

2021 MOE-OBS Challenge Programme

PRE-COURSE BRIEFING FOR STUDENTS

CRESCENT GIRLS' SCHOOL



INTERNAL CIRCULATION ONLY



Ministry of Education
SINGAPORE





Term 2, Week 6

Non-residential Camp

[Mon, 26 – Tues, 27 Apr]



1

**What is the 2021
MOE-OBS Challenge
Programme?**

A Holistic Education



- Develop **well-rounded** individuals
- Outdoor Education (OE) provides **rich learning experiences** outside the classroom and helps our students to develop holistically, building up their **resilience and ruggedness**
- **Authentic learning experiences** help our students to develop 21st century competencies as well as competencies for **sustainable, active and healthy living**

Strengthening
Holistic Education



Outdoor Adventure Learning

1. As part of the SG United message of ‘Let’s Brave The New’, Singaporeans are encouraged to stay strong together.
2. Outdoor Adventure Learning (OAL) experiences provide opportunities where students learn to navigate and “brave the new” together by:
 - a) building camaraderie through working together in unfamiliar yet authentic situations;
 - b) be resilient, have empathy and maintain a positive attitude when faced with adversity
3. Through overcoming challenging obstacles with their peers, participants learn that it is possible to be innovative and to adapt despite the constraints posed by the pandemic.





2

**What is the OBS
Course about?**

What will your daughter learn?

Resilience and to be a confident person

Be able to deal with challenges positively through self-directed learning and making right choices to influence their circumstances.



Build friendships with students from diverse socio-cultural backgrounds to achieve team goals in an inclusive manner.

Social Cohesion

Concerned Citizens

Commit to play an active role in the improvement of community and environment.

**Pre-Course
Lessons and
Preparation**

**2-Day Non-Residential
Course**

**Post-Course
Lessons and
Follow-Up**

Programme

Land/ Water-Based Adventure Activities



**Building competence
& confidence**

**Appreciate the natural heritage
of Singapore and recognise
that everyone plays a part**

**Develop resilience as individuals,
surmounting challenges and
achieving a sense of
accomplishment as a team**

Debriefing / Journaling

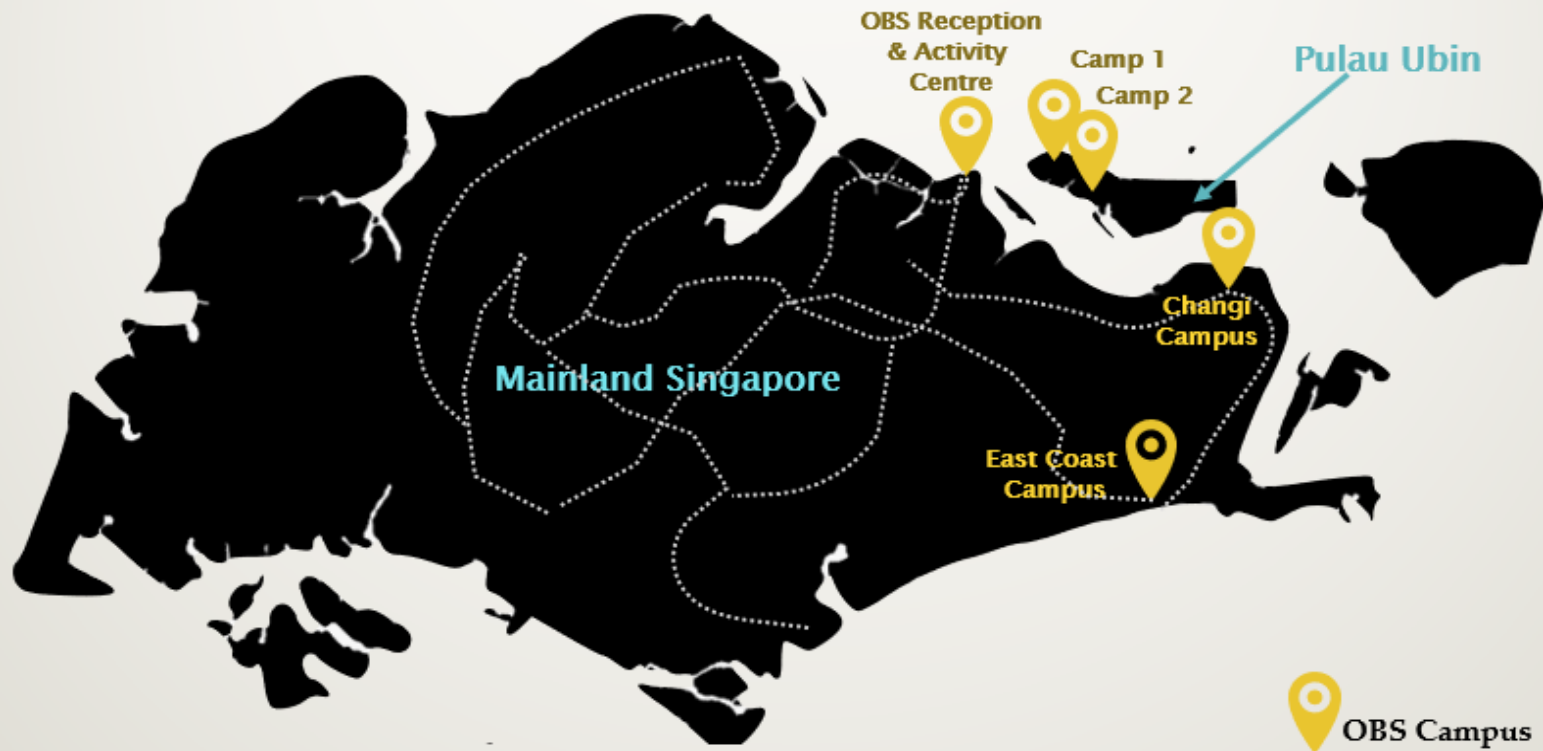
**Reflect on meaningful learning experiences and establish action plans for the transfer
of learning**

