

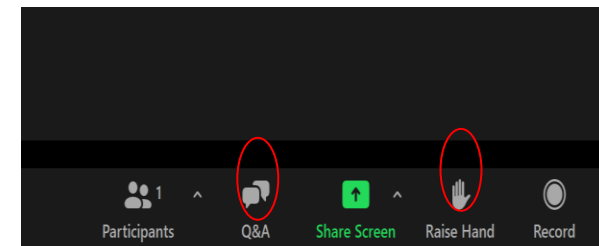
Sec 1 Outdoor Adventure Camp Changi Coast Outdoor Adventure Learning Centre 31 July to 3 August 2023



Question and Answers



- You can post your questions using the Q&A function, located near the bottom of your screen, throughout the sharing.
- Use “Raise Hand 🙋” function if you like to ask question(s) or give comments verbally during the Q & A scheduled at the end of each sharing
- When you are invited to speak, please unmute, identify yourself (parents from which class), test the volume before you speak.



Content

- 1** School Leaders Address
- 2** Purpose of the Sec 1 Outdoor Adventure Camp
- 3** What would your Child/Ward be doing during the camp?
- 4** Camp Administrative Matters
- 5** Frequently asked questions.



School Leaders Address



Venue of Camp

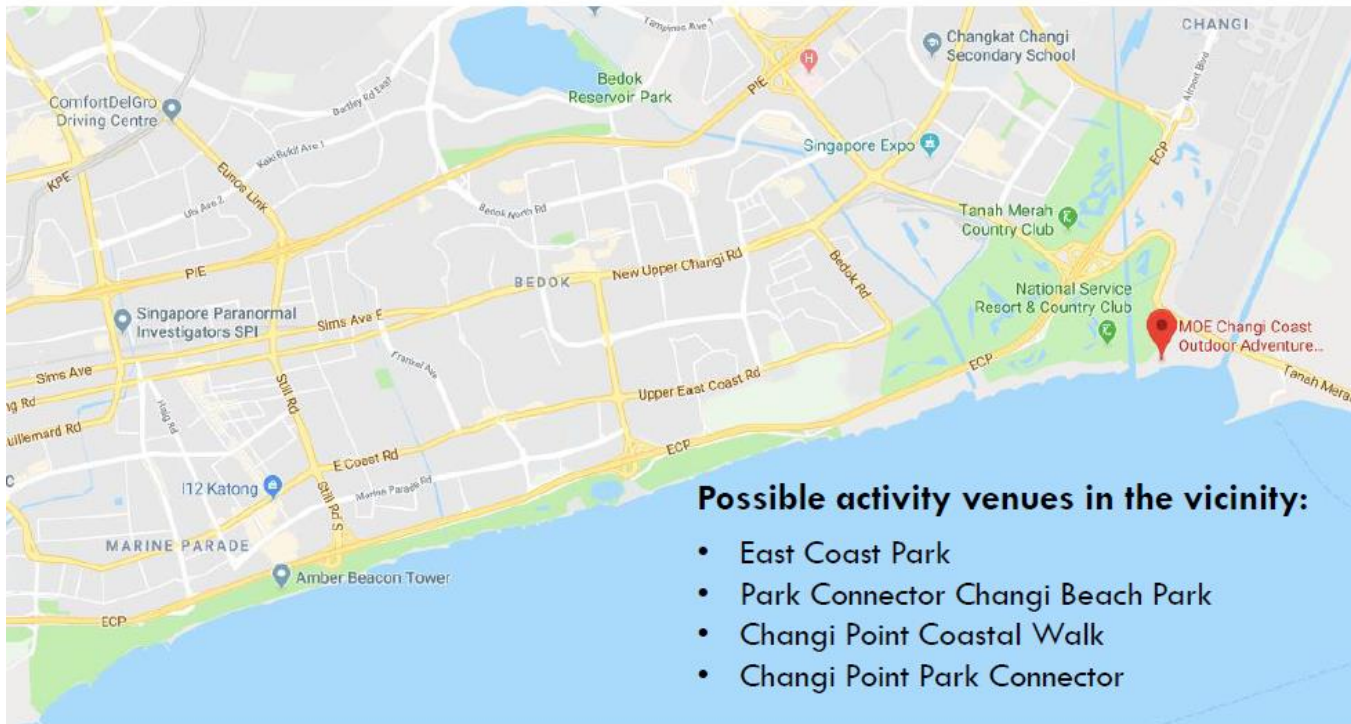
INTRODUCTION OF CCOALC

Changi Coast OALC

9 Changi Coast Walk S499741



Ministry of Education
SINGAPORE



Possible activity venues in the vicinity:

