



QUEENSTOWN SECONDARY SCHOOL

1 Strathmore Road Singapore 148800

Tel: 6474 1055 Fax: 6474 1295

<http://www.queenstownsec.moe.edu.sg/>

Leaders for Tomorrow, Anchored in Values, Committed to Serve

"DARE TO SERVE"

15 Sep 2022

Dear Parents/Guardians,

2023 MOE-OBS Challenge Programme

We are pleased to inform you that your child will be participating in the **MOE-OBS Challenge Programme** in 2023. This is part of the National Outdoor Adventure Education Master Plan which the Ministry of Education (MOE) has put in place to strengthen the holistic development of all our students. The programme seeks to develop ruggedness, resilience, and build cohesion amongst our youths. The programme comprises a series of school-based PE and CCE lessons, as well as a 5-day residential course at Outward Bound Singapore (OBS).

A) Programme Information

The 5-day residential course will be conducted from **20 to 24 Mar 2023** (for students in 3 Gratitude, Aspire, Resilience and Respect) and **27 to 31 Mar 2023** (for students in 3 Integrity, Service and Excellence) in different parts of Singapore. Using the outdoors as 'classrooms' for learning and development, the course offers your child unique opportunities to work and learn together with their peers to overcome various challenges.

Through the course, students will learn to:

1. manage challenges positively through self-directed learning and making the right choices to influence their circumstances
2. appreciate the natural heritage of Singapore and recognise that everyone plays a part

This programme is co-designed by MOE and OBS to ensure that it is of high quality, supports the school curriculum, and is suitable for students. We would like to assure you that the positive learning experiences and well-being of your child is our priority. The programme is supported by a robust risk management system to ensure safety. With an excellent safety record built on stringent requirements from its international network of Outward Bound centres around the world, you can be assured that safety remains as OBS' top priority.

B) Online Registration and Medical Examination

You are required to register your child for the programme. The online registration starts on **Tue, 20 Sep 2022** and ends **Fri, 30 Sep 2022**. Kindly note that the registration includes a health declaration that you will need to complete on behalf of your child. The school will also arrange for a medical examination for your child will be conducted in school on **Thu, 13 Oct 2022**.

Please prepare the following information before starting the e-Registration:

- a) SingPass log in details
- b) Your child's personal details including class
- c) Your child's latest health information including tetanus immunisation date and height, weight and BMI
 - a. Check the date of the Applicant's Tetanus vaccination(s) at www.nir.hpb.gov.sg (vaccination records are only available for children born in or after 1996). Validity to be within 10 years of the Course date.



QUEENSTOWN SECONDARY SCHOOL

1 Strathmore Road Singapore 148800

Tel: 6474 1055 Fax: 6474 1295

<http://www.queenstownsec.moe.edu.sg/>

Leaders for Tomorrow, Anchored in Values, Committed to Serve

- b. Calculate the Applicant's BMI at <https://www.healthhub.sg/programmes/93/bmi-calculator>.

Registration Link	https://go.gov.sg/2023moeobs-queenstownss IMPORTANT: All parents/guardians must complete the registration for the MOE-OBS Challenge Programme by Fri, 30 Sep 2022 .
-------------------	--

Tetanus Immunisation

The programme requires all participants to be fully immunized against tetanus. Students who are not yet fully immunized can choose to do so at their preferred clinics prior to the medical examination that will be conducted in school.

Students can also take the tetanus vaccination during the medical examination on **13 Oct 2022**. The cost of the vaccination is **\$19.25 (including GST)**. Students must make direct payment to the service provider during the medical examination. Payment can be made in cash or by PayNow.

C) Payment

The programme is fully funded by MOE. There is no payment required for all participants.

D) Other Information and Enquiries

For more information about MOE-OBS Challenge Programme 2023, we strongly encourage all parents to:

- 1) view our MOE-OBS Parents Briefing Video by clicking on this link:
<https://www.youtube.com/watch?v=bQGAhsvs3k>
- 2) refer to our school website
https://www.queenstownsec.moe.edu.sg/lp_announcement/moe-obs-challenge/
- 3) refer to the attached "Important Note" and list of "Frequently Asked Questions"

If you have any query on the above programme, please contact my following colleagues at 6474 1055 or through email.

<u>MOE-OBS Coordinators</u> Mrs Minna Cheong (SH/PE) Mr Koa Chee Meng (HOD/PE&CCA)	<u>Emails</u> koh_minna@moe.edu.sg koa_chee_meng@moe.edu.sg
---	--

We look forward to your child/ward active participation in this exciting programme in 2023.

