

MOE-OBS Challenge Programme 2020

PRE-COURSE BRIEFING FOR PARENTS/GUARDIANS

CHUA CHU KANG SEC SCH



Ministry of Education
SINGAPORE



CHUA CHU KANG SEC SCH

29 JUNE to 3rd July

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Content Overview



1. What is the MOE-OBS Challenge Programme?
2. What will my child learn from the programme?
3. What is the 5-day Course in OBS?
4. How do I register my child for the 5-day Course in OBS?
5. What are the safety measures for my child/ward during the 5-day Course?
6. What is the communication channel?
7. How can I help my child?

Strengthening
Holistic Education



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**

Strengthening
Holistic Education



Outdoor Adventure Learning Experiences for ALL



Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Outdoor Education in Physical Education Curriculum			
<ul style="list-style-type: none"> • Active and healthy lifestyle • Social and emotional competencies 			
Programme for Active Learning (Outdoor Education)	1 outdoor adventure learning camp	1 outdoor adventure learning camp	MOE-OBS Challenge Programme
<ul style="list-style-type: none"> • Social and emotional competencies • Resilience, ruggedness and social cohesion 			

What is the MOE-OBS Challenge Programme?



3 COMPONENTS

Pre-course Lessons and
Preparation

5-day Expeditionary
Course Conducted by OBS

Post-course Lessons

Pre-course Lessons and Preparation



Outdoor Education in PE Lessons



CCE Lessons



Pre-course Lesson with
Form Teacher



School Briefing
to Students

5-day Course in OBS



Post-course Lessons



Sample CCE Lesson Reflection Activity



Journaling



Post-course Lesson with Form Teacher

What will my child learn from the Programme?

Learning Outcomes and Objectives



More about the 5-day course in OBS



1. Duration

The 5-day course spans over **5 days and 4 nights**.

2. Intensity

The 5-day course experience is set in an **outdoor environment** with activities conducted in **all weather conditions**, over prolonged durations in the day.

3. Journey-Based Concept

It is designed to allow for **self-propelled/self-sufficient journey** which allow opportunities for students learn to **overcome physical and mental challenges**, while **taking ownership** through involvement in **responsible planning and decision-making**. Students will travel with their group from **campsite to campsite** with an OBS Instructor.

Pre-course
preparation

Sample 5-day course

Post-course
follow-up

Day 1	Day 2	Day 3	Day 4	Day 5
Team/ Problem Solving Activities	Adventure Activities, Preparation for Expedition	Single/Multi-Mode Land/ Water-Based Expeditions		Commitment Activity, Peer Feedback & Active Planning
				
Debriefing / Reflection Time / Peer Appraisal / Journaling				
Getting to know you & team socialisation	Building competence & confidence	Surmounting challenges as a TEAM, develop resilience as individuals, sense of achievement as a WHOLE		Peer feedback, transfer of learning

Integrating the blue and green spaces on mainland Singapore



OBS Heads to
Mainland Singapore
– *Lianhe Zaobao*



How do I register my child for the 5-day course in OBS?

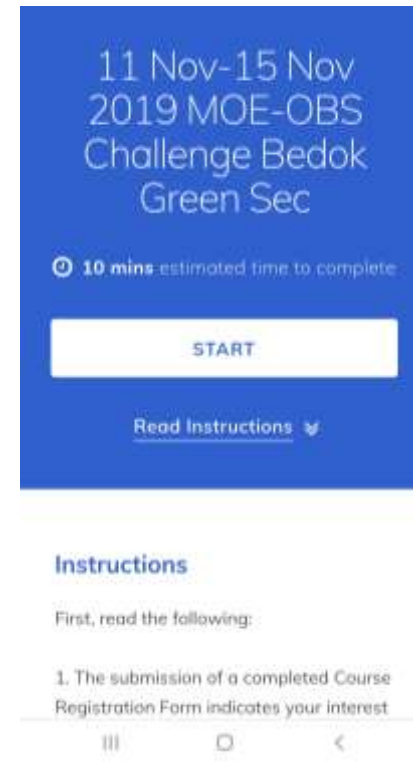
E-Registration using FORMSG

[Insert 3b. enrolment process video]

FORMSG



Example



Parents are to have the following ready:

1. Singpass login
2. Internet access device
3. Child's details

Priority on Safety and Well-Being

Pre-Course Medical Examination

- Your child will need to be **certified fit by a medical doctor** for the OBS Course.

