

MOE-OBS CHALLENGE PROGRAMME 2022

2D1N CAMP (Orchid Park Sec Sch)

Briefing for Secondary 3
Parents/Guardian
&
Students



Ministry of Education
SINGAPORE



[Orchid Park Sec Sch]

OBS course dates:

21 to 22 Nov, 23 to 24 Nov

Teacher Co-ordinator:

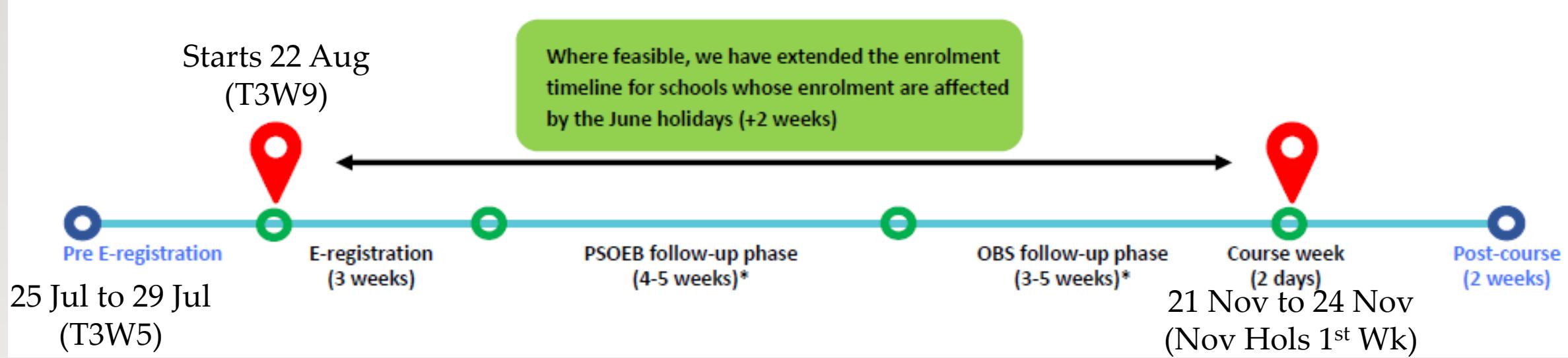
Mr Paul Tan

Email of Teacher Co-ordinator:

tan_paul_loong@schools.gov.sg

Enrolment Timeline - Overview

10-13 weeks



Content

- 1** Why Outdoor Education?
- 2** What is the MOE-OBS programme 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

Why Outdoor Education?

Outdoor Education

- One of the MOE platforms to 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	Cancelled due to COVID
		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	

