



P5 Outdoor Camp 2023

Parents' Briefing

(5A, 5B, 5C, 5D, 5E, 5F)

26 June 2023

TAO NAN SCHOOL
Established in 1903

Agenda

1. Camp Objectives
2. Date & Venue
3. Camp Programme and Activities
4. Meals
5. Transport Arrangements
6. Hygiene Best Practices
7. Reporting for Day Camp
8. Dismissal Arrangements
9. Packing List
10. Contacting Students for Emergencies



Camp Objectives



CAMP OBJECTIVES:

1. To help students understand and develop independence and inter-dependence.
2. To enable them to develop resilience and ruggedness.
3. To reinforce their understanding of the Five Practices of Exemplary Leadership* through practice in authentic settings.
4. To provide students opportunities to relate science concepts learnt in school to real life examples in the natural world and invoke their curiosity and appreciation.
5. To foster bonding and camaraderie amongst students as a class.





Camp Dates & Venues

Group 1: 5A, 5B, 5C, 5D, 5E, 5F

Camp	Date	Time	Duration	Activities	Venue
Part 1	04 July 2023 (Tue)	0800 – 2100	13 hours	<ul style="list-style-type: none">▪ Low Element▪ High Element▪ Field Cooking▪ Tent Pitching▪ Rock Climbing▪ Camp Fire, etc.	Labrador Outdoor Adventure Learning Centre (MOE LOALC)
	05 July 2023 (Wed)	0730 - 1730	10 hours		
Part 2	07 July 2023 (Fri)	0830 – 1130	3 hours	<ul style="list-style-type: none">▪ First-aid skills Training▪ Nature Walk	Tao Nan School
		1400 – 1700	3 hours		Singapore Botanic Gardens
		Concurrent sessions based on sub-groups.			

Sub-group I: 5A, 5B, 5C

Sub-group II: 5D, 5E, 5F

Labrador Outdoor Adventure Learning Centre



Owned and maintained by MOE





Camp Programme

Day 1 @ MOE Labrador Outdoor Adventure Learning Centre

4th July 2023 (5A to 5F)

Time	Class 1	Class 2	Class 3	Class 4	Class 5	Class 6
7.30 am – 8.00 am	Administrative matters (at TNS Level 2 Basketball Court)					
8.00 am – 9.00 am	Bus Transfer to MOE Labrador Outdoor Adventure Learning Centre					
9.00 am – 10.00 am	Camp Administration / Morning Tea Break / Dormitory Check in					
10.00 am – 11.00 am	Goal Setting / Flag Making					
11.00 am – 1.00 pm	Rockwall	Low Elements	Abseil	High Challenge Course	Outdoor Cooking	Teambuilding Activities
1.00 pm – 2.00 pm	Lunch					
2.00 pm – 4.00 pm	Low Elements	Rockwall	High Challenge Course	Abseil	Teambuilding Activities	Outdoor Cooking
4.00 pm – 4.15 pm	Afternoon Tea Break					
4.15 pm – 6.15 pm	Outdoor Cooking	Teambuilding Activities	Rockwall	Low Elements	Abseil	High Challenge Course
6.15 pm to 7.00 pm	Dinner					
7.00 pm – 9.00 pm	Campfire					
9.00 pm – 9.45 pm	Supper / Debrief			Shower		
9.45 pm – 10.30 pm	Shower			Supper / Debrief		
10.30 pm onwards	Lights Out					

Day 2 @ MOE Labrador Outdoor Adventure Learning Centre 5th July 2023 (5A to 5F)

Time	Class 1	Class 2	Class 3	Class 4	Class 5	Class 6
6.30 am – 7.00 am	Rise & Shine					
7.00 am – 7.30 am	Attendance Taking & Warm Up					
7.30 am – 8.30 am	Breakfast					
8.30 am – 10.30 am	Teambuilding Activities	Outdoor Cooking	Low Elements	Rockwall	High Challenge Course	Abseil
10.30 am – 12.30 pm	Abseil	High Challenge Course	Outdoor Cooking	Teambuilding Activities	Rockwall	Low Elements
12.30 pm – 1.30 pm	Lunch					
1.30 pm – 3.30 pm	High Challenge Course	Abseil	Teambuilding Activities	Outdoor Cooking	Low Elements	Rockwall
3.30 pm – 3.45 pm	Afternoon Tea Break					
3.45 pm – 4.00 pm	Dormitory Check Out					
4.00 pm – 4.30 pm	Final Debrief & Reflections					
4.30 pm – 5.00 pm	Prize Presentation + Camp Closing + Photo Taking					
5.00 pm onwards	End of camp – Bus back to Tao Nan School					

