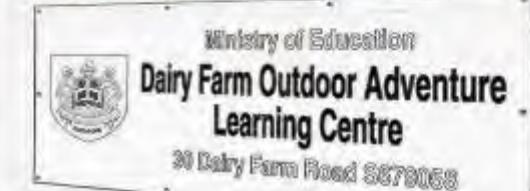


1

# P5 COHORT CAMP 2023 AT

DAIRY FARM  
OUTDOOR  
ADVENTURE  
LEARNING CENTER

28 - 30 August 2023



# Agenda

- ▶ Camp Details
- ▶ Camp Objectives
- ▶ Introduction to Dairy Farm Outdoors Adventure Centre
- ▶ Camp Activities
- ▶ Safety
- ▶ Housekeeping/Reminders
- ▶ Q&A

# Camp Details

# Camp Details

- ▶ Type of Camp: Overnight residential camp
- ▶ Duration: 3D2N
- ▶ Dates: 28 Aug (Mon) – 30 Aug (Wed) 2023
- ▶ Venue: Dairy Farm Outdoor Adventure Learning Centre(DFOALC)
- ▶ Personnel: P5 level Students and Form Teachers, PE Teachers & MOE Outdoor Adventure Educators
- ▶ P5 cohort students will be split into 11 groups – social mixing

# Camp Objectives

# G.R.I.T @ RMPS

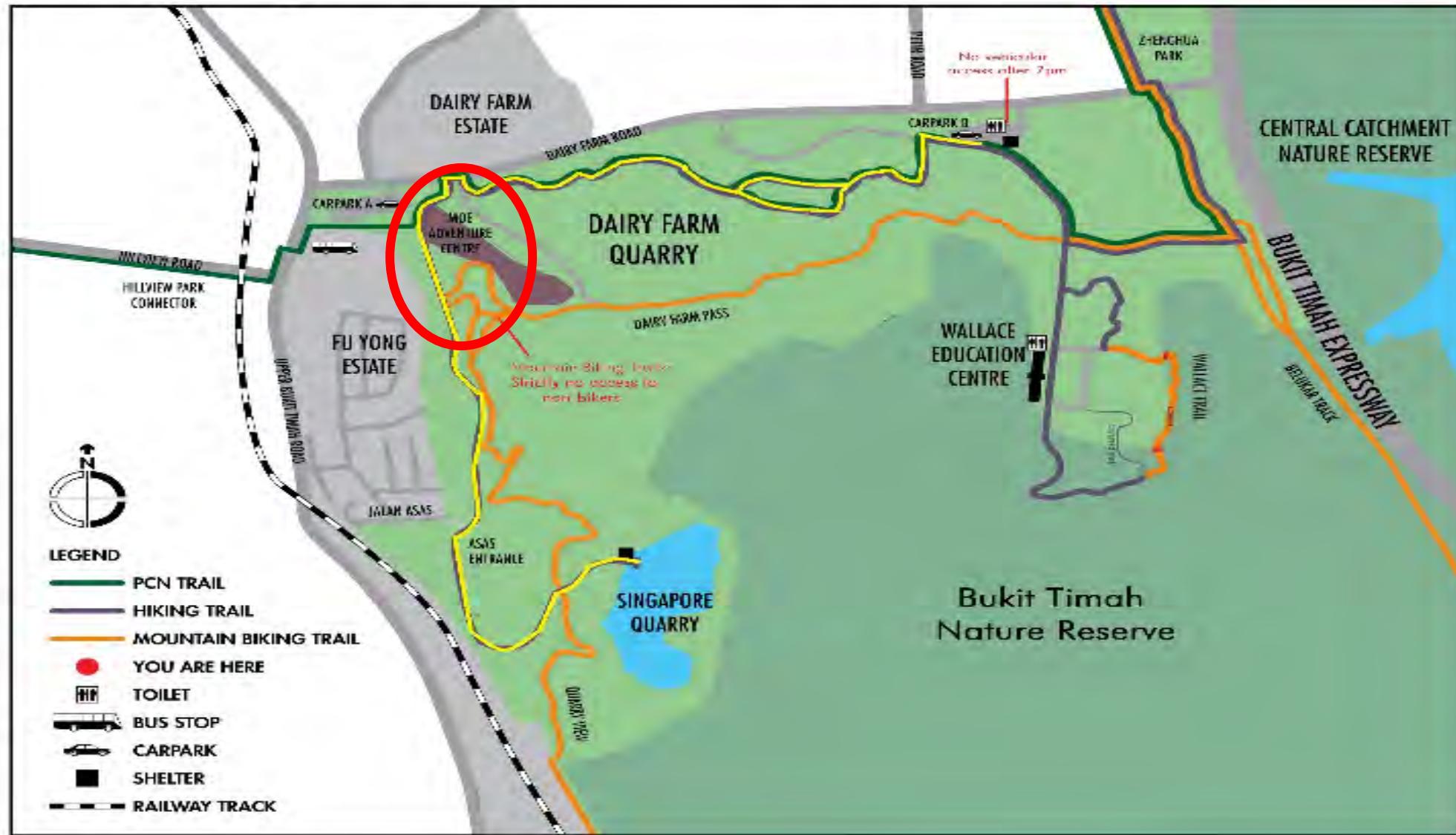
- ▶ Develop ruggedness and resilience through outdoor experiences
- ▶ Develop Growth Mindset, Resilience, Independence & Teamwork ([G.R.I.T@RMPS](#))
  - ▶(Focus on Resilience and Teamwork)
- ▶ Forge camaraderie through common challenging experiences
- ▶ Develop a sense of place and enjoy the outdoors



