. For non-verbal students, our Trans D team provides Augmentative and Alternative Communication (AAC) tools like iPads, switches, or picture cards, ensuring every student has a voice.

Leadership opportunities are also a key part of our empowerment strategy. Each week, students are rostered to lead daily assemblies using their AAC devices. While they may start the week feeling nervous, by the end, they often step up with confidence, gaining valuable self-esteem and leadership experience.

Beyond the classroom, we actively seek opportunities for students to advocate for themselves and contribute to a more inclusive community. For example, in July, CPAS School West collaborated with Rulang Primary School to organise a Boccia event for seniors from St Joseph Home and Jurong Nursing Home. Our students led and guided the seniors, many of whom were playing the sport for the first time, fostering connections and building their advocacy skills in the Jurong West community.

During the South West Community Development Council (SWCDC) Heartland National Day celebrations on 10 August, CPAS School West students proudly showcased their use of Assistive Technologies (AT) and AAC. They also displayed their artwork, featuring iconic landmarks like the Merlion and Marina Bay, which were made into stamps for visitors to create postcard prints. This experience not only boosted their confidence but also allowed them to interact with the public and advocate for themselves.

Empowerment at CPAS School West leads to greater confidence and independence for our students. We encourage parents to build on these successes at home, reinforcing the progress their children are making.

Wishing everyone a successful Term 4 ahead!

Yours sincerely,
Mrs Koh-Lim Ai Lay
School Principal (CPASS West)

Cerebral Palsy Alliance Singapore School (West)

STUDENTS' VOICES

Ms Kwok Ping Ping Lanny (Covering Vice-Principal)

In this section, we celebrate the unique perspectives and creativity of our students. Through their writing and art, they express their thoughts, experiences, and imagination. We believe every student has a voice that deserves to be heard, and we are committed to empowering them to express themselves.

This term, our students built terrariums after an enriching session with Farmer Nagib (Volunteer Gardening Instructor). This activity was part of the Language Experience Approach (LEA), which enhances reading and writing by connecting personal experiences with oral language.

We are excited to share a few examples of their work, showcasing the creativity and imagination of our students:



Isaiah Yen Ern Shyrn (Falcon 5D) creating his terrarium.



Farmer Nagib (Volunteer Gardening Instructor) giving a potted plant to our student Cheong Nur Faidisha Qistina (Falcon 6C) to observe and explore.



Isaiah Yen Ern Shyrn (Falcon 5D) using his Ipad to share his feelings.

REFLECTIONS:

Dawson Toh Li Sheng (Falcon 6D): I put soil into the container. I put two plants. I decorate it with colourful, magical rocks. I water it using the watering bottle. The terrarium became beautiful.

Isaiah Yen Ern Shyrn (Falcon 5D): I like water plants.

Cerebral Palsy Alliance Singapore School (West)

BOCCIA COMMUNITY ENGAGEMENT

Ms Kwok Ping Ping Lanny (Covering Vice-Principal)

We are excited to share the success of our recent Boccia event, which took place over three consecutive Fridays and brought joy and meaningful experiences to everyone involved. Our goal was to promote inclusion in the community through para-sport and build positive relationships between students from CPAS School West and Rulang Primary School.

On 5 July 2024 (Friday) and 12 July 2024 (Friday), our students and CPASS alumni had the pleasure of introducing Boccia to the students from Rulang Primary School's Multi Sports CCA. The first session took place in our school hall, while the second was hosted at Rulang Primary School.

On 19 July 2024 (Friday), we extended our Boccia outreach by inviting seniors from Jurong Nursing Home and St Joseph Home to the open court at Jurong Spring Community Club. This event was especially memorable as students from our school, along with students from Rulang Primary School guided and played alongside the seniors. Many of the seniors experienced Boccia for the first time and thoroughly enjoyed the game, with some even showcasing impressive skills.

Rulang Primary School's students played a significant role in these sessions. They learned the game enthusiastically and interacted warmly with our students, taking turns as referees and timekeepers. They demonstrated patience, respect, and professionalism. Their efforts ensured that the games ran smoothly. They were very supportive and respectful toward our students and the seniors, which made the experience enjoyable for everyone involved.



A Rulang Primary student shares a high-five with our student, Cheong Nur Faidisha Qistina (Falcon 6C), celebrating their teamwork after scoring a point.



A group photo capturing all the participants with smiling faces and thumbs up, celebrating the joy and success of the Boccia event.

Our students and CPASS alumni also played a crucial role in the success of these events. They introduced and played Boccia with both primary school students and seniors, fostering teamwork and sportsmanship. Their involvement not only showcased CPAS School values – respect, confidence, resilience, and integrity, but also highlighted their ability to make a positive contribution to the community.