Basic First Aid Lesson & Nature Walk

7th July 2023 (5A to 5F)

Time	5A	5B	5C	Time	5D	5E	5F
7.30 – 8.15 am	Administrative Matters (<u>in</u> respective classrooms)			7.30 am – 8.15 am	Administrative matters (<u>in</u> respective classrooms)		
8.15 – 9.00 am	Introduction			8.15 am – 9.00 am	Bus To Singapore Botanic Gardens		
9.00 am – 10.30 am	Basic First Aid Lesson (Theory)			9.00 am – 11.15 am	Nature Walk @ Singapore Botanic Gardens		
10.30 am – 11.00 am	Recess			11.15 am – 12.00 pm	Bus To Tao Nan School		
11.00 am – 11.45 am	Basic First Aid Lesson (Practical)			12.00 pm – 1.00 pm	Lunch (School Canteen)		
11.45 am – 12.15 pm	Final Debrief & Reflections			1.00 – 1.30 pm	Administrative Matters (<u>in</u> respective classrooms)		
12.15 pm – 1.15 pm	Lunch (School Canteen)			1.30 pm – 3.00 pm	Basic First Aid Lesson (Theory)		
1.15 pm – 2.00 pm	Bus To Singapore Botanic Gardens			3.00 pm – 3.30 pm	Snack break		
2.00 pm – 4.15 pm	Nature Walk @ Singapore Botanic Gardens			3.30 pm – 4.15 pm	Basic First Aid Lesson (Practical)		
4.15 pm – 5.00 pm	Bus To Tao Nan School			4.15 pm – 5.00 pm	Debrief		



Camp Activities

Camp Activities

- Team Building Activities
- Low Elements
- High Elements
- High Challenge Course
- Abseiling
- Low Wall
- Rock Wall
- Outdoor Cooking
- Nature Walk
- Camp Fire