## INTRODUCTION TO DAIRY FARM OUTDOOR ADVENTURE LEARNING CENTRE (DFOALC)

### Venue and Facilities

# Dairy Farm Nature Park

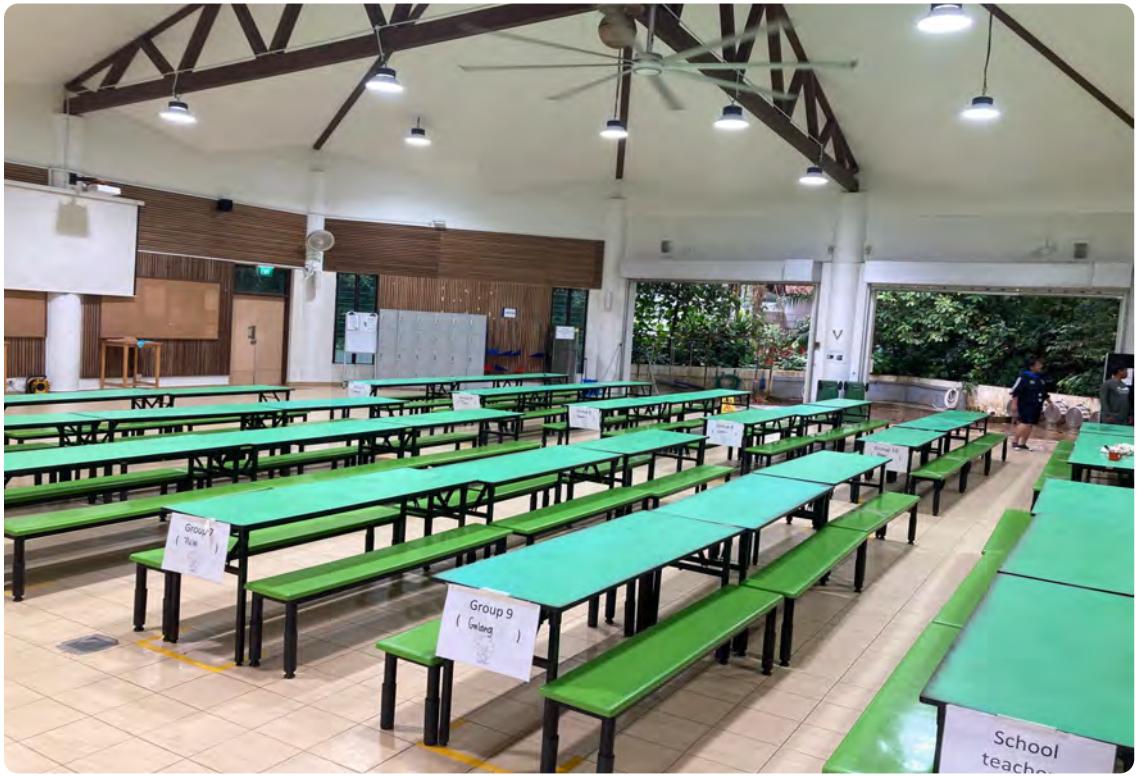


# DFOALC



# Students' Dorm & Toilets





# Canteen & Wash Area

# Instructors

INTRODUCTION OF DFOALC

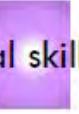
## MOE OUTDOOR ADVENTURE EDUCATORS (OAEs)

