

# **MOE-OBS CHALLENGE PROGRAMME 2022 2D NON-RESIDENTIAL (Cedar Girls Secondary)**

Briefing for Parents/ Guardian



Ministry of Education  
SINGAPORE



*\*Some photos were taken before covid-19*

# Content

- 1** What is the 2022 MOE-OBS Challenge Programme?
- 2** What is the OBS course about?
- 3** How does OBS ensure my child's safety?
- 4** How do I register for my child?
- 5** How can I help to prepare my child?



**1**

**What is the 2022  
MOE-OBS Challenge  
Programme?**

# A Holistic Education

- Develop **well-rounded** individuals
- Outdoor Education (OE) provides **rich learning experiences** outside the classroom and helps our students to develop holistically, building up their **resilience and ruggedness**
- **Authentic learning experiences** help our students to 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
Outdoor Education in Physical Curriculum			
Active and healthy lifestyle Social and emotional competencies			
Programme for Active Learning (Outdoor Education)	1 Outdoor Adventure Learning (OAL) camp	1 Outdoor Adventure Learning (OAL) camp	MOE-OBS Challenge Programme
Social and emotional competencies Resilience, ruggedness and social cohesion			

# Outdoor Adventure Learning

1. As part of the SG United message of 'Together, We Can Brave The New', Singaporeans are encouraged to stay strong together.
2. Outdoor Adventure Learning (OAL) experiences provide opportunities where students learn to navigate and “brave the new” together by:
  - a) building camaraderie through working together in unfamiliar yet authentic situations;
  - b) be resilient, have empathy and maintain a positive attitude when faced with adversity
3. Through overcoming challenging obstacles with their peers, participants learn that it is possible to be innovative and to adapt despite the constraints posed by the pandemic.





2

**What is the MOE-  
OBS Programme  
about?**



**“In time to come,  
OBS will be a rite of  
passage and a shared  
experience for all young  
Singaporeans, regardless  
of race, religion, or  
background.”**

———— PM Lee Hsien Loong ————





# What will my child learn from the Programme?

## Confident Person & Resilience

Be able to deal with challenges positively through self-directed learning and making right choices to influence their circumstances.

## Concerned Citizen

Commit to play an active role in the improvement of community and environment.



