

1 June 2022

Ref: 2022 – 123

Dear Parents / Guardians,

PRIMARY 5 CAMP – 3 DAYS 2 NIGHTS @ MOE LABRADOR OUTDOOR ADVENTURE CENTRE

We will be organizing 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 synthesize, 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 / Day: Thursday, 21 July 2022 – Saturday, 23 July 2022
Reporting Time: Day 1 – Thursday, 21 July, 7.30 am
Dismissal Time: Day 3 – Saturday, 23 July, 12.30 pm
Campsite: MOE Labrador Outdoor Adventure Centre
45, Pasir Panjang Road, Singapore 118505

Kindly complete the Information Form at this link <https://forms.moe.edu.sg/forms/vWZ1Ee> and submit it by **Friday, 10 June 2022**.

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

Yours sincerely,



Ms. Cassandra Siua
Senior Teacher, PE



Mr Thomas Wong
HOD PAM/CCA

CC: 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	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 • 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	3 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	1	
17	Toothbrush	1	
18	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"> •
19	Fork and spoon	1 set	<ul style="list-style-type: none"> • <u>Reusable</u> utensils (suitable for food consumption and outdoor cooking) • NO disposables allowed • Ensure that the utensils are unbreakable
20	Plate	1	
21	Cup	1	
MISCELLANEOUS			
22	Personal Medication	Adequate amount	<ul style="list-style-type: none"> • Place medication in a Ziploc bag and label the bag • <i>Note: Inform Form-Teachers if medication needs to be taken on a regular basis</i>
23	Water bottle	1	<ul style="list-style-type: none"> • 1-litre water bottle to sustain through outdoor hikes and activities
24	Hand sanitizer	1	<ul style="list-style-type: none"> • Small-sized bottle to be placed in small backpack for outdoor hikes
25	Sunscreen	1	<ul style="list-style-type: none"> • Tube / bottle, minimum SPF 30
26	Face Mask	10	<ul style="list-style-type: none"> • Sufficient number in case of replacement needed
27	Insect repellent	1	<ul style="list-style-type: none"> • Types: Spray, Patch or Lotion
28	Cap	1	<ul style="list-style-type: none"> • For sun-protection throughout the camp
29	Torchlight	1	<ul style="list-style-type: none"> • Handheld torchlight • Include a set of spare batteries
30	Thermometer	1	<ul style="list-style-type: none"> • To monitor and record daily temperature. • Ensure that it is in a proper working condition
31	Pencil Case	1	<ul style="list-style-type: none"> • Stationery for activity journal and nightly reflection
32	Plastic bags	4	<ul style="list-style-type: none"> • To pack dirty laundry and footwear
33	Sleeping Bag	1	<ul style="list-style-type: none"> • For personal use during bedtime
34	Poncho / Raincoat	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 compulsory 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: As stated above, the camp is compulsory and full attendance (including 2 nights) is necessary for your child/ward to complete the camp experience. There are also after-dinner activities planned in the programme, including 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 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 Labrador 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.

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 outdoor cooking, outdoor hikes (*e.g. Hort Park, Mount Faber, etc*), low-elements, campfire, team-building games.
- Q:** My child/ward is afraid of heights. Can he/she be excused from high element activities (*e.g. rock-climbing, flying fox, abseiling, etc*)?
- A:** As of June 2022, high element activities in camps are still officially suspended by MOE. Thus, there will be no high element activities for all students in this camp.

ACCOMMODATION

- Q:** Where will my child/ward be sleeping? What kind of accommodation will they be placed in?
- A:** While the students will be pitching tents outdoors as part of their activities, they will be sleeping in non-airconditioned classrooms 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 their accommodation with their classmates of the same gender.

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 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 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.
 4. Safety protocols have been put in place in the event of a positive COVID-19 case.
 5. All activities will strictly adhere and include the Safe Management Measures aligned with MOE guidelines, including mask-wearing practices.
- 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.