



CHUA CHU KANG SECONDARY SCHOOL

3 Teck Whye Crescent Singapore 688845

Tel: 6765 5228 Fax: 6763 6807

Dear Parents/Guardians,

We are pleased to inform you that your child will be participating in the **MOE-OBS Challenge Programme** in 2020. This is part of the National Outdoor Adventure Education Master Plan which the Ministry of Education (MOE) has put in place to strengthen the holistic development of all our students. The programme seeks to develop ruggedness, resilience, and build cohesion amongst our youths. The programme comprises a series of school-based PE and CCE lessons as well as a 5-day Course at Outward Bound Singapore (OBS).

Programme information

This 5-day Course will be conducted from 29 June to 3rd July by OBS in different parts of Singapore. Using the outdoors as the 'classroom' for learning and development, this course will offer your child a unique opportunity to work together with students from other schools to overcome various outdoor challenges.

Through the course, our students will learn to:

1. manage challenges positively through self-directed learning and making the right choices to influence their circumstances;
2. build friendships with students from different school backgrounds and actively help each other to achieve team goals in an inclusive manner; and
3. commit to play an active role in the improvement of one's community and the environment.

This programme is co-designed by MOE and OBS to ensure that it is of high quality, supports the school curriculum and is suitable for our students.

We would like to assure you that the positive learning experience and well-being of your child is our priority. The programme is supported by a robust risk management system to ensure safety. With an excellent safety record built on stringent requirements from its international network of Outward Bound centres around the world, you can be assured that safety remains as OBS' top priority.

Online Registration and Medical Examination

MOE-OBS requires you to register your child for the programme online. Please refer to **Annex – E-Registration Guide for Parents** and register at www.go.gov.sg/2020moeobs-chuachukangss.

Basic Medical Examination

To ensure the safety and well-being of your child, he/she will be required to be certified fit by a medical doctor to attend the course. We will arrange for a mobile medical team to visit our school on 17th and 24th Feb from 230pm to 5pm to facilitate the basic medical examination. The cost for the basic medical examination will be borne by the school. However, if you prefer to have your own doctor carry out the medical examination, you will have to bear the cost. There may also be additional costs if your child is currently on follow-up with a doctor for a pre-existing condition, as he/she may need to submit a specialist memo as part of the registration process. Please refer to the "Important Note" attached for more details.

Payment

The Programme is heavily subsidised by MOE, and hence the fees payable for each student is only **\$50** for the 5-day Course. Parents may choose to pay by cash or withdraw funds from your child's Edusave account. Students on financial assistance can approach the school for info on further assistance. We seek your cooperation to ensure full participation from your child so as to fully benefit from the Programme.

An "Important Note" regarding certain conditions of concern, a sample of the programme and a list of "Frequently Asked Questions" are enclosed for your reference. For more information about OBS, please visit the website at <https://www.nyc.gov.sg/obs>

Thank you and please feel free to contact Mrs Raj, Assistant Year Head for Secondary 3 at shanthini_odayappan@moe.edu.sg if you require further information.

ONG LIANG FUNG (MDM)
PRINCIPAL

2020 MOE-OBS CHALLENGE PROGRAMME

IMPORTANT NOTE

An Outward Bound Course is an outdoor experiential learning experience. Outdoor adventure learning is important to develop youths who are confident about taking on challenges that push their limits, resilient and able to work closely together. OBS Courses facilitate self-discovery, social awareness, confidence, team communication skills and responsible decision-making. Just as importantly, they advocate responsibility for the environment and inspire participants to play a role in the community after an OBS Course.

The participants will be exposed to physical, mental, social and emotional challenges that are intended to build physical ruggedness and mental resilience. The experience is set in a rugged, outdoor environment, and may comprise land-and/or sea-based component(s). These may include, but not limited to, kayaking/sailing in the sea, trekking with load on uneven terrain, traversing at heights on high rope courses which require use of limbs to climb, travelling at a distance with bicycles, kick-bikes which require balancing and coordination skills, and camping outdoors in tents. These activities may be conducted in all weather conditions, over prolonged duration in the day.