- Full-time Outdoor Teachers
- Stringent selection criteria and process
- Equipped with:

Facilitation skills  


Safety skills  


Environmental skills  


Technical skills  


Organisational skills  


Instructional skills  




OAEs

# Key Pedagogical Approaches

For OAL Cohort camps



## Experiential Learning Approach

Build upon past experiences and learn by making personal meaning of their new experiences through the process of reflection.

## Place-Responsive Approach

Using the place as foreground to enrich students' understanding and appreciation of local places.



# Camp Activities

- ▶ Initiation Activities
- ▶ Team Building Games
- ▶ Place Based Activities – Stream Exploration
- ▶ Shelter Building (Outdoor Living Skills)
- ▶ Low Elements
- ▶ Outdoor Journey & Navigation
- ▶ High Elements
- ▶ Night Activities
- ▶ \***G.R.I.T Award**



Ministry of Education  
SINGAPORE

# During Camp

Explore & Experience



**INITIATE**

**BUILD**

**CHALLENGE**

**CONSOLIDATE  
& CELEBRATE**

# Initiation Activities



Ice-breakers  
& Energisers

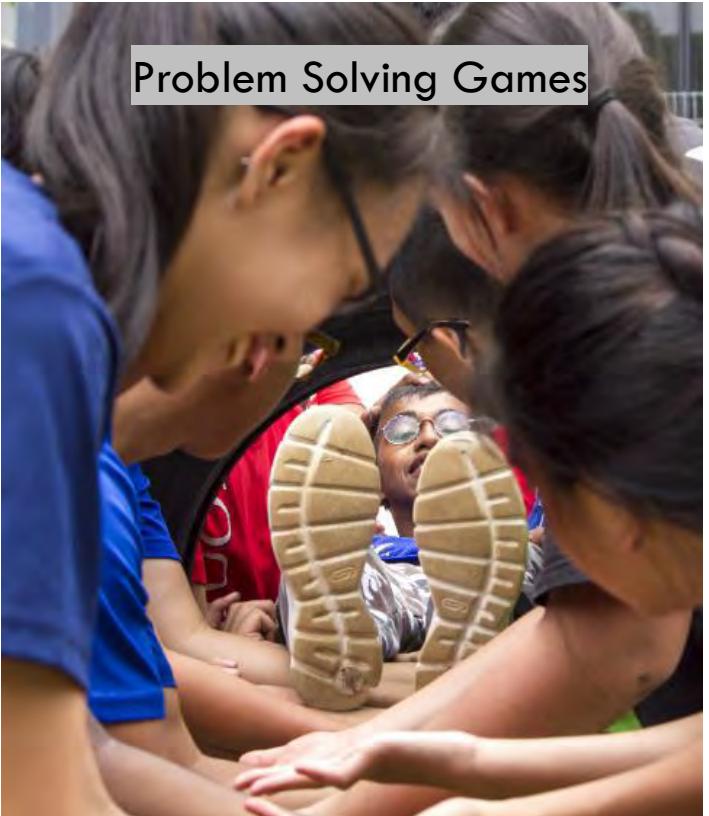


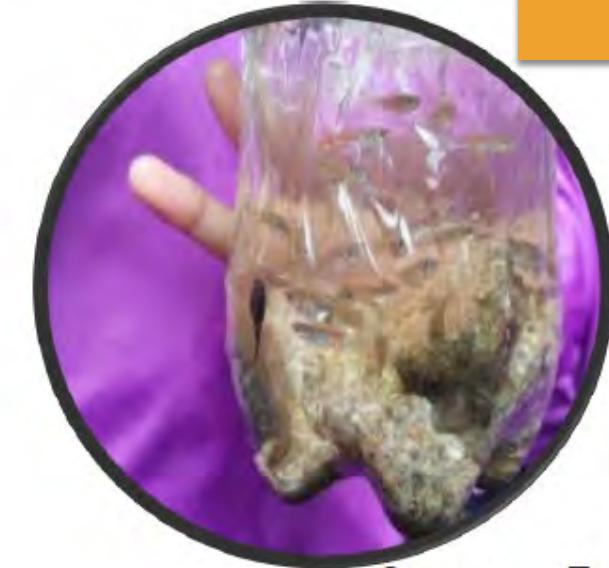
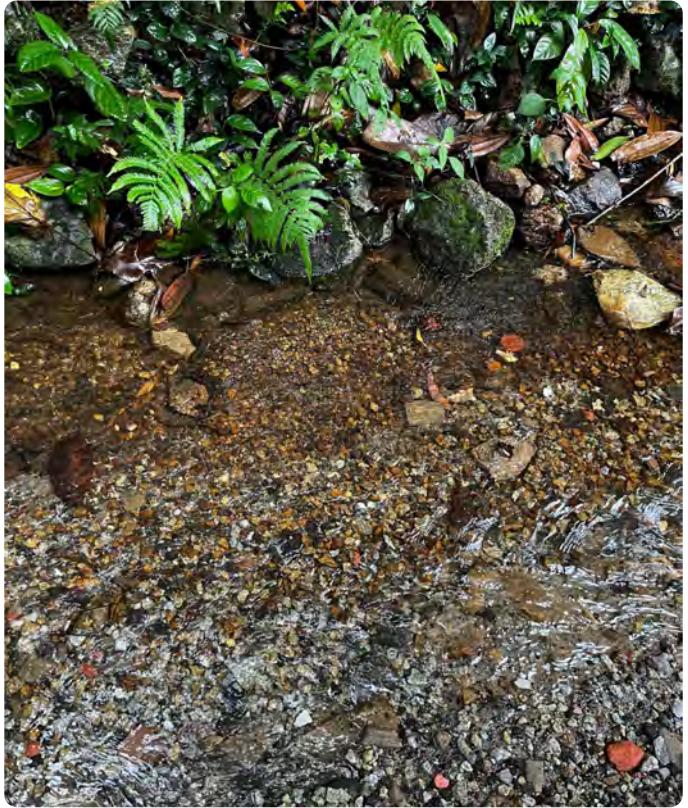
Full Value  
Contract



