

“There is more to 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,
Co-Founder of Outward Bound



JUNYUAN SECONDARY SCHOOL

Parents Briefing for MOE-OBS Challenge Programme

COURSE DATES:

**Mon, 22 Jan 24 – Fri, 26 Jan 24 OR
Mon, 29 Jan 24 – Fri, 02 Feb 24**

TEACHER CO-ORDINATOR:

Ms Pamela Lim

E-MAIL ADDRESS OF TEACHER CO-ORDINATOR:

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Ministry of Education
SINGAPORE



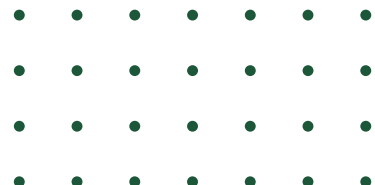
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The background image shows a large, multi-story school building with a traditional tiled roof and many windows. In the foreground, there is a large circular emblem on the ground, featuring a star in the center and the words 'SINGAPORE' and 'TO SERVE TO STRIVE AND NOT TO YIELD' around it. The entire image has a green tint.

1



WHAT IS THE MOE-OBS CHALLENGE (MOC) PROGRAMME?

A Holistic Education

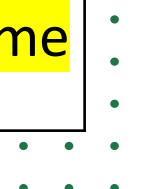
- As part of the **National Outdoor Adventure Education Masterplan**, students will have opportunities outside the classroom to develop holistically; building up their **ruggedness** and **resilience**.
- **Authentic learning experiences** help our students to develop 21st century competencies as well as competencies for **sustainable, active and healthy living**.



Outdoor Adventure Learning Experience For All



Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Programme for Active Learning (Outdoor Education)	Outdoor Adventure Learning (OAL) Camp	Outdoor Adventure Learning (OAL) Camp	MOE-OBS Challenge Programme



Outdoor Adventure Learning

1. Outdoor Education is a component of curriculum in our schools. The 5D4N expedition-based course will bring together students from various schools, allowing them to interact and work together to overcome various challenges.
2. The experience will provide opportunities for students to:
 - a) Build 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 to their surroundings.



What Will My Child Learn From The MOC?

Confident Person & **Resilience**

Thriving in an unfamiliar environment with other students.

Social Cohesion

Working together with students from various schools to achieve a common objective.

Concerned Citizen

Different roles they can play as a resident to the community and environment.



Your Child's Journey

Pre-Course Lessons & Preparation

- Outdoor Education in PE lessons
- Character and Citizenship Education (CCE) lessons
- Pre-course lesson with Form Teacher
- School briefing to cohort



5D4N Course

- Students share their experiences and learning from the course
- Reflect on commitment that they set for themselves during the course – on their actions and behaviour, interactions with others and the environment



