

#### 2 January 2023

Dear Parents/Guardians of Secondary 1 Students,

#### **WELCOME TO TERM 1 2023**

- 1. On behalf of the school and staff, we extend a very warm welcome to you in 2023! We hope that you have spent a meaningful and restful year-end holiday with your child/ward.
- 2. In the past year, Bowen Secondary celebrated our 40th Anniversary. Our theme, "BElonging, BEnefitting Lives, BElieving", reflected the three things that best represent the Bowen Experience, as well as the collective aspirations of our Bowen family. We look forward to writing the next chapter of the Bowen story together with our students, staff and stakeholders, and envision Bowenians who produce tomorrow's solutions for tomorrow's problems, through Collaboration, Connection, and Creativity. Your continued support for school directions and initiatives will be much appreciated.
- 3. As we embark on the new school year, we would like to provide you with key updates for Term 1 for our Sec 1 students.
- A. Update on Safe Management Measures (SMMs), Temperature-taking Exercise & First Week of School
- 4. Bowen will continue to implement any necessary SMMs in line with MOE Directions, to keep students and staff safe. While Singapore has successfully transitioned to living with Covid-19, we will remain vigilant in checking in on our students and safeguarding their well-being.
- 5. Please remind your child/ward to practice good personal hygiene (e.g. washing/sanitising hands) and exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should-not</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should-not</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should-not</a> exercise personal and social responsibility. If he or she is unwell (whether Ag+ or not), he / she <a href="mailto:should-not">should-not</a> exercise personal and social responsibility.
  - In the event your child/ward has to miss school, his/her learning will be supported. FTs will assign
    a buddy to update your child/ward on the lessons and collect his/her worksheets. Please
    encourage your child/ward to be proactive in finding out on what he/she has missed from his/her
    buddy.
- 6. Temperature-taking will be carried out twice a year in 2023. In Term 1, all schools will carry this out on **Wed 11 Jan**. We would appreciate it if you could help remind your child/ward to bring a working thermometer on **Tues 10 Jan** for checking, and for use on **Wed 11 Jan**. Do also encourage your child/ward to continue bringing a thermometer (as well as a spare ART kit, if possible) to school so that he/she can monitor his/her health whenever necessary, given that social responsibility is now crucial in living with Covid-19.
- 7. FTs will also remind/update students on precautionary measures on the first day of school.
- 8. To ease our students' transition back to school, please take note of the dismissal time for your child/ward for the first week of school as follows:

Level	Tue 3 Jan	Wed 4 Jan	Thur 5 Jan	Fri 6 Jan
Sec 1	1.00pm	1.00pm	As per timetable	By 6pm#

#There will be 'CCA Experience' where Sec 1s will 'tour' the various CCAs. Sec 1s will be dismissed by 6pm (may be slightly earlier). The Sec 2-5s will conduct the 'CCA Experience' and introduce their CCAs to the Sec 1s.



9. The school's back gate along Hougang Avenue 2 will be open from 6.30 am to 7.30am for students to enter school. Students can continue to access the back gate when leaving school during dismissal. [Please note that for Sec 1 students, their student passes will be programmed to access the back gate on Wed, 11<sup>th</sup> Jan during the Start Right Programme. In the meantime, the school will make arrangements for them to access the gate.]

#### **B. Secondary 1 Form Teachers**

10. To forge stronger school-home partnerships, we are pleased to introduce our team of Sec 1 FTs and share their email contacts below. If you wish to contact FTs by telephone, you may call the school General Office (6385 9466) and request for their extension number.