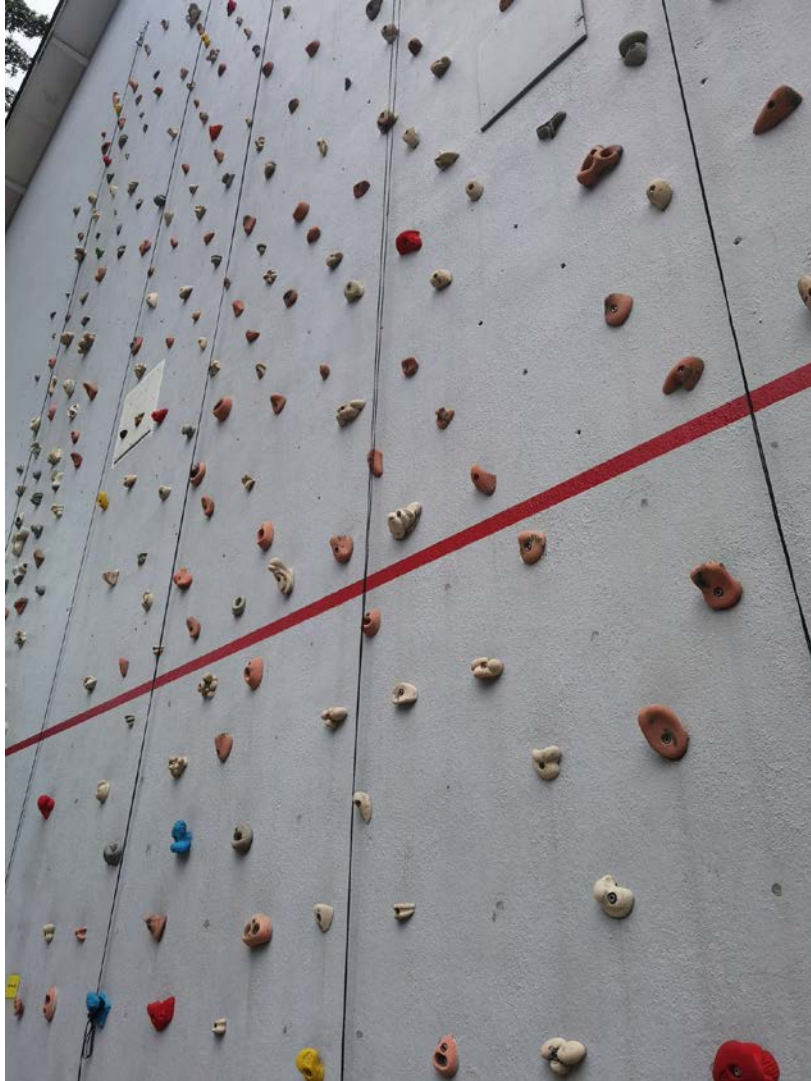
Low Walls



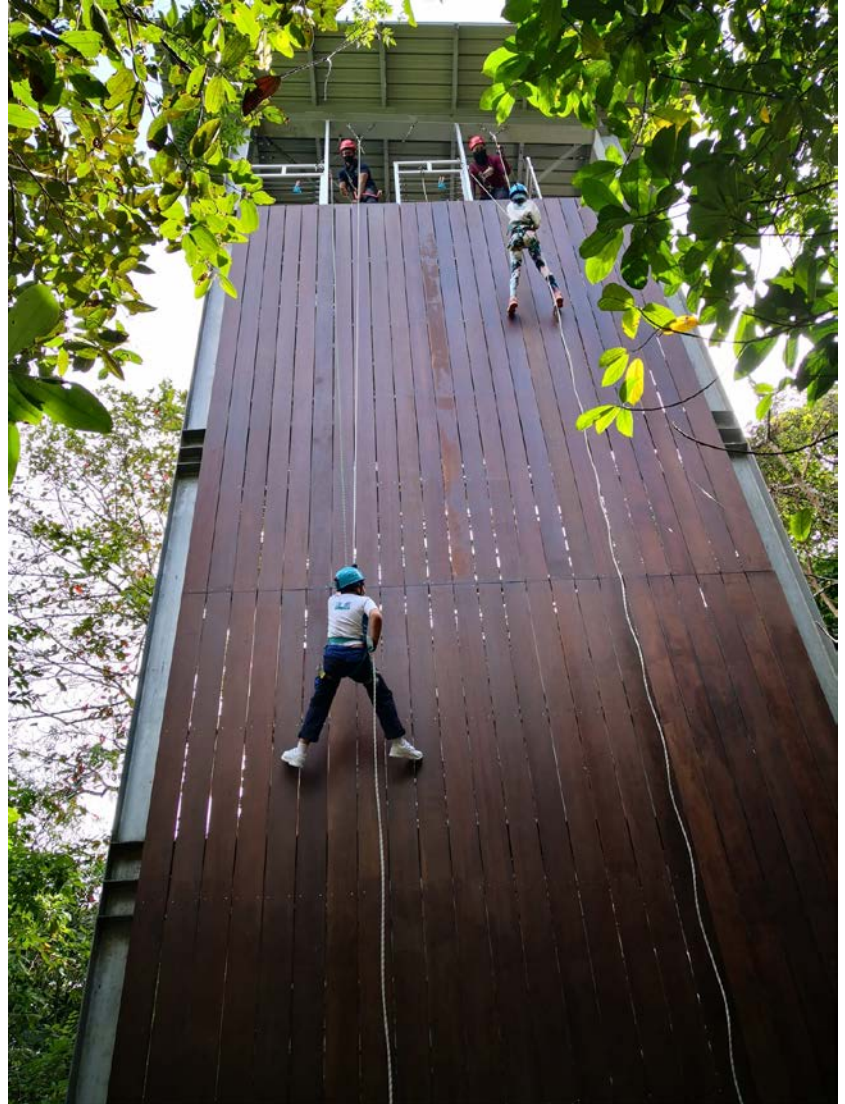
Nitro Crossing



Rock Wall



Abseiling



High Challenge Course



Team Building Activities



Team Building Activities



Student Dormitories



Student will be sleeping on the floor with foam Mat as insulation.