A typical group consists of participants from diverse social backgrounds. Besides coping with the physical challenges, courses often result in intense emotional experiences. Participants may find themselves confronting personal fears or self-imposed limits while adjusting to a newly formed group, unfamiliar environment, and changes from their normal routine that differ from school based camps and activities.

Instructors are proficient in outdoor skills and trained in Wilderness Advanced First Aid to stabilise injuries and manage illnesses when they surface. In the event where more medical care is required, OBS has a medical centre staffed by Outdoor Nurse Practitioners (ONP) who are Registered Nurses. If necessary, participants will be referred to medical facilities, such as the polyclinics, for Physician's assessment. Should there be a need for emergency evacuation, the full evacuation process could take up to two hours, depending on the location of the patient, weather and other factors beyond our control. Next-of-Kin will be informed via the organisation/school coordinator when participants are referred to the medical facilities.

Applicants with any diagnosed condition(s) and/or on existing follow-up for any condition will need to provide the latest review information for assessment. Recommendation of fitness should be based on Physician's assessment of the Applicant's ability to participate in an OBS Course. All information provided will be treated with confidentiality.

The safety of our participants is our highest priority. It is important that a full and accurate disclosure of the individual's medical condition is provided to OBS for us to make a proper assessment. This will allow our participants to have a safe and meaningful Outward Bound experience. While OBS strives to be inclusive, we are unable to enrol applicants with certain pre-existing conditions for now.

For further clarification or enquiries on the medical examination, contact:

Medical Services & Training | Outward Bound Singapore | Tel: 6540 0136

Conditions of Non-admission	
1	Epilepsy / fits / seizures – Any episodes within the last 2 years
2	Unavoidable allergens resulting in severe allergic reaction – e.g. traces of allergen, insect bites, unknown allergens
3	Thalassemia Major
4	Diabetes condition requiring Insulin injections
5	Mitral valve prolapse with regurgitation
Condition(s) of Concern <i>(applicants are encouraged to see their own attending/family doctor for the conditions listed below)</i>	
6	Breathing problem e.g. exercise induced asthma
7	Blood disorder e.g. anaemia
8	Severe obesity – Body Mass Index (BMI) above 35
9	Severe Behavioural and/or psychological conditions e.g. Attention Deficit Hyperactivity Disorder (ADHD) / Autism Spectrum Disorder (ASD)
10	Any condition requiring administration of injections (by self or with help) or medical equipment support – e.g. Epi pen
11	Any conditions that may impair movement and/or adversely affect safety to self or others during the Course

2020 MOE-OBS CHALLENGE PROGRAMME
Sample 5-Day Course Learning Activities

Students will be put into different groups, or watches. Although the activities for each watch may differ, the activities are selected and designed such that the learning outcomes remain comparable.

Please refer to the table below for a sample of the learning activities for a watch.

Day	Programme
Day 1	<ul style="list-style-type: none"> • Team/ Problem Solving Activities <p><i>Getting to know you and team socialisation</i></p>
Day 2	<ul style="list-style-type: none"> • Adventure Activities, • Preparation for Expedition <p><i>Building competence and confidence</i></p>
Day 3 & Day 4	<ul style="list-style-type: none"> • Single/ Multi-Mode¹ • Land/ Water-Based Expedition² <p><i>Developing resilience as individuals, surmounting challenges and achieving a sense of accomplishment as a team</i></p>
Day 5	<ul style="list-style-type: none"> • Commitment Activity • Peer Feedback • Active Planning <p><i>Peer feedback, transfer of learning</i></p>
Debriefing / Reflection Time / Peer Appraisal / Journaling	

¹ Multiple modes of expedition which can include, cycling, hiking, kayaking, kick-biking, rowing etc.