Integrating the blue and green spaces on mainland Singapore

OBS Heads to Mainland Singapore - Lianhe Zaobao



Where will my child be reporting at during the 2-day OBS Course?



*Adhering to Safety Management Measures

3

What are the safety measures?



OBS safety and operations

Track record



- Pioneer in Singapore's outdoor adventure education delivering quality outdoor adventure programmes
- Professional practices in risk management and safety

Medical Post



- Medical post manned by registered nurses
- Medical SOPs in consultation with OBS Medical Advisory Panel doctors

OBS safety and operations

People



Instructors

- Went through 6 - 8 months of training
- Manage a small group size of 12 - 14 students per Instructor
- Conduct daily, pre-activity and post-activity checks to ensure your child's well-being

Outdoor Nurse Practitioners

- Full-time Outdoor Nurse Practitioners from various backgrounds i.e. Emergency Dept, Red Cross, ICU, etc.

OBS Safe Management Measures



OBS' COVID-19 screening measures and declaration



Participants will be grouped within the same class



All students to wear facial masks at all times and maintain safe distancing



Students to be at least 2m apart while performing strenuous activities without mask



Temperature-taking exercise



Enhanced personal and field hygiene practices



Staggered in-processing of students



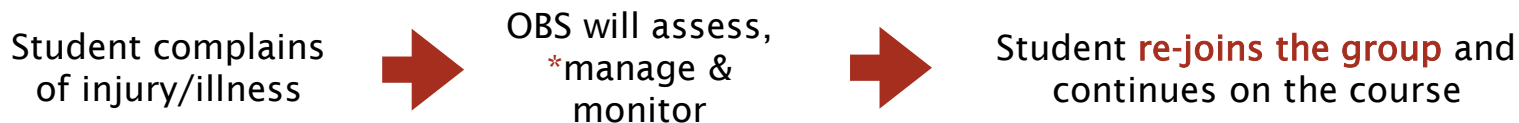
Stepped up site, facilities and equipment cleanliness and maintenance regime

When will you be informed?

You will be informed when your child requires further medical attention, e.g. sent out to clinic or hospital.



Scenario 1: OBS maintains status quo, and will **not** inform School / Parent / Guardian



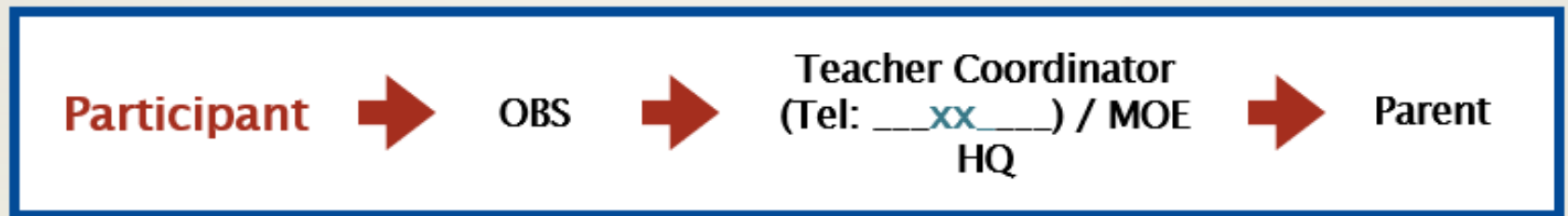
Scenario 2: OBS informs Parent via School



* OBS Instructors and Nurses may provide **over-the-counter medication** to treat the injury/illness

Communication channel

Parents are to remain contactable during the 2-day course.