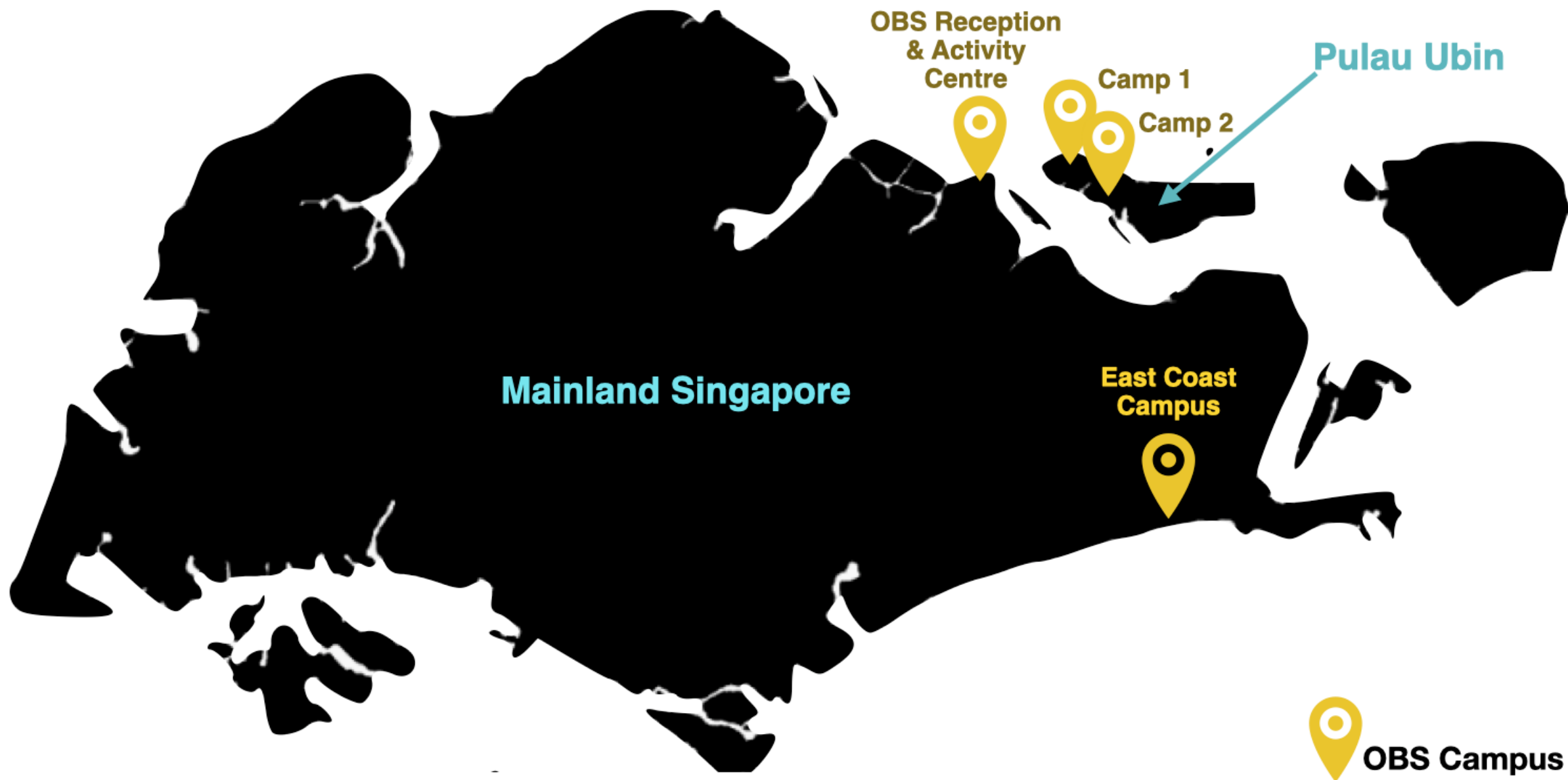
Post-Course Lessons & Reflections

- Develop character and learn values and skills through doing and reflection
- Learning in outdoor classroom



Sample of the MOC 5D4N course

Day 1	Day 2	Day 3	Day 4	Day 5
Ice Breaker, Expectation Setting, In-process Administration, First Aid Briefing	Expedition Preparation, Journaling, Morning Circle			Peer Affirmation
Team / Problem Solving Activities, Expedition Preparation	Adventure Activities – Single/Multi-mode Land/ Water-based Expeditions			Commitment Activity
Tent Pitching, Outdoor Cooking, Expedition Preparation	Wash Up, Tent Pitching, Outdoor Cooking			Final Debrief, Certificate Presentation
Debriefing / Journaling / Sharing of reflection / Lights out				
Getting to know you, team socialisation	Building competence & confidence, overcoming challenges as a TEAM, developing resilience as individuals, sense of achievement as a WHOLE			Sharing of Feedback, Transfer of Learning



A woman and a child are rappelling down a rope. The woman is in the foreground, wearing a blue cap and a red long-sleeved shirt. The child is behind her, wearing a grey cap and a yellow shirt. They are both holding the rope and looking down. The background is a blurred green forest.

