

CPASS (West) Newsletter

2024/Term 1

#003

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,

The new year commenced with a notable increase in school enrolment, with 50 students returning after a rejuvenating holiday break. This represents a significant fifty percent surge from the 33 students enrolled in 2023. Of these, nine students transferred from CPASS East, while another eight were new admissions.

Progress on the school's renovation efforts has entered phase three, with most major works slated for completion by the end of 2024. This includes the construction of the ramp connecting levels 1 to 4 and the installation of the hydro pool. Additionally, plans are underway to erect a new lift capable of facilitating emergency evacuations by 2025. Until the completion of the new ramp, all daily operations will be consolidated on level 1 throughout 2024.

With the limitation of available rooms, there is a heightened need for creative space utilisation to ensure that school programmes remain unaffected. Currently, five out of the six classrooms on level one are utilised for each session, underscoring the necessity for innovative approaches to optimise the school's limited space.

The introduction of Boccia as the first para sport through Modular Sports in 2023 marked a significant milestone for CPASS West. Renowned as the Centre of Excellence for Boccia, CPASS East has nurtured national Boccia athletes such as Jeralyn Tan Yee Ting, Aloysius Gan and Toh Sze Ning, who have excelled in national and international competitions. Through the inclusion of Boccia in the Co-Curricular Activities (CCA) programme, all students have had the opportunity to learn and engage in this para sport through enjoyable games and mini competitions. Moreover, teachers involved in this CCA have gained a deeper understanding of Boccia, enriching their ability to support student learning.

In 2023, the introduction of visual art as part of the Modular Art CCA provided students with a platform to explore their creativity. Using various materials including cotton wool, cotton buds, blown-up plastic bags and traditional paintbrushes, students created stunning artworks. Each week, themed activities allowed students to delve into topics such as the four seasons and cultural festivals like Halloween and the Mooncake Festival, enriching their artistic understanding and cultural appreciation.

Building upon the success of the previous year, 2024 sees the introduction of CP Football for the first semester and plans for Para Badminton in the second semester under the Modular Sports programme. These two para sports aim to familiarise students with territorial and net games, fostering teamwork and physical fitness. Additionally, Drama and Dance will be explored within the Modular Art CCA, providing students with opportunities for self-expression and performance.

As the school's enrolment is projected to grow, there are plans to tailor CCAs to individual students' interests starting from 2025. This initiative will involve offering CCAs during both morning and afternoon sessions to accommodate student preferences. Further details regarding CCA options will be provided to parents and students in the last quarter of 2024, allowing them to select their preferred activities.

Through the diverse offerings of Modular Sports and Modular Art CCAs, CPASS West aims to nurture students' talents and interests while promoting inclusivity and holistic development.

The conclusion of the first term in 2024 has been marked by success, as the Home Visits and IEP/ITP meetings have been successfully completed. This achievement sets a positive tone for the upcoming March holiday, during which we hope everyone can enjoy a well-deserved break. We extend our best wishes for good health to all members of our community.

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

Cerebral Palsy Alliance Singapore School (West)

SINGTEL EXPRESSIONS THROUGH ART 2023

Ms Chin Mei Foong Michelle (Transition Planning Coordinator)

On 14 November 2023 (Tuesday), Singtel collaborated with SMRT to launch the artworks of SPED students that had gone on display at various MRT stations for a month. This event featured 36 pieces of artworks created by students from all SPED schools in Singapore. These artworks were selected by a panel comprising Heads of Department (Art) from two SPED schools.



Harith Bin Hazli (Falcon 5C) individual style can be seen through his unique artmaking process.

The artwork created by Harith Bin Hazli (Falcon 5C), titled “Dreamy Me” was selected for this exhibition. Inspired by the artistic style of contemporary Indonesian painter Eddie Hara, Harith drew his favourite thoughts. The artwork is playful, full of colours and dreamy.

It has since been on display for a month at the Lakeside MRT station, the nearest MRT station to CPASS West.