Goal Setting

# Team Building Games





Stream Exploration

# Place Based Activities – Stream Exploration

# Shelter Building (Outdoor Living Skills)



# Low Elements



# Low Elements

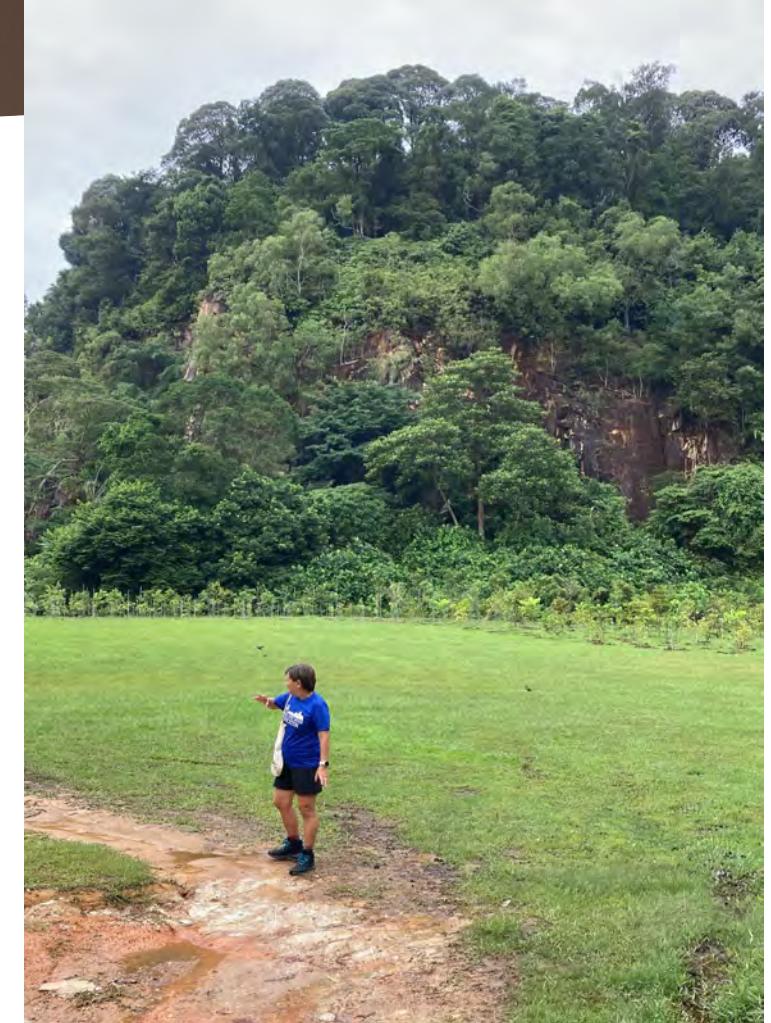
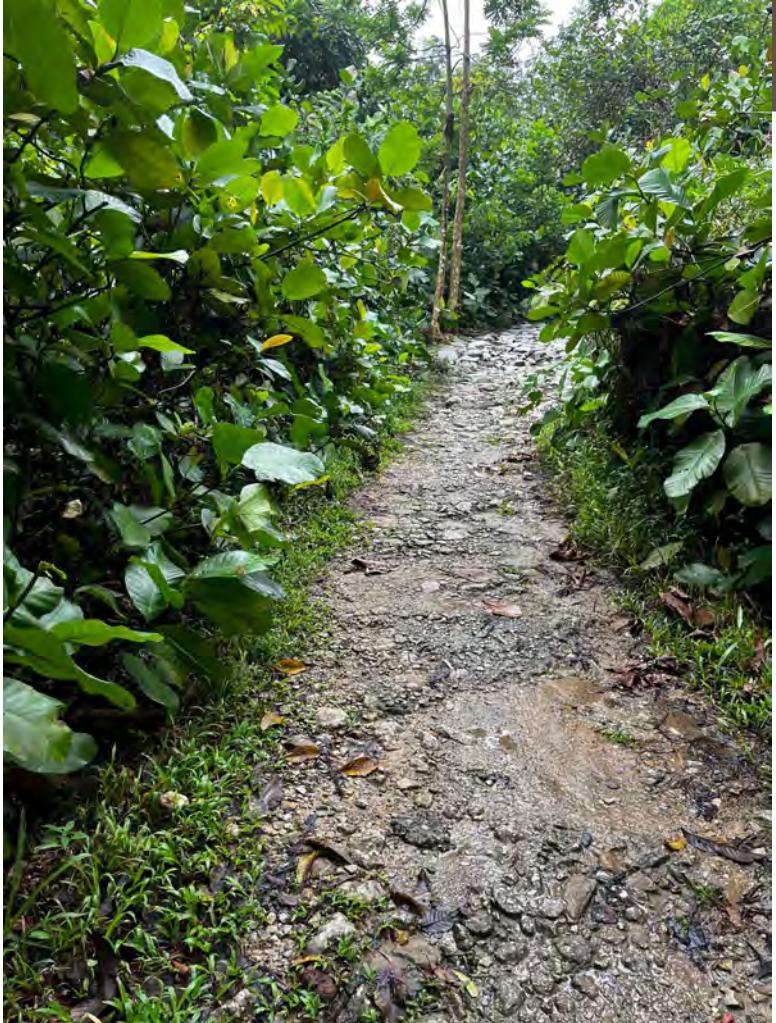


# Outdoor Journey & Navigation (Outdoor Living Skills)



- ▶ Singapore Quarry
- ▶ Fuyong Estate
- ▶ Truss and Rail Corridor  
(Wallace Education Centre)
- ▶ Dairy Farm Quarry & Pavilion

# Outdoor Journey & Navigation



# High Elements

- ▶ Abseiling
- ▶ Rock Wall
- ▶ Challenge Rope Course (Low Tier)

Outdoor Adventure Educators will conduct Safety briefing and demonstrate correct techniques and proper use of equipment prior to the High Elements activities.

\*Students will get to attempt only 1 out of the 3 different High Elements activities.