Class	Form Teachers	Emails
1 <b>T</b> opaz	Mr Chew Hui Jie	chew_hui_jie@schools.gov.sg
	Mrs Irene Leong	low_wai_wan@schools.gov.sg
	Ms Ong Ai Lingg	ong_ai_lingg@schools.gov.sg
1 Sapphire	Mr Sheik Habib	sheik_habib_noor@schools.gov.sg
	Ms Corinne Teo	liew_chee_liang@schools.gov.sg
1 Peridot	Mr Chen Qinghua	chen_qinghua@schools.gov.sg
	Ms Ong Eileen	eileen_ong@schools.gov.sg
	Mr Paul Lim	lim_keng_soon_paul@schools.gov.sg
1 Amethyst	Ms Alamel Moghan	alamel_moghan@schools.gov.sg
	Ms Teo Jia Jia	teo_jia_jia@schools.gov.sg
1 <b>R</b> uby	Mr Jackson Ng	ng_chip_khiang_jackson@schools.gov.sg
	Mdm Ida Lim	ida_lim@schools.gov.sg
1 <b>K</b> unzite	Mdm Angela Tan	tan_leng_khim@schools.gov.sg
	Mdm Sim Sze Hwei	sim_sze_hwei@schools.gov.sg
1 Larimar	Mrs Audrey Gan	audrey_tan_seow_ping@schools.gov.sg
	Ms Nurzafirah	nurzafirah_azahari@schools.gov.sg
1 Emerald	1 Emerald Mr Lau Chee Seng lau_chee_seng@schools.gov.sg	
	Mrs Lee Suping	tan_su_ping@schools.gov.sg

- 11. The contact details (work email and telephone number) of your child's/ward's subject teachers are also available on our school website. Teachers will generally be contactable by telephone during office hours. If you email our teachers, they will aim to reply you within 3 working days. We seek parents'/guardians' understanding that teachers may wish to keep their handphone numbers private.
- 12. The Year Head for Sec 1 is Mdm Sharifah Kamelia (sharifah\_kamelia\_syed@schools.gov.sg).



#### C. Key Parent Engagement Platforms

13. In the course of your child's/ward's 4-5 years in Bowen, we will be meeting parents/guardians at briefings/dialogue sessions/Meet-the-Parent Sessions (MPS). Separate letters providing more information on these sessions will be issued at a later date.

Date	Levels
Fri 27 Jan	Sec 1 MPS (Evening)
Wed 8 Mar	Sec 2 MPS (Evening)
Thu 9 Mar	Sec 4/5 MPS (Evening)
Thu 23 Mar	Sec 3 Dialogue Session with Parents (Evening)
Fri 26 May	Sec 1-5 Full Day MPS (one-to-one meetings with FTs)

#### D. Bowen FIESTA (Start of Year) 2023

14. Our annual **Bowen FIESTA** (<u>Fun</u>, <u>Interactive</u>, <u>Educational and <u>STructured Activities</u>) will be conducted in Week 2. Bowen FIESTA for Sec 1 students will comprise:</u>

#### • Start Right Programme

This is a **3-day school-based Day Programme** from **Wed 11 Jan to Fri 13 Jan** to orientate students and ease their transition into the new school environment. It aims to:

- (a) Foster strong teacher-student relationships and student-student relationships, and promote positive school/class culture;
- (b) Reinforce school values, instil a sense of belonging to the school and provide experiential opportunities for cohort bonding; and
- (c) Introduce and develop core skills and competencies through basic outdoor activities such as simple outdoor cooking, mini expedition, low elements, and team-building activities with an emphasis on having a growth mindset.

Please refer to the <u>Annex</u> at the end of this Term Letter to see the breakdown of programme and daily packing list.

#### Calendar View of Weeks 1 and 2

Week	Mon	Tue	Wed	Thu	Fri		
1 (3 - 6 Jan)	School Holiday	First Day of School Programme (All levels) Sec 1 Orientation Day 1	Lessons according to timetable for Sec 2-5 Sec 1 Orientation Day 2	Lessons according to timetable	Lessons according to timetable  Sec 1 CCA Experience Day 1*  *CCA starts for Sports CCA DSA students		
	Please refer to dismissal time for the different levels as shown in Section A.						



Week	Mon	Tue	Wed	Thu	Fri
2 (9 – 13 Jan)	Lessons according to timetable	Lessons according to timetable	Sec 1 Start Right Programme Day 1	Sec 1 Start Right Programme Day 2	Sec 1 Start Right Programme Day 3  Sec 1 CCA Experience Day 2 (dismissal by 6pm)

15. An online Consolidated Notification of Term 1 activities/programme will also be sent to you via Parents Gateway (PG) on **Tue 3 Jan**. Please submit your consent via PG by **Mon 9 Jan**. We seek your understanding that your child/ward may not be able to participate in the abovementioned activities if we do not receive the consent by the given date.