Harith Bin Hazli (Falcon 5C) and Ms Chin Mei Foong Michelle (Transition Planning Coordinator) were thrilled to see his artwork displayed at Somerset MRT station during the event.



A proud moment for Harith Bin Hazli (Falcon 5C) and Mrs Koh-Lim Ai Lay (Principal) when the First Lady, Ms Jane Ittogi, came over to view his artwork.

Cerebral Palsy Alliance Singapore School (West)

2023 YEAR END STAFF MEETING

By Ms Mithela Devi (Administration Executive)

On 28 December 2023 (Thursday), an engaging staff embargo programme brought together both existing and new team members, creating a sense of unity and camaraderie within the organization. Mrs Koh-Lim Ai Lay (Principal), took the lead in guiding us through the core values that define our collective mission and unveiling the exciting schedules and plans for the upcoming year.



The event was not only informative but also interactive. Mrs Koh-Lim Ai Lay (Principal), led a fun Broken Telephone game, skillfully emphasizing the importance of accurate communication from its source and promoting a culture of asking questions when in doubt. This activity not only entertained the staff but also underscored a valuable lesson about the clarity of information within the workplace.



Staff gathered in Classroom 2 and 3 for the Year-End Staff meeting.



On 29 December 2023 (Friday), Consultant TalentKraft conducted an insightful workshop on the importance of self-evaluation, fostering a culture of continuous improvement within the organization. This session required team members to reflect on their individual strengths and areas for growth, encouraging personal and professional development.



Staff organizing themselves into groups for the Broken Telephone game.

Mrs Koh-Lim Ai Lay's (Principal) thoughtful touch extended to a sponsored popiah station, where staff members came together to craft their meals. This not only created a fun and interactive environment but also reinforced the sense of teamwork and collaboration among the team. The embargo programme concluded on a sweet note, with Mrs Koh-Lim Ai Lay (Principal) treating the staff to delightful drinks and desserts, a generous gesture that displayed her appreciation for the hard work and dedication of the team.



Staff having fun, crafting their own unique popiahs, in different shapes and sizes.

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CHINESE NEW YEAR CELEBRATION

By Ms Lim Jing Yi (Teacher)

On 9th February 2024 (Friday), all staff and students came dressed in their festive outfits to attend the first celebration of 2024 in CPASS West. There were many activities arranged for everyone to participate in and the students thoroughly enjoyed the celebrations.



(From left to right) Ms. Noredah bte Mohd Yatim (Senior Teacher), Mrs. Koh-Lim Ai Lay (Principal), Ms. Michelle Chin (Transition Planning Coordinator), Ms. Lanny Kwok Ping Ping (Senior Head of Programme) sporting in the challenge to peel oranges with the use of just one hand. It was the inaugural activity to kickstart the contests for the students.



Vithur Raj (Falcon 6C) practicing his lion dance moves for the opening performance of the Chinese New Year celebration.



Luthfil Hadi Bin Azman (Falcon 6C) helping the God of Wealth to distribute red packets filled with gold chocolate coins.



(From left to right) Lim Ethan (Lin Yiteng), Lim Kai Ning, Harith Bin Hazli (Falcon 5C) being cheered on by Ms. Sumathi D/O Selvaraj (Teacher). The trio put in their best effort to peel the oranges and won the competition.



Isaiah Yen Ern Shyrn (Falcon 5D) and Lim Kai Ning (Falcon 5C) receiving the prizes for the Best Decorative Door (CNY Theme) from Mrs. Koh-Lim Ai Lay (Principal).



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LOHEI TOSS UP

By Ms Wong Wai Fun, Terry (Parents @ CPAS (P@C) Member)

On 14 February 2024 (Wednesday), P@C members, together with CPASS West Principal, Mrs Koh-Lim Ai Lay, teachers and staff, tossed up good fortune; our way of celebrating togetherness as we welcomed the year of the Dragon.