Cerebral Palsy Alliance Singapore School (West)



Two Rulang Primary School students serving as timekeepers, ensuring the Boccia game runs smoothly.



A lively scene with a Rulang Primary students acting as referee, our teachers guiding the game, and participants engaged in play. There's a lot of action and excitement captured in this moment!

These events would not have been possible without the hard work of the staff of Rulang Primary School and our colleagues who volunteered and supported us in various ways, from setting up the courts to guiding participants.



Teo Reon (Falcon 6D) along with CPAS Alumni, Rulang Primary students, and seniors focused on the game, trying to get their ball closer to the Jack.



Rizq Nawfal Bin Hambri (Falcon 4C), playing a parachute game at Rulang Primary School with their students, creating a lively and engaging experience.

We are inspired by the joy these events brought to the seniors and are excited to make Boccia a regular event on our calendar. This collaboration not only strengthened our community bonds but also showcased the remarkable contributions of our students. Thank you to everyone who helped make these events a success!

Cerebral Palsy Alliance Singapore School (West)

SIBLING SUPPORT GROUP

Ms J Yogaisvari (Senior Social Worker)

The first CPASS West Sibling Support Group session took place on 1 June 2024 (Saturday) at the school west campus. Parents were excited upon hearing about the support group, and we had a great turnout of eight siblings for the session!

The objective of the Sibling Support Group is to offer the siblings of our students the opportunity to meet and connect with others through fun activities and peer support. Additionally, it aims to help them understand the challenges faced by their siblings with special needs and to share their thoughts and feelings about their siblings.

At the beginning of the session, the participants looked skeptical as the facilitators introduced themselves and instructed them to decorate their name tags. However, the participants warmed up during the icebreaker game, which allowed them to introduce themselves and share common interests. After the icebreaker, they quickly adapted to the group and mingled without hesitation.

The first station activity was designed for participants to experience gross motor challenges. They had to wear leg gaiters and walk across the room to drop a ball into a basket, then return to the starting point. Walking with the gaiters limited their limb movements, providing them with an understanding of the physical limitations their siblings face.



Siblings participating in gross motor activities facilitated by Mr Ryan Loh Junjie (Teacher).

The second station activity focused on speech and language. Participants were introduced to using a communication board and device to communicate. They learned to communicate without verbalizing and understood the challenges of using these tools. Some participants shared that they use a communication board at home to communicate with their siblings



Siblings' introduction through an ice breaker game conducted by Ms J Yogaisvari (Senior Social Worker).



Ms Sumathi d/o Selvaraj (Teacher) facilitating the Speech and Language station.

Cerebral Palsy Alliance Singapore School (West)

At the third station, participants experienced fine motor challenges. Their fingers were taped, and they were tasked with coloring and tracing. The participants expressed frustration due to the difficulty of these tasks, but they eventually managed to complete them, although it took more time.

At the fourth station, participants used air-dry clay to create an artwork representing their sibling or something they enjoy doing with them. This activity aimed to help them express their feelings about their special needs siblings and what they like to do together. After the art session, participants shared their pieces, expressing their feelings toward their siblings and gaining a better understanding of the daily struggles their special needs siblings face.



Siblings creating art pieces, facilitated by Ms Ranjeetha d/o Sudhagan (Social Work Associate).

For example, Grace Elliot's sibling created a beautiful art piece depicting himself and his sibling sitting on their own planet, with bridges connecting to Mars (his favorite planet) and Earth. He shared that both siblings love turtles, so he included a turtle in his artwork.

The session concluded with the use of strength cards to encourage participants to continue supporting their special needs siblings.



A successful first CPASS West Sibling Support Group session!



Siblings experiencing the fine motor skills activities, facilitated by Mr Kevin Tan Meng Liang (Senior Psychologist).



Art piece created by Grace Elliot's sibling.

Cerebral Palsy Alliance Singapore School (West)

RACIAL HARMONY DAY AT CPASS WEST

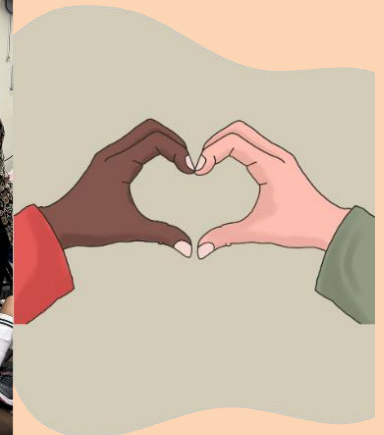
Mr Teo Wei Jek (Jack) (Teacher)

On 18 July 2024 (Thursday), CPASS West commemorated Racial Harmony Day with an exciting line-up of activities organized by the NE committee, which included various performances by staff members as well as participation from the students.