4

**How do I register
for my child?**

E-Registration

- Registration is done ONLINE at www.go.gov.sg/2021moeobs-crescentgirlssch
- SingPass required
- [Refer to Letter to Parents Annex C – E-Registration Guide for Parents](#)
- Registration opens from **15 February 2021**
- Deadline for registration is **22 February 2021**

Furthermore...

Students with the following medical condition(s) may not be admitted to the OBS Challenge Programme based on medical grounds:

1	Epilepsy / fits / seizures – Any episodes within the last 24 months
2	Thalassemia Major
3	PMC from PE lessons / Sports due to medical condition(s) or obesity
4	Any conditions that may impair movement and/or adversely affect safety to self or others during the Course – Bone / Joint / Tendon injuries or condition

Have the following ready:

SingPass



and



Build government forms in minutes



12053

PUBLIC OFFICERS ON OUR PLATFORM

8267

DIGITAL FORMS DEPLOYED

1236134

FORMS HAVE BEEN SUBMITTED

2021 MOE-OBS Challenge Programme XXX Sec School

🕒 10 mins estimated time to complete

START

[Read Instructions](#) ⌵

Instructions

First, read the following:

1. The submission of a completed Course Registration Form indicates your interest



What information do you need when filling in the E-registration?

- 1. Parent's SingPass (for login)
- 2. School-related info (Class, Index number, etc)
- 3. Student's personal info (Name, IC number, etc)
- 4. Health-related info
 - i. BMI [mass (in kg) / height² (in m)]*
 - ii. Latest tetanus immunisation date **
- 5. A valid email address to receive a confirmation email after submission of registration ***
- 6. An SG mobile number.

* BMI may be calculated from <https://www.healthhub.sg/programmes/93/bmi-calculator>

** Tetanus vaccination date may be obtained from student health booklet or retrieved from <https://www.nir.hpb.gov.sg/nirp/eservices/login>

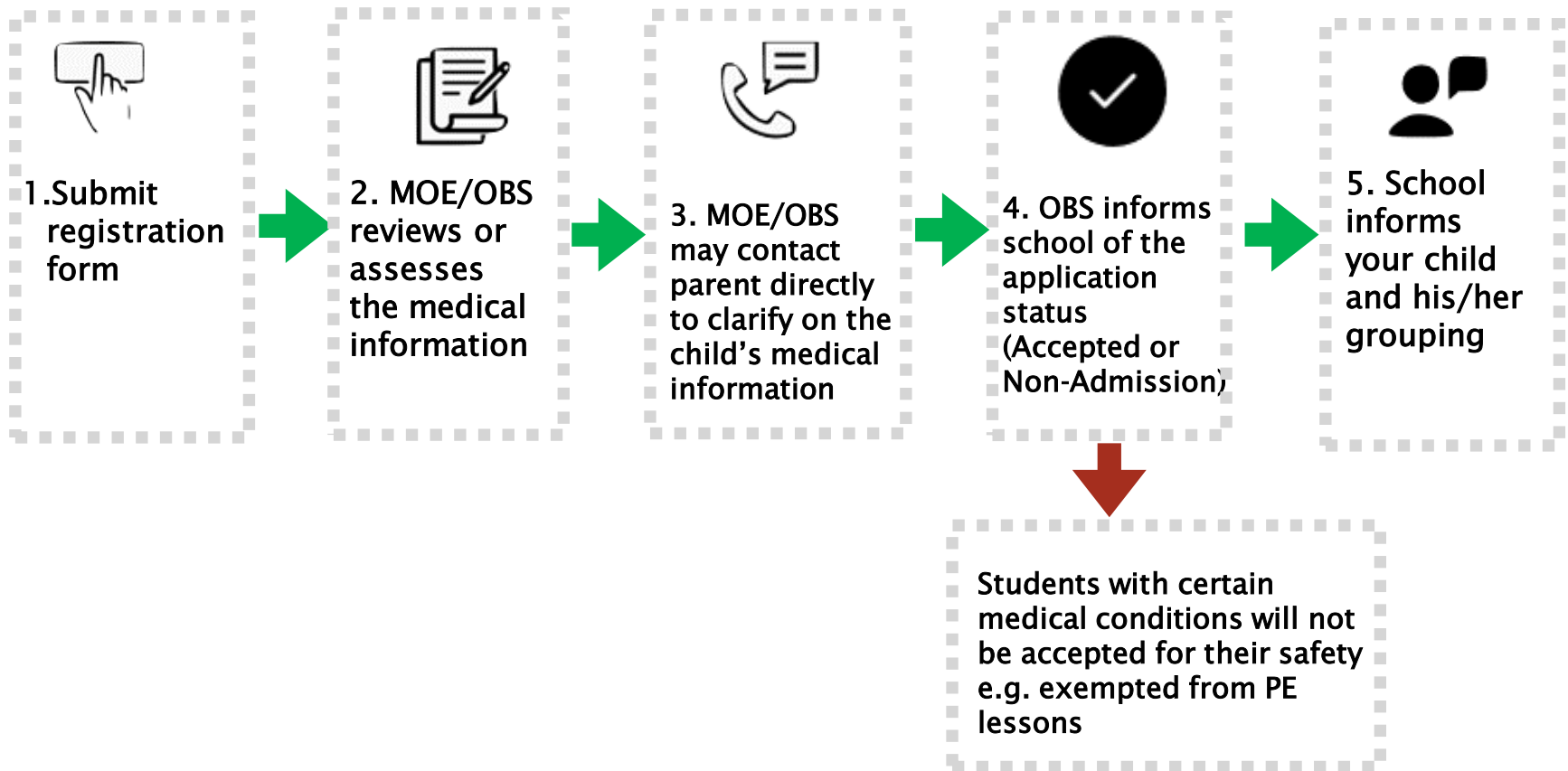
*** students to provide their school email-address if parents do not have an email.

