

CPASS (West) Newsletter

2025/Term 2

#008

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 CPASS West, we believe that collaboration is key to providing the best possible education and support for our students. That is why we are excited to share how we are partnering with mainstream schools, community organisations and institutions to create more inclusive, enriching, and empowering experiences for all learners.

By working together with mainstream schools and other institutions, we can:

- Promote Inclusion - Help students with diverse needs thrive in integrated settings.
- Expand Opportunities - Offer students access to broader academic, social, and extracurricular activities.
- Strengthen Advocacy - Raise awareness and foster a more inclusive community.

I'm pleased to share that CPASS West and Rulang Primary have formalised our partnership through the MOE School Partnerships (Gen Ed-SPED) initiative. We are working on a few areas of collaboration. Come this July, students from both schools will be organising a Boccia Competition for residents from the Jurong Nursing Home, St. Joseph Home and the Red Cross Day Activity Centre at the open court in Jurong Spring Community Centre. This provides opportunities for our students to serve our community through sports.

Besides Rulang Primary, CPASS West is also building partnerships with other mainstream schools such as Millennia Institute, Yuan Ching Secondary, River Valley High and Spectra Schools. A particularly exciting initiative with Spectra School is the transformation of our new Daily Living room, designed like an HDB three-bedroom flat into a smart home. This space will enable students to independently interact with its features using Assistive Technology, such as iPads, switches, or voice control.

On 19 May 2025, CPASS West and Tower Transit signed a Memorandum of Understanding (MoU) in our commitment to empower our students by fostering independence and confidence in commuting on public buses. Through the Public Bus Confidence Course, Tower Transit will bring into our school compound a public bus each term and our students can familiarise themselves with public transportation.

Through these partnerships, CPASS West aims to promote inclusivity and provide opportunities for our staff and students to advocate for greater inclusion within our community. CPASS West welcomes any parent who is keen to come on board this partnership journey with us.

Wishing you a restful and enjoyable June school holidays!

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

Cerebral Palsy Alliance Singapore School (West)

INTERNATIONAL FRIENDSHIP DAY

Ms Karuppaiyan Akshaya (Teacher)

This year's International Friendship Day celebration was a truly special one. Each student selected a country of their choice and learned to say "hello" in the corresponding language. They recorded videos of themselves greeting in that language, which were then compiled and showcased during the celebration.



Chua Han Yu, Avery (Falcon 1C) and Ms Lim Meng Choo (Teacher) walking the ramp walk together in their traditional attires.



Naufal Andika Bin Muhammad Irwan Shah (Swan 4D) learning Dikir Barat from Ms Adlin Addina Bte Azmi (Teacher Aide).



Janelle Han Xin En (Falcon 8C) ramp walking in her western outfit while Ms Karuppaiyan Akshaya (Teacher) is emceeing.



The festivities also featured a vibrant costume parade, where both students and staff proudly donned traditional attire from various cultures. Adding to the cultural experience, students had the opportunity to learn Dikir Barat, a traditional Malay dance form.

Overall, it was a meaningful and enjoyable event that broadened the students' cultural horizons while celebrating diversity.

Cerebral Palsy Alliance Singapore School (West)

CPASS WEST OPEN HOUSE 2025

Ms Mithela Devi (Administrative Executive)

On 8 May 2025 (Thursday), CPASS West held its second Open House, drawing an impressive 105 attendees, double the turnout from the previous year. Parents, caregivers, members of the public, vendors, and professionals from mainstream schools, hospitals, and EIPIC centres joined us for a meaningful day of connection and discovery.

The event aimed to offer visitors a closer look at how our school programmes support the everyday lives of students with cerebral palsy and multiple disabilities. Guests explored booths on our school curriculum and rehabilitative services, went on guided tours, and experienced the ever-popular Minimart, run entirely by our students to showcase their functional life skills.

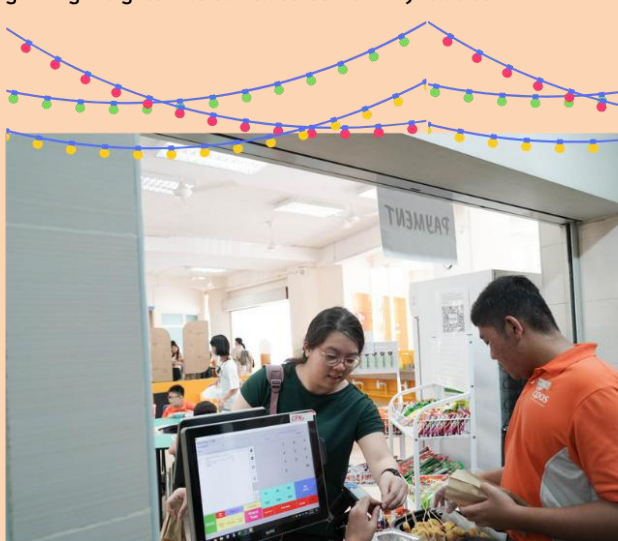
This year's new highlight was the introduction of Allied Health Professionals (AHP) booths, which provided valuable opportunities for visitors to interact with our therapists and learn more about the vital rehabilitative work behind the scenes. The Parent Support Group (P@C) also added a lively and heartwarming touch to the event with a booth selling lovely handmade crafts, essential oil diffusers, and even henna art, an engaging and creative experience for all.