# What is the MOE-OBS Challenge Programme?

## 3 Components



Pre-course lessons and preparation



OBS 2-day course



Post-course lessons and reflections

# Pre-Course lessons and preparation



Outdoor Education in PE Lessons



Pre-course Lesson with Form Teacher



School Briefing to Students



**Pre-Course  
Lessons and  
Preparation**

**Sample  
2-day Course**

**Post-Course  
Lessons and  
Follow-Up**

## **Programme**

### **Land/ Water-Based Adventure Activities**



**Building  
competence &  
confidence**



**Raise awareness  
on environmental  
issues**



**Develop resilience as individuals,  
surmounting challenges and  
achieving a sense of  
accomplishment as a team**



### **Debriefing / Journaling**

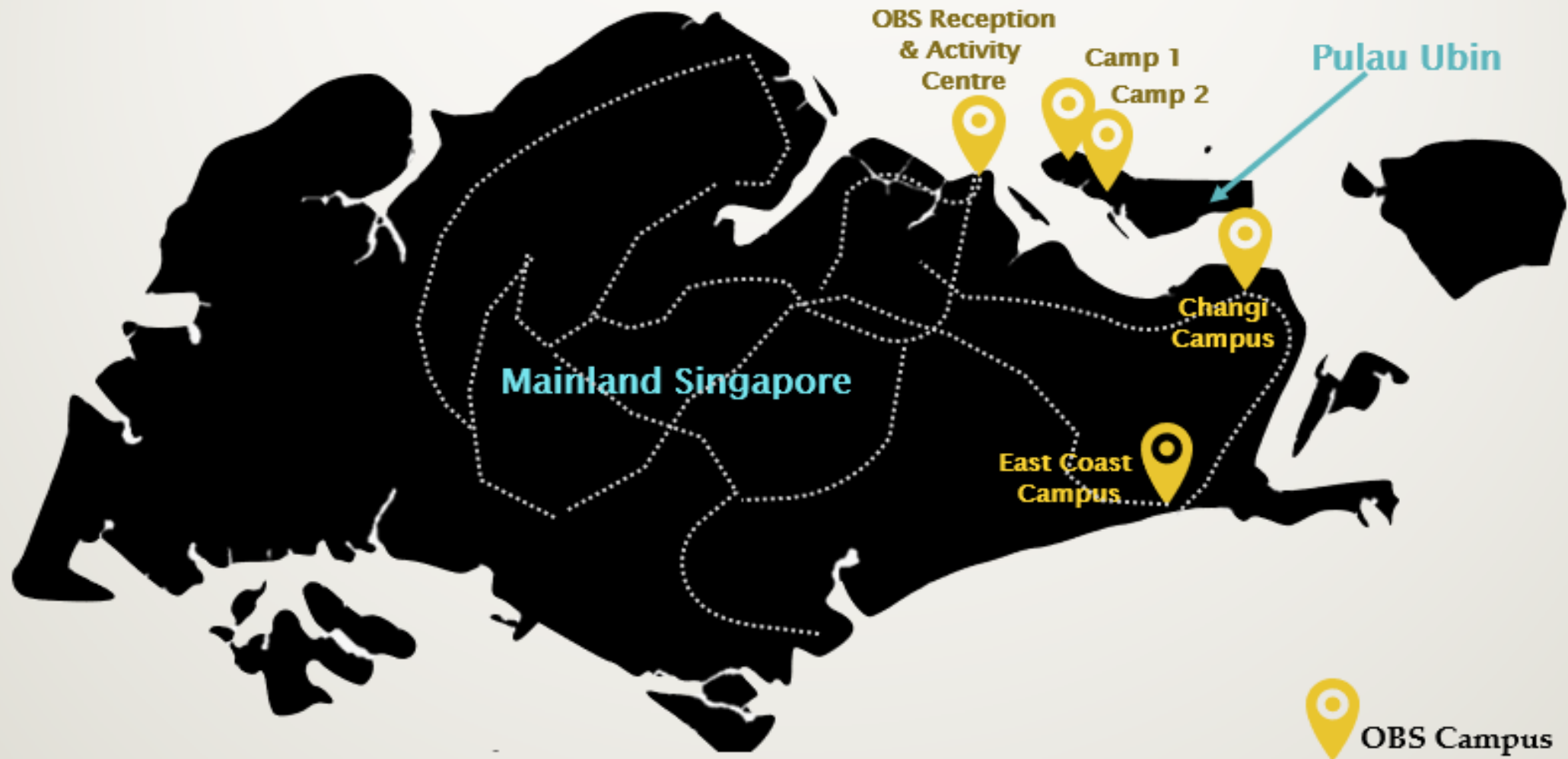
**Reflect on meaningful learning experiences and establish action plans for  
the transfer of learning**

# Integrating the blue and green spaces on mainland Singapore



OBS Heads to Mainland  
Singapore - Lianhe Zaobao

# Where will my child be during the 2-day OBS Course?



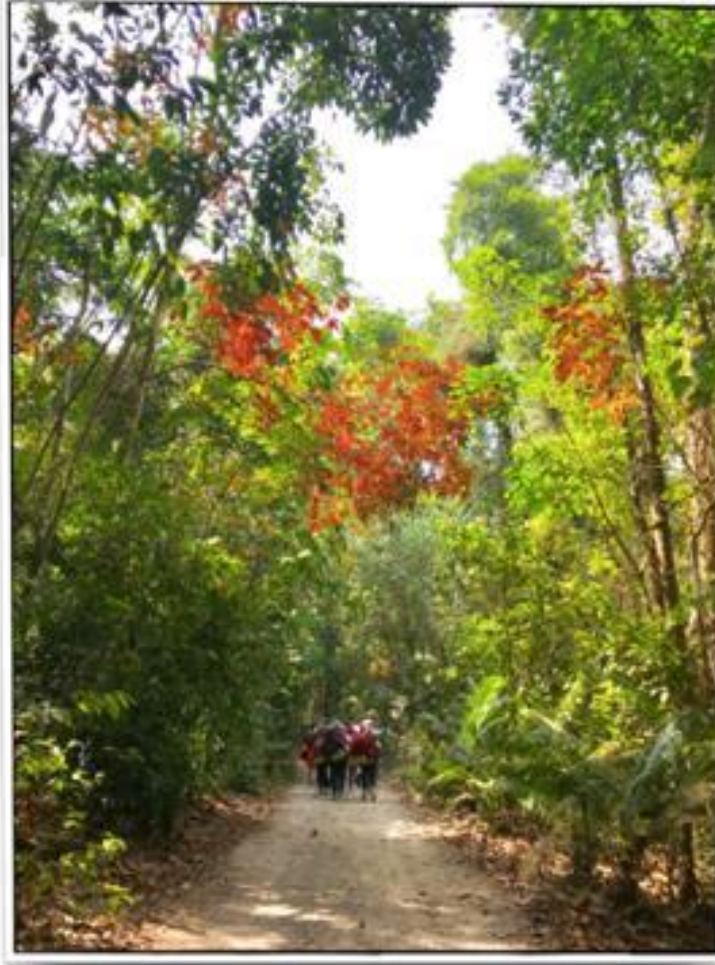
\*Adhering to Safety Management Measures



