

MOE-OBS CHALLENGE PROGRAMME 2023 5D4N

Junyuan Secondary School

Briefing for Parents/ Guardian



Ministry of Education
SINGAPORE



**Some photos were taken before covid-19*

Junyuan Secondary School

OBS course dates:

13 – 17 February 2023 or

20 – 24 February 2023

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JUNYUAN SECONDARY SCHOOL

Content

- 1** What is the 2023 MOE-OBS Challenge Programme?
- 2** What is the OBS course about?
- 3** How does OBS ensure my child's safety?
- 4** How do I register for my child?
- 5** How can I help to prepare my child?



1

**What is the 2023
MOE-OBS Challenge
Programme?**

A 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

| Lower Primary | Upper Primary | Lower Secondary | Upper Secondary |
|---|--|--|-----------------------------|
| Outdoor Education in Physical Curriculum | | | |
| Active and healthy lifestyle Social and emotional competencies | | | |
| Programme for Active Learning (Outdoor Education) | 1 Outdoor Adventure Learning (OAL) camp | 1 Outdoor Adventure Learning (OAL) camp | MOE-OBS Challenge Programme |
| Social and emotional competencies Resilience, ruggedness and social cohesion | | | |

Outdoor Adventure Learning

1. As part of the SG United message of 'Together, We Can Brave The New', Singaporeans are encouraged to stay strong together.
2. Outdoor Adventure Learning (OAL) experiences provide opportunities where students learn to navigate and “brave the new” together by:
 - a) building camaraderie through working together in unfamiliar yet authentic situations;
 - b) be resilient, have empathy and maintain a positive attitude when faced with adversity
3. Through overcoming challenging obstacles with their peers, participants learn that it is possible to be innovative and to adapt despite the constraints posed by the pandemic.





2

**What is the OBS
Course about?**

**“In time to come,
OBS will be a rite of
passage and a shared
experience for all young
Singaporeans, regardless
of race, religion, or
background.”**

———— PM Lee Hsien Loong ————



What will my child learn from the Programme?

Confident Person & Resilience

Be able to deal with challenges positively through self-directed learning and making right choices to influence their circumstances.

Social Cohesion

Build friendships with students from different school backgrounds and actively help each other to achieve team goals in an inclusive manner.

Concerned Citizen

Commit to play an active role in the improvement of community and environment.



What is the MOE-OBS Challenge Programme?