Attendees attentively listening during the guided school tour, gaining insights into our classrooms and facilities.



Guests engaging in interactive activities at our booths.



Visitors interacting with Luthfil Hadi Bin Azman (Falcon 8C) at the Minimart.



Our dedicated Parent Support Group (P@C) running their vibrant booth.

The success of the Open House was made possible by the dedication of our staff, who guided, explained, and engaged throughout the day. As we continue to grow our community and share our mission, we're encouraged by the warm response and look forward to an even more impactful event next year.

Cerebral Palsy Alliance Singapore School (West)

TERM 1 STAFF EMBARGO PROGRAMME

Ms Shobana Karuppiah Thandauam (School Staff Developer)

BUILDING BONDS, SHAPING CULTURE

On 21 March 2025 (Friday), the CPASS West team came together for a meaningful day of staff bonding, led by Mrs Koh-Lim Ai Lay (Principal). The session was more than just a break from routine — it was an intentional effort to strengthen the CPASS West culture.

This activity invited staff to reflect on their ideal workplace across four key domains: Physical, Intellectual, Emotional, and Social (P.I.E.S.). Through small group discussions, colleagues explored what each domain meant to them and visualized how these ideals could shape our work environment. Each group also creatively presented their ideal workplace through skits, dance, and songs— filling the room with laughter. Staff showcased not only their talents but also their commitment to building a culture where everyone feels seen, heard, and valued.



MINDFULNESS WORKSHOP

As part of our ongoing commitment to staff well-being, we were privileged to welcome Ms Erin Lee (Mindfulness Coach) from Mindful Moments Singapore for a refreshing workshop. Through her insightful facilitation, staff were introduced to the power of mindful self-compassion and how it can be a cornerstone of healthier, more balanced living.

Ms Erin Lee guided us through the fundamentals of mindfulness in self-care, helping us recognize how often we operate on autopilot, especially in a demanding environment.

A key takeaway for many was the practice of slowing down — giving ourselves permission to pause, notice our inner world, and live in the present moment instead of dwelling on the past or future, which could increase depression or anxiety.



Staff engaging in discussions to discuss the chosen category pointers.



Creative skit and peppy dance item to emphasize on how kindness can be shared amongst colleagues.



Staff practicing mindfulness stretching with slow and intentional stretches involving whole body movements.

Cerebral Palsy Alliance Singapore School (West)

TEAM BONDING GAME, ABILITY AWARENESS RELAY RACE

Teams of 5–6 staff members participated in hands-on challenging relay race activities simulating how people with disabilities engage in daily tasks. These included activities such as navigating a wheelchair, buttoning with fine motor challenges, and cutting using adapted scissors.



Using patience and precision with adapted scissors, to cut out various shapes on paper.



These exercises were designed to foster empathy and understanding by allowing staff to step into the shoes of those with different abilities. The key takeaway? It's not that individuals with disabilities cannot do the things we do — it's that we must provide the right tools, support, and mindset to help them thrive.



The top three group winners of the race were proudly presented with functional prize tokens.



This powerful experience reminded us that inclusivity isn't just about access — it's about rethinking how we engage, teach, and collaborate to make the impossible possible!

Cerebral Palsy Alliance Singapore School (West)

SPORTS DAY 2025

Ms Kavita Arjanmall Parwani (Teacher)

Sports Day at Tampines Meridian Junior College (TMJC) on 10 May 2025 (Saturday) was a spectacular showcase of enthusiasm, teamwork, and friendly competition. Students and staff from CPAS School East and West, EIPIC (East), and Adult Services (East) came together for a fun-filled day, representing their houses—Red, Blue, Green, and Yellow.

This year's event featured two Frame Runner races as well as ten games, each thoughtfully adapted to ensure inclusive participation for all students. Whether using a ramp for bowling or partnering with a teacher to navigate obstacle courses, everyone had the opportunity to engage and enjoy the spirit of sportsmanship.

Students who participated in the Frame Runner Showcase: Teo Reon (Falcon 7D), Liang Yi Ting (Falcon 8D), Chua Han Yu, Avery (Falcon 1C) and Isaiah Yen Ern Shyrn (Falcon 8D) together with Mr Lim Yi Yu (Physiotherapist), Ms Ni Ni Swe (Senior Physiotherapist), Mr Nick Tan Choon Kiang (Job Coach), Ms Lim Meng Choo (Teacher) and Ms Tini Khairanie Juma'in (Teacher Aide).



Sarah Swee (Swan 6C) showing off her medal after representing the Green Team in the game "Together We are One".

The competition was fierce, with every house putting in a commendable effort, but it was the Blue House that emerged victorious, clinching the overall championship for the third year in a row after a thrilling close fight.