Staff and Parents during the Lohei toss up



The beautiful Lohei prepared by P@C



All smiles for Lohei!

Cerebral Palsy Alliance Singapore School (West)

TOTAL DEFENCE DAY 2024

By Mrs Lydia Cheong (Teacher)

On February 15 2024 (Thursday), CPASS West commemorated Total Defence Day with a series of engaging activities aimed at fostering awareness and preparedness among its students. The day commenced with a PowerPoint presentation providing insights into the significance of Total Defence Day, setting the stage for the subsequent events.

During snack time, a customized water disruption exercise was implemented, enhancing students' understanding of potential disruptions and equipping them with practical skills. Buckets were strategically placed at the sinks in the canteen, with staff actively involved in ensuring a smooth process, reinforcing the spirit of unity and cooperation among the school community.



Parent Volunteer and Janelle Han Xin En (Falcon 6C)



Ms Siti Rauzanah Binte Abdul Kadir (Teacher Aide) & Tang Hong Kai Lennox (Falcon 5C) scooping water from a pail to do washing.



Mr Teo Wei Jek Jack (Teacher), Ms Aifaa Liyana Binte Norazhar (Teacher) and Janelle Han Xin En (Falcon 6C) trying out an army uniform.



Vithur Raj (Falcon 6C)



Lucy Guo (Swan 1D)



Rizq Nawfal Bin Hambri (Falcon 4C)

In addition to the water disruption exercise, the event featured three booths aimed at providing both educational and enjoyable experiences for the students. Two booths showcased equipment from the Singapore Civil Defence Force (SCDF) and the Singapore Armed Forces (SAF) promoting awareness about Total Defence Day and offering students a firsthand look at the tools used by our national defence forces. Adding a fun element to the event, a photo booth was set up, allowing students to pose in military, police, and other uniforms.

We extend our gratitude to the parent-volunteers who generously assisted in managing the booths. We are confident that the event successfully achieved its objective of raising awareness about Total Defence Day, and our students now understand that they each have a role to play in strengthening and safeguarding Singapore.

MANAGING CHILDREN WITH CHALLENGING BEHAVIOURS AT HOME

By Mr Kevin Tan (Senior Psychologist)



Every behaviour is a way of communication. However, some learned behaviours can be challenging. Challenging behaviours can be described as unacceptable behaviours that children rely on to get what they want. Usually, these challenging behaviours are persistent when the child does not know any other way to communicate his or her needs or wants. Here are some tips on how to manage children with challenging behaviours at home.

1 IDENTIFY THE TRIGGERS

Observe your child's behaviour and try to identify the situations that trigger the challenging behaviour. Once you have identified the triggers, you can work on ways to avoid or minimize them.



2 SET CLEAR BOUNDARIES

Children need to know what is expected of them. Set clear boundaries and rules for behaviour, and make sure your child understands them.



3 REPLACE WITH APPROPRIATE BEHAVIOURS

Teach children appropriate behaviours to communicate their needs rather than rely on challenging behaviours.



4 BE CONSISTENT

Consistency is key when it comes to managing challenging behaviour. Do not make empty threats. Make sure you follow through with consequences and rewards every time.



5 USE POSITIVE REINFORCEMENT

Praise your child when they exhibit good behaviour. This will encourage them to continue behaving well.



6 STAY CALM

It's important to stay calm when dealing with challenging behaviour. If you lose your cool, it can make the situation worse.



7 SPEND QUALITY TIME WITH YOUR CHILD

Children need attention and affection. Spend quality time with your child doing things they enjoy. This is not just a reward for your child. It is also a reward for you.



8 EVERY CHILD IS UNIQUE

What works for one child may not work for another. It's important to be patient and persistent in finding the right strategies for your child.



9 SEEK PROFESSIONAL HELP

As the saying goes, it takes a village to raise a child. You are not alone in this journey. If your child's behaviour is causing significant problems at home, do bring it up for discussion with CPAS School staff. We can help you develop strategies to manage these challenging behaviours.