# Outdoor Classroom



Develop character and learn values and skills through doing and reflection



Classroom is the outdoors



Learning in the outdoors



# Post-Course lessons and follow-up



Journaling



Post-course Lesson with Form Teacher



Sample CCE Lesson Reflection Activity

3

# What are the safety measures?



# OBS safety and operations

## Track record



- Pioneer in Singapore's outdoor adventure education delivering quality outdoor adventure programmes
- Professional practices in risk management and safety

## Medical Post



- 24-hours Medical post manned by registered nurses
- Medical SOPs in consultation with OBS Medical Advisory Panel doctors



# OBS safety and operations

## People



### Qualified and Experienced Instructors

- Equipped with technical, pedagogical and safety skills
- Manage a small group size of 12 - 14 students per Instructor
- Conduct daily, pre-activity and post-activity checks to ensure your child's well-being

### Outdoor Nurse Practitioners

- Full-time Outdoor Nurse Practitioners who are registered nurses

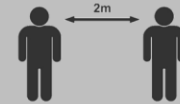
# OBS Safe Management Measures



All OBS frontline staff are fully vaccinated



Clear segregation of campuses to prevent intermingling of students from different schools



Students to be at least 2m apart while performing strenuous activities without mask



Students to wear facial mask at all times and maintain safe distancing



Staggered in-processing of students



Instructors will share with students on enhanced personal and field hygiene practices



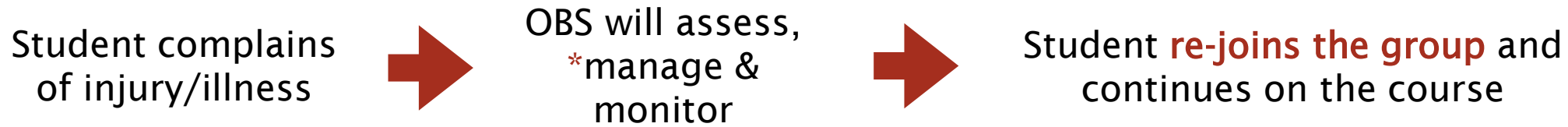
OBS will step up site, facilities and equipment cleanliness and maintenance regime

# When will I be informed if my child requires medical attention?

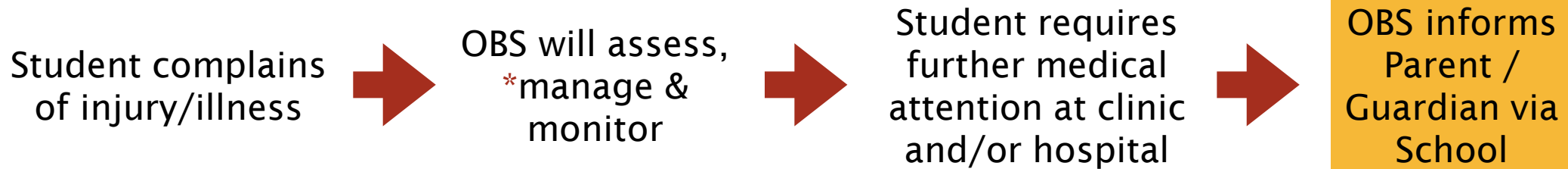
You will be informed when your child requires further medical attention, e.g. sent out to clinic or hospital.



