MOE-OBS Challenge Programme 2020

PRE-COURSE BRIEFING FOR PARENTS/GUARDIANS CHUA CHU KANG SEC SCH











CHUA CHU KANG SEC SCH

29 JUNE to 3rd July School Programme Coordinator: Mrs Raj Shanthini_odayappan@moe.edu.sg

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?



Holistic Education



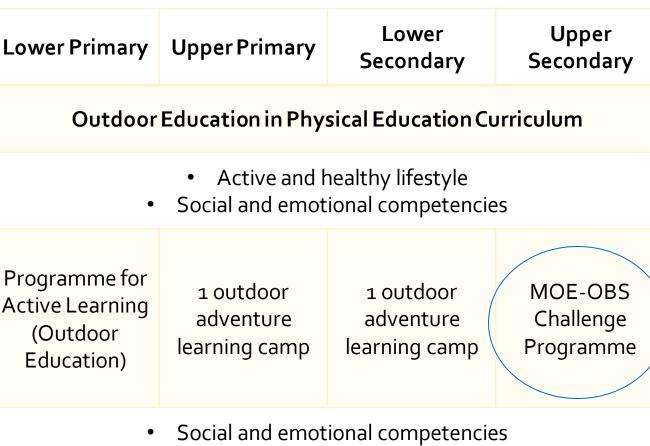
- Develop well-rounded individuals
- Outdoor Education (OE) provides rich learning experiences outside the classroom and helps our students to develop holistically, building up their resilience and ruggedness

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



- 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



Pre-course Lesson with Form Teacher



School Briefing to Students

5-day Course in OBS





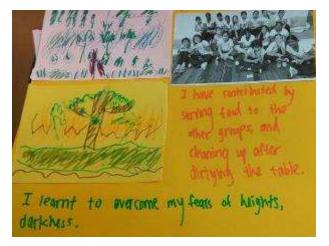








Post-course Lessons



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/selfsufficient 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	5.	Sample day cour	se	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- Land/ Water- 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*



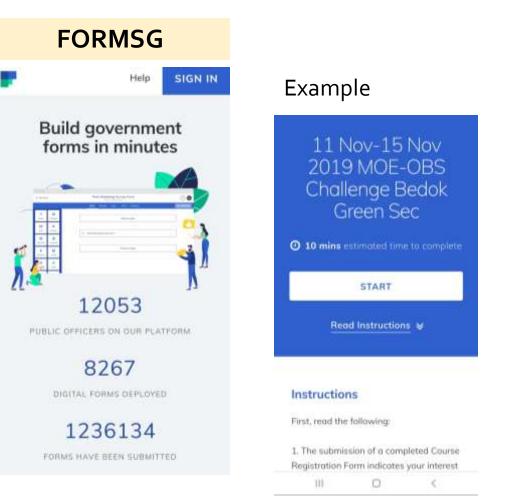




How do I register my child for the 5-day course in OBS?

> E-Registration using FORMSG

[Insert 3b. enrolment process video]



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 preexisting 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

② 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 5day Course?



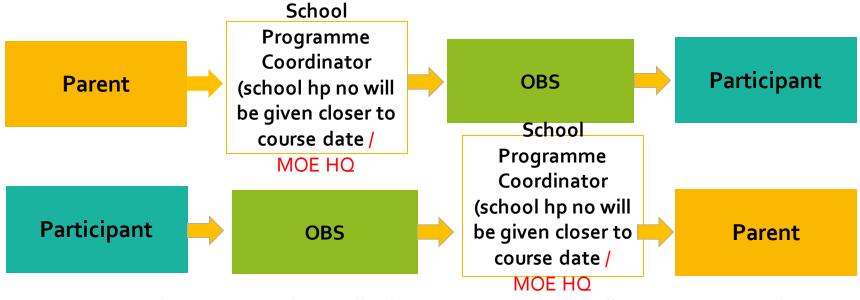
Management of your child/ward's well-being