Why is there a need for medical examination?

- To determine your child's suitability for the course based on **current and accurate health status**
- To determine how best to provide **a suitable level of care**, especially for students with pre-existing conditions*
- To **help parents/guardians make an informed decision** on their child's participation in the course based on current health status of child/ward

***Note:** Please refer to *Letter to Parents - Important Note* for details - Non-Admission and Condition(s) of Concern

Important Information

11 Nov-15 Nov
2019 MOE-OBS
Challenge Bedok
Green Sec

🕒 10 mins estimated time to complete

START

[Read Instructions](#) ▼

Instructions

Online Course Registration

- Ensure **certified accurate information** is given when filling the Online Course Registration Form

- *Free mobile medical screening in school:*

- *17 and 24 Feb*

Tetanus vaccination additional 25 dollars to be paid by student.

***Parents to note:**

Medical examination has to be done **within 6 months of start date of course.**

Additional supplementary information (e.g. doctor's memo) may be required by OBS for assessment if child/ward with pre-existing conditions can be enrolled into the 5-day course.

What are the safety measures for my child during the 5-day Course?



Risk Management

People

- Competent and qualified, **full-time OBS instructors**
- **Small group size** of 12-14 students per instructor
- **Dedicated, professional medical staff** on 24-hr standby

Track Record

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

What are the safety measures for my child during the 5-day Course?



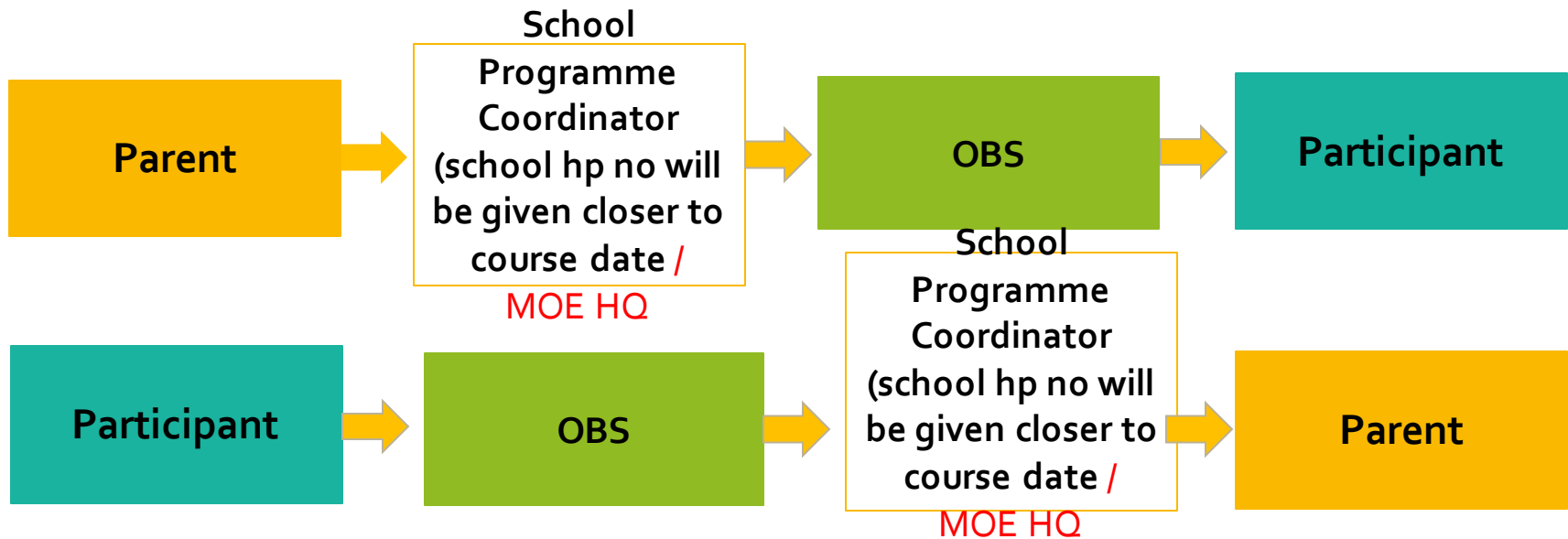
Management of your child/ward's well-being

What are the measures put in place?

