

CPASS (West) Newsletter

2023/Term 4

#002

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,

As we close 2023, it is with pride and elation to announce that CPASS East has won two awards under the category of MOE-SG Enable Innovation Award, namely the Transdisciplinary (Trans D) Approach Implementation, and the High Support Curriculum, at the SPED Learning Festival 2023 held on 3 November 2023. CPAS Speech and Language department also received the MOE-SG Enable Innovation Award (Commendation) for the creation of Tech-abled dialogical reading storybooks for Children with Special Needs.

The Trans D Approach which is practised in CPASS East is also adopted in CPASS West; class teachers and Allied Health Professionals (AHPs) form the Trans D Team to work collaboratively to set priority goals for each student and implement strategies to achieve them. Family involvement play a pivotal role in this approach, some success stories would be shared in this newsletter. These stories would be from the perspective of families who have implemented strategies for their child to generalise the skills at the home. In 2024, Home-School Collaboration would be implemented to all students and all families would be invited to participate in this collaboration from Term 3 onwards. The Trans D team would consult each family on one preferred skill that they would like to practise with their child at home. Support from the Trans D team would be in the form of home visits, video recordings or task lists to guide each family to achieve success. It is our goal to empower families to be involved in their child's learning and to gain confidence as they work with their child at home to generalise the skillset. With the Home-School collaboration, our students would progress and achieve greater independence when skills learned in school are also practised and generalised to home settings.

The curricula from the two programmes, namely Functional Programme, and High Support Programme, which are used in CPASS East would also be used in CPASS West. Functional Programme teachers from both East and West would work together in domains, namely Communication and Language, Numeracy, Daily Living, Social Emotional, The Arts, Physical Education, and Vocational, to map out the Scope and Sequence for Teaching and Learning, create Lesson Plans, as well as produce and customize resources for the delivery of the curriculum. High Support Programme teachers from both East and West would also collaborate with the High Support curriculum team to work on the curriculum thematic package, to meet the learning needs of the students in their programme. Moving forward, CPASS East and West would continue the close collaboration as sister schools in our curricula work. Staff would continue to collaborate in identified student programmes to achieve greater benefit for our students.

2023 has been a very eventful year for all at CPASS; the start of our second school in the west and the achievements of numerous national SPED awards has been both rewarding and affirmative of our dedication and commitment to the students of CPASS, and this would only be possible through the collaborative efforts of our colleagues at CPAS. Our heartfelt appreciation to all staff for their continuous efforts in going the extra mile for our students, the collaborations between staff from different departments within CPAS, and finally, a most important note of appreciation to all parents and caregivers for being partners in this journey with us.

Wishing everyone a restful year-end holiday and keep safe till we meet again on 2 January 2024.

Yours sincerely,

Mrs Koh-Lim Ai Lay

School Principal (CPASS West)

Cerebral Palsy Alliance Singapore School (West)

STAFF BONDING & LUNCH

By Ms Siti Rauzanah Binte Abdul Kadir, Ms Amutha D/O Perumal,
Ms Lee Ai Kheng, Dawn (Teacher Aides)

On the morning of 8 September 2023 (Friday), CPASS West staff had a fantabulous and joyful staff bonding day. The day began with staff making their way to the hydroponics workshop at Grace Mission Agri Pte Ltd to learn more about a more sustainable way of growing plants indoors without using soil.

Located in Ang Mo Kio, the venue was full of luscious greenery. CPASS West staff had the opportunity to have a hands-on experience on the process of seed germination under the supervision of Pastor Andrew and his dedicated staff. The tour of the place also brought a lot of admiration from the school staff who witnessed how the members of Grace Mission carefully monitored and managed the growth process of the hydroponics with much passion. The staff were elated when they were able to purchase the freshly grown vegetables before making their way to lunch.



Mrs Koh-Lim Ai Lay (Principal), Ms Lanny Kwok (Senior Head of Programme) and Ms Dawn Lee (Teacher Aide) attempting to slot tiny seeds into sponges



Staff attempting to answer the quizzes

The afternoon was definitely a blast! The delicious meal, the bonding games, the warm glow of camaraderie and the laughter of friends filled the day. The memories made that day have connected us closer to each other and fostered a sense of togetherness.

Staff lunch was another fun and memorable moment for all. Lunch at Flavour Flings was eventful as the café was a cozy place with a warm ambience. The café was abuzz with activity and laughter, as staff played games, interacting and mingling with each other, sharing jokes and stories. The highlight of the day was the sumptuous lunch sponsored by our school principal, Mrs Koh-Lim Ai Lay, while the staff bonding game organised by the Staff Engagement committee brought everyone together and promoted camaraderie.