Beyond the games, the dedication of the staff was evident as they pitched in to set up vibrant house decorations, making the event even more special. The day embodied the essence of teamwork, inclusion, and school pride, leaving unforgettable memories for all who participated.



Raphael Jaiden Wahjudi (Swan 5C) proudly represents the Blue Team in an adapted bowling game called 'Shooting Stars.' Using a ramp to guide his shots, he aims for the pins alongside his father and Mr Kevin Tan (Senior Psychologist).



Vithur Raj (Falcon 8C) receiving cheers and support from his partner in the Yellow Team, Ms Nadiah Binte Othman (Physiotherapist Aide) while participating in the game "Bouncing with the Stars".

Cerebral Palsy Alliance Singapore School (West)

FROM SCRAPS TO SNACKS

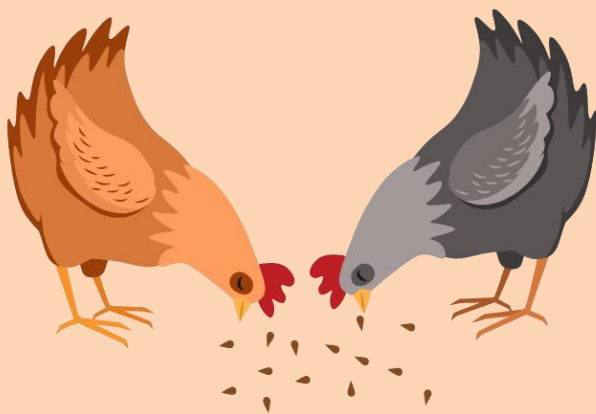
Ms Goh Wan Hua Zerline (Senior Teacher)

In alignment with the theme of the Magical Garden, students from the High Support Programme participated in an interactive activity on 14 May 2025 (Wednesday) to learn about food cycles.

Through engaging storytelling by Mr Najib, from Majulah Green, students saw how black soldier fly larvae feed on the food scraps, are part of chickens' food source, which helps support healthy chickens, and how chickens may produce eggs or become a food product, contributing to the ecosystem. The learning experience came to life during our highlight activity: petting a real chicken! With guidance from Mr Najib and the teachers, students gently interacted with our feathered friend, Happy.



Muhammad Alif Daniyal Bin Rosli (Swan 4D) reaching out to pet Happy.



This sensory-rich experience allowed students to make real-world connections, sparking curiosity and compassion for living creatures.



Ms Nadhirah Binte Muhammad Khairul Saleh (Teacher) waving to her students while Happy sits on her shoulder.



Lye Boo Zhuo (Swan 6D) smiling while Happy rests on his lap.

Cerebral Palsy Alliance Singapore School (West)

TURNING TRASH INTO TREASURE

Mr Tan Choon Kiang, Nick (Job Coach)

In Term 2, our Functional Programme (FP) students participated in an exciting workshop where they learned how to recycle plastic waste into useful products— plastic carabiners!

They learned about processing and reshaping discarded plastics – the different tools required, such as a shredder and an extruder. With some hands-on work, the students had to wash, shred, and eventually mould the carabiners.

The staff from Semula Asia taught us about reducing waste and protecting the environment. More importantly, how to recycle – specifically, we learnt how not to dispose of food waste packaging, as that would only increase the cost of recycling. In addition, when upcycling everyday materials, it taught the students how waste materials can be shaped into different plastic uses.

*Cheong Nur
Faidisha Qistina
(Falcon 8C) and
Lim Kai Ning
(Falcon 7C) waiting
for the extruder.*



Lim Kai Ning (Falcon 7C) helping out with the shredded materials at TTSH.



After acquiring their new recycling skills in the workshop, the students took their talents to Tan Tock Seng Hospital, where they produced carabiners on the spot and also gifted them to the hardworking frontline medical staff. These small but meaningful carabiners can be used by doctors and nurses to hold ID badges, keys, or other essentials, making their busy days a little easier.



*Vithur Raj (Falcon 8C)
helping out with the
extruders.*



The end product - carabiners.

The students' efforts showed how recycling can go beyond just helping the environment—it can also be a way to spread kindness and support those who care for our community. This experience was ultimately more than just a lesson in recycling; it was a reminder of how creativity and resourcefulness can result in distributing joy instead of disposing of waste.

Way to go, FP students —keep inspiring others with your creativity and generosity!

Cerebral Palsy Alliance Singapore School (West)

CELEBRATING CULTURE & CREATIVITY AT COLOURS OF JURONG!

Ms Chin Mei Foong Michelle (Transition Planning Coordinator)

The Jurong Cluster Arts & Culture Day, fondly known as “Colours of Jurong,” was a lively and colourful celebration of community spirit, held on 19 April 2025 (Saturday). The event brought residents, families, and students together in a fun-filled carnival featuring live performances, creative workshops, and cultural showcases.