## Scenario 1: OBS maintains status quo, and will not inform School / Parent / Guardian



## Scenario 2: OBS informs Parent via School



\* OBS Instructors and Nurses may provide **over-the-counter medication** to treat the injury/illness

# Communication Channel

Please remain contactable always during the 2 days programme.







4

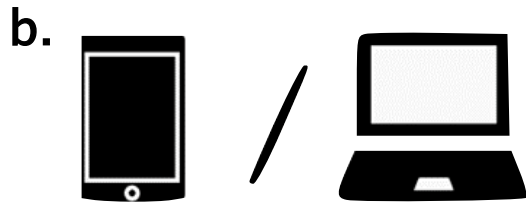
**How do I register  
for my child?**

# How do you register for your child?

## 1. Have the following ready:

a. 

d. Child's latest height and weight



e. Child's tetanus vaccination date at [www.nir.hpb.gov.sg](http://www.nir.hpb.gov.sg)

c. Child's school and class information

f. Child's Email address

## 2. Submit your child's e-registration



2022 MOE-  
OBS Challenge  
XXX Sec  
School

🕒 10 mins estimated time to complete

START

[Read Instructions](#) ⌵

### Instructions

First, read the following:

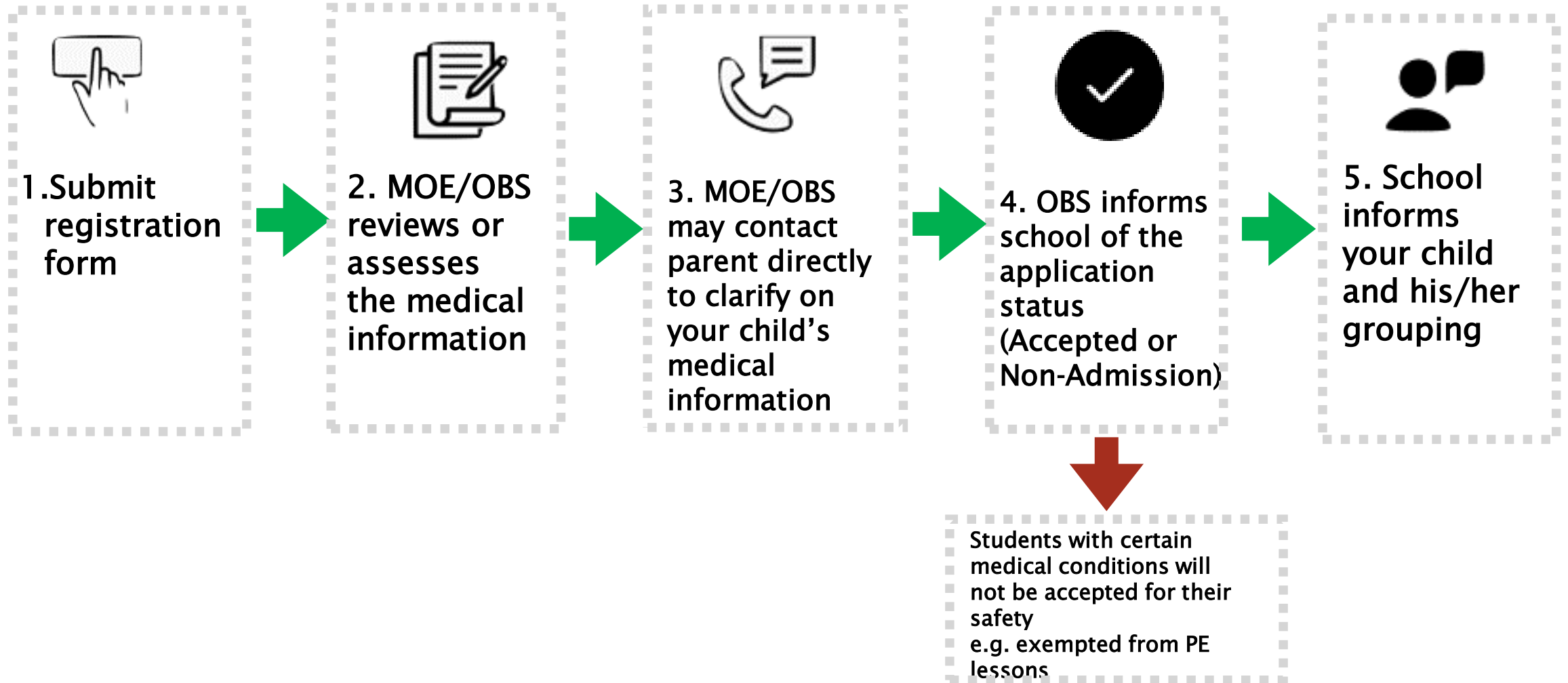
1. The submission of a completed Course Registration Form indicates your interest

III

□

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# What happens after registration?