Staff members and students came to school dressed in different cultural attire, with some wearing the traditional outfits of other races and demonstrating the message of racial harmony. The colourful and interesting designs of all the outfits created a fun atmosphere, but also served to educate the students on the unique cultures of each race.



Staff members of CPASS West dressed in traditional cultural attire for Racial Harmony Day.



The NE committee started the day's programme with an informative presentation on the importance of racial harmony in Singapore, reminding us of the racial riots that once took place in the nation's history.

The 4 main races of our country were highlighted, using the different musical instruments and games of each race as an illustration. Students got to explore and pass around the actual instruments and toys e.g. Salangai (Indian musical instrument used in dance), five stones, Kompang (Malay drum), pick up sticks, Gasing (spinning top) etc.

Next, Ms Low Hui Jia Jessica (Senior Speech Therapist) gave a rousing performance of a traditional Chinese 'horse' melody on her erhu, a Chinese musical instrument. This was followed by a traditional Malay dance performance by staff members, who got the students to join in as well.

A traditional Indian dance performance video was also shown to the students, before Mr Ryan Loh Junjie (Teacher) demonstrated a Chinese martial arts routine to the popular Wong Fei Hong theme song.

Before the end of the lively events, the enthusiastic students got to showcase their attire with a catwalk and take group photos with their class. There was also a simple quiz based on the earlier presentation, where they got to win some attractive prizes.



Ms Low Hui Jia Jessica (Senior Speech Therapist) playing the erhu for Racial Harmony Day.

Cerebral Palsy Alliance Singapore School (West)

NATIONAL DAY 2024

Nadhirah Binte Muhamad Khairul Saleh (Teacher)

On 8 August 2024 (Thursday), CPASS West had our National Day Celebration. Students and staff from different backgrounds united and displayed their patriotic spirit towards Singapore as they came dressed in red and white.

The celebration commenced with a National Day message by the Minister of Education, Mr Chan Chun Sing, through a video recording, followed by a message by Mrs Koh- Lim Ai Lay (Principal) on the importance of national day for the nation and citizens of Singapore. The highlight of the day was the enriching presentation about Singapore's journey towards independence and the countless sing-along sessions that showcased the national day spirit of the students and staff.

The day concluded with a final round of sing-along to the 2024 National Day song, 'Not Alone' and a cake cutting session as the student expressed their wishes to Singapore. This year's National Day celebration at CPASS West was not just a celebration of national pride but it was a joyous recognition of diversity, ability, and community spirit, leaving a lasting impression on everyone who was present.



Chua Han Yu, Avery (Falcon 4C) displaying her roaring spirit for Singapore's National Day during one of the sing-along sessions.



Maahirah Binte Mohamed Yunos (Falcon 5D) waving the Singapore national flag during the cake cutting.



Singapore 59th National Day birthday cake.

Cerebral Palsy Alliance Singapore School (West)

NATIONAL EDUCATION SHOW 2024

Mrs Lydia Cheong (Teacher)



Lim Ethan (Lin Yiteng) (Falcon 5C) in the spirit of Onward Singapore!

On 13 July 2024 (Saturday), five students attended the National Education (NE) Show at the Padang. The theme for this year's National Day Parade (NDP), "Together, As One United People", highlights the strength of our nation and the importance of every citizen uniting to shape our future and support each other.

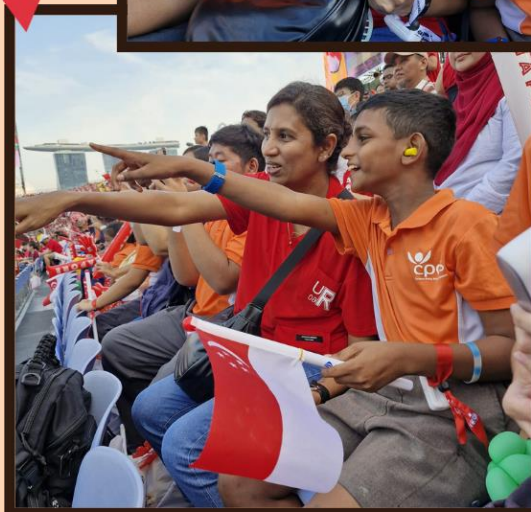
Along with enjoying the captivating performances, spectacular fireworks and festive atmosphere of the NDP, our students also gained a deeper appreciation for Singapore and its history.



Ms Amutha D/O Perumal (Teacher Aide) posing with Luthfil Hadi Bin Azman & Vithur Raj (Falcon 6C).



Ms Amutha D/O Perumal (Teacher Aide) excitedly watching the parade with Vithur Raj (Falcon 6C).