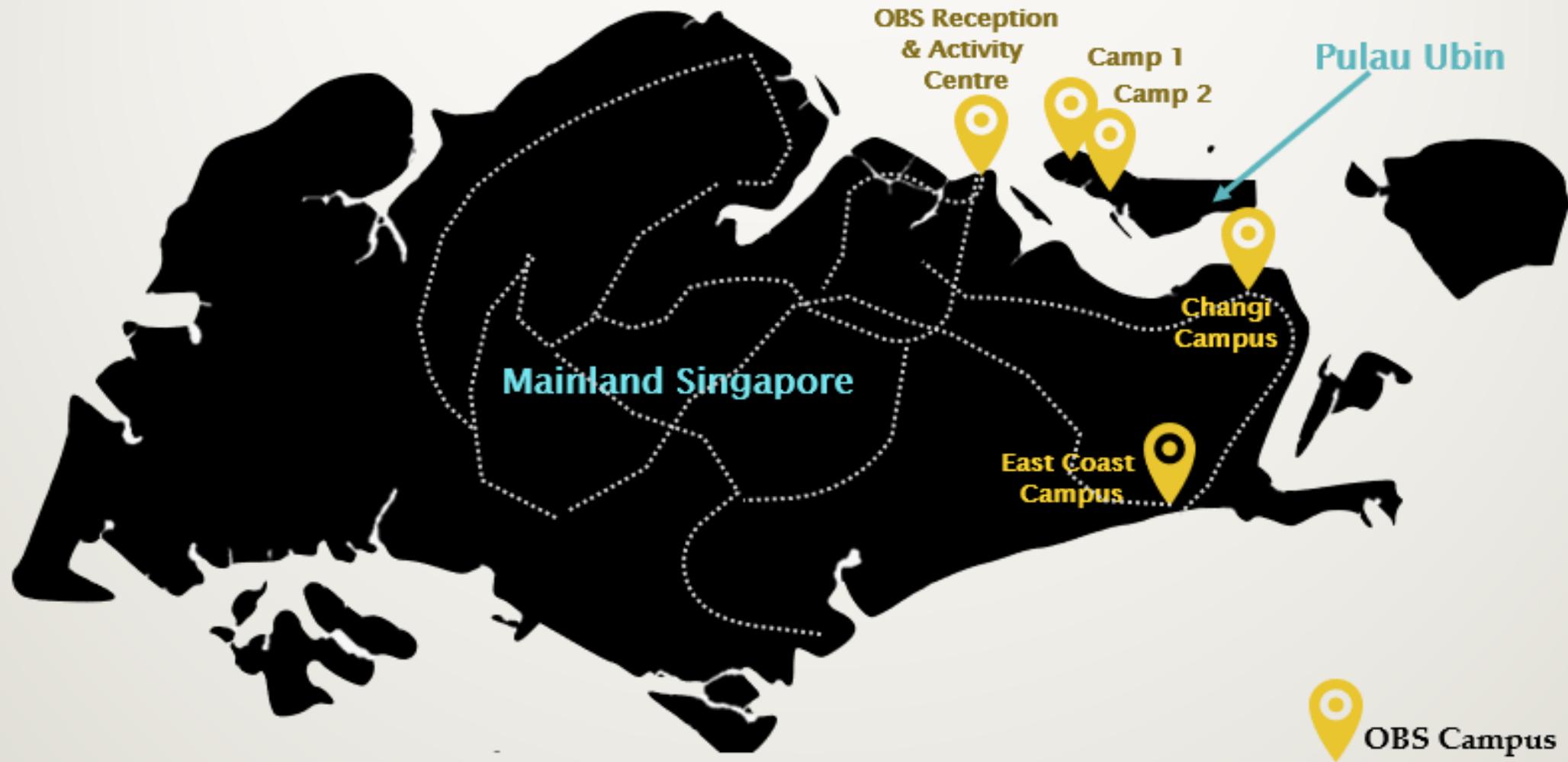
2

what is the MOE-
OBS Programme
about?

*A 2D1N Course conducted
by OBS will be
expeditionary in nature. The
experience is set in the
rugged outdoor environment
and may comprised of land
and/or sea components.
components.*



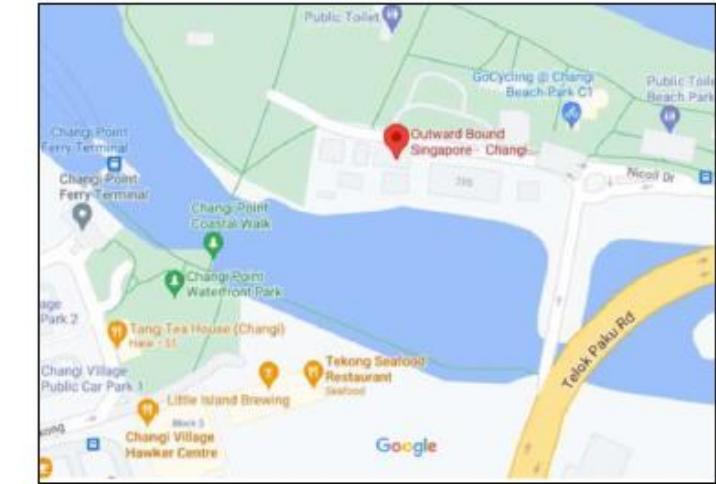
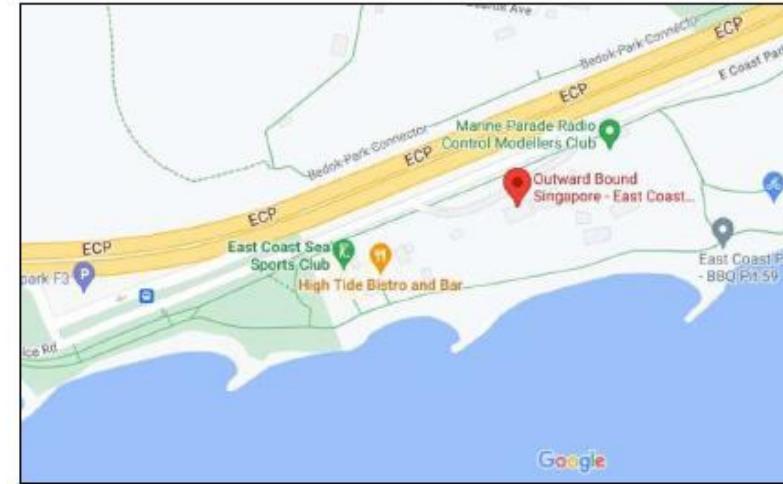
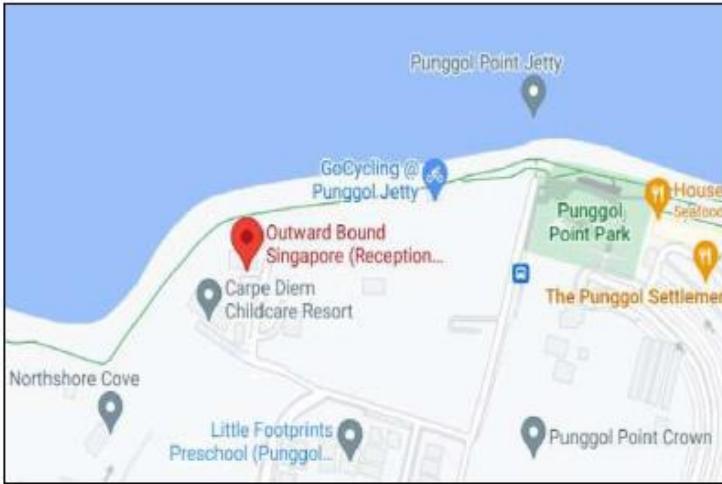
Where will my child be during the 2-day Course?



