

MOE-OBS Challenge Programme 2020

PRE-COURSE BRIEFING FOR PARENTS/GUARDIANS

BROADRICK SECONDARY SCHOOL



Ministry of Education
SINGAPORE



Important details

- **Course Dates :03rd February to 07th February 2020 – (T1W5)**
- **Briefing to Students (Sec 2): Monday 2nd September 2019 (T4W10)**
- **Closing Date for E-Registration: Thursday 5th September 2019 (T4W10) – Extended**
- **Medical Check-up: 16th & 21st October 2019 (T4W5 & T4W6)**

Important details

- **Cost of Programme: \$50. Payment will only be collected after your child/ward has completed the programme.**
- **Date of Medical Screening : 16th and 21st October 2019**
- **Conducted by Healthway Medical Group**
- **Cost of Medical Screening: \$21.40 (cost borne by the school)**
- **Optional: Tetanus Vaccination: \$18.00 (cost borne by individual)**

Important details

- **Students who missed the onsite Medical Screening will be given 2 weeks to complete the Medical checkup**
- **Examination at the following HMG clinic.
Address: Blk 110 Lengkong Tiga #01-231
S410110**

Content Overview



1. What is the MOE-OBS Challenge Programme?
2. What will my child learn from the programme?
3. What is the 5-day Course in OBS?
4. How do I register my child for the 5-day Course in OBS?
5. What are the safety measures for my child/ward during the 5-day Course?
6. What is the communication channel?
7. How can I help my child?

Strengthening
Holistic Education



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**

Strengthening
Holistic Education



Outdoor Adventure Learning Experiences for ALL



Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Outdoor Education in Physical Education Curriculum			
<ul style="list-style-type: none"> • Active and healthy lifestyle • Social and emotional competencies 			
Programme for Active Learning (Outdoor Education)	1 outdoor adventure learning camp	1 outdoor adventure learning camp	<div style="border: 2px solid blue; border-radius: 50%; padding: 10px; display: inline-block;"> MOE-OBS Challenge Programme </div>
<ul style="list-style-type: none"> • Social and emotional competencies • Resilience, ruggedness and social cohesion 			

What is the MOE-OBS Challenge Programme?



3 COMPONENTS

Pre-course Lessons and
Preparation

5-day Expeditionary
Course Conducted by OBS

Post-course Lessons

Pre-course Lessons and Preparation



Outdoor Education in PE Lessons



CCE Lessons



Pre-course Lesson with
Form Teacher



School Briefing
to Students

5-day Course in OBS



Post-course Lessons



Sample CCE Lesson Reflection Activity



Journaling



Post-course Lesson with Form Teacher

What will my child learn from the Programme?

Learning Outcomes and Objectives



More about the 5-day course in OBS



1. Duration

The 5-day course spans over **5 days and 4 nights**.

2. Intensity

The 5-day course experience is set in an **outdoor environment** with activities conducted in **all weather conditions**, over prolonged durations in the day.

3. Journey-Based Concept

It is designed to allow for **self-propelled/self-sufficient journey** which allow opportunities for students learn to **overcome physical and mental challenges**, while **taking ownership** through involvement in **responsible planning and decision-making**. Students will travel with their group from **campsite to campsite** with an OBS Instructor.

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	Adventure Activities, Preparation for Expedition	Single/Multi-Mode Land/ Water-Based Expeditions		Commitment Activity, Peer Feedback & Active Planning
				
Debriefing / Reflection Time / Peer Appraisal / Journaling				
Getting to know you & team socialisation	Building competence & confidence	Surmounting challenges as a TEAM, develop resilience as individuals, sense of achievement as a WHOLE		Peer feedback, transfer of learning

Integrating the blue and green spaces on mainland Singapore



OBS Heads to
Mainland Singapore
– *Lianhe Zaobao*



How do I register my child for the 5-day course in OBS?

