

MOE-OBS CHALLENGE PROGRAMME 2021

BROADRICK SECONDARY

Briefing for Parents/ Guardian



Ministry of Education
SINGAPORE



BROADRICK SECONDARY

OBS course dates:

31 May to 01 June 2021

Teacher Co-ordinator:

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Content

- 1** What is the 2021 MOE-OBS Challenge Programme?
- 2** What is the MOE-OBS course about?
- 3** How does MOE-OBS ensure my child's safety?
- 4** How can I help to prepare my child?
- 5** Frequently Asked Questions



1

What is the
2021 **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
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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

As part of the SG United message of ‘Let’s Brave The New’, Singaporeans are encouraged to stay strong together.

Outdoor Adventure Learning (OAL) experiences provide opportunities where students learn to navigate and “brave the new” together by:

- ❑ building camaraderie through working together in unfamiliar yet authentic situations;
- ❑ be resilient, have empathy and maintain a positive attitude when faced with adversity

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
MOE-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.

- **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 2-day course



Post-course lessons and reflections

**Pre-Course
Lessons and
Preparation**

**2-Day Non-Residential
Course**

**Post-Course
Lessons and
Follow-Up**

Programme

Land/ Water-Based Adventure Activities



**Building
competence &
confidence**



**Raise awareness on
environmental
issues**



**Develop resilience as individuals,
surmounting challenges and achieving a
sense of accomplishment as a team**



Debriefing / Journaling

Reflect on meaningful learning experiences and establish action plans for the transfer of learning

Where will my child be reporting at during the 2-day OBS Course?



*Adhering to Safety Management Measures

Integrating the blue and green spaces on mainland Singapore

OBS Heads to Mainland Singapore - Lianhe Zaobao



Outdoor Classroom



Learning in the outdoor classroom



Develop character and learn values and skills through doing and reflection

Post-Course lessons and follow-up



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



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

OBS safety and operations

People



Instructors

- Went through 6 - 8 months of training
- 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 from various backgrounds i.e. Emergency Dept, Red Cross, ICU, etc.

OBS Safe Management Measures



OBS' COVID-19
screening measures
and declaration



Participants will be
grouped within the
same class



All students to wear
facial masks at all times
and maintain safe
distancing



Students to be at least
2m apart while
performing strenuous
activities without mask



Temperature-taking
exercise



Enhanced personal
and field hygiene
practices



Staggered in-
processing of students



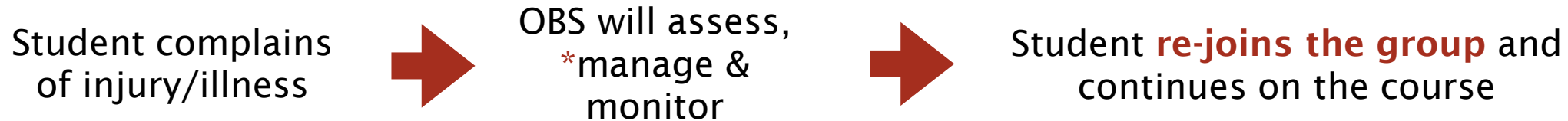
Stepped up site, facilities
and equipment
cleanliness and
maintenance regime

When will you be informed?

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



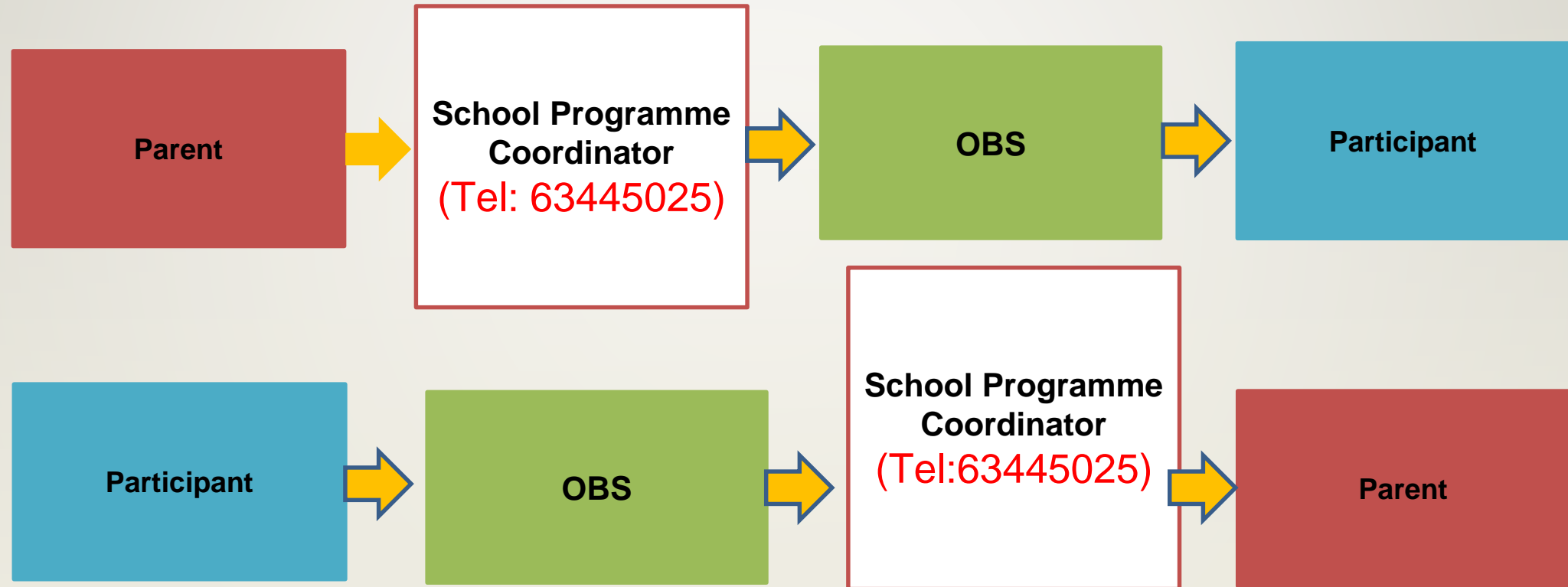
Scenario 2: OBS informs Parent via School