*Adhering to Safety Management Measures

Reporting and Dismissal

1st Day: Reporting time 7.15am (To school)
2nd Day: Dismissal time 5.45pm (From school)



OBS Reception and Activity Centre (RAC)
22 Punggol Road, Track 19,
Singapore 828871

Reporting venue for students allocated to:

- Punggol RAC
- OBS Camp 1
- OBS Camp 2

OBS East Coast Campus
1410 East Coast Parkway,
Singapore 468962

OBS Changi Coast Campus
285 Nicoll Drive,
Singapore 498988



More details on bus routes will be given to you closer to the course date

What is the MOE-OBS Challenge Programme?

3 Components



Pre-course lessons and preparation



OBS 2-day residential course



Post-course lessons and reflections

Pre-Course lessons and preparation



Outdoor Education in PE Lessons
- Navigation in Sec 1
- Outdoor module in Sec 3

Pre-course Lesson with Form Teacher in Oct
- Goal-Setting
- Fears and expectations

School Briefing to Parents/Guardian & Students

Pre-Course
Lessons and
Preparation

Sample 2-day Residential Programme

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

Various activities that your child/ward may experience



Land
Expedition



Rafting



Kayaking



Team Building Games



Rowing

Sun Exposure

- Activities are conducted from 8.30am onwards.
- You will be exposed to the sun throughout the day, including midday when the sunlight is the most intense



Blue and green spaces on mainland to appreciate Singapore

- Different watches (teams) will have different modes of expedition
- May not be on Pulau Ubin



Post-Course lessons and follow-up



Journaling



Post-course Lesson with Form Teacher



Sample CCE Lesson Reflection Activity

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.



3

How does OBS ensure my child's safety?



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
- Competencies in skills such as Life Saving, CPR, Wilderness Advance First Aid

supported by

Outdoor Nurse Practitioners

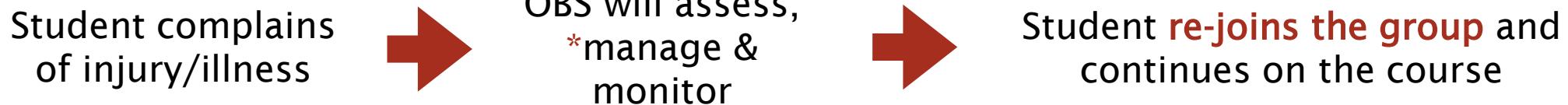
- Full-time Outdoor Nurse Practitioners who are registered nurses

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

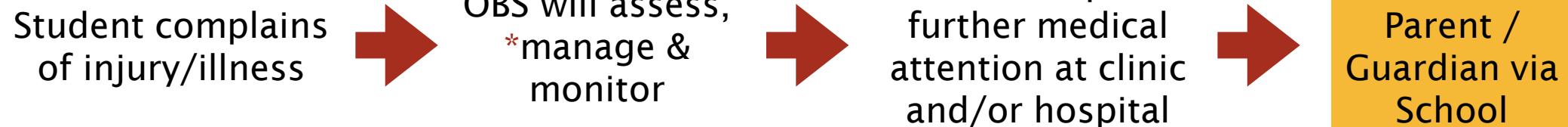
You will be informed when your child requires further medical attention, e.g. sent out to clinic or hospital.