Ms Ni Ni Swe (Senior Physiotherapist) guiding the staff on some light stretches to create awareness for World PT Day



Cerebral Palsy Alliance Singapore School (West)

DEAR & SEAT PROGRAMME

By Ms Siti Aisha bte Umar Pulavar (Teacher)

Earlier this year, CPASS East kickstarted the Drop Everything And Read (DEAR) programme, where students are encouraged to read a book before Tuesday assembly session. It was hoped that the programme will encourage students to practice their literacy skills. Even though the programme was spearheaded by the Communication and Language domain from the Functional Programme (FP), the Academic Programme and the High Support Programme (HSP) also participated in DEAR by adapting the level and type of books.



Vithur Raj (Falcon 5C) reading his book during DEAR

When the students moved over to CPASS West, DEAR was not only limited to Tuesdays, but every day. In the picture on the left, we can see Vithur Raj (Falcon 5C) reading a book during DEAR.

After a term's worth of observation, there was inspiration to try something new. Since communication is, and will always be, a big and mandatory goal for all the students, it was suggested to incorporate communication during the waiting time of pre-assembly. This is where the Stop Everything And Talk (SEAT) programme originated. During the SEAT programme, students are encouraged to use their communicative tools to communicate with their familiar friends and adults.

Throughout the term, there were many adaptations introduced to value-add to SEAT. From cue cards, to themes, to focused core words, the team thought of many ways to ensure every student could communicate by any means. For example, in the picture on the right, we can see Ms Kavita Parwani (Teacher) allowing her student, Coen Cheng Sheng An (Swan 1C) to make a choice between two toys to play with during SEAT.

Most notably, the Speech and Language Pathology (SLP) team and the Assistive Technology (AT) team introduced the standardised communication boards. There are big boards placed all over in the school compounds. Additionally, each staff is also given an A5 sized communication booklet to facilitate conversation with all students.

A huge heartfelt appreciation goes out to the SLP team, the AT team and the School Management Team for leading these communication initiatives. A special shout out to all staff as well for being supportive during this trial phase. With the DEAR programme, SEAT programme and the communication boards, it is hoped that communicating effectively will eventually be instinctive and natural to every one in school.



Ms Kavita Parwani (Teacher) getting Coen Cheng Sheng An (Swan 1C) to choose between 2 options

Cerebral Palsy Alliance Singapore School (West)

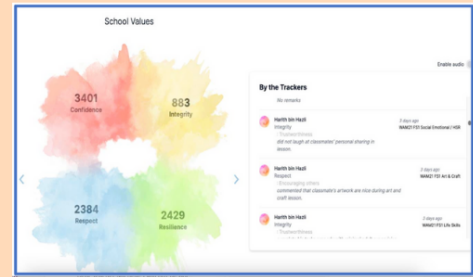
HOLO TRACKER

By Ms Noredah Sim (Senior Teacher)



CPAS School in partnership with HoloTracker, has embarked on providing a platform for teachers to affirm the social emotional development of every student through the use Holo Tracker app. The app allows class teachers to document student's display of positive character skills that are aligned to the four school values of Respect, Confidence, Integrity and Resilience.

Leveraging on Holo Tracker's Artificial Intelligence, teachers are able to create positive written descriptors and engaging visual representations that detail each student's progress. Every report is tailored to every student, articulating the moments that students are able to apply and demonstrate skills and positive behaviours in their daily class activities.



Holo Tracker Dashboard

Great Job, Aydil Putra Bin Rizal!

School Values: Respect, Confidence, Integrity, Resilience.

Comments:
 Aydil, your **respectful approach** to communication and waiting for your turn has made a remarkable impact on our classroom environment.
 Your **patience and respect** towards both your classmates and teachers create a peaceful and positive atmosphere that promotes growth and learning. Your ability to **calmly and sweetly express your needs** exemplifies your exceptional maturity and emotional intelligence.
 Additionally, your **resilience** while using the standing frame, despite any discomfort you may feel, showcases your determination and willingness to overcome challenges. Your unwavering commitment to participating in activities, even when they may be difficult, serves as a valuable lesson for your peers and inspires them to persevere.
 Moreover, your **openness in expressing your likes and dislikes**, as well as sharing your opinions truthfully, fosters a culture of honesty and genuine connection within our classroom.
 Lastly, your gentle manner with classroom resources demonstrates your **responsibility and care** for our learning environment.
 Aydil, your presence truly elevates our learning community. Keep shining brightly!

Ms Kavita Parwani (Teacher), sharing on her student's Holo Tracker report during Progress Report Meeting with parent

Great job, Sathya Abishai Shankar!

CPASS School Values: Respect, Confidence, Integrity, Resilience.

Comments:
 Sathya, your growing confidence is truly admirable. You've consistently shown "hands ready" while waiting for your classmates, demonstrating your readiness and willingness to participate. Keep embracing opportunities to take on challenges in class, such as when you took positive steps in spreading hope by yourself. I also notice your attentive behaviour when others are speaking, which shows commendable respect and self-control. Your determination is inspiring. Sathya, keep growing!

