



# QUEENSTOWN SECONDARY COHORT CAMP (16-19 Oct 2023)

*DAIRY FARM*  
**OUTDOOR**  
**ADVENTURE**  
*LEARNING CENTER*



# Introduction of DFOALC

Who and where we are

# MOE Outdoor Adventure Educators (OAEs)



- Full-time Outdoor Teachers
- Stringent selection criteria and process
- Equipped with:

Facilitation skills

Environmental skills

Safety skills

Technical skills

Organisational skills

Instructional skills



# Dairy Farm Nature Park



30 Dairy  
Farm Road  
S679058

# FACILITIES



## Adventure Facilities

- High Elements
  - 2-tiered Challenge Ropes Course (High and Low Tiers)
  - Zip-line (1 station @ end of High Tire Course)
  - Dry Vertical Abseil (2 lanes)
  - Wet Slope Abseil (2 Lanes)
  - Outdoor Rock Climbing Wall (2 Lanes)
- Low Elements
  - (Nitro, Rebirth, Spiderweb, Low/High Wall, Mohawk)

## General Facilities

- 10 students' accommodation dorms
- Includes 2 dorm designed with wheelchair access (Dorm 5A & 5B)
- 10 sets of boy/girl toilets
- 1 sick bay
- 1 dining hall
- 5 outdoor cooking pits
- 1 fridge to store Outdoor cooking ingredients

# OE Masterplan

Providing Holistic Education

Tiered Experience

Camp Goals

Programme Design Principles




# Providing Holistic Education

- MOE aims to have every child experience a holistic education so as to **develop well-rounded individuals**.
- Outdoor Education (OE) provides **rich learning experiences** outside the classroom that can help our students develop **resilience and ruggedness**.
- **Authentic learning experiences** help our students **develop 21st century competencies** as well as competencies for **sustainable active and healthy living**.



# Outdoor Adventure Learning Experiences for ALL



Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
<b>Outdoor Education in Physical Education Curriculum</b> Outdoor skills   Outdoor safety   Sense of Place			
Programme for Active Learning (PAL)	<b>3D2N Cohort Camp</b>	<b>4D3N Cohort Camp</b>	5D4N Multi-school Cohort Camp in OBS
<div><b>Cohort Camp Goals</b><ul style="list-style-type: none"><li>• Build confidence and resilience</li><li>• Value diversity through close-knit interaction opportunities</li><li>• Forge camaraderie through common challenging experiences</li><li>• Develop a sense of place</li><li>• Lay the foundation for active and healthy living</li></ul></div> <div></div>			



# Key Pedagogical Approaches

For OAL Cohort camps

## Experiential Learning Approach

Build upon past experiences and learn by making personal meaning of their new experiences through the process of reflection.



## Place-Responsive Approach

Using the place as foreground to enrich students' understanding and appreciation of local places.



# Programme Design Principles

**Provide opportunities for students to:**

- Exercise agency
- Exercise and develop competence
- Collaborate with others



# Camp Stages

Pre-camp

During camp

Post-camp



# Pre-camp Lessons

Equip & Empower



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Pre-camp preparation  
during FT Time