Lucas Yan Jun Lie (Falcon 6C) thrilled and mesmerized by the fireworks.

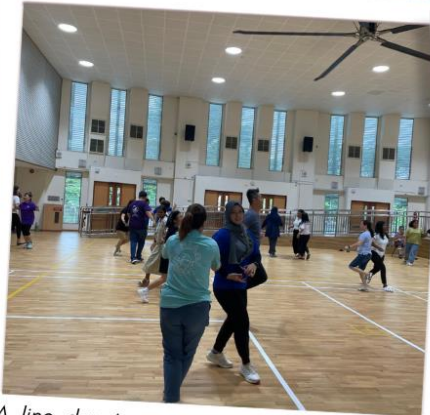


Cerebral Palsy Alliance Singapore School (West)

STAFF EMBARGO & BBQ LUNCH

Ms Indira Shamini d/o Ravisanthiran (Teacher Aide)

On 2 September 2024 (Monday), the Staff Engagement (SE) team organized a delightful BBQ lunch and a series of staff games to foster team spirit and camaraderie. The BBQ lunch featured a variety of grilled meats, vegetables, and salads, catering to different dietary preferences. The event was designed to be a relaxed and enjoyable break from work.



A line dancing activity was organised for staff to get their adrenaline pumping for the day.



As part of staff engagement, the staff played a fun and competitive game of dog and bone.



As part of the bonding activities, the staff played 'guess the bottle' and they had to strategise to match all the colours.

Following the meal, the team organized several engaging staff games to encourage interaction and collaboration. These activities included team-based challenges and friendly competitions, aimed at strengthening relationships and promoting a sense of unity among team members. The combination of good food and interactive games helped create a positive and inclusive atmosphere, enhancing the overall team experience.



Staff had to guess other staff's baby pictures and they were encouraged to pose as their baby versions.



Despite the hot weather, everyone persevered together to barbeque the food.



The final spread for the judges by all the teams followed by a yummy BBQ buffet.

Cerebral Palsy Alliance Singapore School (West)

BENEFITS OF HORSE RIDING

Ms Ni Ni Swe (Senior Physiotherapist)

We are thrilled to announce that CPASS West School has embarked on an exciting journey with therapeutic horseback riding sessions, starting on 25 June 2024 (Tuesday). This initiative marks a significant milestone for our newly established school.

In collaboration with the Riding for the Disabled Association (RDA), CPASS West has arranged for twelve of our students to participate in a series of ten horse-riding sessions, running until 27 August 2024 (Tuesday). These weekly sessions are provided free of charge by RDA Singapore, a charity dedicated to offering equine-assisted therapeutic activities. These sessions encompass riding, ground activities, and various forms of horse interaction, all aimed at enhancing our students' overall well-being.



Therapeutic horseback riding offers a wealth of benefits for individuals with disabilities. This form of therapy not only targets the improvement of physical, emotional, social, cognitive, behavioural, and educational skills but also fosters a unique bond between the rider and the horse. Research supports its effectiveness: studies have shown that hippotherapy can improve muscle symmetry and motor function, while riding has been linked to better speech, social skills, and emotional regulation, particularly for children with autism.

Liang Yi Ting (Falcon 5D) and Isaiah Yen Ern Shyrn (Falcon 6D) excited for their riding lesson.



Students from Falcon 5D, Falcon 6D, Falcon 4C & Falcon 5C with their caregivers and Ms Ni Ni Swe (Senior Physiotherapist).



Sathya Abishai Shankar (Falcon 5D) enjoying his turn on the horse.

The integration of horse-riding therapy into our school programme has been a collaborative effort involving our Physiotherapy Department, RDA staff, doctors, parents, and teachers. Since October 2023, we've been working closely to prepare our students for this enriching experience at CPASS East. Each student's goals and consent forms were meticulously arranged to ensure a tailored approach to their needs.

We are pleased to report that our students have completed all their ten sessions. It has been heartwarming to witness their progress and the joy they derived from their interactions with the horses. Special mention to the students from the afternoon session, who have shown incredible resilience and enthusiasm. After an early morning start, they could continue with their lessons in the afternoon with high level of energy.

We extend our heartfelt gratitude to RDA for their generosity and dedication to empowering our students both emotionally and physically. The positive impact of these sessions is already evident, and we look forward to the continued benefits in the years to come. Thank you, RDA, for making this incredible experience possible!

Cerebral Palsy Alliance Singapore School (West)

TEACHER'S DAY CELEBRATION

Mr Tan Choon Kiang, Nick (Job Coach)

On 29 August 2024 (Thursday), all staff and students came together in CPASS West to celebrate Teacher's Day. The Character & Citizenship Education (CCE) team came up with some fun ideas and activities to do to - not just celebrate but also get to know our teachers better!