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HERE ARE SOME EXAMPLES OF CHALLENGING BEHAVIOURS THAT CHILDREN EXHIBIT AND HOW THEIR FAMILIES OVERCOME THEM.



EXAMPLE 1

Siti loves to take the bus. However, she does not want the bus ride to end. She would refuse to alight the bus at her stop. Her caregiver would give in to her and allow her to take the bus one more round the HDB estate or they might alight a few stops later.

Her caregiver realised Siti tends to throw tantrums when she is not ready for the bus ride to end. Her caregiver decides to pre-empt her 2-3 stops before her stop. Siti is included in the routine by pressing the bell before her stop. When she reaches her stop, Siti can manage her emotions better and is more ready to end her bus journey.

EXAMPLE 2

Previously, Sally would cry and shout in the mall to insist her way or buy the toys she wanted. Her parents would be embarrassed and frustrated with her behaviour. To minimise her tantrums, her parents would give in to her eventually. After a while, the family also cut down the number of mall visits with her.

Her parents decided that Sally's tantrums were affecting their family life. So, her parents decided to put in more effort to extinguish her tantrums. First, they pre-empted her that if she cries and shouts, the family trip would end immediately. During the trip to the mall, Sally cried and shouted again. Her parents warned her once and reminded her of the rules. Sally continued to shout, thinking her parents would not follow through with the threat. Her parents stuck to the rules and ended the trip. Her family left the mall without getting anything done. Sally was surprised and shocked. At home, after Sally calmed down, her parents explained to Sally her behaviour was not acceptable. Her parents also explained to Sally that if she behaves, the whole family can enjoy a meal at her favourite restaurant after all the chores are done. Sally calmed down and promised she would behave herself next time.

From then on, when the family visits the mall, Sally will sometimes still throw tantrum. When that happens, her parents promptly remind her of the consequences. This time, Sally stops and behaves. She does not want the trip to end. Her parents also reward her for her good behaviour by going to eat out at her favourite restaurant as promised. Family trips to the mall are more enjoyable now.

EXAMPLE 3

John has always been a fussy eater. When he was young, he only ate a limited range of food. In school, he would only eat the food his parents packed for him. He refused to eat the school food provided. When his parents brought him out, John would refuse to eat outside food as well. That greatly frustrated his parents.

His parents brought this issue up during one of the IEP meetings with the school. The staff agreed to systematically expose John to try and tolerate school food over a period of time.

John took 6 months before he eventually started trying school food. He was motivated by his classmates who were all eating school food. Also, his parents cooperated with the teacher and stop packing food from home. John started eating the porridge and the pasta in school. He realised school food can be yummy too. Slowly, John became more open to trying out new food and outside food when his family was out. His parents would allow him to choose the food when he is outside and respected his choices. His parents noted that mealtimes remain challenging for John. However, compared to a year back, John is able to tolerate a wider range of food choices now.



STAFF BRISK WALKING CLUB

By Mrs Koh-Lim Ai Lay (Principal)

As the saying goes “Health is Wealth” and staying healthy is every individual’s responsibility. Keeping healthy includes eating well and living an active lifestyle. In our lives, we have many things to give attention to, our families, work. Many of us tend to put off exercise due to a hectic daily routine.

Therefore, to provide an extra push for staff @ CPASS West to exercise more regularly, the first staff interest group was initiated on 8 January 2024. Every Monday at 5pm, any staff who has opted in for the walk and changed into his/her walking shoes will head out for an hour walk to Jurong Lake Park together. Even a light drizzle on a few Mondays did not deter this group of enthusiasts from the much-awaited walk.