E-Registration using FORMSG

[Insert 3b. enrolment process video]

FORMSG

Build government forms in minutes

12053
PUBLIC OFFICERS ON OUR PLATFORM

8267
DIGITAL FORMS DEPLOYED

1236134
FORMS HAVE BEEN SUBMITTED

Example

11 Nov-15 Nov
2019 MOE-OBS
Challenge Bedok
Green Sec

🕒 10 mins estimated time to complete

START

[Read Instructions](#) ▾

Instructions

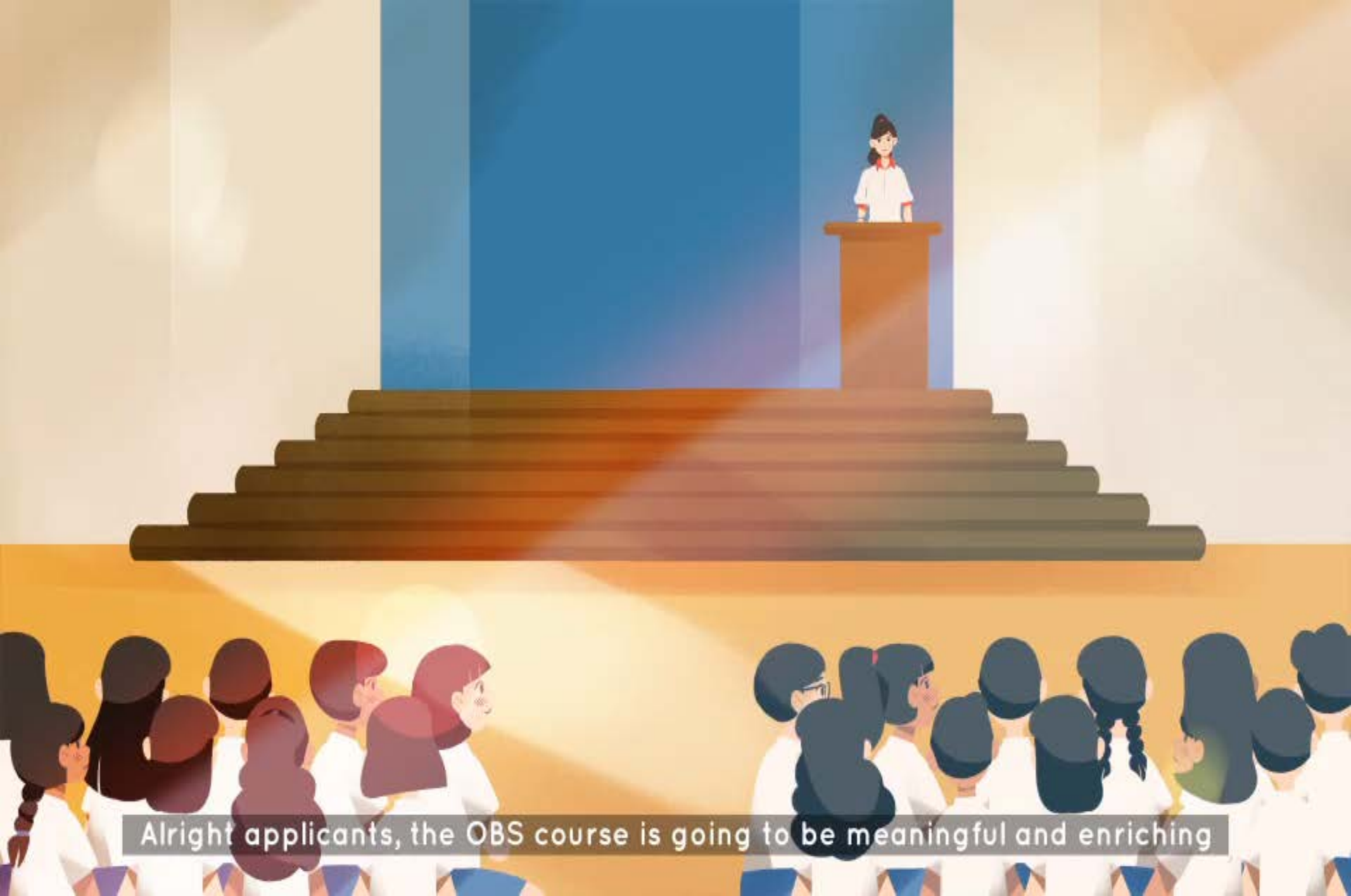
First, read the following:

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

III ○ <

Parents are to have the following ready:

1. Singpass login
2. Internet access device
3. Child's details



Alright applicants, the OBS course is going to be meaningful and enriching

Priority on Safety and Well-Being

Pre-Course Medical Examination

- Your child will need to be **certified fit by a medical doctor** for the OBS Course.