3 Components



Pre-course lessons and preparation



OBS 5-day course



Post-course lessons and reflections

Pre-Course lessons and preparation



Outdoor Education in PE Lessons



CCE Lessons



Pre-course Lesson with Form Teacher







School Briefing to Students

**Pre-course
preparation**

Sample 5-day course

**Post-course
follow-up**

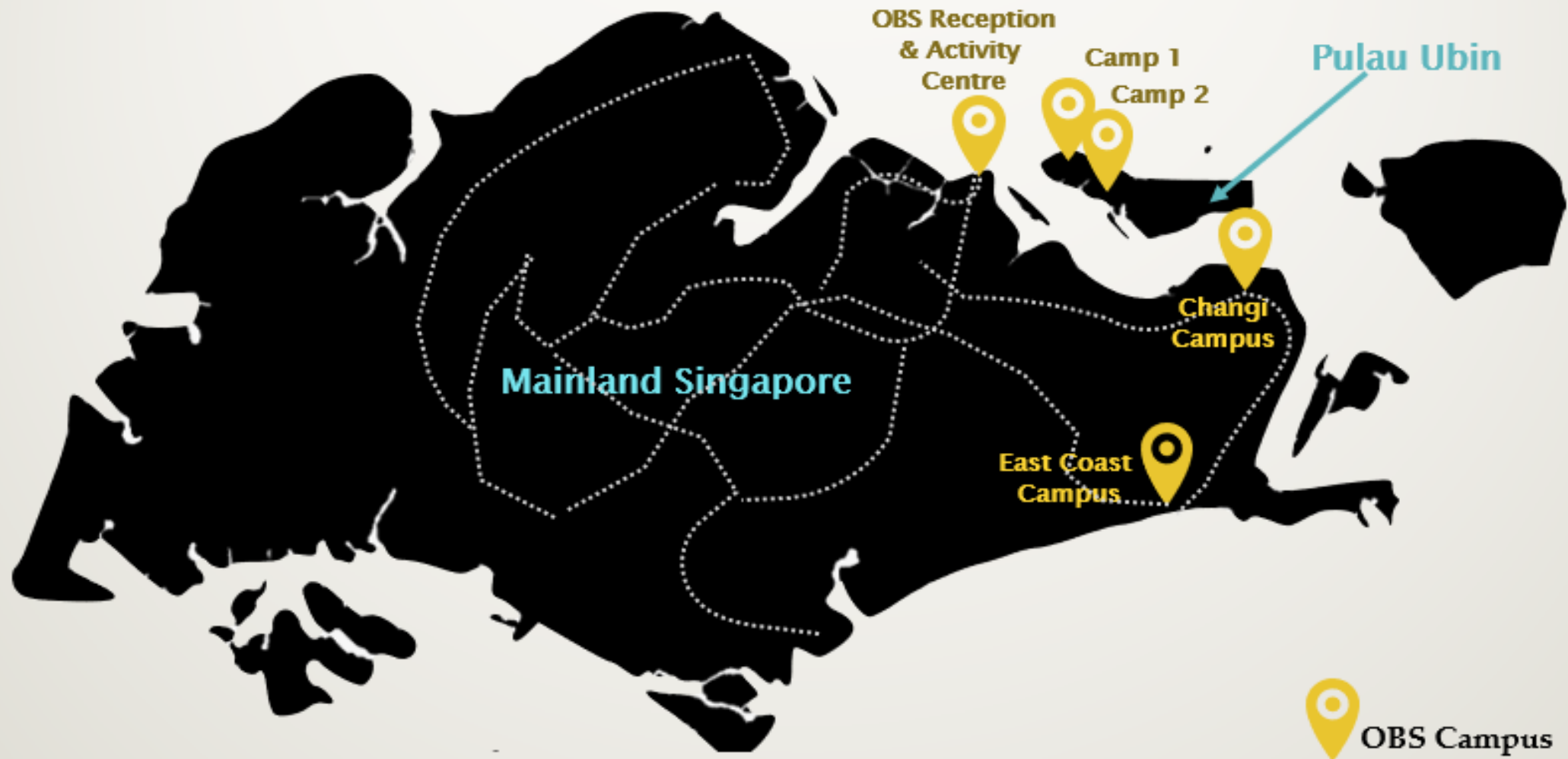
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|---|--|-------|-------|---|
| Team/ Problem solving activities, expedition preparation | Adventure activities, single/multi-mode land/ water-based expeditions | | | Peer affirmation, commitment activity |
|  |   | | |  |
| Debriefing / Journaling / Sharing of reflection | | | | |
| Getting to know you, team socialisation | Building competence & confidence, surmounting challenges as a TEAM, develop resilience as individuals, sense of achievement as a WHOLE | | | Sharing of feedback, transfer of learning |

Integrating the blue and green spaces on mainland Singapore



OBS Heads to Mainland
Singapore - Lianhe Zaobao

Where will my child be during the 5-day Course?