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

The Communication Channel

Parents to remain contactable during the 2 day programme





4

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

How can I help my child before course?

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.

Students have to bring along their personal medication e.g. Ventolin Inhaler for Asthma

Packing List

MOC-OBS CHALLENGE PROGRAMME
PACKING LIST
5-DAY NON-RESIDENTIAL

- This is a guide to help you pack.
- You are encouraged to borrow from friends and family if you do not have the items.
- Please keep your expensive items at home.
- Do label your items and pack it in a small backpack/school backpack.
- Come prepared to OBS in either the land or water activity attire as informed by your school.

*Milk/ or camouflage gear etc is not allowed.

LAND ACTIVITY

REPORTING ATTIRE

- 1 pc Long-Sleeved T-shirt
- 1 pair Long Pants
- 1 pair Covered Shoes and Socks

TO BRING

- 1 set Clean Set of Clothes
- 1 pc Small Towel

WATER ACTIVITY

REPORTING ATTIRE

- 1 pc Long-Sleeved T-shirt
- 1 pair Long Pants
- 1 pair Covered Shoes

TO BRING


- 1 set Clean Set of Clothes
- 1 pc Small Towel
- 1 pair Covered Shoes and Socks

REMARKS: Check with your school what to pack for each day!

Long-Sleeved T-shirt & Long Pants
Protect against insect bites, abrasion and sunburn.

Footwear
Shoes need to be worn throughout the day for all activities such as walking, obstacle and canyoning.
Wear shoes that fit well, are comfortable and provide support to prevent blisters and injuries.
Wear covered shoes for water activities for protection from underwater rocks and barnacles.

Socks
Wear socks that cover the ankle to prevent blisters and protect against insect and scratch bites.



IMPORTANT PERSONAL ITEMS




- Min. 1 pc Extra Face Mask
- 1 bottle Hand Sanitizer
- 1 pc Thermometer
- 1 bottle Insect Repellent
- Sufficient Sun Protection
 - Sunblock (SPF 30 or higher), lip balm, broad brimmed hat/cap and after-sun lotion
- 1-2 bottles Min 2 Litre Water
 - For drinking water e.g. hard-shell water bottle (avoid disposable mineral water bottles to prevent trash)
 - For hygiene purposes, sharing of personal water bottle is not allowed. Water top-up is provided.
- 1 set Fork & Spoon
 - Recommended metal utensils
- Sufficient Prescribed Medication in Own Name
 - e.g. Inhaler, oral medication (all prescribed medication must be declared before the course starts)
 - Do not bring CTC (over-the-counter) medications
- 1 set MOC-OBS Course Journal & Pen
- Sufficient Plastic Bags / Reusable Bags
- Sufficient Spare Spectacles
 - Include spectacles bands to prevent loss of spec, Retainers and hooks are not encouraged
- 1 pc EZ Link Card ID

OTHERS (OPTIONAL)

- Sufficient Essential Toiletries
- 1 pair Sunglasses

Sun Protection, Insect Repellent & Water Bottle
Must have to protect against insect bites, sunburn and dehydration.

Plastic Bags / Reusable Bags
To keep your items dry during activities.