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



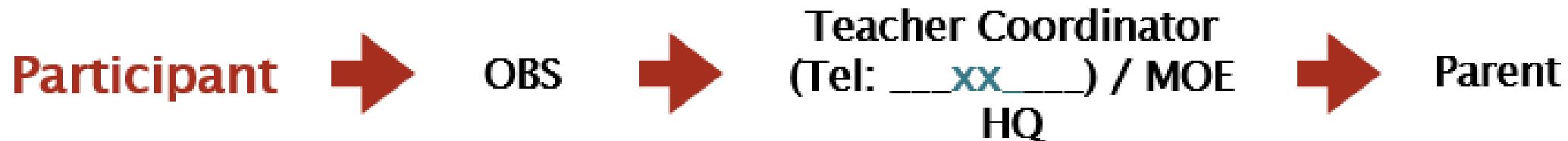
Scenario 2: OBS informs Parent via School



* 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.



In case of emergencies





4

How do I register
for my child?

How do you register for your child?

1. Have the following ready:

a. SingPass



c. Child's school
and class
information

d. Child's latest
height and
weight

e. Child's tetanus
vaccination date at
www.nir.hpb.gov.sg

f. Child's Email
address

2. Submit your child's e-registration

FORM
Build government forms in minutes

12053
PUBLIC OFFICERS ON OUR PLATFORM

8267
DIGITAL FORMS DEPLOYED

1236134
FORMS HAVE BEEN SUBMITTED

2022 MOE-
OBS Challenge
XXX Sec
School

⌚ 10 mins estimated time to complete

START

Read Instructions

Instructions

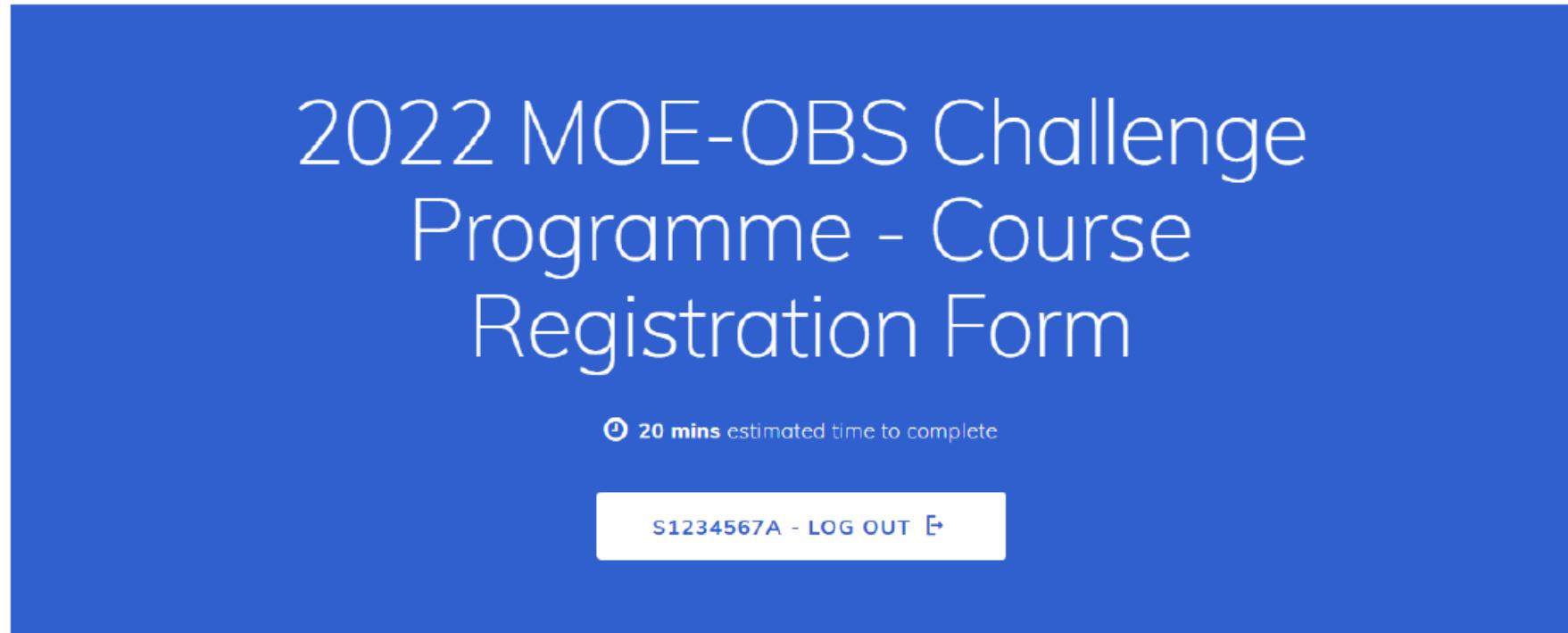
First, read the following:

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

2022 MOE-OBS Challenge Programme - E-Registration Guide for Parents

Step 1:

Please proceed to the FormSG link provided by the school to begin the e-registration.



Screen shot of the E-Registration Form. The format may have changed after the production of this guide.