² Depending on the assigned programme, the watch may journey across different parts of Singapore,

2020 MOE-OBS Challenge Programme
FREQUENTLY ASKED QUESTIONS

S/N	Question	Answer
1	What is the MOE-OBS Challenge Programme?	<p>The programme consists of pre- and post-course lessons taught by our teachers and the 5-day Course at OBS led by OBS instructors. It is designed to ensure achievement of the programme learning outcomes and transfer of learning to other areas of the students' life.</p> <pre> graph LR A[Pre-Course (school-based)] --> B[5-day Course at OBS] B --> C[Post-Course (school-based)] </pre>
2	<p>What kind of activities will my child be going through during the 5-day Course?</p> <p>Where will these activities be conducted?</p>	<p>OBS uses the outdoors as its classroom. Your child will be engaged in a variety of activities that will help him/her not just to discover, but also challenge his/her personal limits.</p> <p>Some of these activities include problem-solving activities, adventure activities and land/sea expeditions, designed to provide the platform for students to build personal competencies, develop ruggedness and resilience, as well as to develop skills for working in teams.</p> <p>Students on different expedition modes will be journeying across and camping at different parts of Singapore.</p>
3	How can the safety of my child be ensured during the five days, with such a big group of students coming together?	<p>The positive learning experience and well-being of your child is our priority. Activities are purposefully designed to meet the programme outcomes. The students are supervised by qualified OBS instructors, who have undergone rigorous training, technical skills assessments and certification including Wilderness Advanced First Aid.</p> <p>Students undergo the Course in groups of 12-14 per instructor, to facilitate good interaction, adequate peer support and opportunities to practice leadership roles.</p>
4	Will I be informed if my child is injured/unwell?	<p>You will be informed if your child requires further medical attention e.g. being send out to clinic or hospital for diagnosis or treatment. At first instance of receiving a report of an injury/illness, OBS will assess, treat and monitor. In this process, medical treatment will be given for the well-being of your child. Do note, there will not be daily progressive updates of your child's journey.</p>
4	Does my child need to be physically fit?	<p>As part of the pre-course registration, your child is required to be <u>certified fit</u> by a medical doctor to attend the 5-day Course. Participants are encouraged to stay active to prepare for the 5-day Course.</p> <p>Your <u>timely submission</u> of the medical history questionnaire with <u>accurate information</u> is important in allowing us to assess the need for any additional support needed to facilitate your child's enrolment in the Course.</p> <p>The basic medical examination has to be done <u>within 6 months</u> of the course date.</p>

5	Will my child be forced to go through an activity that he/she is not confident in?	<p>OBS instructors are trained to motivate and to provide a supportive environment for the participants at all times. Your child will not be forced to participate in any activity.</p> <p>However, he/she will be strongly encouraged to participate in all the activities during the Course and at a level that he/she is comfortable with. This is to maximise the opportunities for learning and self-discovery, in alignment with the philosophy of 'challenge-by-choice'.</p>
6	What happens if my child is afraid of camping outdoors or being away from home?	<p>Your child will be among supportive friends and OBS staff who will provide a safe and engaging environment to have fun and benefit from the Course. OBS instructors are also trained to care for the participants' physical and emotional needs during the Course.</p> <p>Camping together in the outdoors provides students a valuable opportunity to experience nature with new friends and apply the outdoor skills learnt during PE lessons in school.</p> <p>If your child experiences any discomfort during the Course, he/she should inform the instructors.</p>
7	What happens if my child has their period during the Course? Can they still go through the water activities?	<p>Your child can still participate in all activities as per usual. At the start of the Course, female participants will be advised on how to maintain personal hygiene when out in the field. Female participants who are expecting their period during the programme should bring an extra supply of sanitary pads, dark-coloured shorts/pants, and extra plastic bags for the disposal of soiled sanitary pads. There is no requirement for them to take any medication to delay or postpone their menstruation cycle, unless otherwise stated by their doctor. Additionally, they can approach any female OBS instructor for assistance during the Course.</p>
8	I am unable to afford the \$50 payment. How should I seek financial assistance?	<p>Your child may speak to his/her form teachers about financial assistance. There are various avenues that students may seek financial assistance to participate in this 5-day Course.</p>
9	How do I contact my child in the event of a family emergency?	<p>You may contact your child via the School Programme Coordinator.</p> <p>Your child's valuables i.e. mobile phones and wallet will be kept by OBS to ensure security of personal items and minimal distraction during the Course.</p>
10	What should my child bring for the 5-day Course?	<p>Please refer your child to the Course Information Kit provided for the list of personal items. Expedition equipment such as expedition backpack, tent and poncho will be issued to your child. We encourage your child to borrow items that he/she does not have from family/friends/schoolmates to minimise unnecessary expenses.</p>