We are proud to share that the Special Arts CCA students at CPAS School (West) played a meaningful role at the event. They set up a delightful booth themed “Kuehs of Singapore,” which quickly became a crowd favourite! Visitors were invited to get hands-on and create their clay fridge magnets inspired by beloved local treats like ang ku kueh, kueh bahulu, and Gem biscuits.

Adding a special touch, students also designed a series of unique stickers, which were eagerly snapped up by visitors. Their artistic talent and effort shone brightly, and their warm interactions with the public reflected the heart of the event, bringing people together through art and shared culture.

It was a meaningful opportunity for our students to showcase their creativity, engage with the wider community, and experience the joy of contributing to a public arts and culture celebration. Well done to all our students and staff who made this possible!



Young and Old, the red ang ku kuehs are the crowd's favourite.



The never-ending line waiting to make your own kueh!



Cheong Nur Faidisha Qistina (Falcon 8C) demonstrating how to make kueh bahulu out of air clay.



A group photo taken with Ms Grace Fu, Member of Parliament (MP) for Jurong East-Bukit Batok GRC.



Cerebral Palsy Alliance Singapore School (West)

HARI RAYA CELEBRATIONS

Mr Ryan Loh Junjie (Teacher)



Mrs Koh-Lim Ai Lay (Principal), Ms Noredah Bte Mohd Yatim (Senior Teacher) and Ms Kwok Ping Ping Lanny (Vice-Principal) helping students Janelle Han Xin En (Falcon 8C) and Shivaay Pandey (Falcon 1C).

On 3 April 2025 (Thursday), CPASS West joyfully celebrated Hari Raya Puasa. The day began with students arriving at school dressed in their finest traditional attire, wearing bright smiles to mark the end of Ramadan.

As part of the celebrations, students learned about the history and customs of Hari Raya, with a special focus on the significance of cultural clothing and the various materials used in traditional garments.

During snack time, students enjoyed a delicious meal of lontong and chicken, adding to the festive atmosphere.

The celebration was a meaningful event that fostered cultural appreciation and strengthened the sense of community among students, staff, and caregivers.



Hari Raya cuisine, served up by our team of Staff.



In addition, a "Bag of Blessings" drive was organized to collect dry goods and other essentials for donation to the SASCO Senior Citizens' Home. The thoughtful care packages were packed by Falcon 1C and delivered by our own prefects, following the collection!

Thank you to all students, parents and staff who contributed to the collection for SASCO @ Hongshan!



Yan Jun Jie, Lucas and Luthfil Hadi Bin Azman (Falcon 8C) assisting in moving the many donations to be given to SASCO Senior Citizens' Home @ Hongshan.



Luthfil Hadi Bin Azman and Mr Yap Lay Huat (Driver) assisting in moving the donations.

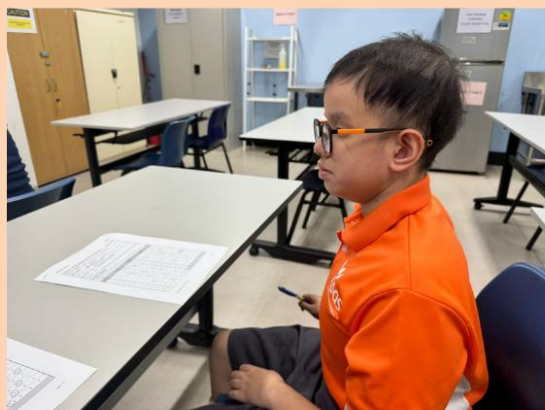
Cerebral Palsy Alliance Singapore School (West)

FOOD SAFETY COURSE ACCREDITATION

Mr Tan Choon Kiang, Nick (Job Coach)

We're excited to share some amazing news—our students have successfully completed the Food Safety Course Level 1 this term!

This course teaches important skills on how to keep food clean, stop germs from spreading, and stay safe when preparing meals. These are great skills for anyone who wants to work in a kitchen, help at home, or even start their own food business one day.



Lim Ethan (Lin Yiteng) (Falcon 7C) is ready for his exam paper.



Janelle Han Xin En (Falcon 8C) identifying which canned food is suitable for eating.



Vithur Raj (Falcon 8C) learning the differences between safe and unsafe canned food.

The course lasted a full day and tested our students' stamina, but they displayed great perseverance. They stayed focused, asked smart questions, and practised the new steps again and again. Even when they got tired, they didn't give up. They were determined to learn and do their best—and they did!

From learning how to check expiry dates, store certain foods, and something very familiar – washing their hands properly!

We're also very thankful for the wonderful facilitator from NTUC LearningHub, Mr. Vijay. He was patient, friendly, and made the lessons easy to follow. He used pictures, gave clear instructions, and always made sure our students understood what to do. He even gave extra time and breaks when needed, which helped everyone stay focused and confident.

We are so proud of our students for completing this course. They've proven that with support, effort, and the right attitude, they can achieve great things. Congratulations to all of them on this big step forward!



Cheong Nur Faidisha Qistina (Falcon 8C) answering the exam paper.