#### E. 2023 Home-Based Learning

16. In 2021, MOE announced that schools would embark on Blended Learning (BL), which is a mix of home-based and in-school activities that leverage on both online and offline approaches to learning. The objective of BL is to nurture self-directed, independent and intrinsically motivated learners.

In Bowen, the BL experience includes a student-initiated learning component called *BowenExplore!* on Home-Based Learning (HBL) Days where students explore their interests and passions and learn beyond the formal curriculum. Many students have found it a meaningful learning experience.

This year, the school will continue to have regular HBL days starting **Wed, 25 Jan**. Please refer to the table below for the HBL schedule for 2023. An Info-Sheet with more details on HBL will be sent via PG at a later date.

Term	Levels	Week/Day
1	S1-5	<ul> <li>W4 Wed 25 Jan</li> <li>W6 Wed 8 Feb</li> <li>W8 Wed 22 Feb</li> <li>W10 Wed 8 Mar</li> </ul>
2	S1-5	<ul> <li>W2 Wed 29 Mar</li> <li>W4 Wed 12 Apr</li> <li>W6 Wed 26 Apr</li> <li>W8 Wed 10 May</li> </ul>
3	S1-5	W5 Tue 25 Jul to Thu 27 Jul  Note: The GCE N-Level Oral Examinations will take place over three full days. All secondary schools will conduct <u>HBL for all levels</u> .
4	S1-3	W6 Wed 18 Oct

#### F. Assessment and Criteria for Progression



- 17. In recent years, MOE has introduced several policy changes under the Learn for Life movement to nurture our students to be confident and resilient learners. From 2023, all schools will be removing mid-year examinations for all levels as part of ongoing efforts to inculcate the joy of learning in our students. Sec 1 to 3 will have Term Assessments (TA) in Term 1 to Term 3 and End-of-Year Examinations in Term 4. TAs will take the form of either Pen-and-Paper (PP) tests or Authentic Assessments (AA).
- 18. More information on assessment matters will be sent to parents/guardians via Parents Gateway (PG) at a later date. Information on all academic matters including assessment will also be available in the e-Student Handbook (see Section H below).
- 19. The progression of students from one level of learning to the next is based on the year-long assessment of whether students have attained the required foundation to cope with and benefit from the next level. The table below describes the criteria for progression from Secondary 1 to Secondary 2. Students who do not meet the promotion criteria may be retained or laterally transferred to a less demanding course.

Course	Level	Requirement for Promotion	Lateral Transfer to more Demanding Course
Express [EXP]	Sec 1	Pass in English Language and a pass in overall percentage (i.e. 50%) of all subjects combined	-
Normal (Academic) [N(A)]	Sec 1	Pass in English Language and <u>2</u> other subjects <u>OR</u> Pass <u>4</u> subjects	Sec 1 students who have met the promotion criteria and attained a minimum of 70% in the overall percentage of all subjects combined may be considered for lateral transfer to EXP course at Sec 2.
Normal (Technical) [N(T)]	Sec 1	Pass 2 subjects (Grade D or better), one of which should be English Language or Mathematics	Sec 1 students who have met the promotion criteria and attained a minimum of 70% in the overall percentage of all subjects combined may be considered for lateral transfer to N(A) course at Sec 2.

#### G. Updates on School Attire

20. With the transition to living with Covid-19, mask wearing in school is optional. Students can choose to continue to wear a mask if they want to, but it is not mandatory. With the return to normalcy, Bowen Secondary School will also revert to its original school dress code with effect from Tue 3 Jan 2023. Please refer to the updated guidelines below.

Day	Timing	Attire
Mondays	7.30am – 9.00am	Bowen Smart Formal Attire with school tie
	After 9.00am	Smart Casual Attire     OR



		2. Smart Formal Attire without tie
Tuesdays - Thursdays	7.30am onwards	Smart Casual Attire     OR     Smart Formal Attire <u>without</u> tie
Friday (Dress-Down Day)	7.30am onwards	CCA T-shirt, Class T-shirt, PE T-shirt and school bottoms
Daily (Optional)	1.30pm onwards	PE T-shirt and school bottoms (skirt/pants)

21. For more information on school attire (e.g. visual representation on the School Attire guidelines), please refer to the Welcome Package for all Sec 1 students.