Holo Tracker report

Holo Tracker commenced its journey in CPAS School in 2022. Eight classes from the Academic and Functional programme participated in the trial of the Holo tracker. Teachers were encouraged to observe and take note of instances where the students exhibited positive values in the school environment. The teachers were also encouraged to use the visual representations provided by the Holo Tracker to illustrate and discuss their observations not only with students in class, but also with the parents during the Year-End Progress Meeting.

A few of the teachers who participated in the trial of the Holo Tracker shared their own learning experiences with all the school staff at the school's contact time. The positive experiences and success of the trial have generated interest among teachers in the High Support programme, and this has prompted CPAS School to expand the use of the Holo Tracker to all classes and programme within the school for 2023.

Parent's Comment

I feel great & happy that my child Avery Chia (name) is showing these positive behaviours in school. I have also observed that my child has shown the value(s) of confidence & resilience at home by taking the lead & casually advise to go to what she needs to do. She also stands her right side by bringing through sickness / pain (actions) & trying her best to recover as soon as possible.

Jack Lim (Signature) 1 Sep 2023 (Date)

Parent's Name and Signature/Date

Parent's Comment

I feel blessed that my child Beylon De (name) is showing these positive behaviours in school. I have also observed that my child has shown the value(s) of aring at home by doing the best I can do.

is it good? How's your mom? Massage for his daddy and say he loves all of us much more. (actions)

Shay Yap (Signature)

Parent's Name and Signature/Date

Sample of parents responses on student's positive behaviour at home

In CPASS West, parents were also encouraged to play an active role in fostering positive behaviour in their children not only at school but also at home. This collaborative approach is a valuable effort between the school and parents to support the students continued development of positive behaviours at home. Parents' feedback on their children's affirmative behaviours at home serve as testimonies of the importance of reinforcing positive actions and values within the family and encourage continuity of such behaviours beyond school context.

It is our hope that students in CPASS West will continue to display commendable and positive behaviours and the use of Holo Tracker will affirm, support and enhance student's various displays of such behaviours.

Cerebral Palsy Alliance Singapore School (West)

P@C ACTIVITIES IN CPASS WEST

By Ms J Yogaisvari (Social Worker)



It is wonderful to see that CPASS West has established a Parents Support Group named Parents @ CPAS (P@C) to provide a platform for parents to connect, share experiences, and receive support from each other. Support groups can be incredibly valuable for parents, as they understand each other's challenges and joys, creating a sense of community and emotional support.

Here's a brief overview of the activities and events that the group offers:

NAGOMI ART (ONCE A WEEK) - TRAINER: ADELINE (CPAS PARENT)

Nagomi art is facilitated by Adeline Chang, a CPAS parent. Nagomi art is a calming form of art that allows parents to express themselves creatively. The pictures show the parents happily participating in Nagomi art, and Adeline's (extreme left) contribution to the group is appreciated.



CROCHET SESSION STARTED IN OCT 2023 (ONCE A WEEK SESSION) - TRAINER: DEBBIE (EXTERNAL VOLUNTEER)

Ms Debbie, an external volunteer, leads the crochet session. Crocheting is not only a creative outlet but also has therapeutic benefits. Parents are engrossed in the process of knitting, focusing their thoughts on acquiring a new skill.



TEACHERS' DAY CELEBRATION

The parents prepared a delicious drink for Teachers' Day and distributed it to all staff. Additionally, they sponsored snacks and ice cream for the students and a sumptuous lunch for all staff. This gesture shows the parents' appreciation for the school staff and their involvement in the school.



CPASS WEST "MAJESTIC GARDEN"

This garden is lovingly maintained by the parents. Gardens often provide a serene and beautiful space for relaxation and reflection. It's fantastic that parents take the initiative to care for and beautify the school garden, which can benefit the entire school community.



The above activities not only offer parents a way to connect and support each other emotionally but also provide an avenue for leisure and creativity. The P@C at CPASS West is doing great job in fostering a sense of togetherness and engagement within the school community.

CHILDREN'S DAY CELEBRATIONS

By Ms Sumathi d/o Selveraj & Ms Lim Jing Yi (Teachers)

Childrens' Day 2023 was celebrated on 4 October 2023 (Thursday) at CPASS East. All the students and staff met up with their old friends from CPASS East and had enormous fun at the various game stations. Treats were also part of the highlight with special items such as Slushie and popcorn. All the bright smiles on the students' faces tell it all.

Bouncy castle is so fun! Let's take a photo here



Ms Sumathi d/o Selveraj (Teacher) manning the Slushie and Popcorn booth!