Declaration of your daughter's medical and health status

- There will be NO COMPULSORY MEDICAL EXAMINATION FOR 2021 2-day programme.
- FULL DISCLOSURE of medical conditions should be made during the E-Registration
- Based on the declaration of your medical / health status, one of the following messages MAY appear:
 - ✓ Medication Required
 - ✓ Doctor's Certification of Fitness Required
 - ✓ Alternative Food Arrangement Required
 - ✓ OBS is unable to enrol
- Your daughter has been briefed on the necessary follow-up action required if any of these messages appear

**Tetanus
vaccination is
compulsory
for admission
to the
programme**

- **Tetanus vaccination has validity of 10 years**
- **Please help to ensure that your daughter's tetanus vaccination is valid at point registration (recommend to have the revaccination done if it has expired before completing the registration.)**
- **The date of vaccination must be provided for successful course enrolment.**



5

**How can I help to
prepare my child?**

How can I help my child before course?

Note: Land and water activity items and equipment such as poncho, whistles, Personal Floatation Device (PFD) etc will be provided by OBS.

Students are encouraged to borrow from family/friends/schoolmates instead of buying.

Packing List

**MOE-OBS CHALLENGE PROGRAMME
PACKING LIST
(2-DAY NON-RESIDENTIAL)**

- This is a guide to help you pack
- You are encouraged to borrow from friends and family if you do not have the items
- Please keep your expensive items at home
- Do label your items and pack it in a small backpack/school backpack
- Come prepared to OBS in either the land or water activity attire as informed by your school

* Military or camouflage print attire is not allowed

LAND ACTIVITY

REPORTING ATTIRE

- 1 pc Long-Sleeved T-shirt
- 1 pair Long Pants
- 1 pair Covered Shoes and Socks

TO BRING

- 1 set Clean Set of Clothes
- 1 pc Small Towel

WATER ACTIVITY

REPORTING ATTIRE

- 1 pc Long-Sleeved T-shirt
- 1 pair Long Pants
- 1 pair Covered Shoes

TO BRING

- 1 set Clean Set of Clothes
- 1 pc Small Towel
- 1 pair Covered Shoes and Socks

Long-Sleeved T-shirt & Long Pants
Protect against insect bites, abrasion and sunburn.

Footwear
Shoes need to be worn throughout the day for all activities such as walking distances and climbing. Wear shoes that fit well, are comfortable and provide support to prevent blisters and injuries. Wear covered shoes for water activities for protection from underwater rocks and barnacles.

Socks
Wear socks that cover the ankle to prevent blisters and protect against insect and sandy bites.