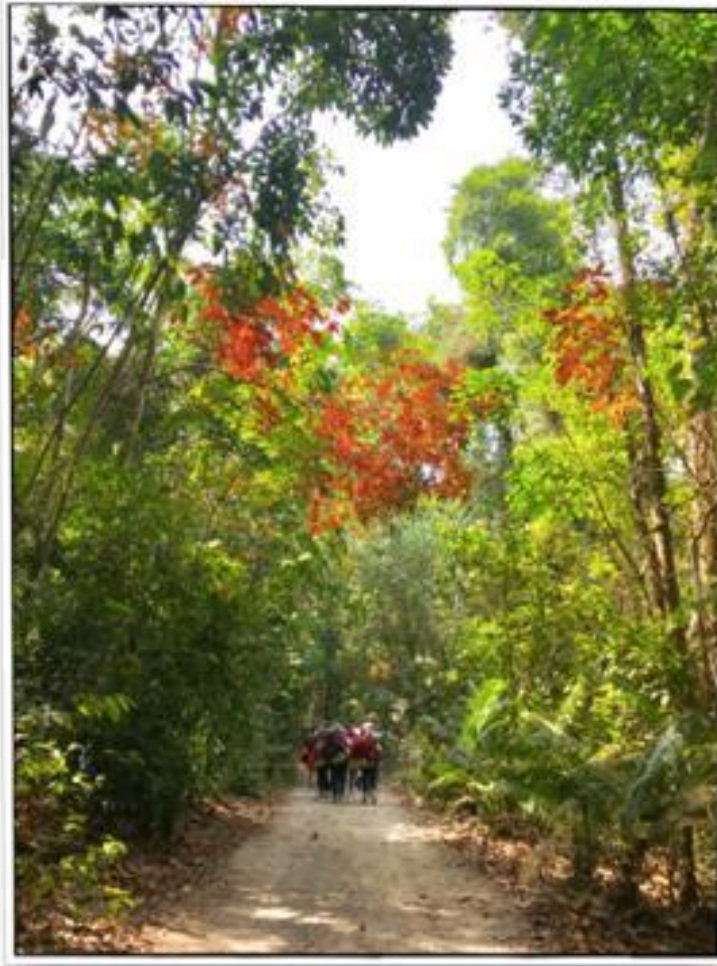


*Adhering to Safety Management Measures

Outdoor Classroom



Develop character and learn values and skills through doing and reflection



Classroom is the outdoors



Learning in the outdoors

Post-Course lessons and reflections



Sample CCE Lesson Reflection Activity



Journaling



Post-course Lesson with Form Teacher

3

What are the safety measures?



OBS safety and operations

Track record



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

Medical Post



- 24-hours Medical post manned by registered nurses
- Medical SOPs in consultation with OBS Medical Advisory Panel doctors

OBS safety and operations

People



- ### Qualified and Experienced Instructors
- Equipped with technical, pedagogical and safety skills
 - Manage a small group size of 12 - 14 students per Instructor
 - Conduct daily, pre-activity and post-activity checks to ensure your child's well-being



Outdoor Nurse Practitioners

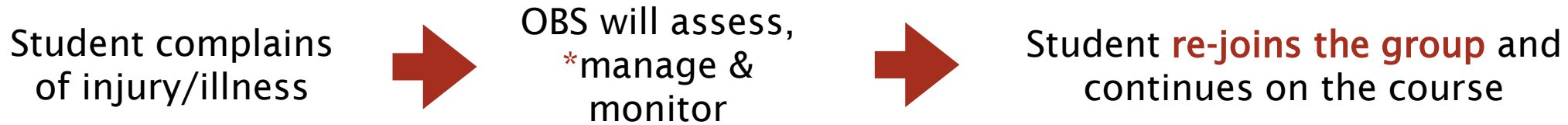
- Full-time Outdoor Nurse Practitioners who are registered nurses

When will I be informed if my child requires medical attention?

You will be informed when your child requires further medical attention, e.g. sent out to clinic or hospital.



Scenario 1: OBS maintains status quo, and will not inform School / Parent / Guardian



Scenario 2: OBS informs Parent via School



* OBS Instructors and Nurses may provide **over-the-counter medication** to treat the injury/illness

Communication channel

Parents are to remain contactable during the 5-day course.

Parent → **Teacher Coordinator**
(Tel:) / MOE HQ → **OBS** → **Participant**

Participant → **OBS** → **Teacher Coordinator**
(Tel:) / MOE HQ → **Parent**



4

**How do I register
for my child?**

How do you register for your child?