We took group photos

My dip in the ball pool



Ball pool is so relaxing



Building with the legos



We played well as a team at the air hockey station



Cerebral Palsy Alliance Singapore School (West)



CRUISE AROUND SINGAPORE

By Ms Lanny Kwok (Covering Vice Principal)

On 9 October 2023 (Monday), a group of 12 individuals, including six of our students and six staff, embarked on a four hour cruise outing. This remarkable experience became possible through the generous sponsorship of Wanderlust Adventures, who had organized a similar yacht trip last year.



With the calming water as a backdrop, Harith Bin Hazli (Falcon 5C) is standing on the deck for the first time, learning the art of fishing.

In addition to the fishing adventure, our students also enjoyed a leisurely stroll on Lazarus Island. Lazarus Island, also known as Pulau Sekijang Pelepah, is part of Singapore's cluster of Southern Islands and is connected to St John's Island through a 15-minute walk causeway. This outing was more than just an adventure; it was a journey of growth and discovery for our students. It broadened their horizons and provided them the opportunity to step out of their comfort zones, learn to navigate unfamiliar environments, interact with strangers, and build confidence.

We are sincerely grateful to Wanderlust Adventures for making this unforgettable day possible. We look forward to many more inspiring experiences in the future.



Students and staff strolling towards the awaiting yacht, eager to embark on a memorable adventure.

Blessed with perfect weather, the day was filled with excitement and adventure. For most of our students and staff, this was their very first time on a yacht, and you could feel how excited they were. Our students had the opportunity to try their hand at fishing, gaining valuable lessons in catch and release. Some of them even had the thrill of bringing home their catches, and the joy on their faces was an unforgettable sight.



Students and staff create cherished memories while leisurely strolling across the scenic Lazarus Island.

DEEPAVALI CELEBRATIONS

By Ms Siti Aisha bte Umar Pulavar (Teacher)

The school gleefully celebrated Deepavali on 14 November 2023 (Tuesday). The exciting celebrations officially commenced after the school echoed joyous greetings such as, “Deepavali Valthukkal – (தீபாவளி வாழ்த்துக்கள்)”, which translates into “Happy Deepavali” in Tamil.

Firstly, students got to learn about the different Indian ethnic costumes such as the Saree, Punjabi suit, Lengha, Pattu Pavada, Dhoti and Kurta. Simultaneously, many students and staff got to strut and pose beautifully in their Indian ethnic costumes.

Subsequently, students also got to learn about the snacks commonly eaten during Deepavali. The students were also given an opportunity to taste some snacks such as Murukku, Gulab Jamun, Mysore Pak and Ghee Laddoo during their snack time as well.

Students also learnt about the various decorations that are put out during Deepavali. Although the school was already beautifully decorated with oil lamps and rangoli, the students had the chance to make their very own kind. Many students also got henna done on their hands.



Mr Kevin Tan (Senior Psychologist) with Javier Hong Jie Wen (Falcon 5D)



Students & staff dancing along with NJC students

Most notably, students from National Junior College (NJC) put out a brilliant cultural dance performance. It was so spectacular that even our own students and staff joined in the fun by learning the moves and dancing along.

Our biggest heartfelt appreciation to the students and staff from NJC who initiated and facilitated many of our activities. The students had a blast because of the NJC students and the school is grateful for this collaboration. The committee would also like to extend a heartfelt thank you to all staff involved in making the Deepavali celebration a memorable one indeed!



A student getting henna done

Cerebral Palsy Alliance Singapore School (West)

SINGTEL CARNIVAL 2023

By Ms Lanny Kwok (Covering Vice Principal)

Our CPASS students as well as students from other MOE SPED schools in Singapore had a fantastic day of fun and excitement on 24 October 2023 (Tuesday) at the annual mega Singtel Carnival that took place at Singapore Expo Hall 4 with its theme being inspired by fairy tales! The hall was transformed into a magical land filled with carnival rides, bouncy castles, and over 50 games, rides, and food stalls.

The carnival created an atmosphere of joy to celebrate Children's Day. It was a wonderful experience for everyone involved. We enjoyed the children's laughter and their happy, smiling faces as they participated at the game stalls, clinching numerous beautiful prizes.



Koh Wen Le, Kayden (Falcon 4C), spinning in the teacup



Lim Kai Ning (Falcon 4C), playing the shooting game



Luthfil Hadi Bin Azman (Falcon 5C), enjoying the game booth

In addition to the games, the carnival offered a delightful variety of food, including popcorn, mashed potato, nuggets, and hot dogs, enhancing the overall festivities. Students also seized the excellent opportunity to capture moments with the carnival mascots at the photo booths and enjoyed vibrant performances. Some students also had a thrilling time riding the "teacup" ride which is a popular amusement park attraction that features spinning teacups on a rotating platform.

Our students exhibited confidence as they engaged and interacted with the public and volunteers, acquiring valuable social skills during the carnival. A special acknowledgement goes to the dedicated Singtel volunteers whose unwavering support assisted and guided our students in various ways. As we bid farewell to this memorable event, our anticipation for next year's Singtel carnival grows, and we are looking forward to creating more cherished moments together in the coming year.