- East Coast Park
- Park Connector Changi Beach Park
- Changi Point Coastal Walk
- Changi Point Park Connector



Ministry of Education
SINGAPORE

Purpose of the Outdoor Adventure Camp



A Holistic Education

- MOE wants every child to experience a holistic education so as to develop well-rounded individuals.
- Outdoor Education (OE) provides rich learning experiences outside the classroom that can help our students develop holistically, building up their resilience and ruggedness.
- Many of these experiences cannot be replicated in the classroom, but are very important to help our students develop 21st century competencies as well as competencies for sustainable active and healthy living.




Implementation of CCE 2021

- Key Student Development Experiences (SDEs) provide students with rich and authentic opportunities for CCE beyond the classroom.
- Outdoor Adventure Learning Cohort Camps are identified as key SDEs.
- Every student will experience two outdoor adventure learning cohort camps at Secondary School
- Secondary 1: School Cohort Camp
- Secondary 3: MOE-OBS Challenge Programme



Outdoor Adventure Learning Experiences for ALL

Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
<p align="center">Outdoor Education in Physical Education Curriculum Outdoor skills Outdoor safety Sense of Place</p>			
Programme for Active Learning (PAL)	3D2N Cohort Camp	4D3N Cohort Camp	5D4N Multi-school Cohort Camp in OBS
<p>Cohort Camp Objectives</p> <ul style="list-style-type: none">• Build confidence and resilience• Value diversity through close-knit interaction opportunities• Forge camaraderie through common challenging experiences• Develop a sense of place• Lay the foundation for active and healthy living 			



Established Camp Goals

	Self	Others	Environment
What we want to achieve	<p>Develop self-awareness and self-management skills to achieve personal well-being</p> <p>To think reflectively and creatively</p> <p>Resilience</p>	<p>Develop social awareness and manage relationships for one's social wellbeing</p> <p>To communicate and collaborate effectively</p> <p>Respect</p>	<p>Connect with the community and the environment</p> <p>Care</p>
Strategies	<p>Back to basics</p> <p>Individual autonomy and empowerment</p> <p>Self-reflection</p> <p>Physical and mental challenges</p>	<p>Communal living</p> <p>Collaborative tasks and challenges</p> <p>Group autonomy and empowerment</p> <p>Positive, supportive and safe environment</p>	<p>Nature appreciation</p> <p>Place-based learning</p> <p>Environmentally sustainable practices</p>

Performance Tasks

	Upper Primary	Lower Secondary	Upper Secondary
Journey	<p><u>Half-day</u> journey with support and supervision</p> <ul style="list-style-type: none"> • Packing • Looking out for others and self 	<p><u>Full-day</u> journey with support and supervision</p> <ul style="list-style-type: none"> • Logistics planning and packing • Trail nutrition • Identify hazards and suggest mitigation strategies 	<p><u>Overnight</u> journey with minimum supervision and greater autonomy for decision making</p> <ul style="list-style-type: none"> • Packing for an expedition • Trail nutrition • Shelter building • Identify hazards, recognise severity and likelihood of occurrence and suggest mitigation strategies • Kayaking / Cycling
Outdoor Cooking	Preparation of dessert or snack (PAL)	Cook lunch or dinner	Plan menu Cook lunch or dinner
Navigation	Plan and navigate using pictorial chart	Plan and navigate using map	Plan and navigate using map and compass