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
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. 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**

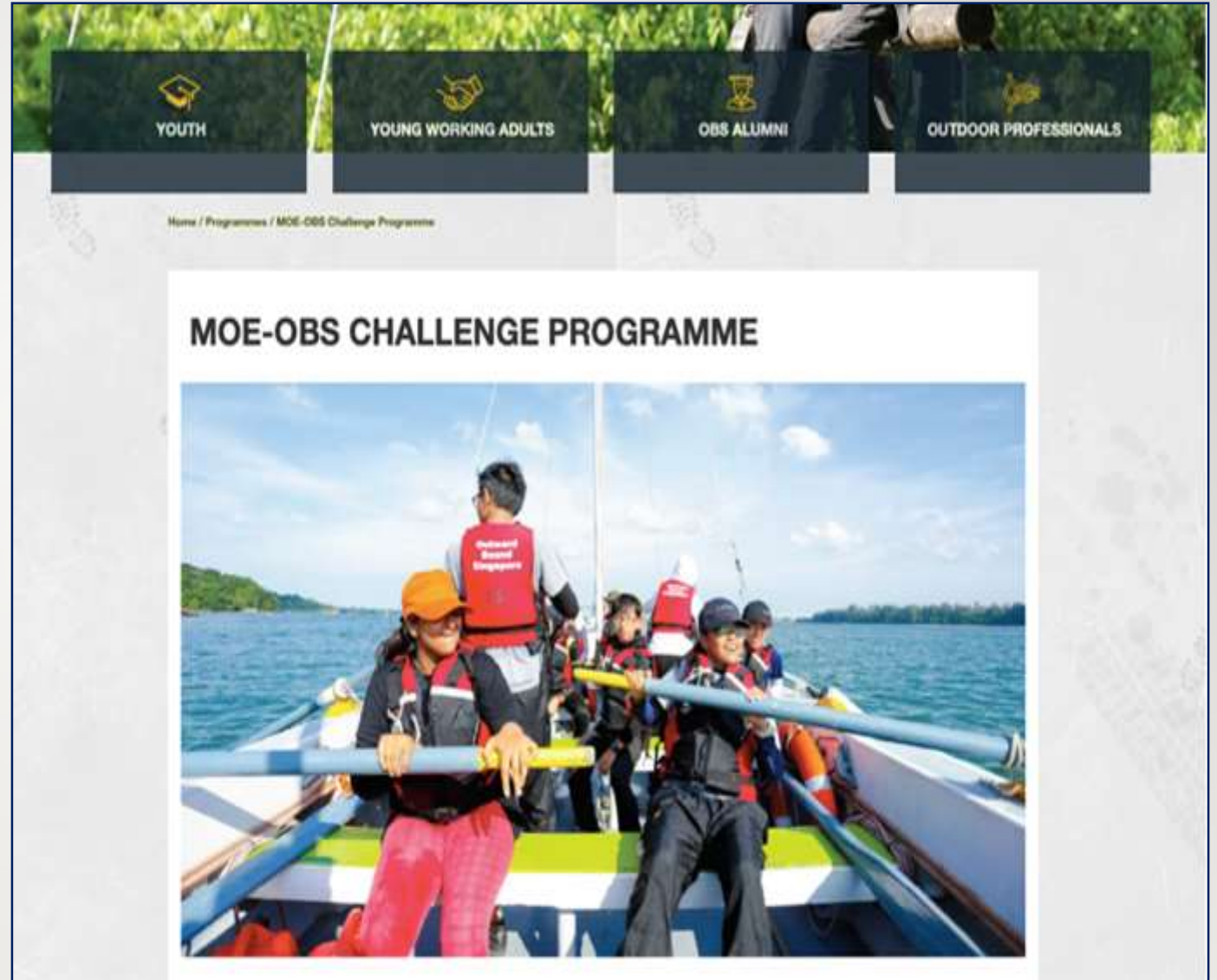
**Make responsible
decisions**

MOE-OBS Challenge Programme website page

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



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



ST Photo Story 17072017: Teenage Rite of Passage



Video Link:

www.go.gov.sg/moeobschallengeprogramme-etdvideo

QR Code:



<http://www.straitstimes.com/singapore/teenage-rite-of-passage>



Frequently Asked Questions

FAQ

What time will my child have to report and be dismissed from school on [31 May & 01 June](#).

- Reporting Time to school: [7am](#)
- Dismissal Time from school: [5.30pm](#)

FAQ

Is the MOE-OBS programme compulsory for my child?

The MOE-OBS programme is part of the school curriculum. The objectives are to:

- Develop **well-rounded** individuals as part of their holistic education.
- 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**

FAQ

How can the safety of my child be ensured during the Adventure Camp?

- OBS has an excellent safety track record with instructors who are highly trained and experienced in Outdoor Education and Advanced First Aid and CPR skills.
- Medical post that is staffed by registered nurses
- Your child/ward will not be forced to take part in activities that he/she are not comfortable in doing
- OBS Safe Management Measures will be strictly adhere to

FAQ

What if my child/ward is unwell or injured during the Course.

- If your child/ward is unwell or injured, the OBS staff will first assess and manage the situation. If the child/ward is able to continue with the programme, he/she will re-join the group.
- If the student requires further medical attention, they will be brought to the polyclinic or hospital and the Parents/Guardians will be contacted by the school.

FAQ

Can my child/ward bring their mobile phone to OBS?

- Yes, OBS will help to safe keep their mobile phones and valuables at the respective campus.
- However, please ensure that your child/ward does not bring along anything expensive and minimal cash as everything will be provided for.

“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!