*If you do not have a Singpass, you may register for a Singpass via www.ifaq.gov.sg/singpass.
The link also provides responses for other Singpass-related queries.*

*E-Reg Guide for parents will be attached together during the e-registration period

Common Pop-up Messages

Tetanus
immunisation

Medication
required for
participation

Doctor's
certification of
fitness required

Alternative food
arrangements
required

Non-admission
Cases

Tetanus immunisation

Look for
DTaP/Tdap



19. Does the Applicant have valid Tetanus Vaccination?

Tetanus Vaccination is compulsory and has a validity of ten (10) years

NO

YES

If the Applicant does not have a valid tetanus vaccination within the past 10 years, the Applicant will be required to be vaccinated or re-vaccinated (as the case may be) against tetanus before the Applicant may be enrolled in the Course.

- Tetanus immunization is required for attending the course
- Most students would have had their most recent tetanus immunization conducted at P5
- Tetanus immunization is valid for 10 years
- Request for parents to have the immunization date ready, or have the re-vaccination done before completing the registration

Latest Tetanus Immunisation Date

Tetanus vaccination date may be obtained from student health booklet or retrieved from <https://www.nir.hpb.gov.sg/nirp/eservices/login>

**Doctor's
certification of
fitness required**



Note: The Applicant is required to be certified fit by a Physician to attend the Course with the stated condition. Complete this registration and get in touch with the Teacher Coordinator for advice.

- This will mostly apply to students who are medically excused from the NAPFA Test while still participating in PE lessons
- Student has a minor medical condition. OBS requires a general physician to provide more info about the condition and certify if the student is fit to participate.
- **Follow-up action by the school:** Provide the student with a Medical Examination Form and if required, a printout of the completed e-registration form
- **Follow-up action by the parent:** Bring the student to see a doctor for medical examination and certification of fitness

Medication required for participation



Note: The Applicant is responsible for bringing the medication for the Course in a clearly-labelled plastic bag. The medication must be prescribed in the Applicant's name, with time validity and with sufficient quantity for the full duration of the Course.

If the Applicant fails to do so, the Applicant may not be able to participate in the Course.

- Student has an existing prescribed medication (e.g. inhaler) and requires it as a condition for participation
- **Follow-up action by parent:** Ensure the student brings valid and sufficient medication for the course

Alternative food arrangements required



You will be contacted on the alternate food arrangement.

- Student has a severe food allergy where no traces can be tolerated. OBS will be unable to cater meals for the student, but will allow parents to prepare packed meals for the programme. There are minimal restrictions on the packed meal as no sharing of food between students is allowed
- Packed food to be:
 - ✓ Sufficient amount
 - ✓ Suitable for all weather (e.g. will not turn bad in hot weather, will not turn soggy in wet weather)
 - ✓ Easy to consume in an outdoor environment (e.g. no need to cook or heat up)
 - ✓ Does not cause spillage easily
 - ✓ Easy to carry in a backpack
- **Follow-up action by the school:** Provide the student with the letter informing parents of the alternative food arrangements
- **Follow-up action by the parent:** Pack sufficient food for the student that suits his dietary requirements
- *The student may not be enrolled if the parent does not agree to provide packed meals*

Non-Admission Cases



Note: OBS is unable to enrol the Applicant with the stated condition. Complete this registration and get in touch with the Teacher Coordinator for advice.

- Students with the following conditions cannot be enrolled in the interest of the students' safety:
 - Thalassaemia Major
 - Epilepsy (if relapsed or still on medication within the last 24 months)
 - Conditions leading to exemption from PE
 - On medical leave or light duty during the period of the course
 - Certain behavioural or psychological condition where the safety of students or others may be compromised
 - Any other condition that could impact the student's / other's safe participation e.g. nerve related issues, received the COVID immunization less than 2 weeks prior to the course

Kindly also take a look at the following list of diagnosed medical conditions of concern. If any of them pertains to your child/ward, please prepare the basic information such as the name/type of condition and medication taken if any.

- Excuse from Physical Education (PE) lessons and/or National Physical Fitness Award (NAPFA) test.
- Breathing problems within the last 12 months (e.g. Asthma)
- Heart problems (e.g. angina / heart murmur / extra heartbeat / mitral valve prolapse)
- Blood disorder (e.g. thalassaemia major / thalassaemia minor / anaemia)
- Epilepsy, fits or seizure condition within the last 24 months
- Bone / joint / tendon injuries or condition (e.g. dislocation / fracture / slip disc)
- Diagnosed behavioural or psychological condition
 - (e.g. ADHD / ADD / ASD / OSD / eating disorders / anxiety / depression condition)
- Currently on long term prescribed medication
- Sleep walking within the last 12 months
- A carrier status for any infectious disease
- Allergy to medication(s) / environmental factor(s) / food item(s) / ingredient(s)
- Any other condition(s) not listed above that could affect Student's ability to engage in physical activities in the outdoors or interact with others in an unfamiliar social setting
 - (e.g. running, climbing, trekking with heavy load, camping, medical devices/implant.)