Cerebral Palsy Alliance Singapore School (West)

MEMORANDUM OF UNDERSTANDING - TOWER TRANSIT SINGAPORE

Ms Kwok Ping Ping Lanny (Vice-Principal)

On 19 May 2025 (Monday), CPASS West officially launched a meaningful and exciting new partnership with Tower Transit Singapore (TTS) to empower our students to navigate public transport with greater ease and independence.

To kick things off, we held our very first Public Bus Confidence session at CPASS West. Thanks to the incredible support from TTS, a low-floor wheelchair accessible bus was brought into our school for the occasion!

The friendly staff from TTS explained the unique features of the bus and showed how to safely board and alight using a wheelchair. With support from our teachers, therapists, and caregivers, our students were excited and eager to board. The bus captain patiently guided them and demonstrated how to manoeuvre a wheelchair into the designated parking space on the bus. Having the bus right here in the familiar school environment made a significant difference — it helped our students feel more comfortable and confident. They were able to practise without worrying about holding up other passengers.

And guess what? That was just the beginning!

We have two more Public Bus Confidence sessions planned for the year:

- 25 August 2025 (Monday)
- 10 November 2025 (Monday)

Each session will run from 10 am to 3 pm, giving our students plenty of time to practise and build their confidence.



Students paying attention as friendly staff from Tower Transit explain and introduce unique features of the bus.



A bus captain patiently guides our student, Cheong Nur Faidisha Qistina (Falcon 8C) how to board the bus safely.



Students, staff from CPASS West and Tower Transit gathered for a photo in front of Tower Transit's new Eco-friendly bus.



Students actively participating in the public bus confidence session, practising boarding and alighting.

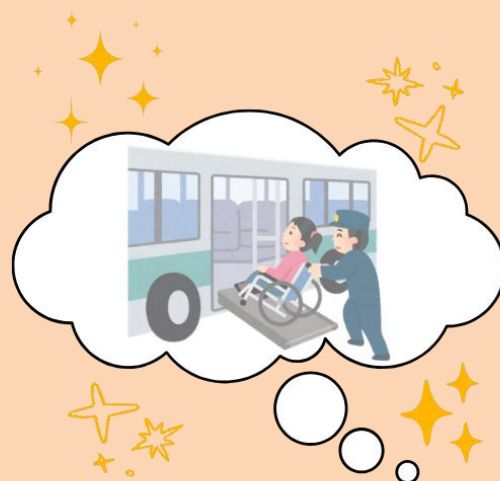
Cerebral Palsy Alliance Singapore School (West)

This wonderful long-term partnership was formalized through a Memorandum of Understanding (MOU) signed on the same day. We are proud to have Ms Latha Kutty (Executive Director of CPAS) and Mr Lee Yong Heng (Senior Director of Operations at TTS) sign the MOU. They were joined by Mrs Koh-Lim Ai Lay (Principal) and Ms Dorcas Yim (Director of Human Resources at TTS), as witnesses to the signing of the MOU.

Furthermore, bus captains on Services 334 and 335 — the routes that serve our school — will be attending an Ability Awareness Workshop conducted by CPASS West. The workshop aims to help bus captains understand what it is like to live with a disability. It is to build empathy and teach practical ways to support all passengers with care and respect.



The signing of the Memorandum of Understanding (MOU) between CPASS West and Tower Transit Singapore.



A huge thank you to Tower Transit Singapore for making this initiative possible, and to our amazing admin team, teachers, and therapists who worked so hard to make the first session a success. We cannot wait to watch our students grow more confident and independent with every session.

Cerebral Palsy Alliance Singapore School (West)

HSP EVENT DAY – THE MAGICAL GARDEN

Ms Goh Wan Hua Zerline (Senior Teacher)

On 27 May 2025, the students from the High Support Programme (HSP) of both East and West campuses came together for an enchanting event through the theme of The Magical Garden, held at CPASS East. To create a sensory experience through play and exploration, the HSP Team assembled various stations that engaged students through their senses.

From the moment the students entered the event space, they were transported into a whimsical space. They were greeted by music playing in the background, welcomed by teachers dressed in fairy and wizard costumes, and floor space covered with grass mats, setting the tone for a relaxing atmosphere.

Other stations included the Black Box, the smell corner with various fresh herbs, lighted sand box play area, edible dirt cup station and waterplay station.

The Black Box was customized to simulate a sunset scene, featuring the narration of a short story, the darkening of lights, birds flying past, and fairy lights turning on to represent twinkling stars, creating a dark and calming space for the students to immerse themselves in the experience.



Black Box – a dark calming space that showcased the sunset scene.



Kim Le Yi Eve (Swan 5D) and the edible dirt cup she made in the classroom.



Coen Cheng Sheng An (Swan 1D) seated on the grass mats with his caregiver.



Koh Yu Xin Jolee (Swan 5C) at the waterplay station

At the edible dirt cup station, students had the opportunity to touch and smell the different ingredients. Each class was then given a set of ingredients for teachers to facilitate the making of the edible dirt cup back in their classroom. Ingredients included Milo powder, Oreo crumbs, whipped cream, and edible flowers.