TRANSDISCIPLINARY HOME SCHOOL COLLABORATION SUCCESS STORIES

By Ms Michelle Chin (Transition Planning Coordinator)

Since 2018, CPAS School has adopted the Trans Disciplinary Approach (TransD) to maximise learning opportunities for our students across different context and settings. To achieve this, not only the teachers and Allied Health Professionals (AHPs) are involved, families also played an integral role in ensuring successful transference of skills from school to home setting.

Trans D Home collaboration is a project to invite parents to partner with the school to help students gain mastery of a selected skill in the home setting. The TransD team provide support in the form of techniques, strategies and skills-sharing through various platforms like home visit or virtual meetings. Class teachers will guide parents on how to use the Routine-Based Checklist to monitor their children’s progress at home.

We want to show our appreciation to parents for their continued support to provide our students with optimum opportunities to practise their selected skills. Here are some of the success stories from this projects.

HOME COLLABORATION (PHYSIOTHERAPY)

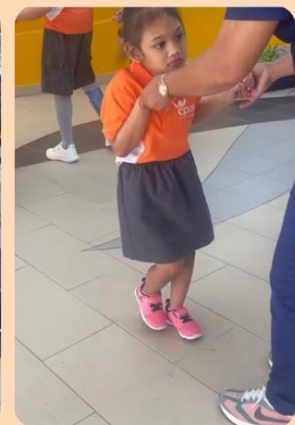
NUR AILEEN ARIANA BINTE MOHAMMAD AIRIE (SWAN 1C)

Aileen’s objective was to establish a consistent routine of home-based walking and weight bearing exercises, guided by the PhysiApp program. These exercises are specifically tailored to address Aileen’s strengths and needs, with guidance from our dedicated Senior Physiotherapist, Ms Ni Ni Swe.

Aileen’s parents diligently used the app to engage in these prescribed exercises. Beyond the app-based routines, they also actively supported Aileen in her walking practice, offering both two-handed, and one-handed assistance. Aileen’s remarkable progress has left her mother filled with immense pride, as she had “never dared” to envision Aileen walking someday. Furthermore, Aileen has gained the confidence to sit on a stool without any external support.



Ms. Ni Ni modelling one-hand walking support



Ms. Ni Ni modelling two-hand walking support



Mum practicing one-hand support



Parents practicing two-hand support



Aileen sitting on a stool without external support

Cerebral Palsy Alliance Singapore School (West)

HOME COLLABORATION (PHYSIOTHERAPY) SATHYA ABISHAI SHANKAR (FALCON 5C)

Sathya's objective is to establish stretching routine to lower limbs in preparation for assisted standing activities. Parent communicated frequently with PT and uses the PhysiApp and video to share and transfer the knowledge.

Parent's feedback- "I think the PT home collaboration programme gives us a better understanding of the types of exercises we can do at home with Sathya. It has proved to be useful as we see Satya progressing."



Knee stretches before weight bearing



Example of cross sitting independently



Static cross legged sitting to improve truck control and to stretch hips.

HOME COLLABORATION (OCCUPATIONAL THERAPY) TANG HONG KAI LENNOX (CHEN HONGKAI) (FALCON 4C)

Lennox's home collaboration goal:

According to mother, Lennox is currently toilet trained. He is able to indicate verbally that he needs to go to the toilet when we are out of the house. At home, he will go to the toilet himself and completes the steps from removing his shorts and washing his hands with minimal reminders.

CEREBRAL PALSY ALLIANCE SINGAPORE SCHOOL
2023 Term 4 Family Collaborative
Routine-Based Checklist (Home)

Month	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July/	31/7 to 6/8	✓	✓	✓	✓	✓	✓	✓
August	7/8 to 13/8	✓	✓	✓	✓	✓	✓	✓
	14/8 to 20/8	✓	✓	✓	✓	✓	✓	✓
	21/8 to 27/8	✓	✓	✓	✓	✓	✓	✓
	28/8 to 3/9	✓	✓	✓	✓	✓	✓	✓
Sept	4/9 to 10/9	✓	✓	✓	✓	✓	✓	✓
	11/9 to 17/9	✓	✓	✓	✓	✓	✓	✓
	18/9 to 24/9	✓	✓	✓	✓	✓	✓	✓
	25/9 to 1/10	✓	✓	✓	✓	✓	✓	✓
Oct	2/10 to 8/10	✓	✓	✓	✓	✓	✓	✓
	9/10 to 15/10	✓	✓	✓	✓	✓	✓	✓
	16/10 to 22/10	✓	✓	✓	✓	✓	✓	✓
	23/10 to 29/10	✓	✓	✓	✓	✓	✓	✓

Legend: ✓ Able to practise skill ✗ Unable to practise skill

Lennox's mother charted his progress using a Routine-Based Checklist to track his progress for his toileting goal.