**5**

**How can I help to  
prepare my child?**

# A new MOE-OBS Challenge Programme Website page

- A customized website page specifically for MOE-OBS Challenge Programme
- For parents/guardians to keep updated on key information about the programme
- Parents/guardians can better prepare themselves and help their child/ward for the programme





**Outward Bound  
Singapore**

Inspired Individuals, Transformed Communities

Introduction

MOC  
Programme ▾

Safety

Guidelines For  
Parents ▾

FAQs

NOAE Master  
Plan

My OBS Journey



# A Rite of Passage, A Shared Experience

The MOE-OBS Challenge (MOC) programme offers a unique opportunity for the Secondary Three Students. As part of the National Outdoor Adventure Education Masterplan, the MOC programme seeks to develop ruggedness, resilience and build cohesion amongst youths. During the OBS course, students undergo a shared Outdoor Adventure Learning (OAL) experience and are provided opportunities to learn to work together in new, challenging, and authentic situations with their peers to overcome various challenges.

Find out more

## MOE-OBS Challenge Programme website page

<https://go.gov.sg/moc>

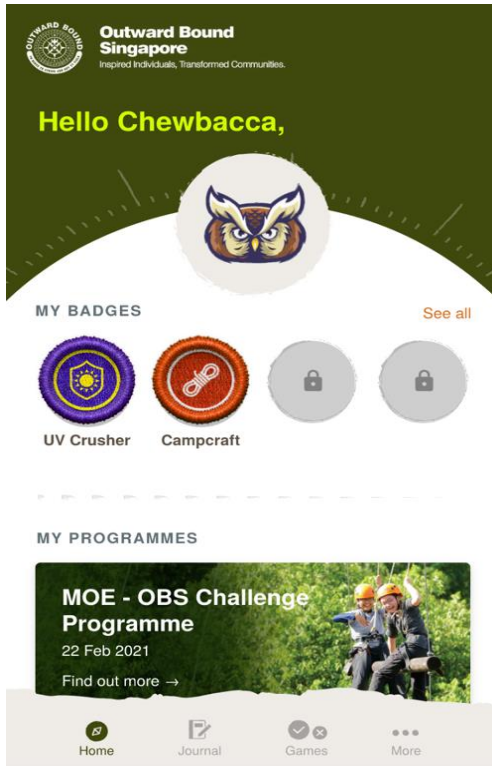


<https://go.gov.sg/moc>

\*Photo was taken

# Introducing My OBS Journey Web Application

*Screenshot of My OBS Journey*



- A new web application for enrolled students
- To help students to mentally prepare for the OBS course



# My OBS Journey EDM

**Remind your child to  
Activate My OBS Journey  
web application!**

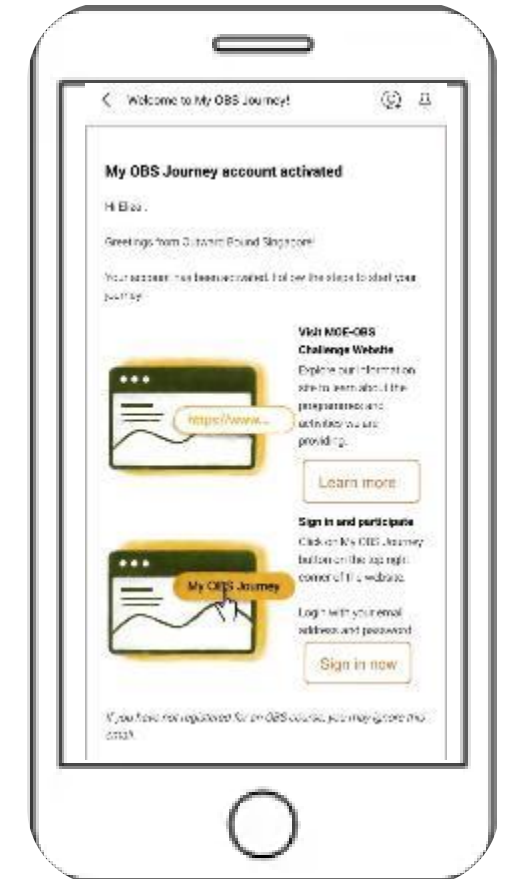
**The account activation email will be  
send to the student's email address  
which parents fill up in the e-  
registration form**