1. Have the following ready:

a. 

d. Child's latest height and weight

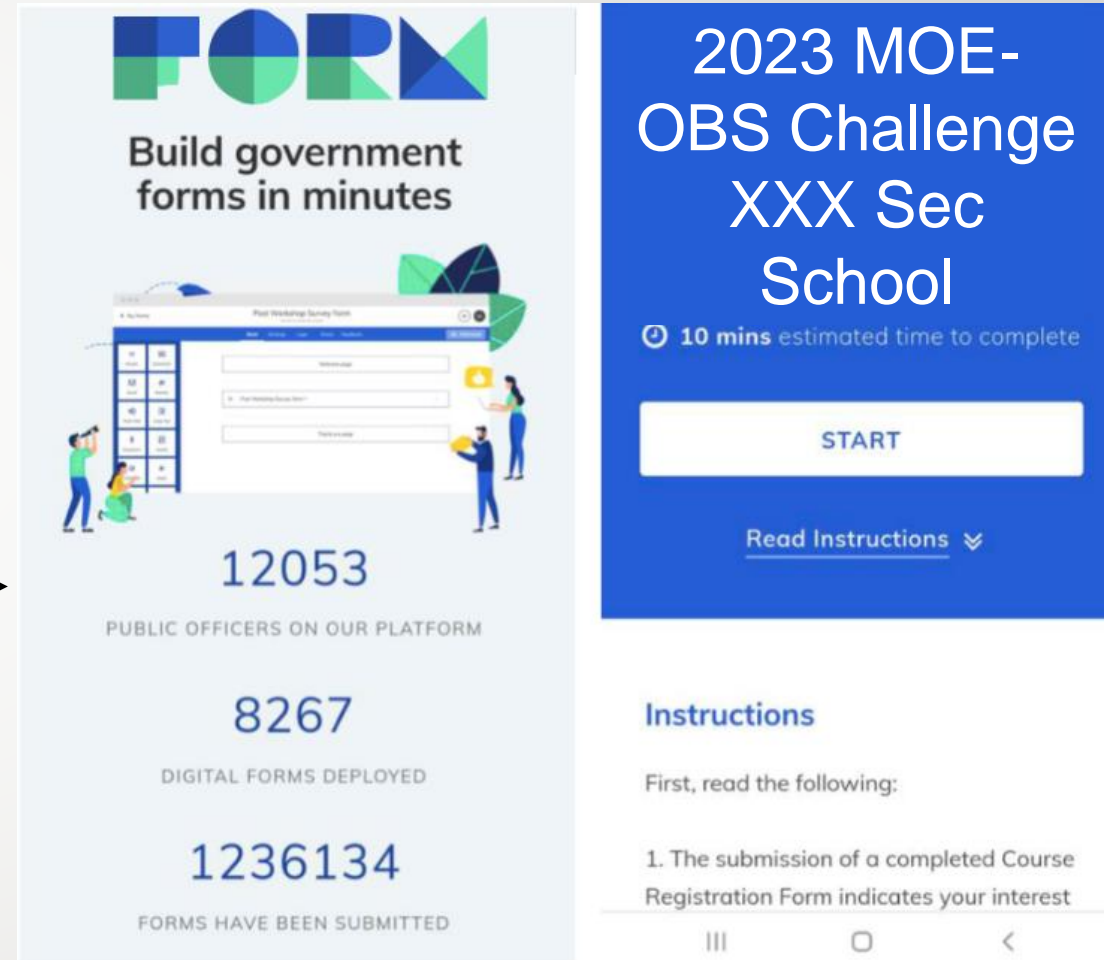


e. Child's tetanus vaccination date at www.nir.hpb.gov.sg

c. Child's school and class information

f. Child's MOE Email address

2. Submit your child's e-registration



FORM
Build government forms in minutes

12053
PUBLIC OFFICERS ON OUR PLATFORM

8267
DIGITAL FORMS DEPLOYED

1236134
FORMS HAVE BEEN SUBMITTED

2023 MOE-OBS Challenge
XXX Sec School

🕒 10 mins estimated time to complete

START

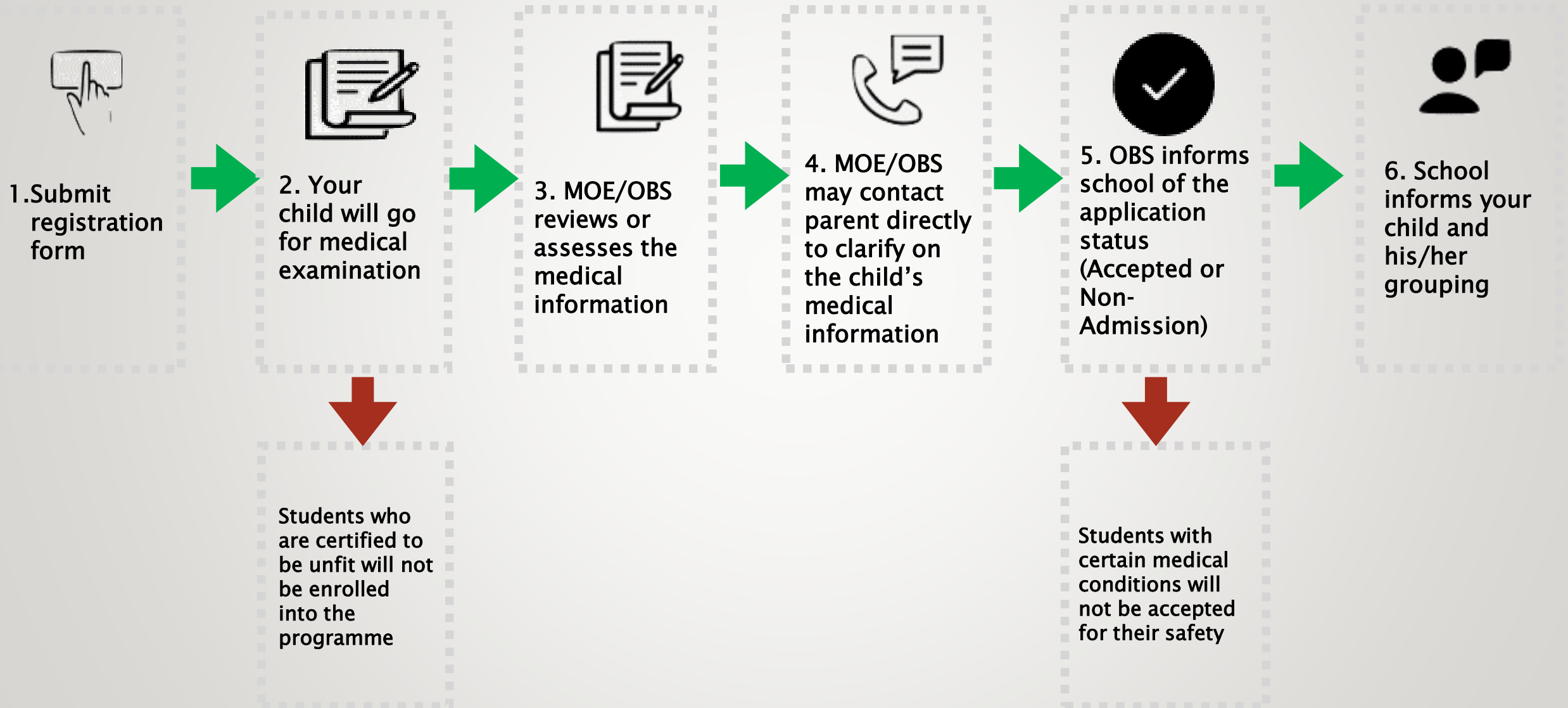
[Read Instructions](#) ⌵

Instructions

First, read the following:

1. The submission of a completed Course Registration Form indicates your interest

What happens after registration?





5

**How can I help to
prepare my child?**

A new MOE-OBS Challenge Programme Website page

- A customized website page specifically for MOE-OBS Challenge Programme
- For parents/guardians to keep updated on key information about the programme
- Parents/guardians can better prepare themselves and help their child/ward for the programme



**Outward Bound
Singapore**

Inspired Individuals, Transformed Communities

Introduction

MOC
Programme ▾

Safety

Guidelines For
Parents ▾

FAQs

NOAE Master
Plan

My OBS Journey



A Rite of Passage, A Shared Experience

The MOE-OBS Challenge (MOC) programme offers a unique opportunity for the Secondary Three Students. As part of the National Outdoor Adventure Education Masterplan, the MOC programme seeks to develop ruggedness, resilience and build cohesion amongst youths. During the OBS course, students undergo a shared Outdoor Adventure Learning (OAL) experience and are provided opportunities to learn to work together in new, challenging, and authentic situations with their peers to overcome various challenges.