What happens after registration?



1. Submit registration form



2. MOE/OBS reviews or assesses the medical information



3. MOE/OBS may contact parent directly to clarify on your child's medical information



4. OBS informs school of the application status (Accepted or Non-Admission)



5. School informs your child and his/her grouping



Students with certain medical conditions will not be accepted for their safety
e.g. exempted from PE lessons



5

How can I help to
prepare my child?

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

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



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

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



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

Video Link:

[www.go.gov.sg/moe
obschallengeprogramme-etdvideo](http://www.go.gov.sg/moe/obschallengeprogramme-etdvideo)

QR Code (article):



Some other information

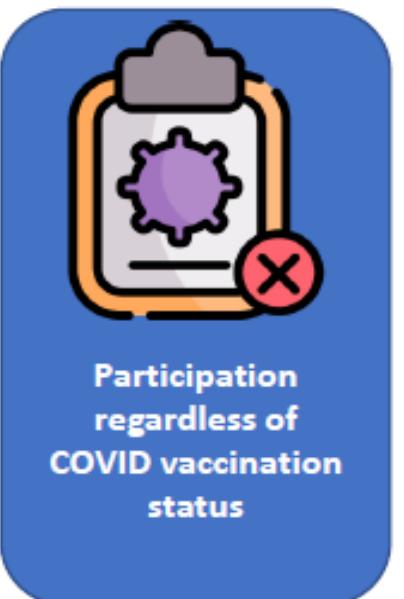
Important Updates*



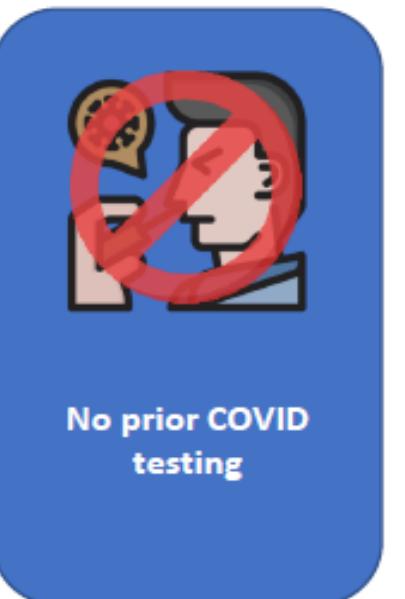
Groupings across
classes,
no groupings
across schools



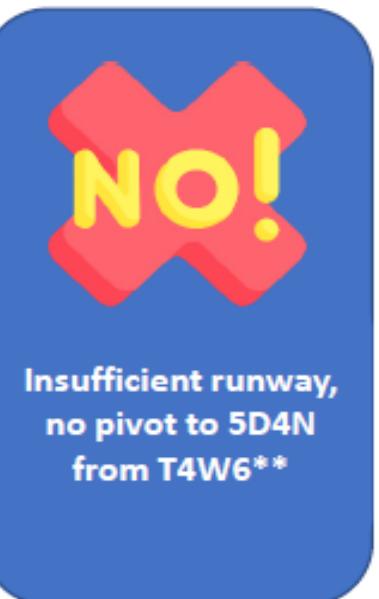
No intermingling
and 1m safe
distancing between
fixed groups



Participation
regardless of
COVID vaccination
status



No prior COVID
testing



Insufficient runway,
no pivot to 5D4N
from T4W6**

*Based on SMMs as of 10 Mar 2022, PSOEB will update schools if there are changes to the course modality due to changes in SMMs

**For schools assigned to courses in the post-exam weeks (Set E) to note



MOE will fund the cost of the MOE-OBS Challenge Programme for all students



Schools will foot the costs of bus transport to and from OBS campuses



No medical examination for 2D courses*



Tetanus vaccination is required for all participating students**

**Some students with pre-existing conditions will require a general physician to provide more information about their condition and certify them fit to participate. The cost for this pre-enrolment screening and any follow-up with specialists will be borne by parents.*

***Most students would have a valid tetanus vaccination, taken at P5. For the few students that do not have a valid tetanus vaccination – to take the vaccination before enrolment, costs borne by the parent*

C+ Cases and Close Contacts

Detection



Student exhibits symptoms of Acute Respiratory Infection



ART Testing at medical centre for student to determine close contact protocol

Isolation



Student isolate at medical centre



Parents and teachers informed



Await pickup by parents

Containment



If student tested C+, close contacts (contained at watch level) will undergo ART test