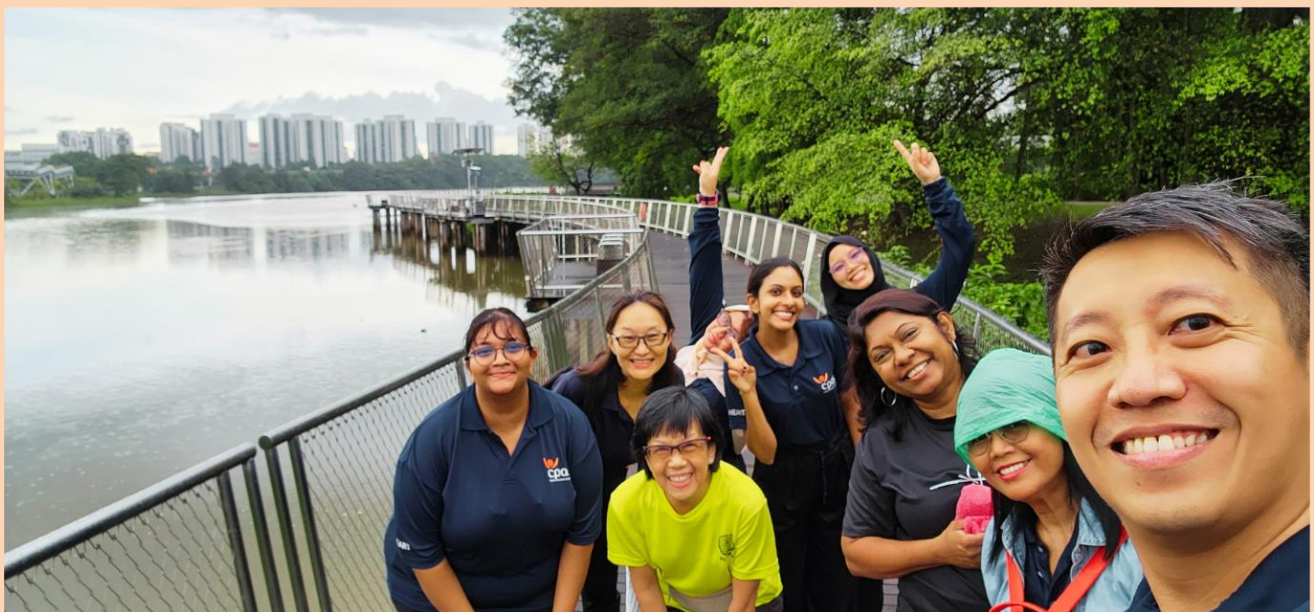
Along the way, jokes were exchanged and little chit-chats could be heard within the group. On route to the park, staff with sharper eyes had spotted a family of otters, monitor lizards and many different species of birds that could be heard but not easily sighted. The park is laced with many species of plants and flowers which also provide additional motivation for these walkers.



As the year goes by, we hope this group will grow and more staff can come together to keep fit and at the same time bond.



Bright smiles on a sunny afternoon



Taking a group photograph on the board walk and under a light drizzle

WHERE EAST MEETS WEST: A MEMORABLE LEARNING JOURNEY EXPERIENCE!

By Ms Kwok Ping Ping Lanny (Senior Head of Programme)

CPASS West recently had the pleasure of hosting a group of special guests for a delightful Learning Journey on the 19th, 20th, and 27th February 2024. The visit aligned with our current High Support Curriculum theme for term 1 - "Our School."

The atmosphere was filled with excitement as we eagerly awaited the arrival of our special guests at the security post. The school buses rolled in, and our transport bay quickly filled with familiar faces. The three days were filled with memorable moments and shared experiences. Can you guess who are the special guests? Yes, you are right, the special guests are the students, caregivers, and teachers from 10 High Support Programme (HSP) classes from our East campus.

Our six friendly tour guides, a mix of teachers and administrative staff, led our special guests on a comprehensive tour to showcase our school's wonders - from Classrooms 1 to 6 on level 1 to the Staff room, Sensory garden, School office, and Canteen.