HOME COLLABORATION (SPEECH THERAPY) SWEE SARAH (SWAN 1C)

Sarah's home collaboration goal: To communicate YES by using her eye gaze or by raising her left arm.

Sarah has been practising this both at home and in school. In the school setting, Sarah offers teachers her left hand to indicate that she wants to work on a particular activity, or her response to a question is Yes.

Both at home and in school, Sarah's mum communicates with Sarah using her eye-gaze. Sarah will have a conversation, such as in the following example:

Mum: "Sarah do you want more, or stop?" (eye gaze on the more and stop page)

Sarah: looks towards "stop" picture card.

Mum: Mum turns to page with Yes and No. "Sarah you want to stop. Yes or No?"

Sarah: looks towards "Yes" picture card.

Mum: Ok Sarah, we will stop.



Examples of pictures cards to indicate "Yes" and "No"

SCHOOL VISITS BETWEEN CPASS WEST AND SAINT ANDREW'S MISSION SCHOOL

By Mrs Koh-Lim Ai Lay (Principal)

On the afternoon of 9 October 2023 (Monday), a team of eight staff comprising school leaders, middle management team and psychologist from St. Andrew's Mission School (SAMS) visited CPASS West. Mrs Koh-Lim Ai Lay (Principal) shared with the visitors the Transdisciplinary (Trans D) Approach that has been implemented in CPASS since 2018 and how teachers conduct annual home visits. This was followed by a sharing by Ms Michelle Chin (Transition Planning Coordinator, TPC) on how teachers in CPASS craft IEP Goals with their Trans D team. There was good exchange of ideas between both management teams. The visit ended with a tour of CPASS school facilities and classrooms.



A group photograph taken at the end of this visit.

In exchange, the CPASS West Management Team visited SAMS at Bukit Batok Street 25 on 30 October 2023 (Monday) afternoon. First, we were briefed on the school's directions, programmes and curriculum. After the briefing, we were brought on a school tour to obtain ideas on how to spruce up our new school campus. We were intrigued by the many learning corners set up within the classrooms and school compound for the students to interact and learn collaboratively.

Our team was impressed by the set up in the Daily Living Skills (DLS) room. It is a mock up like a 3-room flat and well-equipped with electric appliances such as cookers and washing machine for students to practise their skills. By providing this authentic learning environment within the school, students learn daily living skills to be more independent.



DLS Room



Fun trails on the parade square for students to play during recess

We are thankful to the SAMS team for their great hospitality and generous sharing and look forward to future collaborations.

Cerebral Palsy Alliance Singapore School (West)

PARENTS ORIENTATION DAY

By Mr Lin Xiuxing (Administrative & Operations Manager)

On 6 November 2023 (Monday), CPASS West welcomed the parents of seven new students who will be joining the school in 2024. The Parents Orientation Day was a success, as the parents had the opportunity to meet the teachers, therapists and staff who will be supporting their child's learning and development. Throughout the day, parents also learned about the school's curriculum, facilities, services, and activities that cater to the diverse needs and abilities of the students.

The Parents Orientation Day was a valuable opportunity for the parents to prepare their child for the next step of their learning journey. The school hopes that the Parents Orientation Day will usher a strong partnership between the school and families. Given the emphasis of Trans-Disciplinary approach in CPAS, a strong collaborate enhances holistic development and deliver better results for our students.

To all parents of new students, welcome to CPASS West, we look forward to seeing everyone in 2024. Let us work together to maximise the potential of our students!



Sharing sessions with the new parents



SIGNING OF MEMORANDUM OF UNDERSTANDING WITH REPUBLIC POLYTECHNIC

By Mrs Koh-Lim Ai Lay (Principal)

On 20 October 2023 (Friday), CPAS and Republic Polytechnic (RP) inked a Memorandum of Understanding (MOU) to collaborate on providing access for CPAS School (East and West) students to more participation in the area of sports and outdoor. This will enhance the training and development of RP and CPASS staff and students in the field of inclusive sports and outdoors.

Since 2020, CPASS has been collaborating with RP on an Outdoor Programme which involves students from the Track & Field, Swimming and Scouts CCAs. The finale of this 3-year Outdoor Programme will be an overseas trip to an inclusive campsite in 2024. This programme aims to develop students' confidence and independence through outdoor activities.

Through this collaboration, CPASS staff have also gained in confidence when implementing outdoor activities while RP staff have learned how to better customise activities within this programme to cater to the diverse needs of the CPASS students.



Signing of MOU at the RP Xperiential Learning Centre

PURPLE PARADE BOOTH SALE

By Ms Michelle Chin (Transition Planning Coordinator)

PREPARATION FOR THE EVENT

CPASS West students from the Functional Senior Programme were involved in repotting and decorating the terrarium in preparation for the sale at Purple Parade 2023.