2

**YOUR CHILD'S SAFETY
IS OUR TOP PRIORITY**

Your Child's Safety is Our Top Priority

As the pioneer in Singapore's outdoor adventure education, OBS upholds and delivers quality outdoor adventure programmes



Programme designed with safety in mind



Qualified and certified instructors in First Aid



Registered nurses manning the Medical Centre



In An Unlikely Event Your Child Requires Medical Attention

Student does not require further medical attention



OBS will assess, treat & monitor



Student recovers and is well to re-join the group, and continue with the course



School/Parent not informed, OBS will manage the non-emergency situation

Student requires further medical attention



OBS will assess, treat & monitor



Student's symptoms are not improving, to be conveyed for further medical attention at clinic/hospital



Parent/Guardian informed
School informed

A photograph of three people wearing yellow life jackets, looking down at a map spread on the ground. The person on the left is wearing a grey cap and glasses. The person on the right is wearing an orange shirt. The background shows a blue structure and some foliage. The image has a green tint.

3

HOW DO I eREGISTER MY CHILD?







Before eRegistration

Have the following information & devices ready:

- 1 Mobile Phone / Laptop / Tablet Device
- 2 SingPass
- 3 Your Child's Class
- 4 Your Child's School Email Address
- 5 Your Child's Tetanus Vaccination Status
- 6 Your Child's Height & Weight

Conditions that require a specialist's memo

You will need to provide a specialist's memo certifying your child fit for course if your child is on follow-up for the following medical conditions

-  Breathing e.g.: asthma / exercise-induced asthma
-  Heart condition
-  Blood condition
-  Epilepsy/fits/seizure
-  Bone/joint/tendon injury or condition
-  Behavioural or psychological condition