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



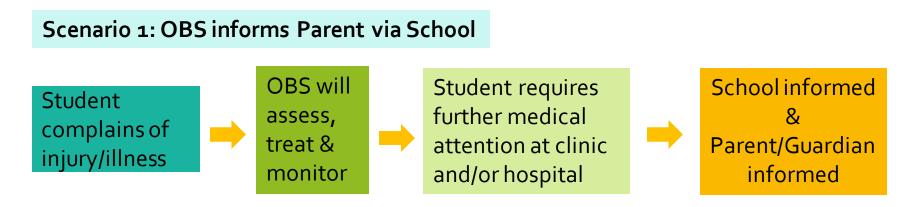
The Communication Channel



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



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

How can l help my child?

Pre-course

- 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!

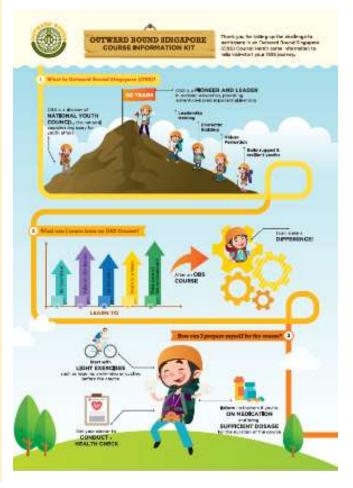
How can l help my child?

Pre-Course

Note: Expedition items and equipment such as backpacks, tents, poncho, whistles, Personal Floatation Device (PFD) etc. are provided by OBS.

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

Infographic



Packing List

MOE-088 SEC 3 CHALLENGE PROGRAMME 5-DAY COURSE PACKING LIST

This is a guide to two you pace for your 5-day expeditionary counts at OSO. The appropriate quartery is dependent on the output outputs, programme activities and introduced preferred media. If a important is they commission goar that will not be alwaption of the outputs. Young or consultance-preferred media and encountery!

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Paring (at) 4 August Paring (at) 4 August How can l 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
- 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 l 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)



Outward Bound Singapore (OBS) added 134 new photos. 14 May at 11:38 AM · 🖨

Over the weekend, we had some parents who took up the challenge and joined us at our Open House! They experienced a glimpse of what their child would go through at the MOE-OBS Challenge Programme, and learnt more about the value of Outdoor Adventure Education. A round of applause for our folks who stepped out of their comfort zones!... See more



ST Photo Story: Teenage Rite of Passage



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

Channel News Asia: Coney Island

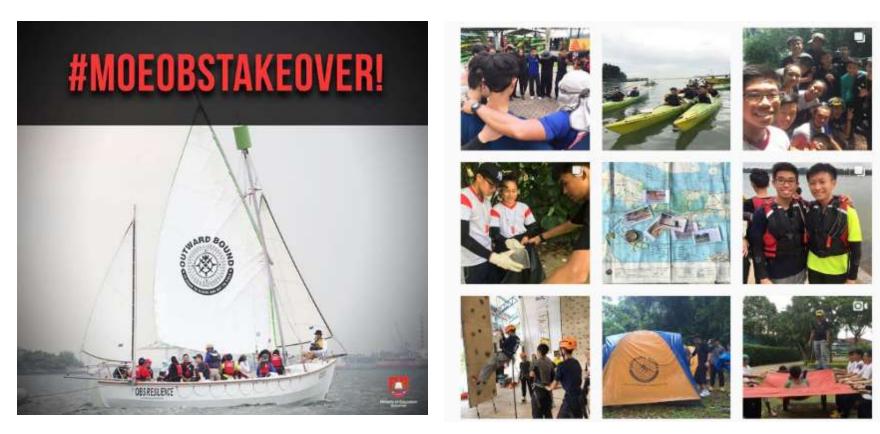




https://www.channelnewsasia.com/news/video-ondemand/singapore-tonight/mon-30-jul-2018-10575380 31 July 2018

New Blue and Green Belts

New Media Branch: #MOEOBSTakeover



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

Narrative: Students' perspectives