Students are recommended to pack a sleeping bag/ liner for comfort and warmth.





Meals

Meals

- Individual bento meals will be provided
- School will refer to the medical declarations made by parents for catering needs
- No seafood in all catered meals
- Vegetarians will be catered for
- Snack breaks will be provided
- Regular reminders for drinking and refilling of water at water coolers



Transport Arrangements

Transport Arrangements

Transport will be provided to take students to and from the external camp venues (MOE LOALC & Singapore Botanic Gardens).





Hygiene Best Practices

Personal Hygiene

- Washing of hands with soap or sanitizing their hands before and after an activity.
- Covering of mouth and nose when coughing or sneezing.

COVID19 Vaccines

- Students who have received any dose of COVID19 vaccines will be excused from strenuous or physical activities for 2 weeks after the vaccination.



Reporting for Camp

Group 1: 5A – 5F

Date	4 (Tue), 7 July (Fri) 2023 - T3W2
Time	By 7.15 a.m.

Reporting Venue	Basketball Court
Attire	<ul style="list-style-type: none">• PE T-shirt and long pants (No jeans)• School shoes/sports shoes



- Bring reading material for silent reading.
- FTs will mark attendance (before departure).



Dismissal Arrangements

Dismissal Arrangements for Group 1 (5A – 5F)

Session	Date	Dismissal Timing	Dismissal School Gates
Part 1	5 July 2023	5.30 p.m.	<ul style="list-style-type: none">• Gate 2 (Security Post)• Gate 5 (Canteen)
Part 2	7 July 2023		



Packing List

(Labrador Camp)

Packing List

ITEMS	QUANTITY
Spare PE T-shirt and long pants (no jeans) & pyjamas	2
NE Show T-shirt (red)	1
Undergarments	3
Socks	2
Home T-shirt (for sleeping)	1
Home shorts / pants (for sleeping)	1
Sleeping bag	1
Windbreaker / Jacket	1
Pair of Slippers (shower / sleep)	1
Insect repellent spray	1
Masks / hand sanitiser	Optional
Spectacles (spare) and spectacles band/hook	If applicable
Thermometer (For 5A – 5F students only)	1

Packing List

ITEMS	QUANTITY
Day Pack (with proper shoulder support to carry all personal items at all times) / Ziploc bags to waterproof	1
Water bottle (at least 1 litre)	1
Raincoat or poncho	1
Hat or cap	1
Sunblock Lotion	Optional
Writing Material (Pen)	1
Recycled plastic bags / Ziploc bags	2
Torchlight with batteries	1
Personal medication (e.g. Inhaler; must label and declare to FTs)	if applicable

Packing List

ITEMS - TOILETRIES	QUANTITY
Toothbrush	1
Toothpaste	1
Shampoo	1
Shower Foam	1
Bath Towel	1
Face Towel	Optional
Comb	1
Tissues	1 pack



Packing List

Nature Walk & First Aid Training

Group 1 (5A – 5F)

7 July 2023

Packing List (Nature Walk & First Aid)

ITEMS	QUANTITY
Small sling bag	1
Water bottle with drinking water	1
Poncho / Raincoat	1
Writing Material (Pen / Pen)	1
Cap / Hat	1
Wallet (money for lunch)	Compulsory
Insect repellent	Optional
Sunblock Lotion	Optional



Contacting Students For Emergencies

In case of **EMERGENCY**, call
the school handphone @
98302752.

IMPORTANT

- ❑ **Do not** bring valuables for Labrador Camp.
- ❑ **Label ALL** personal items.
- ❑ **Take note of:**
 - **Reporting Time**
 - **Venue**
 - **Attire**
 - **Packing List**



Q & A