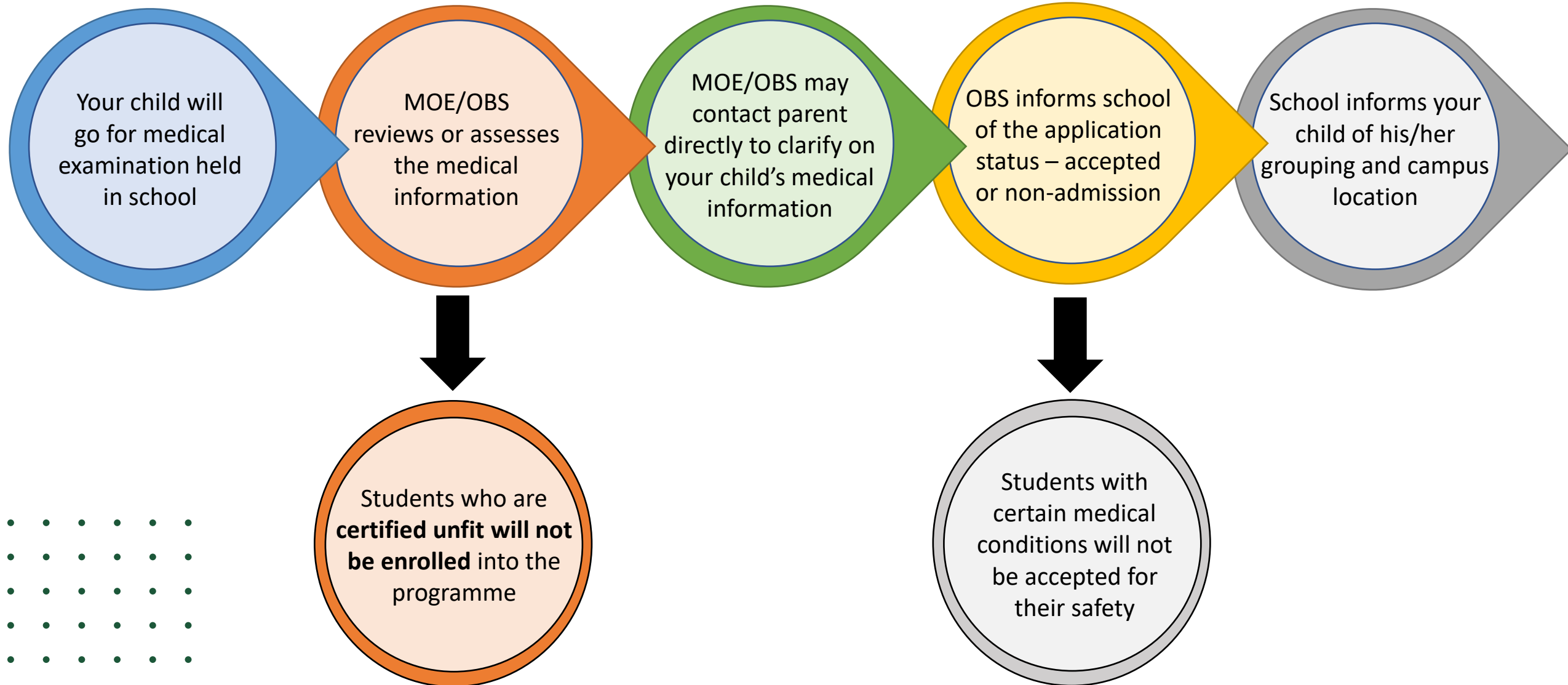
OBS Medical Examination

Date of Medical Exam: 19 Oct 2023

Venue: School

- Medical checks by approved MOE medical vendor
- For students who do not have tetanus vaccination and would need to obtain the vaccination on that day will have to pay \$18 (subject to GST) directly to the medical vendor.
- For students who are absent on that day, they would have to proceed to the clinic on another day.

Enrolment

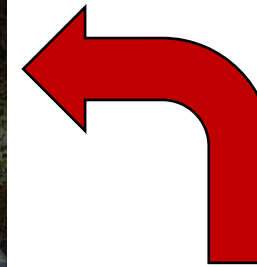
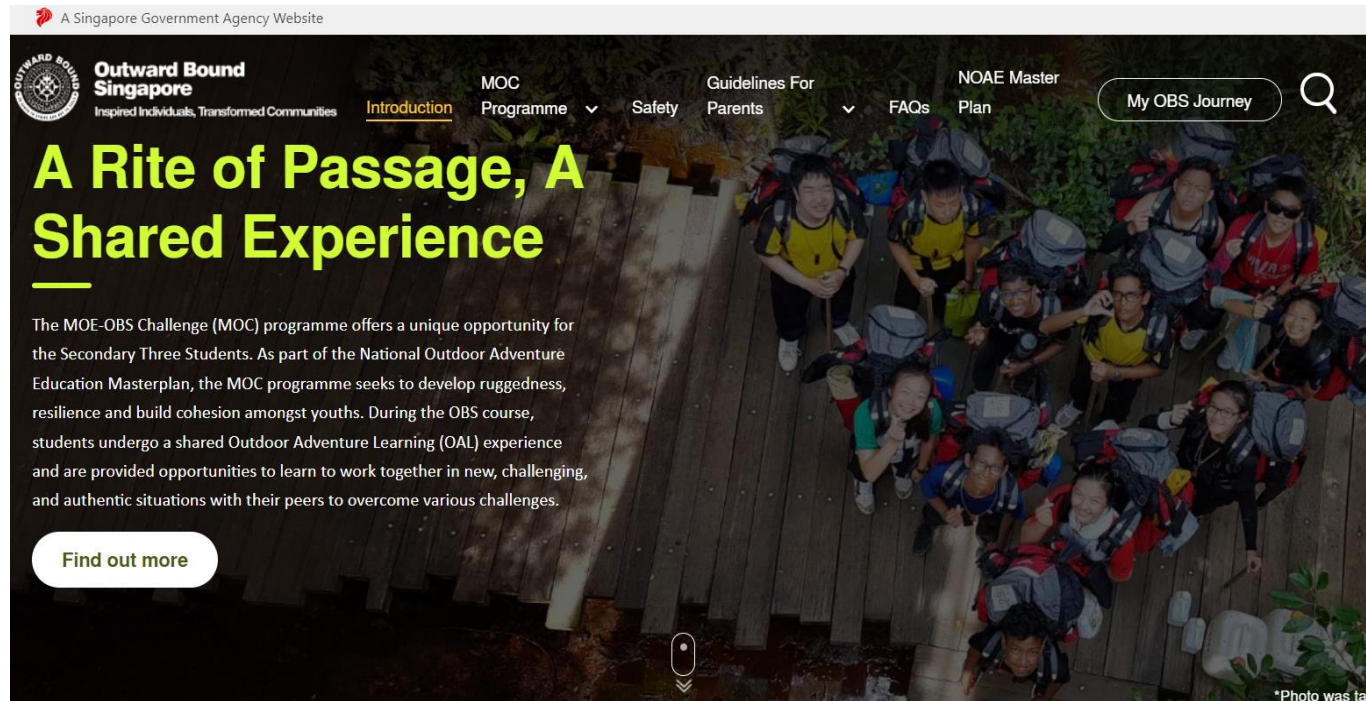