***\* If parents input their email  
address instead, it will be send to  
that email address.***

**1<sup>ST</sup> EMAIL**



**2<sup>ND</sup> EMAIL**



# My OBS Journey Web App Features

## What's new? (Resources)

Get yourself ready! Read this list of Resources before playing the games.

[Find out more →](#)



## What do I pack?

Start your OBS adventure and pack right.

[Find out more →](#)



## How do I feel today?

Choose an emoji and express yourself.

[Find out more →](#)



## Who are my Watch Mates?

Find out who's joining you for your OBS adventure!

[Find out more →](#)



## Reporting Instructions

Get important information for your first day here!



## RESOURCES

It provides reminders for your child e.g. what to pack, countdown to their OBS course and reporting instructions for Day 1.

## GAMES

Games and quizzes for your child to learn about the outdoor knowledge in a fun and engaging way!



Safety



Back-packer



Navigation



Leave No Trace



UV Crusher



Campcraft

[Play Games](#)

# Parent's Webinar

- 3 sessions (April, July, September)
- Parents can register via this EDM QR code send by the school\*
- Registration will open 1 month before event date

*\*parents please check with the school on the correct session to attend*



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Singapore  
Inspired Individuals, Transformed Communities.



Ministry of Education  
Singapore



**JOURNEYING  
WITH YOUR CHILD**  
MOE-OBS CHALLENGE PROGRAMME  
PARENT'S WEBINAR

Wondering what is the  
OBS experience for your child?  
Join us for a live webinar session!

Date: 12 April 2022, Tuesday  
Time: 7:30pm – 9pm

To register,  
scan QR code or use the link below:



<https://go.gov.sg/mocwebinar-apr22>  
Registration period:  
14 March – 1 April 2022  
(or until all slots are taken)



# Packing List

**Note:** Land and water activity items and equipment such as poncho, whistles, Personal Floatation Device (PFD) etc will be provided by OBS.

Students are encouraged to borrow from family/ friends/schoolmates instead of buying.

*\*Packing list can be found on My OBS Journey web application or from the school briefing*

**MOE-OBS CHALLENGE PROGRAMME  
PACKING LIST  
(2-DAY NON-RESIDENTIAL)**

- This is a guide to help you pack
- You are encouraged to borrow from friends and family if you do not have the items
- Please keep your expensive items at home
- Do label your items and pack it in a small backpack/ school backpack
- Come prepared to OBS in either the land or water activity attire as informed by your school

\* Military or camouflage print attire is not allowed

**LAND ACTIVITY**

**REPORTING ATTIRE**

- ☐ 1 pc Long-Sleeved T-shirt
- ☐ 1 pair Long Pants
- ☐ 1 pair Covered Shoes and Socks

**TO BRING**

- ☐ 1 set Clean Set of Clothes
- ☐ 1 pc Small Towel

**REMINDER!**  
Check with your teacher which activity to pack for each day!

**WATER ACTIVITY**

**REPORTING ATTIRE**

- ☐ 1 pc Long-Sleeved T-shirt
- ☐ 1 pair Long Pants
- ☐ 1 pair Covered Shoes

**TO BRING**

- ☐ 1 set Clean Set of Clothes
- ☐ 1 pc Small Towel
- ☐ 1 pair Covered Shoes and Socks

**Long-Sleeved T-shirt & Long Pants**  
Protect against insect bites, abrasion and sunburn.

**Footwear**  
Shoes need to be worn throughout the day for all activities such as walking distances and climbing.  
Wear shoes that fit well, are comfortable and provide support to prevent blisters and injuries.  
Wear covered shoes for water activities for protection from underwater rocks and barnacles.