CCE Lessons



Equipping students with  
outdoor skills in PE Lessons



School briefing to students

# During Camp

Explore & Experience



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**INITIATE**



**BUILD**



**CHALLENGE**



**CONSOLIDATE  
& CELEBRATE**



# Post-camp Lessons



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## Enrich & Extend



Presentation during school assembly



CCE Lessons / FT Time



Leadership development in CCA



IP Lessons e.g. Journaling in EL



# Programmes

Activities

# Initiation Activities



Ice-breakers  
& Energisers



Full Value  
Contract



Goal Setting





Low Elements



Problem Solving Games



Inter-group Challenges



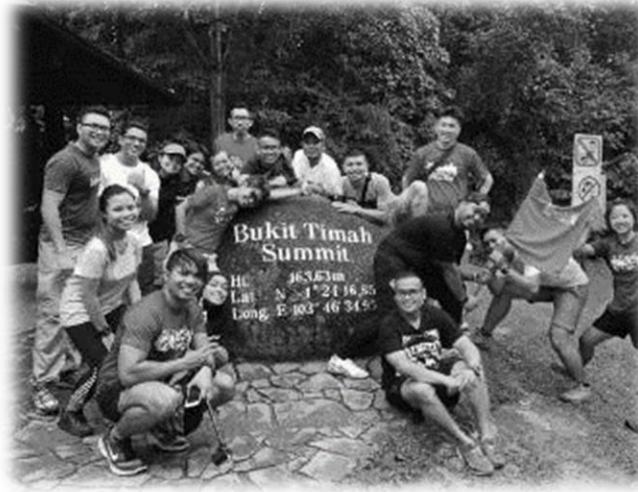
## Team Building Activities



# Journey



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Nature hike (For Sec 1)



Urban hike  
(For Sec 1)

# Outdoor Living Skills



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Navigation  
(check-points)



Outdoor Cooking (Sec 1)



# Place-based Activities



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Stream Exploration



Sensory Navigation



Concrete art



# Night Review Activities



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# Night Review Activities



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Night Consolidation



Mini Campfire

# **Key Safety Pointers**



# Safety – Activity & Participants

- Camping activities include high and low elements, journey, outdoor cooking, as well as place-based activities such as stream exploration.
- Inherently, there are risks involved in the conduct of these activities. MOE has conducted risk assessment for these activities and put in place appropriate measures to manage these risks to a suitable level for our students.

# Safety – Activity & Participants

- We would like to assure you that the safety of our students is of the highest priority. All necessary precautions to ensure the safety of our students will be taken.
- Where applicable, students will have the autonomy to participate at the level of challenge that they are comfortable with.
- Our Outdoor Adventure Educators (OAEs) are proficient in outdoor skills and trained in Wilderness First Aid.

# SOP for HIGH ELEMENTS : NO HARD OBJECT ON BODY



**Hard object includes watches and body jewellery such as rings, ear studs, earrings , nose stud, nose ring, tongue stud, chain, necklace, bangle, bracelet . Religious items need to be removed from the body during High Elements**





# SOP for HIGH ELEMENTS : MUST wear a tubular headgear

During Height-based activities, students and school staff entering the HIGH ELEMENTS Zone **MUST wear a Helmet (provided)**.

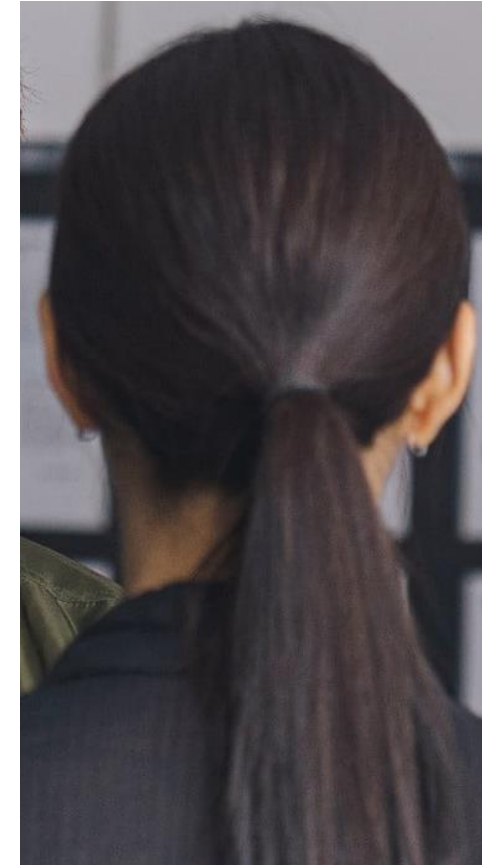
For hygiene purpose, a tubular Headgear commonly known as a **BUFF (provided)**, must be worn beneath the helmet .