CLASSROOM CONNECTIONS:

One heartwarming highlight was witnessing teachers from both East and West embracing each other. The teachers snapped photos, exchanged warm hugs, hi-fives, and shared laughter. Teachers from the West even reunited with students they had taught in the East, creating a beautiful bridge of shared memories.



BEHIND THE SCENES:

Ever wondered where our therapists, teachers, and support staff work their magic? The tour ventured into the staff room and staff pantry, giving our guests an exclusive behind-the-scenes peek into where our dedicated staff work tirelessly to prepare their engaging lesson materials. It was a chance to showcase the collaborative efforts between the staff.

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SENSORY GARDEN:

Thanks to the parent volunteers from the Parents @ CPAS, our guests had the privilege of exploring our beautiful sensory garden. Fragrances from herbs and plants like laksa, lemongrass, pandan, lime, and more filled the air, turning the visit into a Sensory Stimulation lesson.



CANTEEN CARNIVAL:

The tour concluded with a visit to our school canteen. Teachers and students from the East and West gathered for snack time. Students enjoyed the delicious food prepared by our talented Master Chef, Aunty May. Laughter and chatter echoed as the students mingled, exploring game booths, arcade machines, and the famous TAPIT.

FAREWELL, UNTIL WE MEET AGAIN:

As the tour came to an end, we bid a fond farewell to our special guests. Perhaps, in the future, our students from the West will swap roles and venture to the East. Until then, the memories of this joyful Learning Journey will linger in the hearts of all who participated.

A big thank you to everyone who made this learning journey a success! Let's continue to celebrate the joy of learning and the magic of connections that go beyond geographical boundaries!

OFFICE INSIGHTS:



The school office was not left untouched as our special guests paid a visit to the school nurse and the principal's office. A glimpse into their daily routines, shed light on the heart of our school's operations.



Cerebral Palsy Alliance Singapore School (West)

OCCUPATIONAL THERAPY DAY 2024

By Ms Quah Yew Kin Mavis (Senior Occupational Therapist)

Occupational Therapy Day was celebrated on 26 January 2024 (Friday) in CPASS West. Following the theme of 'Caring for those that care for others – Wellness is for everyone', the OT Department prepared care packs for each student to bring home for their caregivers. We hope that these care packs brought a smile to our caregivers and as a timely reminder to take time to care for their own mental, emotional and physical health.



Staff and students could also watch the OT Department video screened in the canteen during CCA snack time, and interact at the booth which showcased some adaptive equipment and toys!



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FAMILY DAY 2024 AT BIRD PARADISE

By Ms J Yogaisvari (Senior Social Worker)

The response from the caregivers to join the Family Day event was splendidly overwhelming and all the 46 slots were booked rapidly. On the day of the event, each member of the caregiver's family was given an entry ticket to Bird Paradise including a goodie bag, food & beverage voucher worth of \$60 dollars and a game card. There were 20 volunteers assigned to guide and assist the families. The families who came to the event were happy and excited to be participating in the event.



The first segment of the event was a briefing by Ms Wong Wai Fun, Terry (P@C committee member) who provided an overview of the event followed by Ms Shelly Loh Sook Cheng (Social Work HOD) who shared about how P@C worked closely with the Social Work department to organize various programs. After the sharing, families were free to move around to complete the game card while viewing the birds and enjoyed the ambience.

The last segment of the event was the Lucky Draw. Ten participants from CPASS East and West won the lucky draw prizes, a specially designed bird paradise key chain. The event ended with the lucky draw prize giving.

Below are the photos of families enjoying the morning at bird paradise among the birds.



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MAR EMBARGO STAFF BONDING

By Ms Indira Shamini (Teacher Aide)

On 11 March 2024 (Monday), CPASS West enjoyed a splendid and wonderful staff bonding day. The day began with the Staff Engagement team handing out breakfast for all staff to start their day right.