The Functional Senior class spent one term on this project as part of project work for their vocational lesson. Students gathered to do group learning about plant care before creating their personalized design.



Ethan Lim (Falcon 5C) decorating his terrarium.



Vithur Raj (Falcon 5C) was able to repot and create his terrarium independently.



The teachers shared their experience.

Ms Lim Jing Yi (Teacher): Interesting experience and the students are interested to try the skill.

Ms Sharmila Begum Bte Yahya (Teacher Aide): The class had fun and it was a good experience. We learnt new skills about plant care and maintenance.

Ms Amutha D/O Perumal (Teacher Aide): It was fun doing the activity with the students. They had a rich experience doing the hands-on tasks. The students were excited to decorate the terrarium with the ornaments and they were proud of their product.



Cerebral Palsy Alliance Singapore School (West)

ON 4 NOVEMBER 2023

Following the success of the booth sales from the previous years, CPAS school is once again involved in setting up a booth at the outdoor carnival during the Purple Parade 2023. This year marks the 11th of the Purple Parade movement and there was a turnout of more than thirteen thousand people to the event.



Luthfil Hadi Bin Azman (Falcon 5C), our salesperson of the day, doing his best to promote our products.

After a four-hour event, the team managed to sell most of the items and all our terrariums were sold out. It was a satisfying result for the hard work our students and teachers put in during the last semester of school.



Luthfil Hadi Bin Azman (Falcon 5C) confidently answered questions posed by the media team from Purple Parade

Janelle and Hadi were involved in managing the booth sale and they shared their experiences.

Janelle: I was excited about the parade. I helped to sell the plants and collected coupons. We also have tote bags and calendars for sale from CPASS East.

Hadi: I helped promote and sell the terrarium and other products made by my schoolmates. It was crowded and I felt great meeting and communicating with people. I had a chance to be interviewed. I felt nervous and after practicing, I was confident.



One group photo for memory. (From Left) Irene Ho (TPC, CPASS East), Michelle Chin (TPC, CPASS West), Janelle Han Xin En (Falcon 5C), Aifaa Liyana (Job Coach), Catherine Tan (Job Coach) and Luthfil Hadi Bin Azman (Falcon 5C)



Janelle Han Xin En (Falcon 5C) also helped promote Tote bags designed by friends from CPASS East.

THE VITAL ROLE OF RESPITE CARE FOR CAREGIVERS OF CHILDREN WITH SPECIAL NEEDS

By Ms J Yogaisvari (Social Worker)

Caring for a child with special needs is a labour of love that comes with its own set of challenges and rewards. The dedication and commitment shown by caregivers are truly commendable, but it's important to recognize that these caregivers also need support and respite. Respite care plays a pivotal role in the lives of caregivers of children with special needs, offering them a much-needed break and an opportunity to recharge.

UNDERSTANDING RESPITE CARE

Respite care involves providing temporary relief to caregivers by offering a break from their caregiving responsibilities. This break can be for a few hours, a day, a weekend, or longer, depending on the needs of both the caregiver and the child. During this time, the child is cared for by trained professionals or trusted individuals, allowing the primary caregiver to take some time for themselves.

THE CHALLENGES FACED BY CAREGIVERS

Caring for a child with special needs can be emotionally, physically, and mentally demanding. Caregivers often face sleep deprivation, stress, and a lack of personal time. The constant attention required by the child's needs can lead to burnout and negatively impact the caregiver's own well-being.



Mr Kevin Tan (Senior Psychologist)
with Lucy Guo (Swan 4D)



Aydil Putra Bin Rizal (Swan 1C)
with his caregiver

THE BENEFITS OF RESPITE CARE

- Physical and Emotional Rejuvenation: Respite care provides caregivers with a chance to rest, relax, and recharge and reducing the risk of burnout and exhaustion.
- Quality Time: A respite break enables caregivers to spend quality time with other family members, friends, or engage in activities they enjoy, which will help to strengthen relationships and fosters a sense of normalcy in their lives.
- Reduced Stress: Taking a break from caregiving duties can significantly reduce stress levels.
- Enhance Caregiving:

When caregivers get the chance to step away temporarily, they return with renewed energy and patience.

Respite care serves as a lifeline for caregivers of children with special needs. It offers them the opportunity to nurture their own well-being, strengthen their caregiving abilities, and maintain a healthy work-life balance. By recognizing the importance of respite care, we can collectively contribute to the overall welfare of both caregivers and their beloved children.