# High Elements - Abseiling

# High Elements – Rock Wall



# High Elements- Challenge Rope Course (Low Tier)



# High Elements- Challenge Rope Course (Low Tier)



# Night Activities

- ▶ Night Walk
- ▶ Mini Campfire



## G.R.I.T Award

- ▶ A G.R.I.T award certificate will be presented to the student who consistently displayed ***Resilience*** and ***Teamwork*** in the group throughout the camp.
- ▶ FTs will select two students (best camper) from the group they are assigned to.
- ▶ G.R.I.T certificate presentation at the end of the camp.

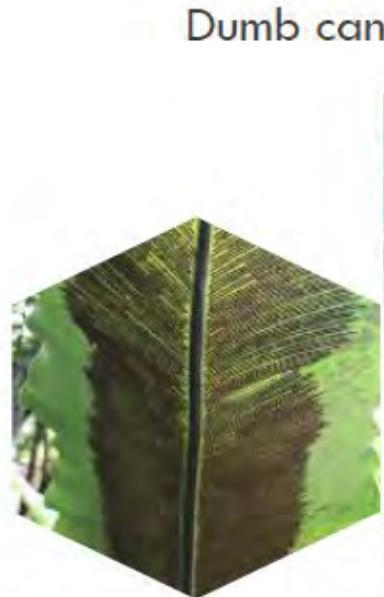


Sample  
of G.R.I.T  
Award

# COMMON PLANTS FOUND NEAR DFOALC



Ministry of Education  
SINGAPORE



Bird Nest Fern



Dumb cane



Breadfruit



Frog joy



Swiss cheese plant



Indian borage



Yellow  
stem fig  
Tree

- Create awareness of and understanding of plants biodiversity
- Appreciation of nature