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**HOW CAN I HELP TO PREPARE
MY CHILD FOR THE MOC?**

MOE-OBS CHALLENGE PROGRAMME WEBSITE



Scan QR Code
to be directed
to the website



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

My OBS Journey (MOJ) Web App



What is it about?

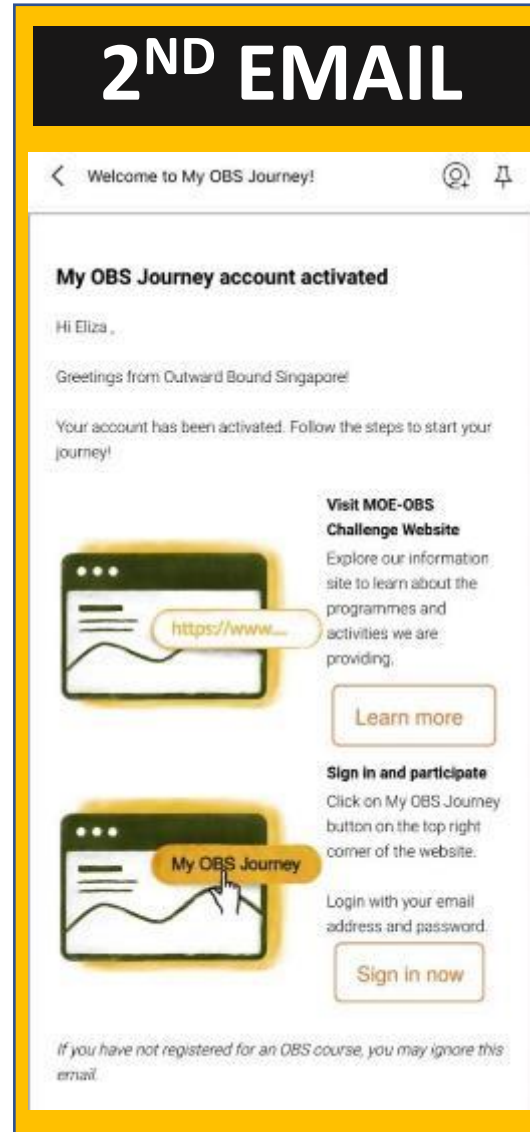
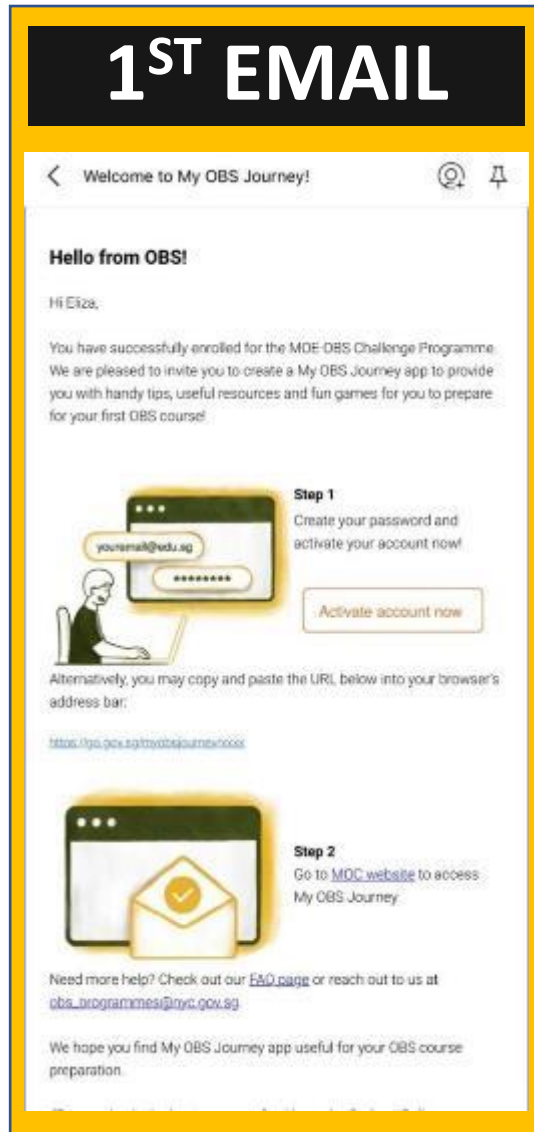
Tips, Games & Reminders! A new OBS web-app to help students attending the MOE-OBS Challenge Programme prepare for their OBS course. Here students can learn handy tips on how to pack their bag, protect themselves in the outdoors in a fun and meaningful way. Useful resources and reminders to help students be mentally confident for their first OBS course!