To kick off the celebration, we had Mrs Koh - Lim Ai Lay (Principal) give a short speech reminding us of the meaning of teachers' day – that all staff in school work together to provide the teaching environment for the students to excel in.

On the lead up to the actual celebrations, the CCE team gave out plain bandanas for the students of the school to decorate for the school staff. Staff were kept in the dark about to whom the bandanas were for, so it would be a surprise on the celebration day itself!



Mrs Koh - Lim Ai Lay (Principal) presenting her Teachers' Day Speech.



Ms Quah Yew Kin Mavis (Senior Occupational Therapist) and Mohamed Elqi Iffwan Bin Mohamed Yuzwan (Falcon 6D) holding up the bandana he made.



Ms Mithela Devi D/O Raveendran (Administrative Executive) and Yan Jun Jie, Lucas (6C), showing off the bandana.

We had two special surprise performances by the staff throughout the celebrations; a rendition of Bruno Mars' song "Count On Me" as well as a traditional Myanmar dance.



Ms Ng Xiao Ling (Huang Xiaoling) Celeste (Speech and Language Therapy Assistant), Ms Leiqa Adira Thomas (Occupational Therapy Aide) and Ms Sai Vina Vimalenthiran (Teacher) performing as a trio.



Ms Ni Ni Swe (Senior Physiotherapist), Ms Quah Yew Kin Mavis (Senior Occupational Therapist) and Ms Low Hui Jia Jessica (Senior Speech and Language Therapist) showing off their moves.

Cerebral Palsy Alliance Singapore School (West)

We also had fun guessing the profiles that our teacher's had submitted – letting both students and staff know each other a little bit more! Some profiles shown below, have a good guess who they might be!



There was also a segment where Mrs Koh - Lim Ai Lay (Principal) gave out her personal gift to each of the staff!



Mrs Liu Ho Pui Han @ Ho Pui Han (Teacher) receiving her gift.



Last but not least, we would also have a drop in by the Parents @ CPAS who not only showered us with sunflowers but also a delicious spread of food at the canteen for all the staff to enjoy!



Mrs Ni Ni Swe (Senior Physiotherapist) receiving her gift.



Teachers' Day staff profile display.

Cerebral Palsy Alliance Singapore School (West)

SOUTH WEST CDC NATIONAL DAY HEARTLAND CELEBRATIONS 2024

Ms Chin Mei Foong Michelle (Transition Planning Coordinator)

On 10 August 2024 (Saturday), CPASS West was involved in the South West CDC National Day Heartland Celebrations 2024 at the open field next to Bouna Vista MRT station.

Students and staff organized a booth to showcase CPASS West and the ways our students learn using Assistive Technology (AT) and Augmented and Alternative Communication (AAC). Our Speech and Language Therapy department highlighted various AAC tools, including communication books, boards, and Big Macks. Chua Han Yu, Avery (Falcon 4C), demonstrated her iPad equipped with a customizable AAC app that allows her to communicate effectively using symbols, text, and speech. The Occupational Therapy department featured AT tools for daily living, such as adaptive scissors, switch-enabled toys, and sensory equipment. Additionally, there was a booth where participants could design their own postcards using stamps specially created by our students for National Day.



Chua Han Yu, Avery (Falcon 4C) and Ms Low Hui Jia Jessica (Senior Speech Therapist) engaging the public using AAC through games.



Ms Leiqa Adira Thomas (Occupational Therapist Aide) introducing switch-accessible toys and musical instruments.

Our students put in tremendous effort that day. Chua Han Yu, Avery (Falcon 4C), and Wong Jun Kang (Falcon 6D) confidently used their AAC devices to chat with the public while enjoying games, showcasing their self-advocacy skills. Luthfil Hadi Bin Azman (Falcon 6C) demonstrated the use of AT devices, while Cheong Nur Faidisha Qistina (Falcon 6C) handed out blank postcards, inviting participants to stamp their own designs.



Vithur Raj and Yan Jun Jie, Lucas (Falcon 6C) displaying confidence while interacting with the public.



Lim Ethan (Lin Yiteng) (Falcon 5C) helping to stamp on coupons.



Deputy Prime Minister and Minister for Trade and Industry, Mr Gan Kim Yong gracing our booth.

Cerebral Palsy Alliance Singapore School (West)

Ms Low Hui Jia Jessica (Senior Speech Therapist) shared, “It was a huge event that was pretty overwhelming for all of us. It was nice to have others come forward to learn more about AAC, asking thoughtful questions and having fun trying out different AACs for themselves.”

Ms Kwok Ping Ping Lanny, (Covering Vice-Principal) echoed, “It was overwhelming but inspiring! I’m proud of our CPASS West students and staff for working so hard together towards a common goal, It’s amazing to see what we can achieve when we support each other.”