Thank you to everyone who helped bring The Magical Garden to life and create a safe and accessible environment for the students to explore.

Cerebral Palsy Alliance Singapore School (West)

UNDERSTANDING THE GLASS CHILD: A SILENT STRUGGLE

Mr Tan Meng Liang Kevin (Senior Psychologist)

In some families, one child needs a lot of attention because they have a disability, illness, or special needs. While parents focus on helping that child, their brothers or sisters might quietly step back. These siblings are sometimes called Glass Children—not because they are fragile, but because people often look through them without really seeing how they feel.

WHAT MAKES A CHILD A "GLASS CHILD"?

A Glass Child is someone who:

- Has a sibling with special needs or a serious illness.
- Often feels like they must be the “easy” or “good” child.
- Might hide their feelings so they don’t add more stress to the family.
- Sometimes feels invisible or less important.

WHAT CHALLENGES DO THEY FACE?

Glass Children may:

- Feel lonely or left out.
- Worry about their sibling or their parents.
- Feel guilty for wanting attention or feeling upset.
- Grow up too fast by taking on adult-like roles.
- Try to be perfect to avoid causing problems.

HOW CAN PARENTS HELP THEIR GLASS CHILD?

Here are some simple ways to support them:

- Listen to Them - Let them talk about their feelings—even the hard ones. Let them know it’s okay to feel sad, angry, or confused.
- Spend Special Time Together - Even just 10–15 minutes of one-on-one time can help them feel loved and noticed.
- Celebrate Their Wins - Cheer them on when they do something great, no matter how small it seems.
- Let Them Be Kids - Don’t expect them to act like adults. Give them time to play, relax, and just be themselves.
- Get Extra Support if Needed* - Sometimes talking to a counsellor or joining a sibling support group can really help.

Glass Children are strong, caring, and often wise beyond their years. But they still need love, attention, and support—just like any other child. When we take time to truly see them, we help them shine.

*PS: We will be organising a Siblings Networking event on 16 August 2025 (Saturday). Do look out for the sign-up in early July.



Cerebral Palsy Alliance Singapore School (West)

TRACK AND FIELD COMPETITIONS

Ms Puteri Nurul Shahira bte Hairuddin (Teacher)

On 17 May 2025 (Saturday), the Choa Chu Kang Stadium came alive with cheers, inspiration, and the unyielding energy of our CPASS West Track and Field students competing in the highly anticipated National Para Athletics Championship 2025 and Inter-school Para Athletics Championship 2025. The event showcased the courage, perseverance, and talent of eight of our students who pushed boundaries and proved that limitations are no barrier to greatness.

The students continued to show their grit and determination despite not having access to a proper running track at school. They participated in both field and track events and amassed eight medals from the competition!



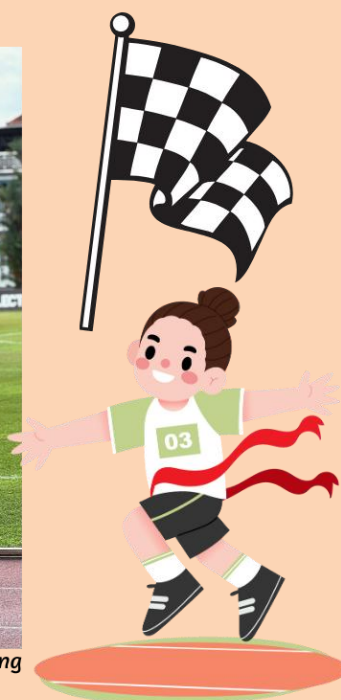
Kim Eun Hye Luna (Falcon 7D) overcoming her fear on the track.

The event was not just about medals and timings, but about celebrating every step taken on the track toward inclusion, empowerment, and equal opportunity. A special story worth sharing; Kim Eun Hye Luna (Falcon 7D), participated in the 60m Women's Race. This being her very first time participating, she was nervous when she was called to the starting line. She hesitated to move but problem-solved by requesting a teacher to accompany her. Despite the rocky start, she managed to clinch Bronze for this race! This is a commendable effort displayed by our youngest athlete, Luna.

We hope that the students in the Track and Field CCA will continue to practice and demonstrate the value of good sportsmanship and do their best while having a safe and fun sports experience. With events like these, the future of inclusive athletics in CPASS West and Singapore looks bright. Once again, we would like to congratulate all participating students for their heart and hard work!



Team photo before the race starts: Kim Eun Hye Luna (Falcon 7D), Dawson Toh Li Sheng (Falcon 7D), Yan Jun Jie, Lucas (Falcon 8C), Janelle Han Xin En (Falcon 8C), Vithur Raj (Falcon 8C), Nathan Eo (Yang Mingxuan) (Falcon 1C) and Lim Kai Ning (Falcon 7C) with Ms Tini Khairanie Binte Juma'in (Teacher Aide) and Ms Puteri Nurul Shahira bte Hairuddin (Teacher).