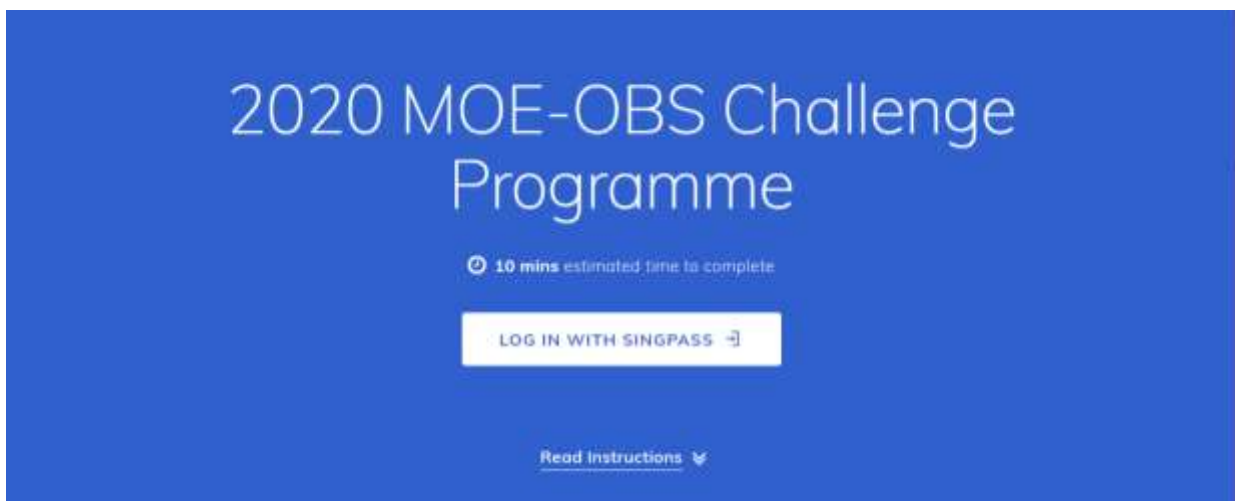
11.	I am a Singaporean/PR, but I do not have a Singpass. How do I register my child for the programme?	You may register for a Singpass via www.ifaq.gov.sg/singpass . The link also provide responses for other related Singpass queries.
12.	I am a foreigner and do not have a Singpass. How do I register for the OBS Programme?	Please approach the School Programme Coordinator through your child for assistance.
13.	I am taking my child to see our family doctor for the medical examination. What do I need to bring?	<p>a) <u>A Medical Examination form</u> <i>You can either obtain a copy from the school through your child, or access and print out a copy that can be retrieved at www.go.gov.sg/moe-obsmedform.</i></p> <p>b) <u>Your child's e-Registration Form response (in PDF)</u> <i>You should receive an email acknowledgement from OBS upon submitting the e-Registration Form.</i></p>
14.	What are the steps involved for the medical examination?	<p>Step 1: Show the doctor the e-Registration Form response in PDF.</p> <p>Step 2: Give the Medical Examination Form to the medical doctor to certify your child fit to participate in the 5-day Course.</p> <p>Step 3: Ensure that the Medical Doctor has certified your child 'fit' on the Medical Examination Form (with medical doctor's signature and stamp of clinic details)</p> <p>Step 4: Submit the completed Medical Examination Form and doctor/specialist memo (if applicable) to the school through your child.</p>
15.	What if I did not receive an acknowledgement email from OBS after I submitted the form online?	Please inform the school through your child's teacher if you have submitted the e-Registration Form, but did not receive an acknowledgement email from OBS. Your child's teacher will check in with OBS and advise you on how to proceed.