- Instructors are trained in **Wilderness Advanced First Aid**
- Daily, pre-activity and post-activity **checks** are conducted to ensure your child/ward's well-being
- The **medical facility** in OBS with outdoor nurse practitioner(s) is on 24-hr standby to provide medical support
- Medical treatment will be to your child/ward, if required



The Communication Channel

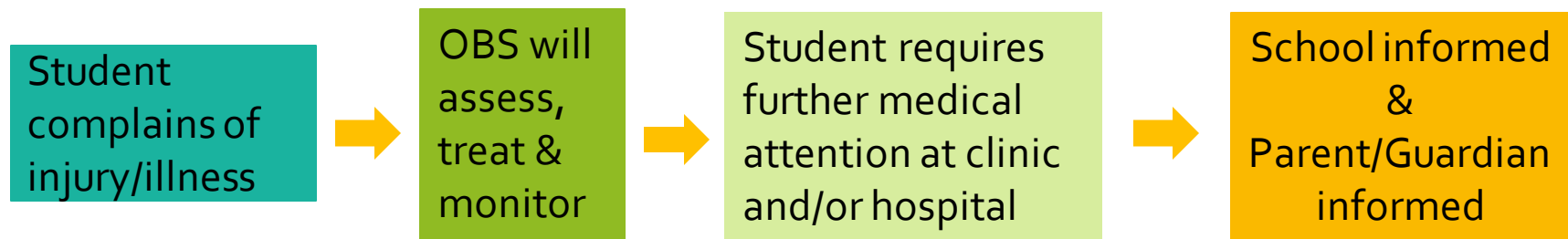


MOE and OBS are on **24-hr standby during every MOE-OBS Challenge Programme 5-day course*

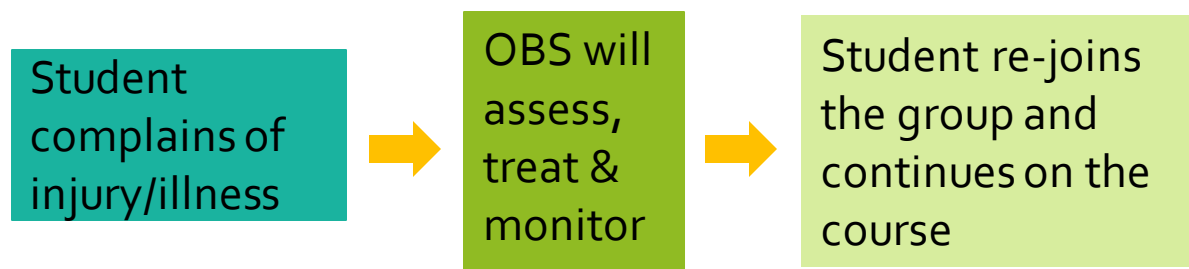
When will I be informed?

You will be informed when your child/ward requires further medical attention, e.g. sent out to clinic or hospital, instead of daily updates of your child/ward during the course.

Scenario 1: OBS informs Parent via School



Scenario 2: OBS maintains status quo, and will **not** inform School/Parent/Guardian



How can I help my child?

Pre-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**
5. **Be receptive** to advice and feedback
6. Be brave in facing the unknown and stepping out of his/her comfort zone to take on new challenges
7. **Role model what it means to lead a healthy lifestyle**
8. Bring your child outdoors and exercise with him/her
9. **Have fun** and enjoy the whole experience!

How can I help my child?

Post-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 successes**
5. Talk about areas that **didn't go so 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 programme
8. Help your child to **apply what they've learnt** in daily life
9. **Affirm** your child's effort to make **positive changes**
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**

How can I help my child?

Journeying 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 or her.
- **Do not create anxiety** with assumptions.
- **Do not frighten** your child with "horror" stories.

Mainstream / Social and Digital Media



Webpage on OBS website
(to be updated soon)



ST Photo Story: *Teenage Rite of Passage*



<http://www.straitstimes.com/singapore/teenage-rite-of-passage>
17 July 2017

Channel News Asia: Coney Island



<https://www.channelnewsasia.com/news/video-on-demand/singapore-tonight/mon-30-jul-2018-10575380>
31 July 2018



New Blue and Green Belts

New Media Branch: #MOEOBSTakeover



<https://www.instagram.com/moesingapore/>
28 May 2017



Narrative: Students' perspectives