Why is there a need for medical examination?

- To determine your child's suitability for the course based on **current and accurate health status**
- To determine how best to provide **a suitable level of care**, especially for students with pre-existing conditions*
- To **help parents/guardians make an informed decision** on their child's participation in the course based on current health status of child/ward

***Note:** Please refer to *Letter to Parents - Important Note* for details - Non-Admission and Condition(s) of Concern

Important Information

11 Nov-15 Nov
2019 MOE-OBS
Challenge Bedok
Green Sec

🕒 10 mins estimated time to complete

START

[Read Instructions](#) ▼

Instructions

Online Course Registration

- Ensure **certified accurate information** is given when filling the Online Course Registration Form

***Parents to note:**

Medical examination has to be done **within 6 months of start date of course**.

Additional supplementary information (e.g. doctor's memo) may be required by OBS for assessment if child/ward with pre-existing conditions can be enrolled into the 5-day course.

What are the safety measures for my child during the 5-day Course?



Risk Management

People

- Competent and qualified, **full-time OBS instructors**
- **Small group size** of 12-14 students per instructor
- **Dedicated, professional medical staff** on 24-hr standby

Track Record

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

What are the safety measures for my child during the 5-day Course?



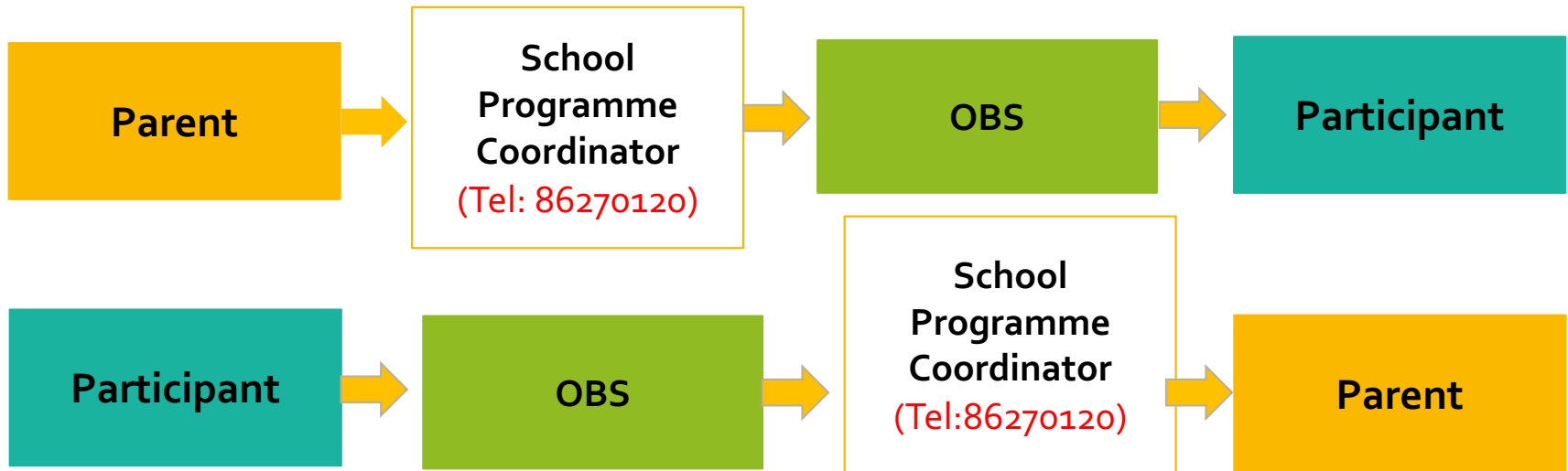
Management of your child/ward's well-being

What are the measures put in place?