# COMMON ANIMALS FOUND NEAR DFOALC



Long tailed  
macaque



Plantain squirrel



Crimson  
sunbird



Collared  
kingfisher



Malayan monitor  
lizard

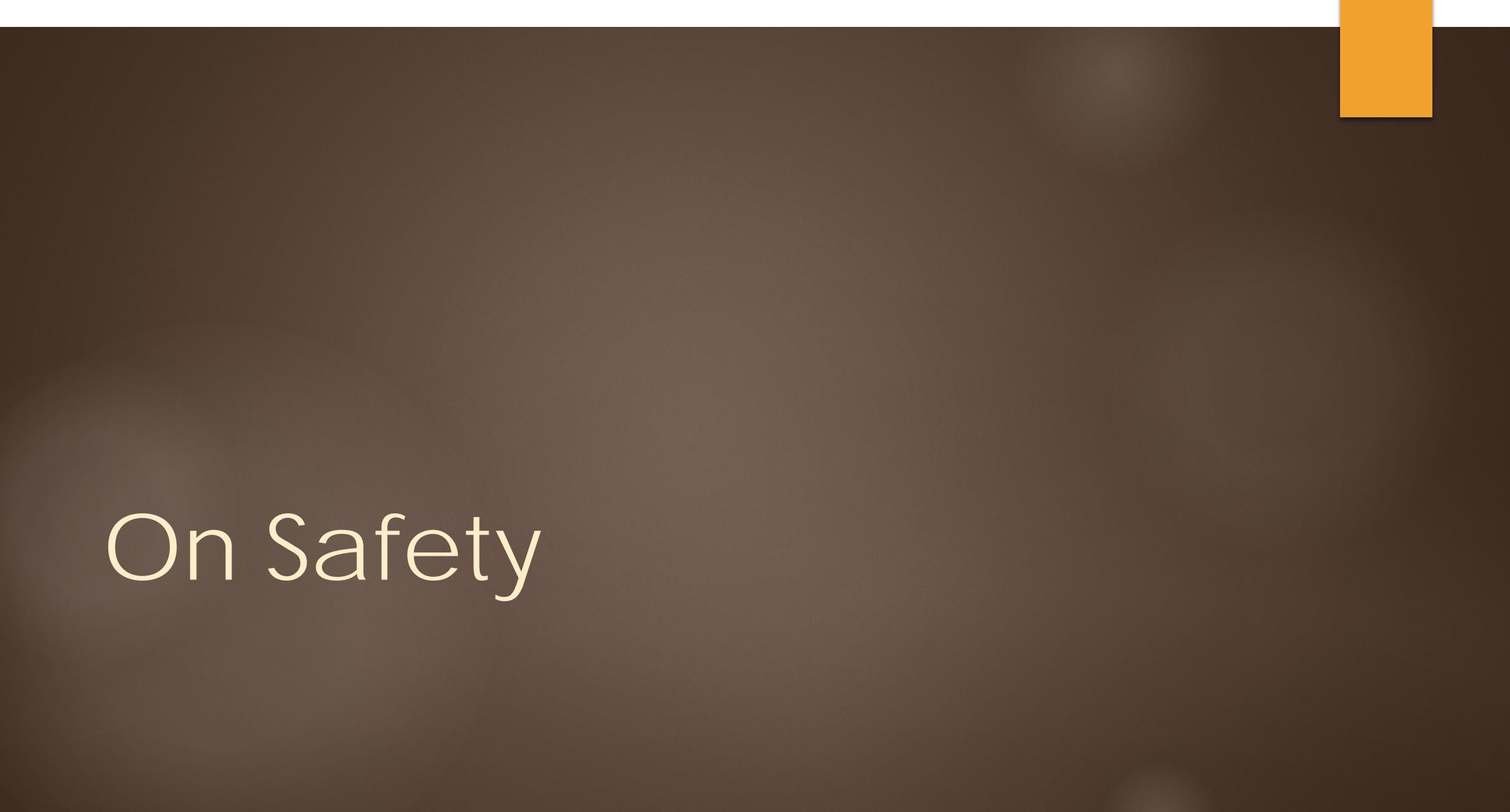


Colugo



Drongo

- Create awareness of and understanding of animals biodiversity
- Appreciation of nature



On Safety

# **Safety – Activity & Participants**

- Camping activities include high and low elements, outdoor journey as well as placed-based activities such as stream exploration.
- Inherently, there are risks involved in the conduct of these activities. MOE has conducted risk assessment for these activities and put in place appropriate measures to manage these risks to a suitable level for our students.

# Safety – Activity & Participants

- Where applicable, students will have the autonomy to participate at the level of challenge that they are comfortable with.