#### H. e-Student Handbook

22. With NDLP and the aim of imbuing greater student agency, the Student Handbook from 2023 will be in digital form. All students will receive the 2023 e-Student Handbook by Term 1 Week 4 via their Student ICON emails. The Handbook will include important information such as school rules, the school calendar, curriculum hours, and progression criteria.

#### I. Bowen Device (HP) Policy

- 23. With the availability of Personal Learning Devices (Sec 1s will receive their PLD at a later date) and lockers for all students, they will be required to keep their handphones or any other electronic devices in their lockers during curriculum hours (which includes recess, CCA, etc.). Students can retrieve and use their handphones after curriculum hours/school dismissal at the canteen or foyer only.
- 24. Given the ubiquitous nature of technology, we hope that this practice will encourage our students to develop self-regulation in using technology wisely, "Disconnect to Connect" with their peers, reduce screen time, as well as prevent damage to, loss or theft of their devices. It will also allow them to better leverage their Personal Learning Devices as the main tool for learning without distractions from social media, game notifications and chats during curriculum time.
- 25. The school will be reminding students on the device policy and we believe that our students will be able to abide by it. However, there may be consequences (e.g. confiscation of handphone) should students be found flouting the rules.
- 26. The school seeks parents/guardians' support for the policy and help our students to use technology responsibly and appropriately. Should you need to contact your child/ward during curriculum hours due to any urgent matters, please contact the General Office at 6385 9466.

#### J. School Attendance and SMS Notification for Absenteeism

27. Attendance at school and school-related activities (e.g. CCA, Sports Day, Enrichment Days, etc) is compulsory to ensure students' holistic development and continuity of learning. Students who are absent must submit a valid medical certificate (MC) or a letter from parents with valid reasons immediately upon their return to school after their absence.



- 28. To ensure regular attendance, parents/guardians are encouraged to excuse their children from school through parent's/guardian's letters only for valid reasons such as unforeseen family circumstances. Thus, the school will only accept up to 3 letters per term. If the student is unwell, we advise them to seek medical attention and be excused from school through an MC.
- 29. Students should not be travelling overseas during term time unless due to extenuating reason(s). Ongoing assessments may be impacted if student is absent from school without valid reason (e.g. no MC). For information on "School Terms and Holidays for 2023", please visit: <a href="https://www.moe.gov.sg/news/press-releases/20221019-school-terms-and-holidays-for-2023">https://www.moe.gov.sg/news/press-releases/20221019-school-terms-and-holidays-for-2023</a>
- 30. Parents/guardians (i.e. primary contact person) will receive a SMS notification from school by 10.00am if your child/ward is absent from school. Kindly ensure your handphone number is updated in the school system through the Student Details Form (see Section K below).
- 31. Should you need to verify your child's/ward's attendance, please contact the General Office or his/her FTs at 6385 9466.

#### K. Student Details Form

32. From 2023, the Student Details Form will be digitalised and information will be sent to parents/guardians via Parents Gateway (PG) on **Wed 11 Jan**. Please confirm that the information is up-to-date and respond online by **Tue 31 Jan**. For parents/guardians not onboard PG, a hardcopy will be passed to you through your child/ward for verification. Should there be any changes, please update the form (indicate in red ink) and return it to FTs through your child/ward. As the form contains sensitive information, please remind your child/ward to keep the form safe and hand it to his/her FTs as soon as possible.

#### L. Canteen Matters

33. The school is currently changing the vendor of our Malay Noodles Stall, and the new vendor will need some time to commence operations. As a transitionary measure for the next few weeks, we have engaged our Malay Rice Stall vendor to prepare more food for students, including an expanded range of menu items such as Malay noodles. We will also be working on queue management to support our vendor as well as students buying Malay food. Nonetheless, you may wish to consider packing healthy snacks or other food that will not spoil easily, so that your child/ward can have his/her meal more readily during recess/lunch. Your understanding on this matter is very much appreciated.