[Learn more](#)



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

My OBS Journey (MOJ) Web App



- ✓ The account activation email will be sent 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.*
- ✓ Teachers and Parents/Guardians can assist to remind students to activate their account

Features of MOJ

RESOURCES

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!



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

GAMES



Safety



Back-packer



Navigation



Leave No Trace



UV Crusher



Campercraft

[Play Games](#)

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

JOURNALS

Quote of the day

Life is not what you alone make it. Life is the input of everyone who touched your life and every experience that entered it. We are all part of one another.

— Yuri Kochiyama

Tuesday

11
Jan

Feeling uploaded on
20:23Hrs

[View](#)



Feeling uploaded on
15:38Hrs

[View](#)



Home

Journal

Games

More

Packing List

These items will be provided by OBS:

- Expedition bag
- Personal Floatation Device (PFD)
- Poncho
- Whistle

You may refer to this latest packing list:

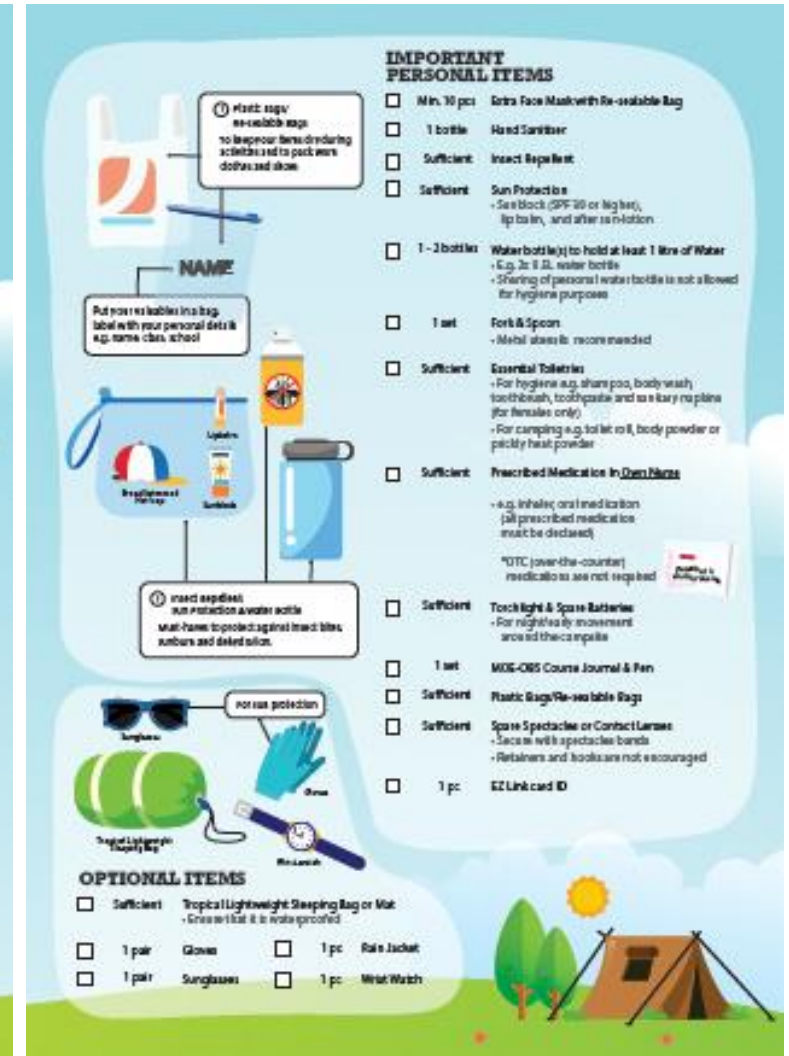
<https://go.gov.sg/5dmocpackinglist>

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



https://go.gov.sg/5dmocpackinglist

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



Before the MOC

Prepare Your Child by Encouraging Him / Her To:

1 Be Selfless, Supportive & Encourage His/Her Teammates



2 Participate Actively



3 Maintain A Positive Outlook



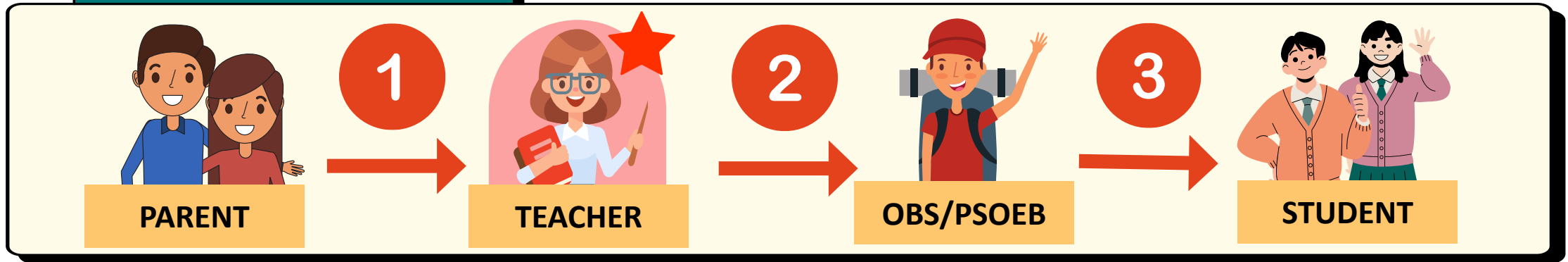
4 Immerse in The Experience & Environment



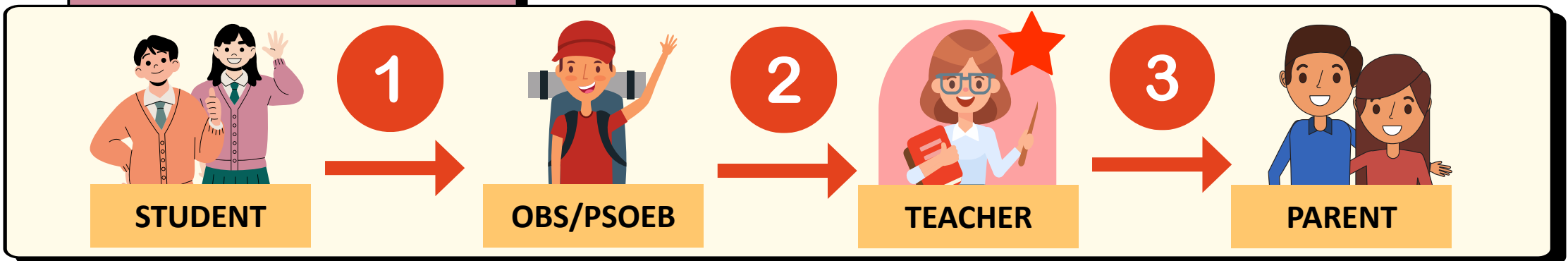
Communicating With Your Child

24hr School Hotline
Tel: ____xx____

PARENT TO STUDENT



STUDENT TO PARENT



- Your child's valuables, including phone, will be safe-kept during the duration of the programme, this communication channel should only be used in case of emergencies

“

**I regard it as the foremost task of
education to ensure survival of these
qualities:**

**an enterprising curiosity;
an undefeatable spirit, tenacity in
pursuit, readiness for sensible self-denial
and above all, compassion.**”

———— *Kurt Hahn* ————
Co-founder of Outward Bound



Q & A