- Outdoor Adventure Educators (OAEs) are proficient in outdoor skills and trained in Wilderness First Aid.

# **Safety Briefing**

- Outdoor Adventure Educators will be conducting Safety briefing to students prior to each activity.
- Students will also be briefed on the “Dos and Don’ts for Wildlife Encounters.

# SOP for HIGH ELEMENTS : NO HARD OBJECT ON BODY



Hard object includes watches and body jewellery such as rings, ear studs, earrings , nose stud, nose ring, tongue stud, chain, necklace, bangle, bracelet . Religious items need to be removed from the body during High Elements



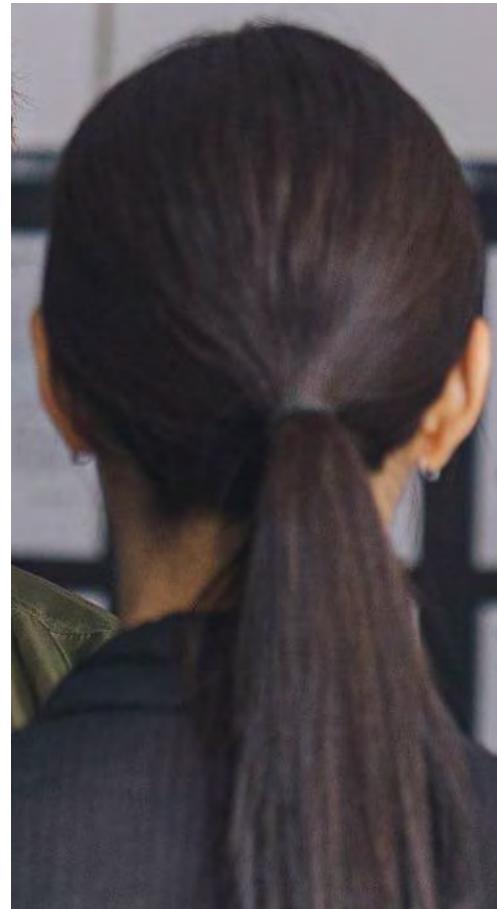
# SOP for HIGH ELEMENTS : MUST wear a tubular headgear

- During Height-based activities, students and school staff entering the HIGH ELEMENTS Zone **MUST wear a Helmet.**
- For hygiene purpose, a tubular Headgear commonly known as a **BUFF**, must be worn beneath the helmet .
- School will provide a buff for every students.



