

18 April 2023

Ref: 2023 – 125

Dear Parents / Guardians,

PRIMARY 5 CAMP – 3 DAYS 2 NIGHTS @ MOE DAIRY FARM OUTDOOR ADVENTURE LEARNING CENTRE

We will be organising a 3 Day 2 Night Outdoor Adventure Learning (OAL) Camp for all Primary 5 Students as part of their Physical Education (PE) journey in CPS. This camp aims to support MOE's initiative in providing every primary school child with an outdoor residential experience to promote the development of social skills, application of knowledge and exemplifying of values.

The OAL Camp aims to provide learning experiences that cannot be replicated in the classroom. It provides authentic contexts in which students apply what they have learnt from Character and Citizenship Education (CCE) and Outdoor Education in Physical Education (**OE in PE**) lessons. The richness and complexity of experiences, such as working with their peers to overcome challenges or navigating in a new environment during a journey, allow them to extend and deepen their learning from the classroom setting into real-life experiences. They will have opportunities to synthesise, apply and make decisions from what they have learnt in various academic subjects through authentic situations and tasks set in the outdoors.

The details of the camp are as follows:

Date: Thursday, 11 May 2023 – Saturday, 13 May 2023
Reporting Time: Day 1: Thursday, 11 May 7.30 am @ CPS
Dismissal Time: Day 3: Saturday, 13 May, 12.30 pm @ CPS
Campsite: MOE Dairy Farm Outdoor Adventure Learning Centre (MOE DF OALC)
30 Dairy Farm Road, Singapore 679058




Kindly complete the Information Form at this link <https://forms.moe.edu.sg/forms/Jqj6No> or scan the QR Code above and submit it by **Friday, 28 April 2023.**

Please refer to **Annex A** for the suggested packing list and **Annex B** for the list of Frequently Asked Questions (FAQs) regarding the camp. For further clarifications or enquiries, please send an email to:

- a) Ms Cassandra Siua (Camp Commandant): siua_kian_ling_cassandra@moe.edu.sg
- b) Mr Kevin Yang Yingjie (Camp Co-Commandant): kevin_yang_yingjie@moe.edu.sg

Thank you for your kind support and working with us towards a meaningful and enriching OE in PE experience for our students.


Yours sincerely,



Ms. Cassandra Siua
Senior Teacher - PE



Mr Wilbert Tan
HOD PAM & CCA



Mrs Manokara S
Principal

PACKING LIST

S/N	ITEM	QUANTITY	REMARKS
BAGS			
1	Backpack or duffel bag	1	<ul style="list-style-type: none"> • Large (<i>durable</i>) Bag to contain ALL items for camp • NO luggage / Trolley bags allowed
2	Small backpack (day bag)	1	<ul style="list-style-type: none"> • To carry items needed for outdoor hikes
CLOTHING			
3	School polo T-shirt	3 sets	<ul style="list-style-type: none"> • 1 set / pair to be worn when reporting to school on Day 1
4	School shorts	3 pairs	
5	Long-sleeved T-shirts	2	<ul style="list-style-type: none"> • For night hikes and outdoor activities
6	Track pants	2 pairs	<ul style="list-style-type: none"> • Full ankle-length pants suitable for outdoor activities and high elements • NO jeans allowed
7	Pyjamas	2 sets	<ul style="list-style-type: none"> • To be worn for bedtime, appropriate for <u>non-airconditioned</u> room
8	Undergarment	5 sets	-
9	Socks	4 pairs	-
10	Towel	2	<ul style="list-style-type: none"> • 1 Bath-Towel for shower and 1 face towel for outdoor activities
FOOTWEAR			
11	Sports / school shoes	1 pair	<ul style="list-style-type: none"> • <u>Fully covered</u> shoes with firm base and good grip for outdoor hikes
12	Slippers	1 pair	-
TOILETRIES			
13	Shampoo	1	<ul style="list-style-type: none"> • Adequate amount to last the duration of the camp
14	Shower gel	1	
15	Facial wash	1	
16	Toothpaste & Toothpaste	1	
17	Toilet Paper	1	<ul style="list-style-type: none"> • 1 full roll of toilet paper for personal use
EATING UTENSILS			<ul style="list-style-type: none"> •
18	Fork and spoon	1 set	<ul style="list-style-type: none"> • <u>Reusable</u> utensils (<i>suitable for food consumption</i>) • NO disposables allowed • Ensure that the utensils are unbreakable
19	Cup/Mug	1	
MISCELLANEOUS			
20	Personal Medication	Adequate amount	<ul style="list-style-type: none"> • Place medication in a Ziploc bag and label the bag with name and class • <i>Note: Inform Form-Teachers if medication needs to be taken on a regular basis</i>
21	Water bottle	1	<ul style="list-style-type: none"> • 1-litre water bottle to sustain through outdoor hikes and activities
22	Hand sanitizer	1	<ul style="list-style-type: none"> • Small-sized bottle to be placed in small backpack for outdoor hikes
23	Sunscreen	1	<ul style="list-style-type: none"> • Tube / bottle, minimum SPF 30
24	Insect repellent	1	<ul style="list-style-type: none"> • Types: Spray, Patch or Lotion
25	Cap / Hat	1	<ul style="list-style-type: none"> • For sun-protection throughout the camp
26	Torchlight	1	<ul style="list-style-type: none"> • Handheld torchlight • Include a set of spare batteries
27	Pencil Case	1	<ul style="list-style-type: none"> • Stationery for activity journal and reflection
28	Plastic bags	4	<ul style="list-style-type: none"> • To pack dirty laundry and footwear
29	Sleeping Bag	1	<ul style="list-style-type: none"> • For personal use during bedtime
30	Poncho / Raincoat / Umbrella	1	<ul style="list-style-type: none"> • In the event of wet weather

FREQUENTLY ASKED QUESTIONS

CAMP OBJECTIVES

Q: How will the camp benefit my child/ward? What are the objectives of the camp?