Find out more

MOE-OBS Challenge Programme website page

<https://go.gov.sg/moc>

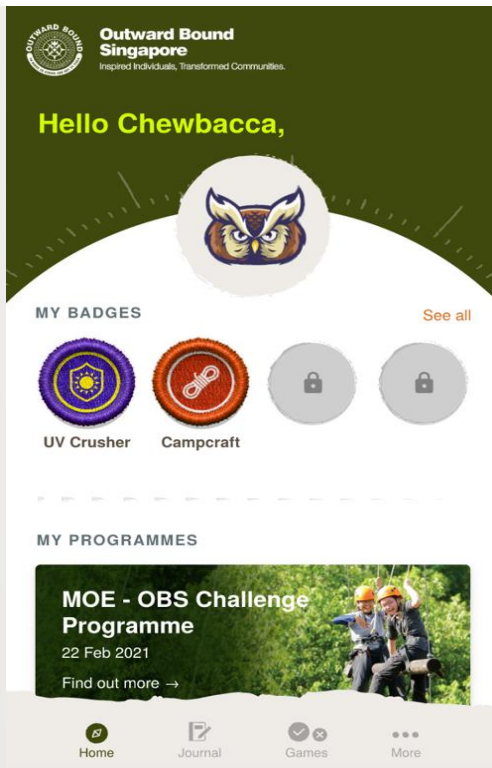


<https://go.gov.sg/moc>

*Photo was taken

Introducing My OBS Journey Web Application

Screenshot of My OBS Journey



- A new web application for enrolled students
- To help students to mentally prepare for the OBS course

My OBS Journey EDM

**Remind your child to
Activate My OBS Journey
web application!**

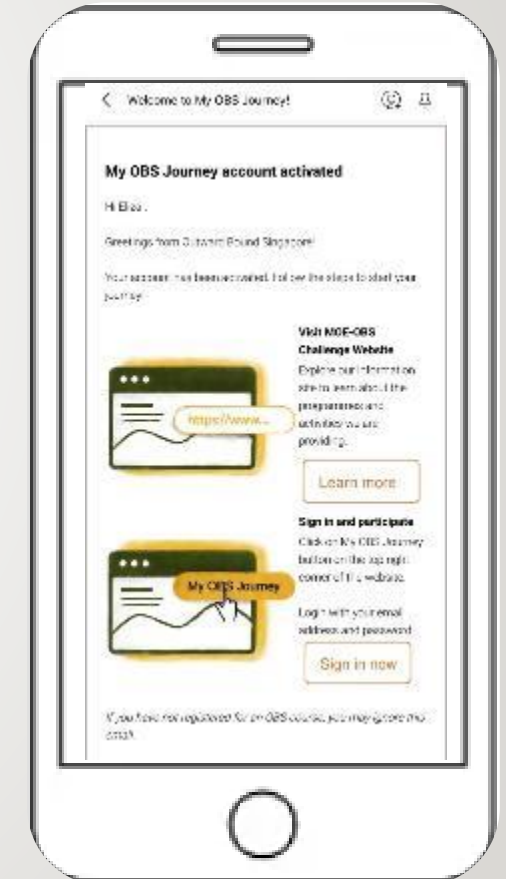
**The account activation email will be
send to the student's email address
which parents fill up in the e-
registration form**

**** If parents input their email
address instead, it will be send to
that email address.***

1ST EMAIL



2ND EMAIL



My OBS Journey Web App Features

What's new? (Resources)

Get yourself ready! Read this list of Resources before playing the games.

[Find out more →](#)



What do I pack?

Start your OBS adventure and pack right.

[Find out more →](#)



How do I feel today?

Choose an emoji and express yourself.