REMEMBER! Check with your teacher which activity to pack for each day!






IMPORTANT PERSONAL ITEMS

- Min. 1 pc Extra Face Mask
- 1 bottle Hand Sanitiser
- 1 pc Thermometer
- 1 bottle Insect Repellent
- Sufficient Sun Protection
 - Sunblock (SPF 30 or higher), lip balm, broad brimmed hat/cap and after sun-lotion
- 1 - 2 bottles Min 2 Litre Water
 - For drinking water e.g. hard-shell water bottle (avoid disposable mineral water bottles to prevent trash)
 - For hygiene purposes, sharing of personal water bottle is not allowed. Water top-up is provided.
- 1 set Fork & Spoon
 - Recommended metal utensils
- Sufficient Prescribed Medication In Own Name
 - e.g. Inhaler, oral medication (all prescribed medication must be declared before the course starts)
 - Do not bring OTC (over-the-counter) medications
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags / Reusable Bags
- Sufficient Spare Spectacles
 - Include spectacles bands to prevent loss of specs. Retainers and hooks are not encouraged
- 1 pc EZ Link Card ID

OTHERS (OPTIONAL)

- Sufficient Essential Toiletries
- 1 pair Sunglasses

before the course?

1. Share **purpose** of the programme & motivate him/her

2. Emphasise the importance of **working together** to achieve team goals

"It's not about winning but working together"



3. Help your child to **set goals**



- What does he/she **want to achieve** from programme?
- What are his/her **strengths** that can be tapped on?



4. Encourage your child to maintain a **positive outlook**

- Be **receptive** to advice and feedback
- Be brave in facing the unknown and stepping out of his/her comfort zone to take on new challenges



5. Role model what it means to lead a healthy lifestyle

6. Bring your child outdoors and **exercise** with him/her



7. **Have fun** and enjoy the whole experience

Journey with my child – Some Dos and Don'ts

DOs

- **Do listen** to your child's concerns
- **Do set goals** with your child
- **Do affirm** your child's effort to make positive changes

DON'Ts

- **Do not pack** your child's bag for him/her
- **Do not create anxiety** with assumptions
- **Do not frighten** your child with "horror" stories

What advice can I give my child to help her have an **enriching OBS course** ?



Participate
actively

Immerse
himself/herself in the
experience and
environment

Be selfless, supportive
and encourage his/her
teammates

Make responsible decisions



after the course

1. **Reflect** with your child on his/her **progress**
2. **Encourage** your child to **share** his/her **experiences**
3. **Acknowledge** your child's **feelings/accomplishments**
4. **Celebrate** his/her **success**
5. **Talk** about areas that **didn't go well**
6. **Encourage** your child to **share his/her feelings** on achieving or not achieving a goal

7. **Reflect** with your child on **lessons learnt** (both positive and negative experiences) during the course
8. **Help** your child to **apply what they have learnt** in daily life
9. **Affirm** your child's effort to make **positive change**
10. **Help** your child to **set new goals** and work towards achieving them
11. **Encourage volunteerism** and provide opportunities for your child to **contribute to society**

<https://go.gov.sg/moeobs>



A screenshot of the MOE-OBS Challenge Programme website. The top banner features a photo of people rappelling with the text 'MOE-OBS Challenge' in orange and 'Develop ruggedness, resilience and build cohesion amongst youth' in white. Below this is a navigation bar with four dark grey buttons: 'YOUTH' (with a graduation cap icon), 'YOUNG WORKING ADULTS' (with a hand icon), 'OBS ALUMNI' (with a trophy icon), and 'OUTDOOR PROFESSIONALS' (with a compass icon). A breadcrumb trail reads 'Home / Programmes / MOE-OBS Challenge Programme'. The main content area is titled 'MOE-OBS CHALLENGE PROGRAMME' and contains a large photo of a group of people in a boat on a lake, wearing life jackets and holding oars. The boat has 'National Service Singapore' written on the back of one person's vest.



Video Link:

www.go.gov.sg/moe-obchallengeprogramme-etdvideo

QR Code:



<http://www.straitstimes.com/singapore/teenage-rite-of-passage>

**“There is more in
us than we know.
If we can be made
to see it,
perhaps for the rest
of our lives we will
be unwilling to
settle for less.”**

————— Kurt Hahn —————
Founder of Outward Bound





**We hope
to see your
child in OBS!**



2021 OBS-MOE Challenge Programme Parent Webinar
coming to you live on 16 Jan 2021!

Look out for the event details via the school!