Learning Goals

OE in PE Curriculum

Strands	MOE OAL Cohort Camp	
	Primary 5	Secondary 1
Enhancing physical health and well-being	<ul style="list-style-type: none"> Apply basic navigation skills in a journey using pictorial charts Apply key principles and considerations of packing for a day journey 	<ul style="list-style-type: none"> Apply navigation skills to plan and undertake a journey using a simplified map Apply key principles and considerations to plan and cook a meal with appropriate nutrition in the outdoors, using portable stoves and utensils
Building competency in risk assessment and management	<ul style="list-style-type: none"> Have safety awareness and manage one's safety during outdoor activities 	<ul style="list-style-type: none"> Apply strategies to identify hazards and manage risks to protect self and others during outdoor activities
Developing a sense of place	<ul style="list-style-type: none"> Enjoy and be curious about the outdoors 	<ul style="list-style-type: none"> Develop an appreciation for the outdoors Demonstrate care for the environment

CCE Curriculum

Themes	MOE OAL Cohort Camp	
	Primary 5	Secondary 1
Becoming my best self	<ul style="list-style-type: none"> Be self-aware and manage own emotions, actions and well-being Respond to challenging tasks positively 	<ul style="list-style-type: none"> Be reflective for improvement of self and one's circumstances Persevere to complete a task despite challenges
Making connections	<ul style="list-style-type: none"> Build positive relationships with group members Collaborate with group members to achieve group goals 	<ul style="list-style-type: none"> Value diversity in the group Contribute effectively to group goals
Making choices	<ul style="list-style-type: none"> Demonstrate responsible decision making towards self, others and the community and environment. 	

Key Pedagogical Approaches

For OAL Cohort camps

Experiential Learning Approach

Build upon past experiences and learn by making personal meaning of their new experiences through the process of reflection.



Place-Responsive Approach

Using the place as foreground to enrich students' understanding and appreciation of local places.



Pre-camp Lessons

Equip & Empower



Pre-camp preparation during FT Time



CCE Lessons



Equipping students with outdoor skills in PE Lessons

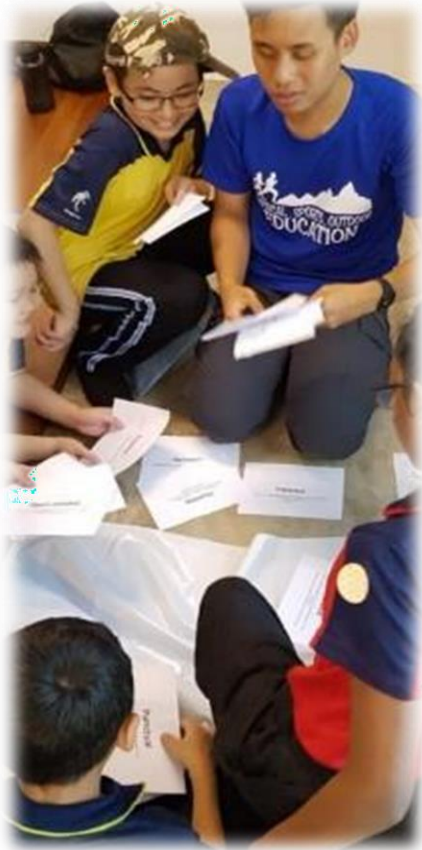


School briefing to students



During Camp

Explore & Experience



INITIATE

BUILD

CHALLENGE

CONSOLIDATE & CELEBRATE



Post-camp Lessons

Enrich & Extend



Presentation during school assembly



CCE Lessons / FT Time



Leadership development in CCA



IP Lessons e.g. Journaling in EL



Programme and Activities MOE Camp Educators



Initiation Activities



Ice-
breakers
&
Energisers



Full Value Contract



Goal Setting

Low Elements



Communicative & Collaborative Games



Inter-group Challenges

Team Building Activities

Journey



- Preparation before embarking on journey
- Activities along the journey
- Enjoy the place and build relationship