A beautiful display of colourful fireworks at the end of the night.



Minister for Sustainability and the Environment, Ms Grace Fu with Vithur Raj and Cheong Nur Faidisha Qistina from Falcon 6C.



Minister for Sustainability and the Environment, Ms Grace Fu with Team CPASS West!



Nearly 10,000 people attended the event, making it a truly significant and impactful experience. It provided an excellent opportunity for our students to engage with the public and advocate for themselves. To cap off the memorable day, our staff and students were treated to a spectacular display of drones and fireworks.

Finally, special thanks to staff and friends who volunteered their precious Saturday to help out. Mrs Koh Lim Ai Lay, (Principal) shared “It brought so much warmth to my heart when I witnessed how everyone chipped in to help and support each other.”



Kudos to our team who came early to set up and prepare for the event.



Cerebral Palsy Alliance Singapore School (West)

BAKING ENRICHMENT PROGRAMME

Mr Tan Choon Kiang, Nick (Job Coach)

At the start of Term 3, our school started an after-school baking enrichment programme to introduce our students to baking as not only a way to make delicious goodies, but also introduce baking as both a hobby and possible vocation.

With a big thanks to NTUC Health for lending us their open air kitchen to do our baking and conducted by Mdm Sjuffriani (Baking Enrichment Coach), the baking enrichment lessons aim to impart not only the joy of baking to our students, but also hard skills like using baking equipment (mixers/ovens/different weighing scales etc.). The end results are cakes, cookies and tarts made lovingly by our students for both themselves, and of course teachers! (if there are any left!)



Students from Falcon 5C and 6C, along with Mdm Sjuffriani (Baking Coach), Mrs Liu Ho Pui Han (Curriculum Resource Teacher), Ms Wong Wai Fun, Terry (P&C Member) and Ms Chin Mei Foong Michelle (Transition Planning Coordinator) admiring their cookies.

Over the course of the term, students engaged all their senses in the baking process. From the aromas of freshly baked goods to the tactile experiences of kneading dough and even decorating their creations.



Vithur Raj (Falcon 6C) and Janelle Han Xin En (Falcon 6C) scooping sugar.



Yan Jun Jie, Lucas (Falcon 6C) and Lim Ethan (Lin Yiteng) (Falcon 5C) measuring ingredients together.



Vithur Raj (Falcon 6C) and Luthfil Hadi Bin Azman (Falcon 6C) mixing together.

Cerebral Palsy Alliance Singapore School (West)



Students from Falcon 5C and 6C happy with their final product!

**"I Love chocolate!" -
Janelle Han Xin En
(Falcon 6C)**

**"I love the smell of the
cookies after we bake
them" - Luthfil Hadi Bin
Azman (Falcon 6C)**



Freshly baked National Day Tarts.

With occasional involvement of the senior citizens from the Jurong Nursing Home as well, the students also learnt teamwork, and (mostly!) patiently measuring and mixing ingredients while communicating their ideas and preferences to both their peers and people much more their senior. Baking as a team fostered a strong sense of camaraderie among the students, who supported one another in achieving their culinary goals!

*Cheong Nur Faidisha Qistina
(Falcon 6C) working together
with a senior citizen from the
Jurong Nursing Home.*



Cerebral Palsy Alliance Singapore School (West)

ENHANCING POSITIVE PARENTAL INVOLVEMENT THROUGH HOLO TRACKER

MS Noredah Bte Mohd Yatim (Senior Teacher)

At CPASS West, we believe in the importance of character and values education for our students. Positive values are embedded into daily lessons and activities and students display of behaviours are captured by class teachers using the Holo Tracker, an online app.

The platform allows teachers to observe, track, and record students' positive behaviours which are aligned to the 4 school values of Respect, Confidence, Resilience and Integrity, during their daily school routines. Each semester, students' progress and achievements in demonstrating these positive school values are shared with parents through the Holo Tracker report.

Recognizing the importance of collaboration between school and home, the school has introduced an initiative to engage parents in this journey. Parents are encouraged to share their observations of their child's positive behaviours at home, either through the Holo Tracker app or by submitting a physical response slip. This initiative has been met with encouraging support, with parents actively affirming their children's efforts and reinforcing the values learned at school.

The responses from parents have been heartwarming, with many sharing stories of how their children demonstrate these values even at home. These shared experiences not only strengthen the bond between school and home but also foster the growth of character in each child's development.

REFLECTION ACTIVITY: Our Values in Action What is one affirmation you'd like to offer to your child for their positive...

Confidence and resilience. Ashden can identify the colours immediately as per my instructions without help from parents.