- Instructors are trained in **Wilderness Advanced First Aid**
- Daily, pre-activity and post-activity **checks** are conducted to ensure your child/ward's well-being
- The **medical facility** in OBS with outdoor nurse practitioner(s) is on 24-hr standby to provide medical support
- Medical treatment will be to your child/ward, if required



The Communication Channel

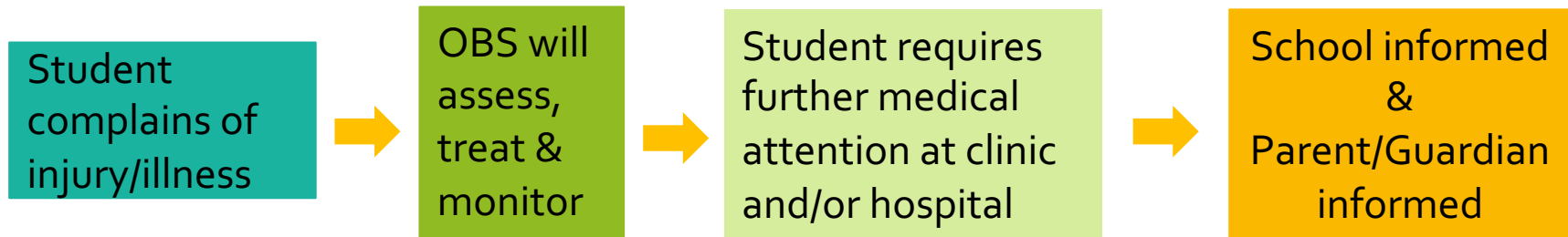


MOE and OBS are on **24-hr standby during every MOE-OBS Challenge Programme 5-day course
Mobile number will only be active once the OBS course has started.*

When will I be informed?

You will be informed when your child/ward requires further medical attention, e.g. sent out to clinic or hospital, instead of daily updates of your child/ward during the course.

Scenario 1: OBS informs Parent via School



Scenario 2: OBS maintains status quo, and will not inform School/Parent/Guardian



How can I help my child?

Pre-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**
5. **Be receptive** to advice and feedback
6. Be brave in facing the unknown and stepping out of his/her comfort zone to take on new challenges
7. **Role model what it means to lead a healthy lifestyle**
8. Bring your child outdoors and exercise with him/her
9. **Have fun** and enjoy the whole experience!

How can I help my child?

Pre-Course

Note: Expedition items and equipment such as backpacks, tents, poncho, whistles, Personal Floatation Device (PFD) etc. are provided by OBS.

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

Infographic

OUTWARD BOUND SINGAPORE COURSE INFORMATION KIT

Thank you for taking up the challenge in participating in an Outward Bound Singapore (OBS) Course! Here's some information to help you start your OBS journey.

1 What is Outward Bound Singapore (OBS)?

OBS is a division of NATIONAL YOUTH COUNCIL, the national leadership body for youth of SG.

OBS is a **PROVERB AND LEADER** in outdoor education, providing experiential-based educational activities.

Leadership training
Entrepreneur building
Values Formation
Skills acquired & transferable

2 What can I learn from an OBS Course?

LEARN TO

- Teamwork
- Leadership
- Problem Solving
- Self-reliance

You will make a **DIFFERENCE!**

3 How can I prepare myself for the course?

- Start with **LIGHT EXERCISES** (at least 30 minutes) in cycles before the course.
- Get your student to **CONDUCT A HEALTH CHECK**.
- Inform your doctor if you're **ON MEDICATION** and bring **SUFFICIENT DOSAGE** for the duration of the course.

Packing List

MOE-OBS SEC 3 CHALLENGE PROGRAMME 5-DAY COURSE PACKING LIST

This is a guide to help you pack for your 5-day expeditionary course at OBS. The appropriate quantity is dependent on the course duration, programme activities and individual preference needs. It is important to have comfortable gear that will last the duration of the course. Usability or camouflage-prior dress are well encouraged.