Janelle Han Xin En (Falcon 8C) and Lim Kai Ning (Falcon 7C) sprinting through the 100m race



The Gold medalist of the 200m Men's race, Yan Jun Jie, Lucas (Falcon 8C)

Cerebral Palsy Alliance Singapore School (West)

TERM 2 STAFF EMBARGO PROGRAMME

Ms Shobana Karuppiyah Thandavam (School Staff Developer)

SECRET PAL REVEAL: A HEARTWARMING MOMENT OF CONNECTION

Staff at CPASS West recently took part in a much-anticipated Secret Pal Reveal session, bringing smiles, laughter, and heartfelt moments to the team.

After a semester of anonymous notes, thoughtful gestures, and surprise treats, staff were thrilled and delighted to finally discover the identity of their secret pals. The room was filled with excitement as staff exchanged warm greetings, thoughtful gifts, and handwritten notes, expressing appreciation and care for one another.

The Secret Pal initiative was introduced with a meaningful goal: to foster a culture of kindness, connection, and support within the school community. At its heart, the programme ensures that every member of CPASS West feels valued, cared for, and uplifted.

Here's to more moments of joy, appreciation, and togetherness!



Ms Sharmila Begum Bte Yahya (Teacher Aide) and Ms Mithela Devi (Administrative Executive) enjoying a warm moment of appreciation.

SCOOPS OF APPRECIATION: BY SCHOOL MANAGEMENT TEAM (SMT)

Staff at CPASS West were treated to a delightful surprise as the SMT organized an ice-cream treat to show appreciation for their hard work and dedication.

An inviting ice cream station was set up in the canteen, offering a variety of flavors and toppings—from classic vanilla to bubblegum, along with a spread of exciting condiments. Staff had fun choosing their own sundae combinations with the traditional rainbow bread or cone. Every ice cream was also distributed with a cute motivational card to spur them on before the term break commenced.



The SMT gearing up to serve the delicious desserts to staff!

The real treat, however, was the chance to chill and connect with colleagues over this sweet indulgence. Laughter, conversations, and shared moments made it a truly heartwarming afternoon.



Staff enjoying the yummy ice cream treats.



Cerebral Palsy Alliance Singapore School (West)

'WHO'S THAT VOICE?' STAFF GAMES: STAFF ENGAGEMENT WORKGROUP

It was an afternoon of laughter and playful trickery as staff came together for a fun-filled staff bonding game. The game? Staff members were blindfolded and challenged to guess the identity of their colleagues using only their voices. Sounds simple—until voices got hilariously unrecognizable!



The SMT had a tough time deciphering who was speaking and the funny voices did not help! But what great sportsmanship!

With clever mimicry, exaggerated accents, and spontaneous bursts of singing, staff did their best to trick and confuse the blindfolded participant.

EXPLORING PASSIONS TOGETHER: STAFF INTEREST GROUP ACTIVITIES

Staff members pre-selected interest groups aligned with skills they were eager to learn or hobbies they've always wanted to try. Led by fellow colleagues, each group engaged in a lively one-hour session, offering a refreshing break from routine and a chance to bond over shared interests.

With a diverse range of activities on offer, there was truly something for everyone:

📷 PHOTOGRAPHY: LEARNING HOW TO CAPTURE THE PERFECT SHOT



Staff had the opportunity to explore the art of capturing moments through a fresh lens, guided by Mr Mohammad Norhaqim bin Ruslan (ICT Executive).

Cerebral Palsy Alliance Singapore School (West)

FRUIT & VEGETABLE BOUQUET: CRAFTING BEAUTIFUL EDIBLE ARRANGEMENTS



Staff tried their hand at turning fresh produce into beautiful edible bouquets, guided by Ms Lim Li Lin, Cynthia (Administrative & Operations Manager).

KARAOKE: BELTING OUT FAVORITE TUNES AND SHARING LAUGHS



The 'karaoke room' was alive with energy as staff took turns singing their favourite tunes, cheering one another on in a no-judgment, all-fun atmosphere.

BADMINTON: FRIENDLY AND FITNESS FUN



Staff who joined the Badminton group enjoyed an hour of light competition, movement, and plenty of laughs.

Cerebral Palsy Alliance Singapore School (West)

FRIENDSHIP BRACELET MAKING: WEAVING COLORFUL BEADS IN PRETTY BRACELETS



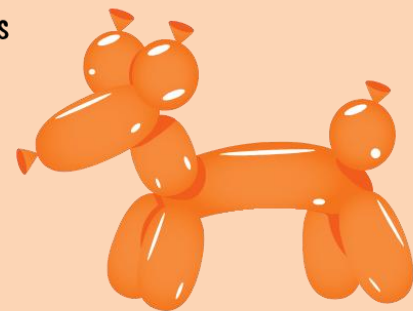
This creative session offered a calm and meaningful way for staff to learn from Ms Romerla Solas Amen (Healthcare Assistant) on how to craft colorful bracelets.