Reflection from parents of Goh Qin Ze Ashden (Falcon 4C).

REFLECTION ACTIVITY: Our Values in Action What is one affirmation you'd like to offer to your child for their positive...

During our recent trip to Perth during the holidays, Trevor demonstrated resilience when he controlled his voice volume in the aeroplane so that he didn't disturb other passengers. He also had to walk long distances at King's Park, the beaches and the Fremantle markets, and although he was tired, he pressed on. He also showed respect to the animals at Caversham Wildlife Park when he touched them gently. I've told Trevor that if he continues this good behaviour back in Singapore, I will reward him with well and milo during the weekends which he loves!



Reflection from parents of Trevor Kok Kian Cheng (Swan 2C).

Swee Sarah

Sarah's brother, Jovan, wanted to watch a video that is kind of scary because it is about a gamer playing this horror game called "Silent Breath". Using trans board, I have asked Sarah if she would want to join in which she said no, and later indicated that she didn't want because the video is scary! She had no choice because we were watching on the TV, where she was sleeping. Instead of protesting by crying and rolling off her bed, Sarah stayed still (eyes away from the TV) and didn't fuss. She respected her brother for having to use the TV and not her watching her show (MLP) all the time!

3 months ago, Swee Sarah

Reflection from parents of Swee Sarah (Swan 2C).

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REFLECTION ACTIVITY: Our Values in Action What is one affirmation you'd like to offer to your child for their positive...

Resilience- Irfas has shown resilience in trying to ensure that he can feed himself. Besides that, when being asked to wheel himself in the house, he would try his best to do that. Here, is the upload video of him feeding by himself even at home. I would love to see Irfan being able to do things independently. Keep it going, Irfan.



Reflection from parents of Irfan bin Mud Ali Khanafiah (Falcon 5C).

Reflection from parents of Vithur Raj (Falcon 6C).



Option 2: To submit a physical copy, please return this form to your child's class teacher on the first week of school reopening on 24 June 2024.

I feel glad (Vithur) that my child (name) is showing independ in responsibility school. This holiday, I observed that my child has shown the value(s) of Responsibility & Independence at home by doing his daily routine, travel with different people also stayed in different places → parked his belongings (actions).

Name of Parent: Ganwan Kintulie
Date: 15/7/2024

Group Observations Members

Chua Han Yu, Avery
Avery indicated to us that she needs to close toilet lid before flushing. She has shown determination in completing her task eventhough the flush button was stuck. We have since installed an aid to allow her to flush the toilet bowl

2 months ago, Chua Han Yu, Avery

Resilience

Chua Han Yu, Avery
Avery will help to monitor and ensure that we did not missed out any of our belonging (i.e. her bag, our bags, my handphone etc) when we are leaving a place. When at my parents place, she noticed my dad gave us some food and we forgotten to take when going off. She reminded us

2 months ago, Chua Han Yu, Avery

Confidence

Reflection from parents of Chua Han Yu, Avery (Falcon 4C).

The school looks forward to more participation from parents and to celebrating many more positive behaviours in the coming semesters.

Cerebral Palsy Alliance Singapore School (West)

FRAME RUNNING COACHING COURSE

Mr Tan Choon Kiang, Nick (Job Coach)

Frame Running is a form of adaptive running designed for athletes with coordination impairments, such as those associated with Cerebral Palsy. It involves using a three-wheeled frame that provides support and stability, enabling the athlete to ambulate down the track.

This experience allows some athletes, for the first time, to run independently and with a sense of freedom. Frame Running offers a valuable opportunity for aerobic exercise for individuals with severe motor and coordination impairments and can be enjoyed both recreationally and as a competitive athletics event.

Frame running is not just about physical activity; it's about empowerment, inclusion, and enhancing the overall quality of life for our students.

To better understand and be able to conduct frame running as a CCA in 2025, both Ms Ni Ni Swe (Senior Physiotherapist), and myself - Mr Tan Choon Kiang, Nick (Job Coach) undertook the Frame Running Coaching course in Copenhagen, Denmark with Singapore Disability Sports Council's (SDSC) support.

On the 6 July 2024 (Friday), both of us embarked on our flight to Denmark and while worn out on our first day, managed to get some time to get used to the lay of the land!

Once we were done with our first night of rest, it was time to get started with the course – On the first day, we were introduced to the history of frame running and its purpose. Then on to the conduct of the training phases of the sport and how it could apply to the students we have back in school.



Ms Ni Ni Swe (Senior Physiotherapist) and Mr Tan Choon Kiang, Nick (Job Coach) exploring Copenhagen, Denmark!