#### M. Term 1 Key Programmes, Events and Holidays

34. After Bowen Fiesta, lessons will resume as per timetable from **Mon 16 Jan**. Here are 2023 Term 1 highlights (Sec 1):

Date	Programmes/ Events	Remarks
Fri 20 Jan	CNY Celebration	<ul><li>Lessons till 11.30am followed by CNY celebration</li><li>Dismissal by 12.30pm</li></ul>
Mon 23 Jan & Tue 24 Jan	CNY Public Holiday	School resumes on Wed 25 Jan.
Wed 25 Jan	Home-Based Learning (HBL) for Sec 1-5	Students will need to log into SLS by 8.00am for check-in and attendance taking.
Fri 27 Jan	Sec 1 Parents Engagement	A separate letter will be sent via PG.



Date	Programmes/ Events	Remarks
Wed 1 Feb	HPV Vaccination	Held during school hours.
to Thu 2 Feb	(Sec 1 & 2 girls)	
Mon 6 Feb to	Bowen Care-Inclusion Week	Held during school hours.
Fri 10 Feb		
Mon 6 Feb to	Health Screening for	Held during school hours.
Thu 16 Feb	Sec 1 & 2	
Wed 8 Feb	Home-Based Learning (HBL)	Students will need to log into SLS by 8.00am for
	for Sec 1-5	check-in and attendance taking.
Fri 10 Feb	Start of CCA for all Sec 1s	Students will be informed how to indicate their CCA
		preferences separately. Students will be informed of
		their allocated CCA by Wed 8 Feb and will be required
10.5.1	T	to start attending CCA from Fri 10 Feb.
Mon 13 Feb	Total Defence Day	Held during school hours.
TI 0511	Commemoration	
Thu 9 Feb to	Sec 1-5 Term Assessment 1	A separate letter on the schedule of the Term
Fri 24 Feb	Harris Based Lagrains (HDL)	Assessments will be issued at a later date.
Wed 22 Feb	Home-Based Learning (HBL)	Students will need to log into SLS by 8.00am for
	for Sec 1-5	check-in and attendance taking.
Wed 1 Mar	Class Leaders Workshop	Held in the afternoon. Time and venue to be
	(Lower Secondary)	confirmed.
Fri 3 Mar	Mass Run for Sec 1-5 (PM)	A separate letter on the Mass Run will be issued at a
		later date.
Wed 8 Mar	Home-Based Learning (HBL)	Students will need to log into SLS by 8.00am for
	for Sec 1-5	check-in and attendance taking.
Fri 10 Mar	Issuance of Term 1 Progress	
	Results Slip (Sec 1 – 5)	
Sat 11 Mar	School Holidays	Students may be required to attend CCA activities
to Sun 19		or other programmes and will be notified through
Mar		parents' letters.
		Student Protected Time will be on Thu 16 Mar to Fri
		<b>17 Mar</b> during which no school activities will be held.

35. The list of Term 1 after-school activities which will be held on Mondays and Thursdays for Sec 2 is provided below. The activities generally end around 5-6 pm (your child will be informed of the exact timings by the teachers). Most activities will be held in school. Separate letters/consent forms will be issued for activities held outside school.

Week	Monday	Programme	Class	Thursday	Programme	Class
3	16 Jan	No enrichment	N.A.	19 Jan	S1 Digital Learner	1 Topaz 1 Sapphire
4	23 Jan	CNY Public Holiday		26 Jan	S1 Digital Learner	1 Peridot 1 Amethyst
5	30 Jan	No enrichment	N.A.	2 Feb	S1 Digital Learner	1 Ruby 1 Kunzite
6	6 Feb	No enrichment	N.A.	9 Feb	S1 Digital Learner	1 Larimar 1 Emerald
7	13 Feb	No enrichment	N.A.	16 Feb	Term Assessment 1	



Week	Monday	Programme	Class	Thursday	Programme	Class
8	20 Feb	No enrichment	N.A.	23 Feb	S1 Applied Learning Programme #1	All Sec 1 classes
9	27 Feb	No enrichment	N.A.	2 Mar	S1 Applied Learning Programme #2	All Sec 1 classes
10	6 Mar	No enrichment	N.A.	9 Mar	S1 Applied Learning Programme #3	All Sec 1 classes

36. For regular updates on school programmes and the happenings in and around the school, feel free to check our school website, and follow us on the school's official Facebook page at <a href="https://www.facebook.com/bowensec">https://www.facebook.com/bowensec</a> or our official Instagram account @bowensec\_official.