ANNEX

2020 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.



Step 2:

Please note that for security reasons, the registration form will automatically log out if it is not completed within 30mins and no details will be saved. Please **do not refresh** the page before submission as this will remove the entered details. As such, you are advised to **read the instructions** and gather the required information before logging in.



Instructions

Parent/Legal Guardian is to complete this form for student who is below 18 years old.

1. When you submit this form, it registers your child/ward interest for the MOE-OBS Challenge Programme (referred to as Course).

2. Please read the "Important Note" on the Course requirements @ <https://www.nyc.gov.sg/obs>.

3. All information provided here is taken as true and accurate, and you've read the "Important Note" to understand the Course requirements.

4. Please get ready the following information:

Step 3:

Please have the following health information of your child/ward ready for submission:

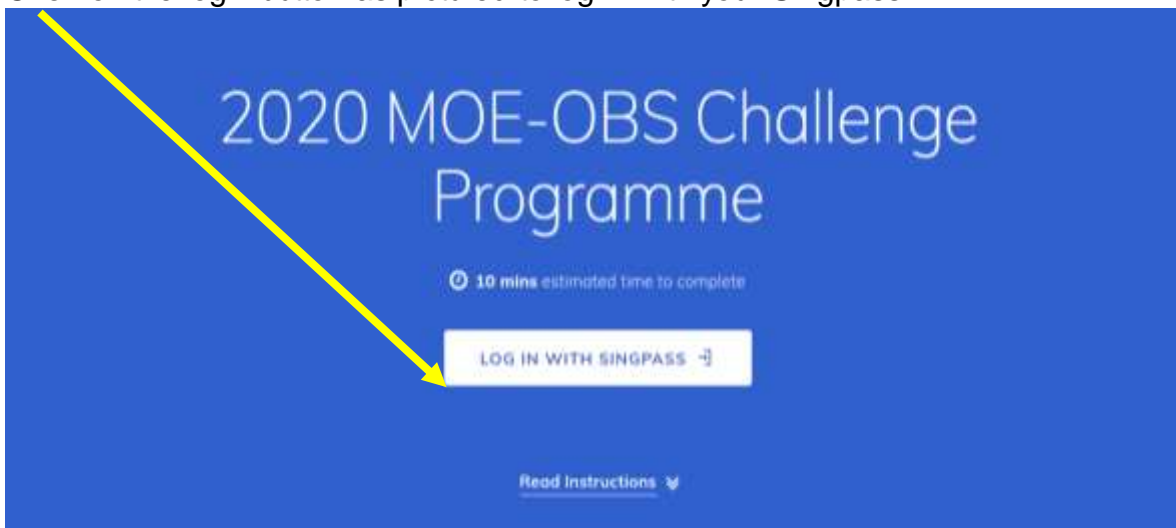
- Height (in cm)
- Weight (in kg)
- Body Mass Index (BMI)
BMI may be calculated from <https://www.healthhub.sg/programmes/93/bmi-calculator>
- Latest Tetanus Immunisation Date
Tetanus vaccination date may be obtained from student health booklet or retrieved from <https://www.nir.hpb.gov.sg/nirp/eservices/login>

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.