After the first day, every lesson was then conducted on the track of the Bagsværd Stadium. Mr Leif Nielson (Frame Running Coach) and Ms Susanne Ladefoged (Frame Running Coach) gave us assignments to plan and execute training schedules (stretches and relays) and event plans to get our young athletes trained and prepared for competitions.



Participants at the start of the relay race.



Ms Ni Ni Swe (Senior Physiotherapist) and Mr Tan Choon Kiang, Nick (Job Coach) learning stretching techniques.



Cerebral Palsy Alliance Singapore School (West)

We made good friends with the people from The Paralympic Sports Association (PSA) as well as with the competing Taiwan team. They shared with us their experiences as well as expertise in managing both athletes and events, while daunting at first they always mention that they are happy at the end no matter the result because opportunities seized are gained not lost.

The last few days were dedicated to the competition, graced by one of the founders of the sport itself, Mansoor Siddiqi! Seeing the participants demonstrate their sense of speed and freedom as they race down the track is exhilarating, fostering a deep sense of accomplishment and joy as they race past the finish line.



Ms Ni Ni Swe (Senior Physiotherapist) and Mr Tan Choon Kiang, Nick (Job Coach) with Ms Susanne Ladefoged (Frame Running Coach).



Ms Ni Ni Swe (Senior Physiotherapist) and Mr Tan Choon Kiang, Nick (Job Coach) with the Taiwan Team.



Ms Ni Ni Swe (Senior Physiotherapist) and Mr Tan Choon Kiang, Nick (Job Coach) with Mr Mansoor Siddiqi (World's First RaceRunning Athlete).

GO TEAM!

It was a joy to both learn and watch the athletes at the top of the sport compete, the amount of preparation it takes for them to not just participate but excel. Both of us took away many lessons and questions as well, thinking of who and how frame running could be run in our school and be beneficial for our school students.



Ms Ni Ni Swe (Senior Physiotherapist) and Mr Tan Choon Kiang, Nick (Job Coach) with coaches from Singapore.



Ms Ni Ni Swe (Senior Physiotherapist) and Mr Tan Choon Kiang, Nick (Job Coach) at the end of the competition.

Overall, it was a fruitful course that opened our mind to the possibilities frame running could bring – From a physical aspect (improved cardiovascular health and muscle strength) as well as mental (confidence and self-esteem) and social aspect (camaraderie among competitors, celebration of every achievement), frame running stands to have a profound impact on the lives of all involved.

Cerebral Palsy Alliance Singapore School (West)

EMPOWERING CPASS WEST CHAMPIONS WITH ASSISTIVE TECHNOLOGY!

Ms Akshaya Karuppaiyan (IT Resource Teacher)

How do we empower our students with limited fine motor/ motor skills to interact with their surroundings? Adaptive Switches! They play a major role in our students' lives. Adaptive switches are used in a wide range of settings such as learning, leisure and gameplay, environmental control, etc. These switches come in various forms. There are regular switches that look like a button, there are ones that cause activation upon sipping and puffing into a tube, there are ones that cause activation when held in grip and so on. These switches can be used on switch enabled software, switch adapted toys, etc.

In class:

Switches can be used in class for learning. There are switch enabled slide shows (Eg. interactive slideshow for sensory story) that allow students to engage in class and participate valuably.



Coen Cheng Sheng An (Swan 2D) using a BJ Wobble Switch to interact in class.



Swee Sarah (Swan 2C) using a Saucer Switch to communicate in her class.



Student activating the e-book on the screen for sensory story lesson.



Raphael Jaiden Wahjudi (Swan 1C) using a Wobble Switch on Gooseneck mounted near his head to interact with his class.

Leisure:

Switches used for leisure is basically switches that are used to play with switch adapted toys, or even online games. This can often be seen during snack time and downtimes in class when our students use switch to play online games on the Touch Accessible Platform for Interactive Technology (TAPit) device or on the SMARTBoards that are available in their classes. There are also switch adapted toys that student use to learn cause and effect. These switch-adapted toys can both be bought commercially or with the help of our intelligent volunteers, even regular toys can be hacked into switch adapted toys.

Sathya Abishai Shankar (Falcon 5D) playing with a little panda toy by activating it with the help of a switch.



Student attempting the switch adapted quiz for Total Defence Day on TAPit.

IMPORTANT DATES IN TERM 4 (9 Sept 2024 to 15 Nov 2024)

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

3 Oct 2024	Children's Day Celebrations
4 Oct 2024	Children's Day School Holiday
31 Oct 2024	Deepavali
6 Nov 2024	CPASS West Parent Orientation
7 Nov 2024	Deepavali Celebrations
14 Nov 2024	AASPED Award Ceremony
15 Nov 2024	Graduation Day @ CPASS East
School Closures: 4 Oct 2024 31 Oct 2024 15 Nov 2024	