[Find out more →](#)



Who are my Watch Mates?

Find out who's joining you for your OBS adventure!

[Find out more →](#)



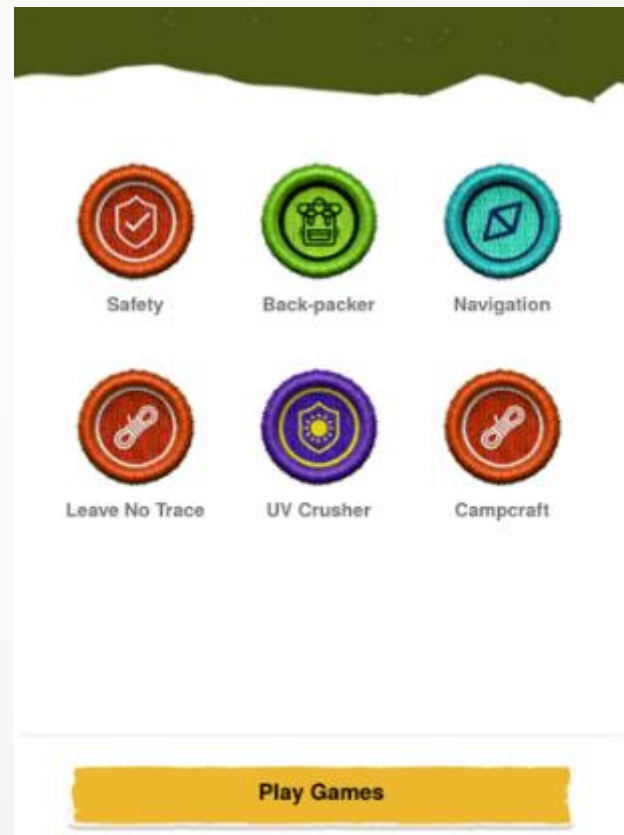
Reporting Instructions

Get important information for your first day here!



RESOURCES

It provides reminders for your child e.g. what to pack, countdown to their OBS course and reporting instructions for Day 1.



GAMES

Games and quizzes for your child to learn about the outdoor knowledge in a fun and engaging way!

Packing List

Note: Land and water activity items and equipment such as poncho, whistles, Personal Floatation Device (PFD) etc will be provided by OBS.

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

Refer to:
<https://go.gov.sg/5dmocpackinglist>

**Packing list can also be found on My OBS Journey web application or from the school briefing*

OBS 5-DAY EXPEDITIONARY COURSE PACKING LIST

This is a guide to help you pack. You are encouraged to borrow from friends and family if you do not have the items. Expedition items such as backpack, poncho, whistle will be provided. Do label your personal items. The recommended quantity depends on your preferred needs. Please keep your expensive items at home. You are encouraged to re-use or re-purpose the items that are used during the camp to work towards minimal or zero waste.

REPORTING ATTIRE ON DAY 1, WEAR:

- ☐ 1 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
- ☐ 1 pair Long Pants
- ☐ 1 pc Covered Shoes and Socks

PACKING LIST

- ☐ 1 pc Broad Brimmed Hat or Cap
- ☐ 2-4 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
 - Mandatory for sea expedition
- ☐ 3 pairs Long Pants
 - Mandatory for climbing activities/expeditions (three-quarter pants and jeans are not allowed)
- ☐ 2 pc Short-Sleeved T-shirt
 - For physical activities e.g. PG attire
- ☐ 2-3 pairs Shorts
 - For physical activities e.g. PG attire
- ☐ Sufficient Undergarments
 - Avoid disposables to minimise trash
- ☐ 3 pc Towels
 - 1 for showering (e.g. 60cm x 130cm)
 - 1 small towel for expeditions (e.g. 20cm x 80cm)
- ☐ 1 pair Additional Covered Shoes for Water Activities
 - For protection from underwater rocks, to minimise drying area/ water activities
- ☐ 1 pair Sandals/ Slippers
 - For use during non-activity period e.g. showering
- ☐ Sufficient Socks

Illustrations and Notes:

- Long pants & long-sleeved shirt:** protect against insect bites, scratches and sunburn. *Willing to accommodate if not available.
- Footwear:** covered shoes need to be worn throughout the day for all activities, ensure that the soles are intact. *Overlook that if well, are comfortable and provide support to prevent blisters or injuries.
- Socks:** wear socks that cover the ankle to prevent blisters and protect against insect and sandy bites.