**Socks**  
Wear socks that cover the ankle to prevent blisters and protect against insect and sandy bites.



**IMPORTANT PERSONAL ITEMS**


- ☐ Min. 1 pc Extra Face Mask
- ☐ 1 bottle Hand Sanitiser
- ☐ 1 pc Thermometer
- ☐ 1 bottle Insect Repellent
- ☐ Sufficient Sun Protection
  - Sunblock (SPF 30 or higher), lip balm, broad brimmed hat/cap and after-sun-lotion
- ☐ 1 - 2 bottles Min 2 Litre Water
  - For drinking water e.g. hard-shell water bottle (avoid disposable mineral water bottles to prevent trash)
  - For hygiene purposes, sharing of personal water bottle is not allowed. Water top-up is provided.
- ☐ 1 set Fork & Spoon
  - Recommended metal utensils
- ☐ Sufficient Prescribed Medication In Own Name
  - e.g. inhaler, oral medication (all prescribed medication must be declared before the course starts)
  - Do not bring OTC (over-the-counter) medications
- ☐ 1 set MOE-OBS Course Journal & Pen
- ☐ Sufficient Plastic Bags / Resealable Bags
- ☐ Sufficient Spare Spectacles
  - Include spectacles bands to prevent loss of specs. Retainers and hooks are not encouraged
- ☐ 1 pc EZ Link Card ID

**Sun Protection, Insect Repellent & Water Bottle**  
Must-haves to protect against insect bites, sunburn and dehydration.

**Plastic Bags / Resealable Bags**  
To keep your items dry during activities.

**OTHERS (OPTIONAL)**

- ☐ Sufficient Essential Toiletries
- ☐ 1 pair Sunglasses



# How can I help to prepare my child

## Before the course?

1. Share **purpose** of the programme & motivate him/her

2. Emphasise the importance of **working together** to achieve team goals

"It's not about winning but working together"



3. Help your child to **set goals**



- What does he/she **want to achieve** from programme?
- What are his/her **strengths** that can be tapped on?



4. Encourage your child to maintain a **positive outlook**

- Be **receptive** to advice and feedback
- Be brave in facing the unknown and stepping out of his/her comfort zone to take on new challenges



5. Role model what it means to lead a healthy lifestyle

6. Bring your child outdoors and **exercise** with him/her



7. **Have fun** and enjoy the whole experience

# Journey with your child

## DOs

- **Do listen** to your child's concerns
- **Do set goals** with your child
- **Do affirm** your child's effort to make positive changes

## DON'Ts

- **Do not pack** your child's bag for him/her
- **Do not create anxiety** with assumptions
- **Do not frighten** your child with "horror" stories



# What advice can I give my child to help him/her have an **enriching OBS course**?



Participate  
actively

Immerse  
himself/herself in the  
experience and  
environment

Be selfless, supportive  
and encourage his/her  
teammates

Make responsible decisions





# How can I help my child to learn from his/her experiences **after the course?**

1. **Reflect** with your child on his/her progress
2. **Encourage** your child to **share** his/her experiences

3. **Acknowledge** your child's feelings/accomplishments
4. **Celebrate** his/her success
5. **Talk** about areas that **didn't go well**
6. **Encourage** your child to **share his/her feelings** on achieving or not achieving a goal

7. **Reflect** with your child on **lessons learnt** (both positive and negative experiences) during the course
8. **Help** your child to **apply what they have learnt** in daily life

9. **Affirm** your child's effort to make **positive change**
10. **Help** your child to **set new goals** and work towards achieving them

11. **Encourage volunteerism** and provide opportunities for your child to **contribute to society**

# ST Photo Story 17072017: Teenage Rite of Passage



Video Link:

[www.go.gov.sg/moe\\_obschallengeprogramme-etdvideo](http://www.go.gov.sg/moe_obschallengeprogramme-etdvideo)

QR Code (article):



<http://www.straitstimes.com/singapore/teenage-rite-of-passage>



**“There is more in  
us than we know.  
If we can be made  
to see it,  
perhaps for the rest  
of our lives we will  
be unwilling to  
settle for less.”**

————— Kurt Hahn —————  
Founder of Outward Bound







**We hope  
to see your  
child in OBS!**