Yours sincerely,

Mr Sim How Chong
Principal



QUEENSTOWN SECONDARY SCHOOL

1 Strathmore Road Singapore 148800

Tel: 6474 1055 Fax: 6474 1295

<http://www.queenstownsec.moe.edu.sg/>

Leaders for Tomorrow, Anchored in Values, Committed to Serve

2023 MOE-OBS CHALLENGE PROGRAMME

IMPORTANT NOTE

An Outward Bound Course is an outdoor experiential learning experience. Outdoor adventure learning is important to develop youths who are confident about taking on challenges that push their limits, resilient and able to work closely together. OBS Courses facilitate self-discovery, social awareness, confidence, team communication skills and responsible decision-making. Just as importantly, they advocate responsibility for the environment and inspire participants to play a role in the community after an OBS Course.

The participants will be exposed to physical, mental, social and emotional challenges that are intended to build physical ruggedness and mental resilience. The experience is set in a rugged, outdoor environment, and may comprise land-and/or sea-based component(s). These may include, but are not limited to:

- a. Land activity e.g., trekking with load (instructor will check with the participants if they need to adjust the weight load) on uneven terrain and camping outdoors in tents.
- b. Water activity e.g., kayaking/sailing in the sea, jumping into water from the jetty.

These activities may be conducted in all weather conditions, over prolonged duration in the day.

A typical group consists of participants from diverse social backgrounds. Besides coping with the physical challenges, courses often result in intense emotional experiences. Participants may find themselves confronting personal fears or self-imposed limits while adjusting to a newly formed group, unfamiliar environment, and changes from their normal routine that differ from school-based camps and activities.

Instructors are proficient in outdoor skills and trained in wilderness advanced first aid to stabilise injuries and manage illnesses when they surface. In the event where more medical care is required, OBS has a medical centre staffed by Outdoor Nurse Practitioners (ONP) who are Registered Nurses. Instructors and medical centre staff may administer over-the-counter oral/topical medication where necessary.

The full list of over-the-counter oral/topical medication that may be used as necessary during the Course may be found at www.go.gov.sg/OBSOTC or you may obtain it from the teacher coordinator. You are required to inform us if your child suffers any allergies, including any adverse reactions to over-the-counter oral/topical medication, or if you are aware of any other medical reason that administration of over-the-counter medication is not possible.

If necessary, participants will be referred to external medical facilities, such as the polyclinics, for a Physician's assessment. Should there be a need for emergency evacuation, it is estimated that the full evacuation process could take up to two hours, depending on the location of the patient, weather and other factors beyond our control. Next-of-Kin will be informed via the organisation/Teacher Coordinator when participants are referred to external medical facilities.

Participants of the MOE-OBS Challenge are required to be certified fit by a Physician to attend the Course. Applicants with any diagnosed condition(s) and/or on existing follow-up for any condition will need to provide the latest review information from their attending Physician for assessment. Recommendation of fitness should be based on the Physician's assessment of the Applicant's ability to participate in an OBS Course. All information provided will be treated with confidentiality.

The safety of our participants is our highest priority. It is important that a full and accurate disclosure of the Applicant's medical condition is provided to OBS for us to make a proper assessment of the Applicant's suitability to participate in the Course. This will allow our participants to have a safe and meaningful Outward Bound experience. While OBS strives to be inclusive, we are unable to enrol applicants with certain pre-existing conditions for now.



QUEENSTOWN SECONDARY SCHOOL

1 Strathmore Road Singapore 148800

Tel: 6474 1055 Fax: 6474 1295

<http://www.queenstownsec.moe.edu.sg/>

Leaders for Tomorrow, Anchored in Values, Committed to Serve

"DARE TO SERVE"

Non-Admission (please note that this is not exhaustive list)	
1	Epilepsy / fits / seizures – Any episodes or on medication within the last 2 years
2	Unavoidable allergens resulting in severe allergic reaction – e.g. traces of allergen, insect bites, unknown allergens
3	Thalassemia Major
4	Diabetes condition requiring insulin injections
5	Any conditions that may impair movement and/or adversely affect safety to self or others during the course

For further clarification or enquiries, contact Outward Bound Singapore:

- For medical screening matters, email: obs_medical@nyc.gov.sg

- For enrolment matters, email: obs_programmes@nyc.gov.sg



QUEENSTOWN SECONDARY SCHOOL

1 Strathmore Road Singapore 148800

Tel: 6474 1055 Fax: 6474 1295

<http://www.queenstownsec.moe.edu.sg/>

Leaders for Tomorrow, Anchored in Values, Committed to Serve

2023 MOE-OBS CHALLENGE PROGRAMME

Sample 5-Day Residential Course Learning Activities

Students will be put into groups within their level, also known as watches. Although the activities for each watch may differ, the activities are selected and designed such that the learning outcomes remain comparable.