TEA APPRECIATION: EXPLORING THE ART AND TRADITION OF TEA



Staff who opted for this interest group enjoyed a relaxing and educational experience centered on the art and tradition of tea, led by tea enthusiast Ms Chin Mei Foong Michelle (Transition Planning Coordinator).

BALLOON SCULPTING: TWISTING CREATIVITY INTO WHIMSICAL SHAPES



This light-hearted session brought out the inner child in everyone as staff learned to twist and shape balloons into fun creations like animals, hats, and flowers, led by the talented Mr Ben Ng (EIPIC Interventionist Aide).

These sessions not only nurtured new skills and interests but also strengthened workplace relationships. It was inspiring to see colleagues stepping up as facilitators, sharing their talents and creating an inclusive space where everyone could unwind and connect.



Cerebral Palsy Alliance Singapore School (West)



PARENTS AT CPAS

★ You Won't Believe What These Parents Are Doing at CPAS...

Behind every cheerful loi hei, art session, and workshop at CPAS... is a group of parent-volunteers who are quietly making magic happen.

And here's the crazy part?

They do it all while caring full-time for their special kiddos.

We're talking about P@C (Parents @ CPAS) – a **community of parents who are showing up, lifting each other, and making CPAS a real village.**

•• Just look at what's been happening since Term 1:



CNY Loi Hei Celebration

Tossed yusheng, Peaceful, soulful art tossed blessings, sessions taught by and laughed together

Ongoing Nagomi Art

Peaceful, soulful art sessions taught by parent Adeline



Monthly Haircuts

Simple, meaningful service for our kids by loving hands



🍲 One-Pot Cooking Lessons

Life skills through cooking for students from Functional Senior Classes



🔥 P@C Family Day Campfire

An unforgettable night of laughter, s'mores, songs, and memories

🛍️ CPASS West Open House

Parents & siblings sold handmade crafts (e.g earrings, crochet, art!)

💚 CaringSG x MOE Self Care Workshop

Self-care session for our mental & emotional well-being

🧠 Awareness Workshop for Rulang Primary Staff where four parents shared about inclusion & special needs



🧘 Mindfulness + Kopi Session

Refreshing mini-breaks just for parents to chill & chat



MEET SOME OF THE MOMMIES WHO MAKE IT HAPPEN



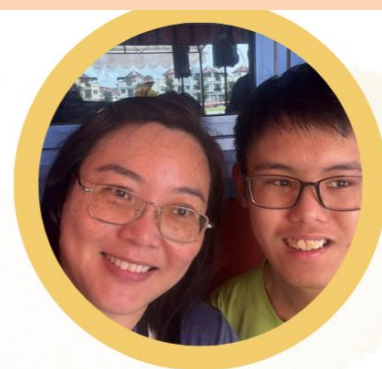
Terry, mom of Ethan (graduating)
Main lead of P@C West:

"Honestly? I just felt someone needed to carry on what Julia (former Chairperson of P@C) started. The joy, fun, and friendships we build in P@C — I didn't want that to disappear. No need to be perfect. We're all just 'professional caregivers' doing our best. And that's enough ❤️"

Cerebral Palsy Alliance Singapore School (West)

Adeline, mom of Lucas (graduating CPAS this year):

"I spent \$1,000+ to learn Nagomi art, but didn't want to let it go to waste. I asked Julia if anyone wanted to learn — that one text changed everything. I met so many kind, supportive mummies and slowly got involved in P@C. I've learnt SO much. Sometimes we just need to step out of our comfort zones. That's where the magic is."



Wei Lin, mom of Reon (new to P@C):

"I came to a mindfulness workshop — even though it was a rush. I brought my son along. He ate, he joined in... it was a beautiful break in my caregiving routine. The parent volunteers even got food for us! I hope more PM-class mamas will come too. So our kids can play... and we can breathe 😊"

SEE YOU AT THE NEXT EVENT!

19 July Saturday - Dads For Life - Support for Fathers

16 Aug Saturday - Siblings Networking (7 and above) + Kopi Session

11 Oct Saturday - Caregivers Respite Day

31 Jan 2026 Saturday - Annual P@C Family Day



✉ **COME JOIN US. IT'S NOT ABOUT DOING MORE — IT'S ABOUT NOT DOING IT ALONE.**

Whether you want to volunteer or just be part of a warm, welcoming group — there's space for you.

- ✨ No experience needed
- ✨ No expectations
- ✨ Just come as you are



LET'S BUILD THIS COMMUNITY. ONE LAUGH, ONE HELLO, ONE EVENT AT A TIME.

IMPORTANT DATES IN TERM 3 (30 June to 5 Sept)

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

6 Jul 2025	Youth Day
7 Jul 2025	Youth Day School Holiday
21 Jul 2025	Racial Harmony Day
8 Aug 2025	National Day Celebration
9 Aug 2025	National Day
11 Aug 2025	National Day School Holiday
4 Sept 2025	Teacher's Day Celebration
5 Sept 2025	Teacher's Day
School Closures: 7 Jul, 11 Aug, 5 Sept	