• Breathing problems within the last 12 months (e.g. Asthma)
• Heart problems (e.g. angina / heart murmur / extra heartbeat / mitral valve)
• Blood disorder (e.g. thalassaemia major / thalassaemia minor / anaemia)
• Epilepsy, fits or seizure condition
• 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)
• Currently on long term prescribed medication
• A carrier status for any infectious disease
• Sleep walking within the last 12 months
• 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)

Step 4:

Click on the login button as pictured to log in with your Singpass.



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.

Step 5:

Select your child/ward's school from the dropdown list and enter your email address and contact number.

An acknowledgement will be sent to the email account provided. If you do not have an email address, please enter the school's email address (*provided on the form*) and request a copy of acknowledgement from the school.

Step 6:

Complete Part 1 by filling in all the personal particulars of the participating student.

2020 MOE-OBS Challenge Programme Instructions Log out ↗

Part 1: Student's Personal Information

4. Full Name of Student
as it appears in Personal Identification Document

5. Class

6. Nationality

Singaporean

Singapore PR

Others

Step 7:

Complete Part 2 by filling in the emergency contact details.

2020 MOE-OBS Challenge Programme Instructions Log out ↗

Part 2: Next of Kin / Legal Guardian Emergency Contact Information

15. Name of Contact Person

16. Relation to Student

17. Primary Contact Number
Provide a Singapore contact number (e.g. 91234567)

Step 8:

Complete Part 3 by filling in the health information and any medical conditions of your child / ward.

2020 MOE-OBS Challenge Programme Instructions Log out

Part 3: Student's Health Information

Note:

1. Health information declared must be recent and accurate for the Physician's accurate assessment of the Student's fitness to participate in the Course.
2. Ensure the Medical Examination takes place no more than six (6) months before the start of the Course.
3. A 'Physician' refers to a medical practitioner registered under the Medical Registration Act (Chapter 174).

About Tetanus

- 1) Tetanus is a disease caused by the bacteria, Clostridium tetani, which is commonly found in soil and oral contaminated objects. The bacteria can enter the body through tears or splits in the skin, cuts and eye injuries.
- 2) Tetanus is a preventable disease associated with a high fatality rate. The treatment of tetanus is difficult and requires specialised intensive care.
- 3) Tetanus vaccination is an easily accessible and effective risk management strategy to prevent tetanus infection especially in the outdoors.
- 4) Tetanus vaccination is included under the Singapore National Childhood Immunisation Programme.

The date of the Tetanus immunisation can be retrieved via the following link: <https://www.nhs.gov/sgfr/patientarea/sgfr>
(Immunisation records are only available for children born in or after 1986)

xx. Does Student have valid Tetanus Immunisation?

Tetanus immunisation has a validity of ten (10) years

NO YES

Step 9:

Lastly, complete Part 4 by selecting the appropriate checkboxes for acknowledgement and consent before submitting.

If you are unable to submit, please scroll up to check if you have missed out any required information.