Please refer to the table below for a sample of the learning activities for a watch.

Day	Programme
Day 1	Team/ Problem solving activities, expedition preparation <ul style="list-style-type: none">• Getting to know you• Team socialisation
Day 2 – 4	Land/ Water-Based Adventure Activities <ul style="list-style-type: none">• Building competence & confidence, surmounting challenges as a TEAM, develop resilience as individuals, sense of achievement as a whole
Day 5	Peer affirmation, commitment activity <ul style="list-style-type: none">• Sharing of feedback, transfer of learning
Journaling / Debriefing <ul style="list-style-type: none">• Reflect on meaningful learning experiences and establish action plans for the transfer of learning	



QUEENSTOWN SECONDARY SCHOOL

1 Strathmore Road Singapore 148800

Tel: 6474 1055 Fax: 6474 1295

<http://www.queenstownsec.moe.edu.sg/>

Leaders for Tomorrow, Anchored in Values, Committed to Serve

2023 MOE-OBS Challenge Programme

FREQUENTLY ASKED QUESTIONS

General

S/N	Question	Answer
1	What is the MOE-OBS Challenge Programme?	<p>The programme consists of pre- and post-course lessons taught by our teachers and the OBS Course led by OBS Instructors. It is designed to ensure achievement of the programme learning outcomes and transfer of learning to other areas of the students' life. Students are not graded for performance but are encouraged to work on goals they set for themselves.</p> <div style="display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; padding: 5px; margin: 5px;">Pre-Course (school-based)</div> <div style="margin: 0 10px;">➡</div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">5-day Course at OBS</div> <div style="margin: 0 10px;">➡</div> <div style="border: 1px solid black; padding: 5px; margin: 5px;">Post-Course (school-based)</div> </div>
2	What kind of activities will my child be going through during the OBS Course?	<p>OBS uses the outdoors as its classroom. Your child will be engaged in a variety of activities that will help him/her not just to discover, but also challenge his/her personal limits.</p> <p>Some of these activities include problem-solving activities, adventure activities conducted over land and sea. It allows students to reconnect with nature, develop their resilience and connectedness with nature, while having a positive mindset in managing difficult situations.</p>
3	Is the OBS course compulsory for my child?	The MOE-OBS Challenge Programme is part of school curriculum but parental consent is still needed for the OBS course.

5-Day Course

S/N	Question	Answer
4	How can the safety of my child be ensured during the OBS course, with such a big group of students coming together?	<p>The positive learning experience and well-being of your child is our priority. Activities are purposefully designed to meet the programme outcomes. The students are supervised by qualified OBS Instructors who are trained in wilderness first aid, and have undergone rigorous training, technical skills assessments and certifications.</p> <p>Students undergo the course in groups of up to 12-14 per Instructor, to facilitate good interaction, adequate peer support and opportunities to practice leadership roles.</p> <p>In addition, OBS has a robust safety monitoring system and evacuation plan for emergencies.</p>
5	Does my child need to be certified fit by a medical doctor to attend the OBS course?	Yes, all students attending the programme will be examined by a medical doctor to certify him/her fit for the programme. The medical examination will be arranged by the school and conducted at school. Medical examinations conducted in school will be paid for by the school. Some students may need to have their medical examination done by a specialist, for which costs will be borne by the parent.



QUEENSTOWN SECONDARY SCHOOL

1 Strathmore Road Singapore 148800

Tel: 6474 1055 Fax: 6474 1295

<http://www.queenstownsec.moe.edu.sg/>

Leaders for Tomorrow, Anchored in Values, Committed to Serve

"DARE TO SERVE"