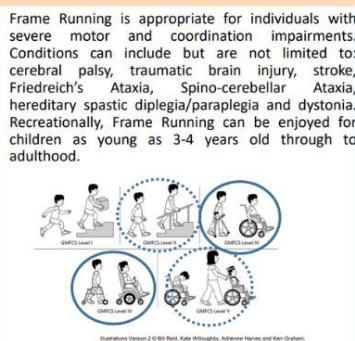
FRAME RUNNING PROMOTION

By Ms Ni Ni Swe (Senior Physiotherapist) & Ms Mavis Quah (Senior Occupational Therapist)

CPASS West started its Frame Running practices on 25 September 2023 (Monday), where four of our students took part in weekly sessions to train using the Frame Runner. Frame Running is a form of adaptive running using a three wheeled frame. Frame Running is primarily for athletes with co-ordination impairments associated with Cerebral Palsy and related medical conditions. The frame provides the athlete with support and gives them stability, and for some of the athletes this will be the first time they will have experienced such a sensation – running independently and with freedom. Frame Running provides a much-needed opportunity for aerobic exercise for individuals with severe motor and co-ordination impairments.



Ms Ni Ni Swe (Senior Physiotherapist) practicing Frame Running with Chua Han Yu, Avery (Falcon 6D) and Adrik Biswas (Falcon 6D)



Information graphics on who can participate in Frame Running



Javier Hong Jie Wen (Falcon 5D) on the Frame Runner



Receiving the Frame Runners from Singapore Disability Sports Council (SDSC)

CPASS West also marked its presence at the highly anticipated Frame Running event as part of the National Youth Para Athletics Championships held at Chua Chu Kang Stadium on 11 November 2023 (Saturday). The event showcased the training efforts of three of our student athletes – Adrik Biswas (Falcon 6D), Chua Han Yu, Avery (Falcon 6D) and Liang Yi Ting (Falcon 5D).



Our CPASS West athletes warming up before the race!



Cerebral Palsy Alliance Singapore School (West)

All three CPASS West athletes competed in the Mixed 60 meters Dash Frame Running Event. As the starting gun echoed through the stadium, our athletes surged forward with remarkable speed as the frames provided stability to their strides.

Our athletes truly demonstrated perseverance throughout the race – with Avery clinching overall second place at 54.34 seconds, Yi Ting clinching overall third place at 1.06 minutes and Adrik for not giving up and pushing to the finish line to complete the race. Congratulations to our exceptional athletes for showcasing the spirit of resilience and we are all so proud of you!



Our CPASS West athletes warming up before the race!



Liang Yi Ting (Falcon 5D), Chua Han Yu, Avery (Falcon 6D), Adrik Biswas (Falcon 6D) during the Mixed 60meters Dash Frame Running Event



Group photo with the loving staff & family members of our athletes

CPASS WEST GOLF CLINIC

By Ms Noredah Sim (Senior Teacher)



16 November 2023 (Thursday), marked a memorable final day of school for five CPASS West students. In the midst of the hot and sunny day, students from CPASS joined beneficiaries from various organizations, including the Down's Syndrome Association, in an exciting golf clinic hosted by Singapore Golf Association at the prestigious Keppel Club Golf Course.

The students experienced hands-on golfing at two different courses – the putting greens which offers a breath-taking view of the entire course and the driving range. The students had a great time being coached by amateur golfers who showed them the proper way to hold the golf club and observing the proper stance before putting in the hole. Despite the glaring sun, the students had a great time practising to putt into the hole and had some good hits.

At the driving range, the students exuded enthusiasm as they embraced personalized coaching from experienced golfers like Mr Ryan Tan and his coach. During the one-on-one sessions, the golfers guided them in perfecting their alignment and honing their swing techniques. The students were provided with ample opportunities for repetitive practice, fine-tuning their swings while aiming for various distance shots. One of our students, Luthfil Hadi Bin Azman (Falcon 5C), demonstrated remarkable control in his swings, showcasing a skill level comparable to other beginners at the range by consistently achieving impressive distances, with shots extending well beyond 75 meters.



CPASS West students taking turns to putt into the green holes



Luthfil Hadi Bin Azman (Falcon 5C) with his 1st try on putting into the hole



Luthfil Hadi Bin Azman (Falcon 5C) attempting one of his best golf swing shot for the 75m mark



Janelle Han Xin En (Falcon 5C) giving her best try to swing and give her farthest shot



Group photo at the range with golfer Mr Ryan Tan (1st on the right, back row) and his teammate

The students were privileged to have a sharing session by our renowned promising amateur golfer Ms Aloysa Atienza. Ms Aloysa and her team mate shared their inspiring journey from very young age to being an amateur golfer determined to fulfil her ambition of becoming a professional athlete.

The experience at the golf clinic was definitely one that the students have truly enjoyed and will cherish for a long time.

IMPORTANT DATES IN TERM 1 (2 Jan 2024 to 8 March 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

1 January	New Year's Day
9 February	Chinese New Year Celebration
10 – 12 February	Chinese New Year
13 February	Chinese New Year School Holiday
15 February	Total Defence Day