The Staff Engagement team consisting of Ms Indira Shamini, Ms Amutha D/O Perumal, Ms Siti Rauzanah Binte Abdul Kadir and Ms Lee Ai Kheng (Dawn) (Teacher Aides)



Ms Kwok Ping Ping Lanny (Senior Head of Programme) excitedly collecting the breakfast bento from the Staff Engagement team.

The staff then attended the Growth Mindset workshop presented by trainer Mrs Belinda Charles from Principals Academy Inc. This workshop aimed to equip our staff with invaluable insights and strategies to take responsibility, improving their daily practice by seeing setbacks and feedback as opportunity to learn and grow their skills. This workshop taught all staff to believe that their abilities and intelligence are not fixed traits but rather qualities that can be developed through dedication, effort, and the willingness to learn from mistakes. Throughout the workshop, the staff engaged in thought-provoking discussions designed to deepen their understanding of the growth mindset principles and explore practical ways to integrate them into their daily and working practices.



Staff sharing their thoughts on how they would handle negative feedback with a growth mindset.



Mrs Belinda Charles (Principals Academy Inc Trainer) sharing valuable learning points about adopting a growth mindset.

After the fruitful workshop, the staff gathered to enjoy a delicious lunch together, fostering further the camaraderie among all. After lunch, staff were eager to get going with the staff bonding activities that was planned and carried out by the Staff Engagement team. There were a total of 8 games and staff had to find the game booth locations in groups and attempt all the games.



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Ms Aifaa Liyana Binte Norazhar (Teacher), Ms Sharmila Begum Bte Yahya (Teacher Aide), Ms Sim Xiang Yun Joycelyn (Teacher) and Ms Quah Yew Kin Mavis (Senior Occupational Therapist) attempting a brain teaser game.



Ms Low Hui Jia Jessica (Senior Speech Therapist), Mr Ramlan Bin Hamim (Lead Educator (AT Specialist)), Ms Nur Ghain binte Musa (Teacher Aide), Mr Ryan Loh Junjie (Teacher) and Ms Lim Jing Yi (Teacher) posing after a fun skateboard game.



Ms Mithela Devi (Administration Executive), Ms Karuppaiyan Akshaya (Teacher), Mr Kevin Tan Meng Liang (Senior Psychologist), Mrs Lydia Cheong (Teacher), Ms Sakthi Sulochana (Physiotherapy Aide) after the skateboard relay race.



Ms Leiqa Adira Thomas (Occupational Therapist Aide), Ms Noor Aisah Binte Latif (Nurse) and Mrs Koh-Lim Ai Lay (Principal) trying to mask their expressions while having to eat a slice of lemon.

Everyone had fun and stayed motivated throughout the entire duration of the games. The games gave the staff the opportunity to encourage and cheer for each other and work cohesively as a team. At the debrief, staff gathered to view the video recordings of the teams attempting a TikTok dance challenge. Laughter radiated through the room as everyone cheered and applauded the 'once-in-a-lifetime' comedic antics in attempting to mimic the dance. The finale of the staff bonding session was the participation and recording of the mass dance by all staff.

All the staff were appreciative of the exhilarating opportunity to get together to unwind, have fun, and recharge during the games. The staff bonding activities has hopefully created a lasting memory among colleagues in the school!



Ms Liew Soo Han (Finance Executive), Ms Ni Ni Swe (Senior Physiotherapist), Ms Teoh Yu Xin (Teacher Aide), Ms Sai Vina V Vimalenthiran (Teacher) and Ms Nur Hanna Frida Binte Rupaii (Teacher) having fun at their TikTok dance station.

IMPORTANT DATES IN TERM 2 (18 Mar 2024 to 24 May 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

29 March 2024	Good Friday
10 April 2024	Hari Raya Puasa
18 April 2024	Hari Raya Puasa School Celebrations
27 April 2024	CPAS Sports Day
1 May 2024	Labour Day
9 May 2024	CPASS West Open House
22 May 2024	Vesak Day
29 April 2024 – CPAS Sports Day OIL School Closure	