6	Will my child be forced to go through an activity that he/she is not confident in?	OBS Instructors are trained to motivate and provide a supportive environment for the participants. Your child will not be forced to participate in any activity and will not be asked to engage in an activity without safety briefings and orientation. However, he/she will be strongly encouraged to participate in all activities during the Course and at a level that he/she is comfortable with. This is to maximise the opportunities for learning and self-discovery, in alignment with the philosophy of 'challenge-by-choice'.
7	Where will these activities be conducted?	Different activities will be conducted on mainland Singapore and/or Pulau Ubin. The OBS Course is designed such that despite the different types of activities, students can achieve the same learning outcomes.
8	What happens if my child has their period during the Course? Can they still go through the water activities?	Your child can still participate in all activities as per usual. Female participants who are expecting their period during the programme should bring an extra supply of sanitary pads, dark-coloured shorts/pants, and extra plastic bags for the disposal of soiled sanitary pads. There is no requirement for them to take any medication to delay or postpone their menstruation cycle, unless otherwise stated by their doctor. Additionally, they can approach any female OBS Instructor for assistance during the Course.
9	What should my child bring for the OBS Course?	Please refer your child to the packing list. There is no need for expensive, technical gear. We encourage your child to borrow items that he/she does not have from family/friends/schoolmates to minimise unnecessary expenses. OBS discourages students from bringing along expensive items. Your child's valuables i.e., mobile phones and wallet will be kept by OBS to ensure security of personal items and minimal distraction during the Course.
10	If my child is unwell or injured during the Course, do I need to pick my child up? What if I cannot pick my child up?	<p>If your child is sent to a clinic or hospital for further diagnosis or treatment, you may need to pick them up if the doctor issues them a medical certificate (MC), as it is best recommended for them to rest at home. We do not encourage your child to continue with the Course.</p> <p>If your child is ill, we may ask that you pick your child up to see a doctor.</p> <p>In both cases, your child will benefit from the comfort of your presence, and it is best for them to be brought home to rest, after seeking medical advice.</p> <p>If you are unable to pick your child up, you can arrange for another family member above 18 years old to do so on your behalf or request for assistance from the school.</p>



QUEENSTOWN SECONDARY SCHOOL

1 Strathmore Road Singapore 148800

Tel: 6474 1055 Fax: 6474 1295

<http://www.queenstownsec.moe.edu.sg/>

Leaders for Tomorrow, Anchored in Values, Committed to Serve

"DARE TO SERVE"

Communication

S/N	Question	Answer
11	Will I be informed if my child is injured/unwell?	<p>At first instance of receiving a report of an injury/illness, OBS will assess, manage and monitor. Medical treatment will be given by the Instructor and/or our qualified OBS nurses for the well-being of your child.</p> <p>You will be informed if your child requires further medical attention at a clinic or hospital.</p> <p>If, after a period of rest and monitoring, our nurses and Instructors assess your child to be fit to re-join the Course, you will not be informed.</p>
12	How do I contact my child in the event of a family emergency?	<p>You may contact your child via the Teacher Coordinator. However, due to the expeditionary nature of the course, we seek your understanding that some time is needed for OBS to reach your child.</p> <p>Your child's valuables i.e., mobile phones and wallet will be kept by OBS to ensure security of personal items and minimal distraction during the Course.</p>

Registration

13	I do not have a SingPass. How do I register my child for the programme?	<p>You may register for a SingPass via https://www.singpass.gov.sg/home/ui/register/instructions</p> <p>The link also provides responses for other related SingPass queries.</p>
14	What if I did not receive an acknowledgement email from OBS after I submitted the form online?	<p>Please inform the school through your child's teacher if you have submitted the e-Registration Form, but did not receive an acknowledgement email from OBS. Your child's teacher will check in with OBS and advise you on how to proceed.</p>



QUEENSTOWN SECONDARY SCHOOL

1 Strathmore Road Singapore 148800

Tel: 6474 1055 Fax: 6474 1295

<http://www.queenstownsec.moe.edu.sg/>

Leaders for Tomorrow, Anchored in Values, Committed to Serve

"DARE TO SERVE"

Others

S/N	Question	Answer
15	What if nationwide situations that impact your child's participation arise?	<p>In the event of a nationwide situation that impacts your child's participation (e.g., haze, new COVID variant), MOE and OBS will provide timely updates to schools. MOE & OBS will reference requirements and standards from national agencies and apply the relevant requirements to the Course. During this time, if you have other questions regarding OBS, please check back with us at OBS_Programmes@nyc.gov.sg</p>
16	Why is tetanus vaccination required for attending the course?	<p>Tetanus is a disease caused by the bacteria, <i>Clostridium tetani</i>, which is commonly found in soil, dust and contaminated objects. The bacteria can enter the body through tears or spits in the skin, burns and eye injuries.</p> <p>Tetanus is a preventable disease associated with a higher fatality rate. The treatment of tetanus is difficult and requires specialised, intensive care. Tetanus vaccination is an easily accessible and effective risk management strategy to prevent tetanus infection especially in the outdoors. Tetanus vaccination is included under the Singapore National Childhood Immunisation Programme.</p> <p>Participating students will be at significantly higher risk of tetanus infection if they have never been vaccinated or if the validity period of their tetanus vaccination has lapsed. Tetanus vaccination has a validity of 10 years and is compulsory for your child's participation in the course.</p> <p>Students who do not have a valid tetanus vaccination can receive one at their family doctor, polyclinic or during the school medical examination.</p>