COMMON PLANTS FOUND NEAR COALC

Pong Pong Tree



Lantanas



African Mahogany Tree



Neem Tree



Sea Grape Tree



Cannonball Tree



Sea Poison Tree



COMMON ANIMALS FOUND NEAR COALC

Smooth-coated
otters



Weaver Ant



Hermit
crab



Needlefish



Collared
kingfisher



Brahminy
kite



Malayan monitor lizard



Height Activities

Rock Climbing



Tower Circuit



Abseil



Zip-line



Kayaking

- Intro to Kayak programme
- Stay in bay
- 2 safety motor boats



Outdoor Living Skills



Shelter Building



Navigation



Outdoor Cooking (sec)



Place-based activities

- Have a better sense of place
- Explore and observe the habitats and environment at Changi
- Appreciate the relationship between self and environment
- Affordance of flora and fauna in Changi Coast OALC



This is Home



H2O Story



Place-based activities

- Have a better sense of place
- Understand the affordances in CCOALC
- Heighten awareness and appreciation of the habitats and environment around us





Artificial Caving



Night Activities



Night Consolidation

MOE Outdoor Adventure Educators (OAEs)

- Full-time staff to facilitate learning
- Stringent selection criteria and process
- 4 months of rigorous training



MOE Outdoor Adventure Educators

- Competencies in skills
 - Safety skills
 - CPR + Wilderness First Aid
 - Risk Assessment & Management System (RAMS)
 - Technical skills
 - Environmental skills
 - Instructional and organizational skills
 - Expedition Planning & Management
 - Group Management
 - Facilitation skills



Camp Administrative Matters



4 Day 3 Night Residential Camp (Term3 Week 6)

Monday 31 July 2023

to

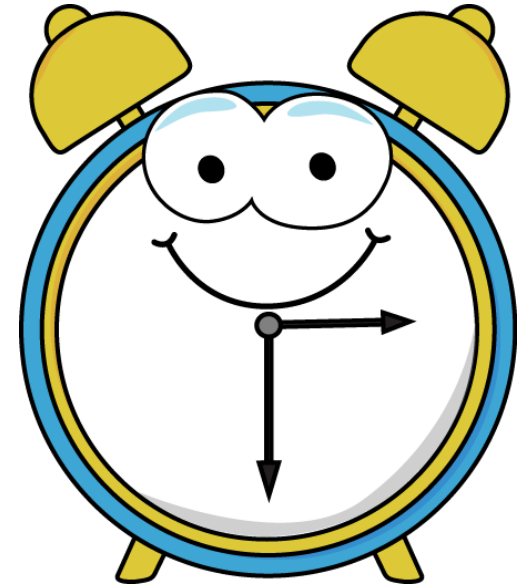
Thursday 3 August 2023

Friday 4 August 2023 (HBL for
all Sec 1)



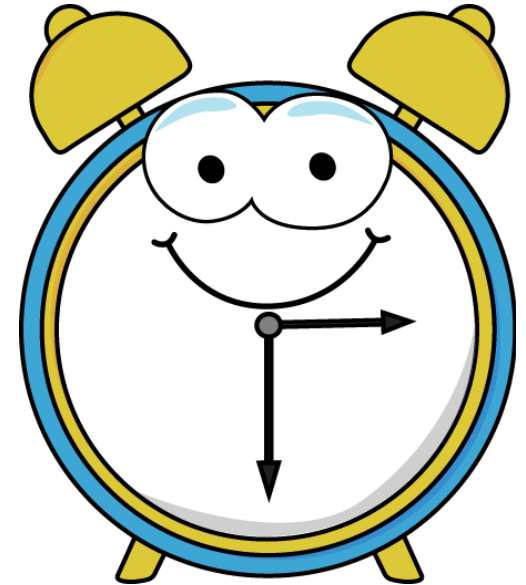
Reporting Time to School

- Date: Monday 31 July
- Time: 7.00am



Dismissal Time from School

- Date: Thursday 3 August
- Time: 5.30pm



Packing List



		QUANTITY
1.	Haversack / backpack (no trolley bag / sling bag)	1
2.	Day pack (to carry items needed in the day)	1
3.	Non-disposable water bottle (at least 1-litre)	1
4.	Thermometer	1
5.	Raincoat / poncho / waterproof jacket with hood (strictly NO disposables)	1
6.	Cap / hat for sun protection	1
7.	Ear plugs	1 pair
8.	Bandana / headscarf / buff (for use with helmets during caving and high elements)	±
9.	Spectacles (spare) and spectacle band/hook (for use during water activities)	1
10.	Pens (for reflection in the camp booklet if applicable)	
11.	Cutlery (for bento lunch/outdoor cooking)	1 set