2020 MOE-OBS Challenge Programme Instructions Log out

Part 4: Declaration & Acknowledgement

36. Information Declaration

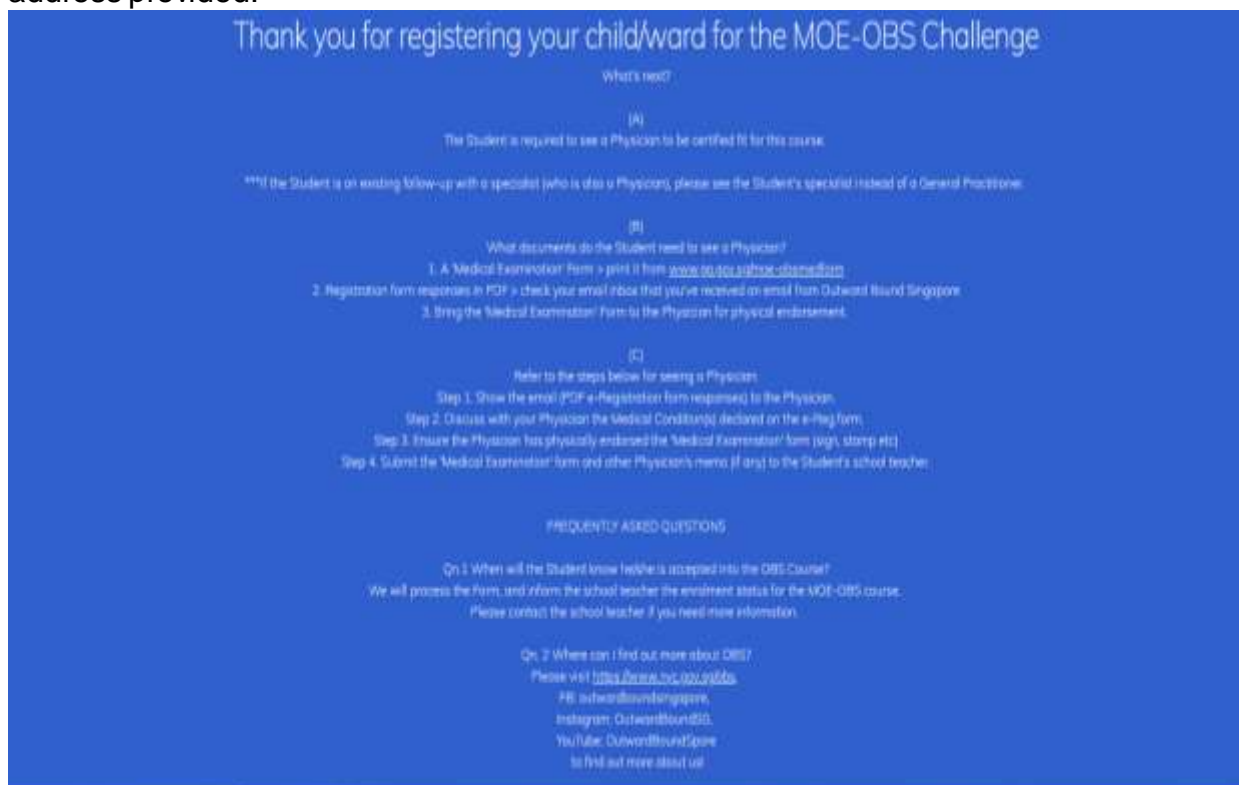
I declare and confirm that all the information provided is complete, true and accurate to the best of my knowledge, and there is no undisclosed information that would affect the assessment of this application for the Student's safe participation in the Course. I will promptly inform MOE-OBS of any change in any of the information provided. I understand that MOE-OBS reserve the right to make the final admission decision based on the information provided in the Registration Form, course, intensity and other operational considerations. I understand that if the information provided is incomplete, untrue or incorrect, MOE-OBS reserve the right to reject or withdraw the application at any time.

37. Medical Declaration

I further give permission for any medical treatment MOE-OBS deem necessary to maintain my child's/ward's well-being. In the event of illness or injury, I hereby give my consent to MOE-OBS to seek medical treatment and care as may be necessary for my child/ward, and for this purpose, to disclose the medical declaration and other relevant information to authorised medical personnel to facilitate arrangements.

Step 10:

Please fill-in and complete the form in a single session. After submission, you should see the following screen. A PDF of the completed registration form will be sent to the email address provided.



Step 11:

If medical examination is conducted in school

17 FEB and 24 FEB school dates for medical screening

Please remind your child to inform the Form Teacher that he/she has registered for the Course.

(If parent is bringing child to own physician for medical examination)

Step 1: Show the doctor the e-Registration Form response in PDF.

Step 2: Give the Medical Examination Form to the medical doctor to certify your child fit to participate in the 5-day Course.

Step 3: Ensure that the Medical Doctor has certified your child 'fit' on the Medical Examination Form (with medical doctor's signature and stamp of clinic details)

Step 4: Submit the completed Medical Examination Form and doctor/specialist memo (if applicable) to the school through your child.