Resumption



Course resumes for those tested negative

Measures may change due to the evolving COVID-19 situation

Students do not need to bring ART kit for the programme unless serving Health Risk Notice

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

MOC
Programme

Safety

Guidelines For
ParentsNOAE Master
PlanIntroduction

FAQs

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

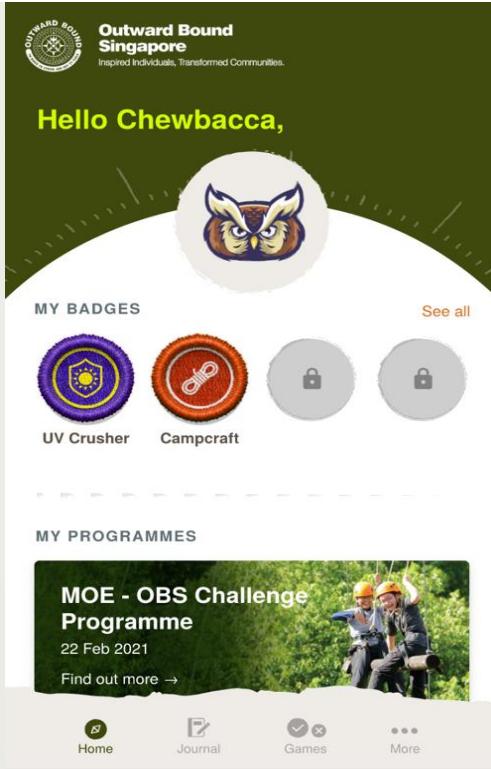
<https://go.gov.sg/moc>

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

*Photo was take

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 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!
[Find out more →](#)


RESOURCES

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



-  Safety
-  Back-packer
-  Navigation
-  Leave No Trace
-  UV Crusher
-  Campcraft

[Play Games](#)

GAMES

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

Engagement with Parents - Journeying with your Child Parents Webinar

Wondering what is the OBS experience
for your child?

Join us for a live webinar session!

Date: 16 Sep, Fri

Time: 7:30pm - 9pm



More details will be shared at a later date

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.

Refer to
<https://go.gov.sg/2dpackinglist>

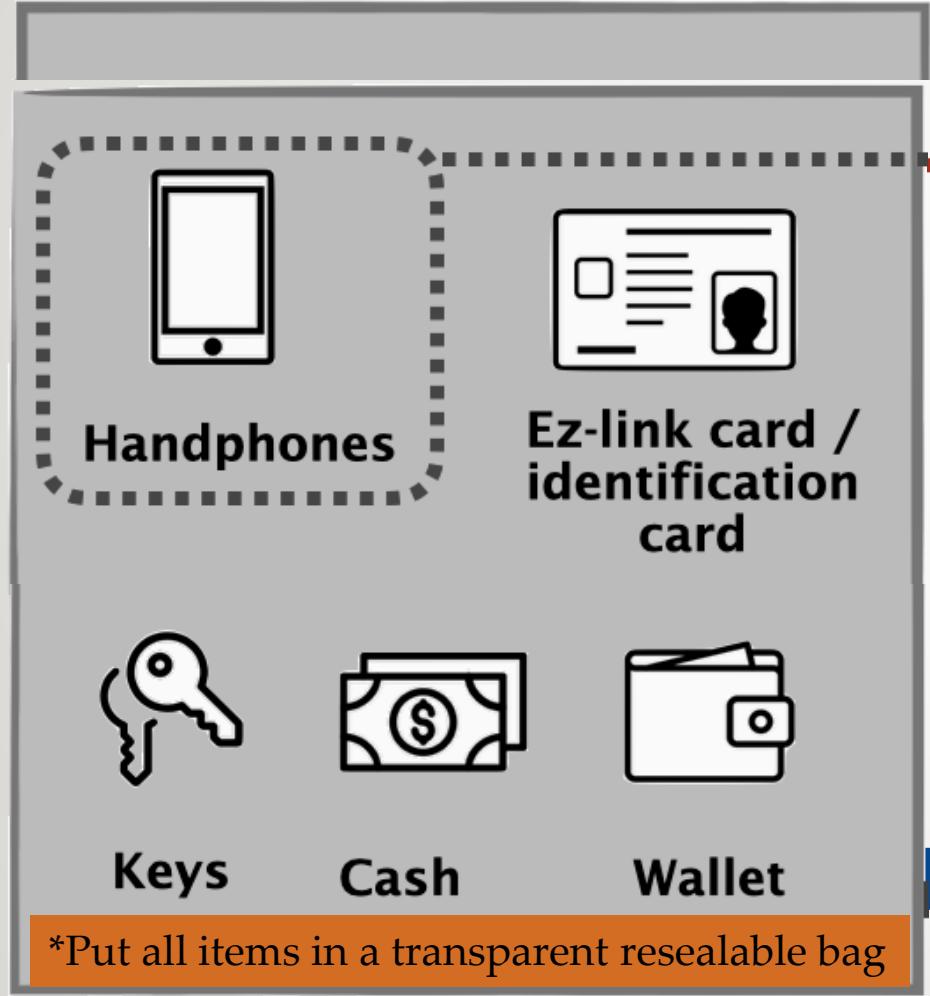
Packing list will be given closer to the camping dates