Packing List



		QUANTITY
1.	School T-shirt (not including the set worn on the first day)	3
2.	Shorts (not including the set worn on the first day)	3
3.	Dark colored top + shorts / long pants for Kayaking	1 set
4.	Long pants (for journey, kayaking and low elements; tight jeans not recommended)	at least 1
5.	Covered shoes (including 1 extra pair to be worn during kayaking)	2 pairs
6.	Socks (not including the set worn on the first day)	3
7.	Undergarments	3
8.	Towel (washing of face & bathing)	1
9.	Personal medication (including inhalers and spare canisters)	
10.	Toiletries (i.e. soap, tooth-brush, tooth-paste, body powder, toilet paper (not provided), sanitary napkins (for ladies))	



Packing List

		QUANTITY
1.	Sleeping bag / mat	1
2.	Slippers (to be worn during bathing time)	1
3.	Sweater / jacket (for night)	1
4.	Ziploc bags for waterproofing items in backpack	
5.	Plastic bags for dirty clothes	
6.	Sun protection e.g. long sleeved T-shirt, sun-block, lip balm, sunglasses	
7.	Insect repellent / plasters and ointment for insect bites	
8.	Torchlight and spare batteries	
9.	Wet wipes	



Frequently Asked Questions



Is the Outdoor Adventure Camp compulsory for my child?

- The camp is part of the school curriculum. The camp objectives are to build confidence and resilience and well as to forge camaraderie.
- Students who are medically exempted will have the option to join the camp and do the modified activities within the camp site or HBL at home for week 6.



Why is the camp duration 4 days 3 nights?

- **Meaningful experience:** A longer camp duration allows participants to immerse themselves fully in the camp activities and create more meaningful connections. It provides ample time for individuals to bond, learn new skills, and engage in various camp programs.
- **Skill development:** Many camp activities require time for skill acquisition and improvement. With a 4-day duration, participants have the opportunity to practice and develop their abilities in activities like sports, arts and crafts, outdoor adventures, or team-building exercises.
- **Deeper learning:** With a 4-day duration, there is more time for in-depth learning, exploration of new topics, and the absorption of knowledge beyond surface-level exposure.



What are the safety measures for my child during the outdoor camp?

Risk Management

- **Competent and qualified, full-time MOE Instructors who are Teachers and Allied Educators who are seconded to the MOE Outdoor Education Branch**
- **Group size of 10 students per instructor**
- **Dedicated, professional medical staff on standby**
- **MOE Campsites have robust safety monitoring system and evacuation plan for emergencies**



How can you help prepare your child for this camp?

- Share **purpose** of the programme & motivate him/her
- 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
- **Role model** what it means to lead a healthy lifestyle
- Bring your child outdoors and exercise with him/her
- **Have fun** and enjoy the whole experience!



Will food be catered for my child?

- Breakfast lunch and dinner will be provided as well as two snack breaks. (Morning and Teatime)
- Students with special dietary requirements, while have food catered to their dietary needs



If my child is unwell or injured during the Course, do I need to pick my child up? What if I cannot pick my child up?

- If your child is injured. If your child is sent to a clinic or hospital for further diagnosis or treatment, you may need to pick them up if the doctor issues them a medical certificate (MC), as it is best recommended for them to rest at home. We do not encourage your child to continue with the Course.
- If your child is ill, we may ask that you pick your child up to see a doctor.
- In both cases, your child will benefit from the comfort of your presence, and it is best for them to be brought home to rest, after seeking medical advice.



Contact Details

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- 3. Your child's/ward Form Teacher
- 6344 5025
- 9721 0697 (Message /Whatsapp Only)



**For Q&A
please type
your
questions in
the chat
box.**



Thank You