A: The camp aims to empower our students to:

1. Build resilience and explore their own physical capabilities through various outdoor experiences, adventures and challenges;
2. Value diversity amongst one another through in-depth interaction opportunities and reflection;
3. Forge camaraderie and positive relationships with peers and teachers through shared experiences and working toward common goals;
4. Understand the need for and importance of active and healthy living and apply the learning to daily life;
5. Acquire basic outdoor skills and demonstrate school values – Care, Graciousness, Integrity, Resilience & Respect through experiential learning and place-responsive approaches.

ATTENDANCE

Q: Must my child/ward attend the camp?

A: Attendance for the full **3 Days 2 Nights residential** camp is required as it is part of the MOE's Physical Education Syllabus for all Primary 5 students. Students will only be exempted from the camp if they have valid medical reasons. Your child/ward will need to furnish the school with a **valid letter / medical certificate from their doctor** for verification.

Q: Can my child/ward come home and report to the camp the next day?

A: For a complete camp experience, the full attendance is necessary. There are also after-dinner activities planned in the programme, including a campfire, hikes and sharing of reflections which will be enriching and beneficial for your child/ward as part of his/her camping experience.

Q: My child/ward is selected to represent his/her CCA in the National School Games which fall on the same day as the camp. Can my child/ward still attend the camp?

A: Yes, your child/ward will still be required to attend the camp. More *information (e.g. reporting time, dismissal from campsite, etc)* will be provided by the CCA Teachers-in-Charge closer to the date of camp and competition.

REPORTING AND DISMISSAL

Q: Where will my child/ward report to on Day 1?

A: Your child/ward is to report to school on Day 1 by 7.30 am. There will be a briefing after their morning assembly and they will proceed to MOE DF OALC by buses arranged for each class.

Q: Where is the dismissal point for my child/ward on Day 3? Where do I pick him/her up?

A: Your child/ward will be dismissed from school on Day 3. Please arrange to pick him/her up by 12.30 pm.

PAYMENT

Q: Do we have to pay for the camp?

A: You will not have to pay for the camp as it is fully funded by the school and MOE.

ACTIVITIES

Q: What are the activities that my child/ward will be taking part in during the camp?

A: The activities for the camp include low elements, high elements, outdoor hikes (*e.g. Wallace Education Centre, Dairy Farm Nature Park, etc*), low-elements, campfire and team-building games.

ACCOMMODATION

Q: Where will my child/ward be sleeping? What kind of accommodation will they be placed in?

A: Your child/ward will be sleeping in non-airconditioned dormitories at night. Please note that they will need to bring their sleeping bags for the camp.

Q: Who will my child/ward be sharing his/her accommodation with?

A: Your child/ward will be sharing his/her accommodation with his/her classmates of the same gender. There will be a maximum of 20 students in 1 dormitory.

FOOD AND DIETARY REQUIREMENTS

Q: What kind of food will my child/ward be eating at the camp?

A: All food provided are halal-certified, in accordance with Health Promotion Board's "My Healthy Plate" requirements (*e.g. protein, carbohydrates, fruits and vegetables*).

Q: My child/ward has a certain food requirement (*e.g. allergy, vegetarian, etc*). How do I inform the teachers?

A: Please fill in the requirements in the Information Form. You may also update your child/ward's Form Teacher(s) through their Whatsapp Business number.

Q: How many meals will my child/ward be having a day?

A: There will be 3-5 meals provided per day (*except Day 3*). The meals are inclusive of breakfast, lunch, afternoon tea-break, dinner and supper. Your child/ward is not allowed to bring their own snacks for the camp.

UPDATES AND COMMUNICATION WITH MY CHILD/WARD

Q: Is my child/ward allowed to bring his/her mobile phone for the camp?

A: Your child/ward may bring their mobile phone but he/she is not allowed to use their mobile phone during the duration of the camp. The Form Teacher(s) will safekeep your child/ward's phone until the end of camp on Day 3 for them to contact you. Please switch off the mobile phone, place it in a Ziploc bag and label it with your child/ward's name and class.

Q: How can I find out more about my child/ward's progress or updates about him/her during the camp?

A: We will be posting photos and videos of the camp in our CPS' Facebook Page. You may join the page by searching for "Cantonment Primary School" in Facebook.

Q: Can I contact my child/ward's form teacher(s) during the camp and request for updates from them?

A: As your child/ward's Form Teacher(s) will be the main chaperone for his/her class, their main role and responsibility is to be vigilant, monitor and ensure the well-being and safety of the students. Please refrain from contacting them for non-emergency cases.

Q: Am I allowed to visit the campsite to see my child/ward or to deliver items they may have forgotten?

A: In order to build resilience and independence in our students, we seek your understanding to refrain from visiting the campsite. Your child/ward may not be at the campsite as they will be out for outdoor adventure activities or engaged in team-building activities where they forge camaraderie and positive relationships with peers and teachers.

SAFETY AND INSURANCE

Q: What are the measures put in place to ensure the safety of my child/ward during the camp?

A: These are the safety measures put in place for the camp:

1. The camp is planned and conducted by professionally trained and certified instructors, with at least 3 years of experience in conducting school camps.
2. All facilitators are first-aid trained, and a professionally trained instructor in First Aid and Emergency will be stationed at the campsite throughout the duration of the camp.
3. There will be an adult: student ratio of 1 adult:10 students at all times.

Q: Is my child/ward covered by insurance during the camp?

A: Your child/ward is covered by a student insurance plan catered for all school activities.