# HIGH ELEMENTS & LONG HAIR

Students with hair longer than shoulder length

- a) MUST tie their hair up in a pony-tail or plait their hair.
- b) tuck their pony tail / plaited hair into the hollow space of the BUFF
- c) secure their exposed hair into their t-shirt at the back should their pony tail/plaited hair extend below the length of BUFF behind the head



# THINGS TO DO (Students & Parents)

- Parents please read the SEC 1 Cohort Camp Letter and complete the online application form by 28 Aug 2023 (available from 22 Aug, 5pm).
- Student, please know your PE Tee-Shirt size, your teachers will collate the sizes for their respective class.
- All participants will be provided with the **buff**.
- The camp T-shirt is provided free for participants that attend & successfully complete the camp.



## **Purchase of Personal Equipment:**

**(1) Compulsory** (*must have*)

**(2) Important** (*must have*) &

**(3) Good To Have Items** (*optional*)

# Personal Equipment (Compulsory- *must have*)

A. COMPULSORY ITEMS		QUANTITY
1.	Haversack / backpack/ sports bag (no trolley bag / sling bag) to keep personal belongings	1
2.	Small Day pack (to carry food , rain gear, water bottle)-preferably one with padded shoulder straps	1
3.	Non-disposable water bottle (at least 1-litre )	1
4.	Thermometer ( working condition)	1
5.	Raincoat / poncho / umbrella	1
6.	Non-disposable utensils (i.e. fork, spoon, plastic plate & plastic mug)-label w name and put inside ziplock bag	1 set
7.	Writing pen for reflection in the camp booklet	1
8.	Ez-link card (with minimum \$5 stored value)	1
9.	Toilet paper ( personal use)	Sufficient
10.	Small torchlight with batteries	1
11.	Sun-protection eg sunblock, hat/cap	1

# Personal Equipment (Important – *must have*)

B. IMPORTANT ITEMS		QUANTITY
12.	School/Camp T-shirt (not including the set worn on the first day)	4
13.	Shorts (not including the set worn on the first day)	4
14.	Long pants (for trekking and high/low elements; tights / jeans not recommended)	at least 1
15.	Covered shoes (including 1 extra pair to be worn during water activity if applicable)	2 pairs
16.	Socks (not including the set worn on the first day)	4
17.	Undergarments ( 100% cotton)	sufficient
18.	Towel (for drying face and shower use )	1
19.	Personal medication (including inhalers and spare canisters)	Inform teacher
20.	Toiletries (i.e. soap, tooth-brush, tooth-paste, body powder, shampoo, shower gel/soap , sanitary napkins (for females)	Personal, sufficient



# Personal Equipment (Good to have - *optional*)

C. ITEMS THAT ARE GOOD TO HAVE		QUANTITY
21.	Sleeping bag / yoga mat / sarong	1
22.	Slippers (to be worn during shower time)	1
23.	Spectacles (spare) and spectacle band/hook	If applicable
24.	Sweater / jacket (for night)	1
25.	Ziploc bags for waterproofing items in backpack	sufficient
26.	Large plastic bags for dirty clothes	sufficient
27.	Sun protection e.g. long sleeved T-shirt, lip balm, sunglasses	
28.	Insect repellent / plasters and ointment for insect bites ( mosquito patches not allowed)	
29.	Wet wipes / hand sanitiser	sufficient

# Purchasing Personal Equipment

You can purchase the camping equipment from stores such as **Decathlon** (<https://www.decathlon.sg/>)

or **Adventure World** (<http://queenstownsec.paperform.co/>).



Our school have arranged with Adventure World for collection at the school canteen on Thursday, 14th Sept (9.25am to 3pm).

Exchange of Sizes (if necessary) is on Friday, 15th Sept (9.10am to 1.15pm).



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THANK YOU