Thank you for your support and for partnering us closely as we nurture our students to be future-ready Passionate Learners, Leaders and Champions.

Yours faithfully,

Mr Loh Chih Hui Principal

#### Use of photographs and video images

Photographs or video images of students, parents and visitors may be taken during school activities and events such as classroom lessons, enrichment activities, CCA activities, camps, etc. The school may use and publish such photographs or video images in school publications, the school's website, social media channels, or other communication channels.



ANNEX: Sec 1 Start Right Programme Itinerary (Wed 11 Jan to Fri 13 Jan) & Daily Packing List

### Packing List for 3 Days of the programme - Attire & Things to Bring

# **Attire**

Day 1 and Day 2 (Wed 12 Jan and Thu 13 Jan):

School PE Attire with school shoes and socks.

# Day 3 (Fri 14 Jan):

Start Right programme T-shirt with school shoes and socks (Start Right programme T-shirt will be given on Day 1 of the programme)

# For all 3 days of the programme:

Items	Qty	Description / Remarks				
Disposable Poncho / Raincoat	1	Compulsory				
Water Bottle	1	Compulsory (1.5 liters)				
Personal Utensils (Fork & Spoon)	1	For outdoor Cooking				
Day Pack	1	Small bag big enough to carry 1 x 1.5 <i>liters</i> water bottle, notebook, stationery, and poncho/raincoat during the programme.				
Personal Medication (if any)	1	E.g. Asthma Inhaler				

# THINGS NOT TO BRING / PROHIBITED ITEMS:

- 1. MP3 players, iPods, radio / Card & Electronic Games (e.g. IPad, PSPs)
- 2. Jewellery / Valuables/ Excessive cash (e.g. more than \$5)
- Brand new / Expensive watches or other digital devices
- 4. Titbits / Soft drinks

#### **TELEPHONE CALLS**

To minimize disruption to the programme, all personal calls will not be entertained unless they are of utmost urgency.

Family members who need to contact any student for urgent matters, can call the school mainline at 6385 9466.

#### **MEDICAL MATTERS**

All students under any form of medication should bring their medicines along. They are to **inform their trainers and form teachers about their medication** so that arrangements can be made for them to take their medicines during the programme. There will be a sick bay for students with minor ailments may rest and recuperate. Students who need immediate and more



# Sec 1 Start Right Programme Itinerary (Wed 11 Jan to Fri 13 Jan)

# Actual Day Program: DAY 01

AIUI								
Groups Time	1T	18	1P	1A	1R	1K	1L	1E
0730	Intro / Briefing							
0800	Ice Breakers							
0830	Orienteering		Trekkers Challenge		Backwoodsman Cooking		Low Elements	
1200	Lunch							
1300	Low Elements			Orienteering Trekkers Challenge			Backwoodsman Cooking	
1630	Debrief							
1700	End							

#### **DAY 02**

AT 02								
Groups Time	1T	18	1P	1A	1R	1K	1L	1E
0730	Intro / Briefing							
0800		Energizers						
0830	Backwoodsman Cooking		Low Elements		Orienteering		Trekkers Challenge	
1200	Lunch							
1300	Trekkers Challenge Backwoodsman Low Elements Orientee					eering		
1630	Debrief							
1700	End							



# **DAY 03**

Groups Time	1T	1\$	1P	1A	1R	1K	1L	1E
0730	Intro / Briefing							
0800		Energizers						
0830	Mass Activity: Telematch / Gladiator							
1100	Debrief / Evaluation							
1200	End							

# **OPERATIONS**

Activity	Remarks				
Orienteering	WW: Wind in willows / Transformers / Continue worksheet				
Low Elements	Electric Fence / TP Shuffle / Postman Walk / Tension Traverse				
Backwoodsman Cooking	Menu – Presentation: Pizza / Kebab / Bread twist / Apple cinnamon /				
Trekkers Challenge	The Maze / Silent Shapes / Turnstile / Key Punch / WALI				

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