ITEM	QUANTITY
T-shirt	min. 4 + 1
Short-sleeved	min. 3 + 1
Shorts	Suitable for physical activities
Long pants	Suitable for climbing activities (avoidable, strong-quarter cargo and jeans are not allowed)
Undergarments	For personal hygiene (avoid associations)
Towels	Hand-kerchief, 2 x 2m and bath towel (not 1.5m x 1.5m)
Shoes	Covered shoes for protection from uneven/rough terrain, suitable during outdoor activities
Shoes	Covered shoes that are in good working condition, well cushioned for running and general outdoor activities
Shoes	Sandals / Slippers for use during non-activity periods, e.g. showering
Shoes	Long enough to cover ankles to prevent blisters at heels
Personal protection	Insect repellent
Personal protection	Sun protection, sunblock (SPF 20 or higher) and its bath
Personal protection	Gloves: high-top and gloves
Other personal items	First aid kit (self-dependable)
Other personal items	Additional toiletries - (toe powder, deodorant, body powder or spray) (not powder, toilet roll (for camp and purposes), sanitary napkins for females only, small plastic bags) to dispose used toilet rolls, sanitary napkins etc.
Other personal items	Toiletries & toiletries
Other personal items	Prescribed medication under your name (e.g. insulin, oral medication) (as prescribed in relation to last 6 days)
Other personal items	Writing materials - small notebook & pen
Other personal items	If applicable, contact spectacles (include specialist replacement)
Other essential	Min 1 x 1L water bottles - To contain drinking water (e.g. mineral bottle (avoid mineral water bottles))
Other essential	Reusable bags: for sleeping (e.g. tent) and waterproof purposes, e.g. space blanket, dry bag, trash bag, etc.
Other essential	Small dry bag (e.g. for wet activities e.g. wash gear, shoes, etc.)
Optional items	After-sun lotion, anti-rash, sun glasses
Optional items	Personal first aid kit (e.g. plaster, antiseptic cream, ointment)
Optional items	Wide sleeping bag (not pressure it is waterproof)
Optional items	Camera & spare battery (no charging facilities available)
Optional items	Small amount for souvenir purchases and personal travel

How can I help my child?

Post-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 successes**
5. Talk about areas that **didn't go so 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 programme
8. Help your child to **apply what they've learnt** in daily life
9. **Affirm** your child's effort to make **positive changes**
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**

How can I help my child?

Journeying with Your 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 or her.
- **Do not create anxiety** with assumptions.
- **Do not frighten** your child with "horror" stories.

MOE-OBS Challenge Programme

[Insert 3a. MOE-OBS Challenge Programme Video]

RESTRICTED

This video is specially produced for staff of Ministry of Education, Singapore, and teachers in Singapore schools for training and communication purposes only.

No part of this video may be reproduced or made available to the public in any form without written permission from MOE.

Adaptation, alteration
or creation of any derivative work
is not permitted.

© 2017 Ministry of Education, Singapore
Educational Technology Division
All Rights Reserved



MOE-OBS OPEN HOUSE

Journeying with your child



Ever wondered what your child is up to during the MOE-OBS Challenge Programme?

Here's your chance to find out and get some tips on how to better support your child!



MOE-OBS OPEN HOUSE

JOURNEYING WITH YOUR CHILD



**DEVELOP BETTER UNDERSTANDING AND BE
PART OF YOUR CHILD/WARD'S EXPERIENCE!**

Date: 9 Nov 2019

Time: 8am - 5.30pm

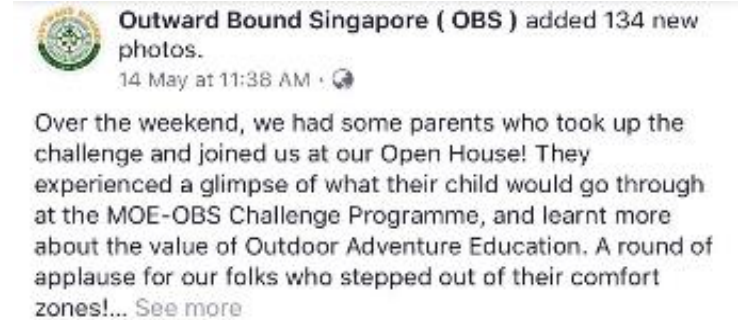
Venue: to be confirmed

For parents/guardians whose child is attending course in either **Term 1** or **Term 2 in 2020**.

Mainstream / Social and Digital Media



Webpage on OBS website
(to be updated soon)



ST Photo Story: *Teenage Rite of Passage*



<http://www.straitstimes.com/singapore/teenage-rite-of-passage>
17 July 2017

Channel News Asia: Coney Island



<https://www.channelnewsasia.com/news/video-on-demand/singapore-tonight/mon-30-jul-2018-10575380>
31 July 2018



New Blue and Green Belts

New Media Branch: #MOEObSTakeover



<https://www.instagram.com/moesingapore/>
28 May 2017



Narrative: Students' perspectives

Contact Details

- 1. Mr Neelan
(aathi_neelan_ganesan@moe.edu.sg)
- 2. Mr Gideon Loh
(loh_shunheng_gideon@moe.edu.sg)
- 63445025

Q&A



Thank you