# HIGH ELEMENTS & LONG HAIR

- Students with hair longer than shoulder length
- MUST tie their hair up in a pony-tail or plait their hair.
- tuck their pony tail / plaited hair into the hollow space of the BUFF
- secure their exposed hair into their t-shirt at the back should their pony tail/plaited hair extend below the length of BUFF behind the head



# Housekeeping

# Housekeeping

- ▶ Students to report to school at the usual reporting timing (by 7.35 am) on 28 August (Monday)
- ▶ To report to school in their PE attire. Students are allowed to wear school shoes/sports shoes.
- ▶ Students will be dismissed from school at 1.30 pm on 30 August (Wednesday)

# Housekeeping

- ▶ To acknowledge and give consent via Parent Gateway by **Monday, 7 August 2023**
- ▶ To indicate your child/ward's dietary requirements (Non-vegetarian or vegetarian), medical conditions or allergies (if any) in the form via Parent Gateway.
- ▶ If your child is unwell, do not send him/her to school.

# Reminders

- ▶ Do not bring any valuables (such as money, handphones and etc) to the camp.
- ▶ Do not bring any snacks or sweet drinks for the camp. (All meals and snacks will be provided)
- ▶ Refrain from wearing any accessories on the body eg jewelleries, earrings, rings, studs, chains, bracelets etc to the camp
- ▶ Students are to pack their own bags for P5 camp and label their belongings. (strongly encouraged)

# P5 Camp Packing List

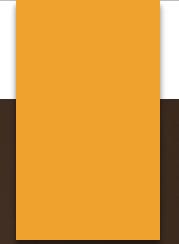
A. COMPULSORY ITEMS		QUANTITY
1.	Sports bag / backpack (avoid bringing wheeled luggage)	1
2.	Day pack to carry items needed in the day (avoid shoe bag or drawstring bag)	1
3.	<b>Non-disposable</b> water bottle (at least 1-litre)	1
4.	Thermometer (in working condition)	1
5.	Raincoat / poncho / waterproof jacket with hood (no umbrellas)	1
6.	<b>Non-disposable</b> utensils ( <u>i.e.</u> metal fork & spoon)	1 set
7.	Writing materials	
8.	Torchlight with batteries	1
9.	Toilet paper for personal use	sufficient

# P5 Camp Packing List

<b>B. IMPORTANT ITEMS</b>	
1.	School PE T-shirt / Plain T-shirt (not including the set worn on the first day) – Sleeveless T-shirts are not allowed
2.	School Shorts / Dark-coloured shorts (not including the set worn on the first day)
3.	Long pants (for high/low elements; must cover ankles, jeans not recommended)
4.	School shoes/Sports shoes (worn to school on the first day)
5.	Socks (not including the set worn on the first day)
6.	Undergarments (100% cotton preferred)
7.	Towel (multiple use for face and shower)
8.	Personal medication (including inhalers and spare canisters) – <b>declare to teacher</b>
9.	Toiletries (i.e hair wash, body wash, toothbrush, <u>tooth-paste</u> , toilet paper, sanitary napkins (for girls))

# P5 Camp Packing List

<b>C. ITEMS THAT ARE GOOD TO HAVE</b>	
1.	Sleeping bag / mat
2.	Slippers / sandals (to be worn ONLY during shower time)
3.	Spectacles (spare) and spectacle band/hook
4.	Sweater / jacket (for night)
5.	Ziploc bags for waterproofing items in backpack
6.	Large Plastic bags for dirty clothes
7.	Sun protection <u>e.g.</u> hat / cap, long sleeved T-shirt or sunblock
8.	Insect repellent spray / ointment ( <b>Not Mosquito Patches which are INEFFECTIVE</b> )
9.	Wet wipes & sanitizer for personal use
10.	Extra pair of school shoes / sports shoes



Thank You!