IMPORTANT PERSONAL ITEMS

- ☐ Min. 10 pcs Re-sealable Bags
 - To separate items during activities and to pack worn clothes and shoes
- ☐ 1 bottle Hand Sanitizer
- ☐ Sufficient Insect Repellent
- ☐ Sufficient Sun Protection
 - Sunblock (SPF 30 or higher), lip balm, and after-sun lotion
- ☐ 1-2 bottles Water bottle(s) to hold at least 1 litre of Water
 - E.g. 2x 0.5L water bottle
 - Sharing of personal water bottle is not allowed for hygiene purposes
- ☐ 1 set Fork & Spoon
 - Metal utensils recommended
- ☐ Sufficient Essential Toiletries
 - For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and sanitary napkins (for females only)
 - For camping e.g. toilet roll, body powder or baby wipe powder
- ☐ Sufficient Prescribed Medication in Open Blister
 - e.g. inhaler, oral medication (all prescribed medication must be declared)
 - *OTC (over-the-counter) medications are not required
- ☐ Sufficient Torchlight & Spare Batteries
 - For night/early movement around the campsite
- ☐ 1 set MOS-OBS Course Journal & Pen
- ☐ Sufficient Plastic Bags/Re-sealable Bags
- ☐ Sufficient Spare Spectacles or Contact Lenses
 - Secure with spectacle bands
 - Retainers and hooks are not encouraged
- ☐ 1 pc EZ Link card ID

OPTIONAL ITEMS

- ☐ Sufficient Tropical Lightweight Sleeping Bag or Mat
 - Ensure that it is waterproof
- ☐ 1 pair Gloves
- ☐ 1 pc Rain Jacket
- ☐ 1 pair Sunglasses
- ☐ 1 pc Wrist Watch

Illustrations and Notes:

- Re-sealable bags:** Put your re-sealables in a bag, label with your personal details e.g. name, class, school.
- Personal items:** Put your re-sealables in a bag, label with your personal details e.g. name, class, school.
- Insect repellent:** Insect repellent, Sun protection, Multi-Purpose, Water bottle, Fork & Spoon, Essential Toiletries, Prescribed Medication, Torchlight & Spare Batteries, MOS-OBS Course Journal & Pen, Plastic Bags/Re-sealable Bags, Spare Spectacles or Contact Lenses.
- Sleeping Bag or Mat:** Tropical Lightweight Sleeping Bag or Mat.
- Gloves:** Gloves.
- Rain Jacket:** Rain Jacket.
- Sunglasses:** Sunglasses.
- Wrist Watch:** Wrist Watch.

How can I help to prepare my child before the 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**

- Be **receptive** to advice and feedback
- Be brave in facing the unknown and stepping out of his/her comfort zone to take on new challenges



5. Role model what it means to lead a healthy lifestyle

6. Bring your child outdoors and **exercise** with him/her



7. **Have fun** and enjoy the whole experience

Journey with my 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/her
- **Do not create anxiety** with assumptions
- **Do not frighten** your child with "horror" stories

What advice can I give my child to help him/her have an **enriching OBS course**?



Participate
actively

Immerse
himself/herself in the
experience and
environment

Be selfless, supportive
and encourage his/her
teammates

Make responsible decisions



How can I help my child to learn from his/her experiences **after the 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 **success**
5. **Talk** about areas that **didn't go 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 course
8. **Help** your child to **apply what they have learnt** in daily life

9. **Affirm** your child's effort to make **positive change**
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**

**“There is more in
us than we know.
If we can be made
to see it,
perhaps for the rest
of our lives we will
be unwilling to
settle for less.”**

————— Kurt Hahn —————
Founder of Outward Bound





**We hope
to see your
child in OBS!**