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

Frequently Asked Questions

What will be safekept during OBS?



Handphones are safekept so that participants can:

- focus on the course without technological distractions,
- go back to basic and communicate face-to-face,
- protect from weather elements such as heavy rain and sea water



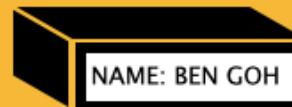
NOTE:
Inform your parents that you
will not have access to your handphones in OBS.
Parents can contact your teacher for any emergency.



Your instructor will collect them **in the morning** and return just **before you return home**.

What if I have a doctor's prescribed medication that is needed during OBS course?

Show your Instructor on Day 1
and ensure:



Doctor
prescribed
medication

in your name

Not in your parents
or sibling's name



Non-expired



Enough quantity
for full duration
of course



⚠ If there's
new medical
condition or injury,
update your teacher
immediately

What is the best attire for sun protection?



Prevent
second-degree
burns

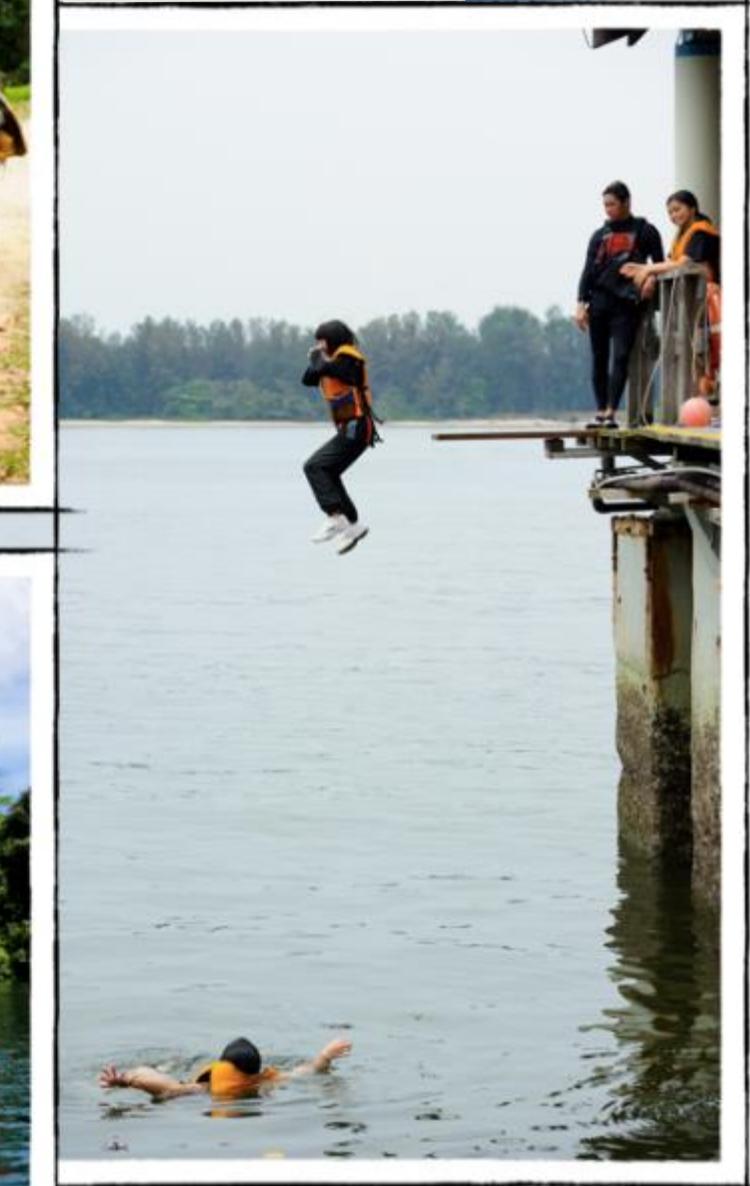


What if I'm **unwell before** OBS or on the **morning of** OBS?



- Update your teacher
- Consult a doctor
- Obtain an MC / light duty note
- Rest at home





We hope
to see your
child in OBS!

