



12 April 2019

Dear Parents/Guardians,

We are pleased to inform you that our school has been selected for **the MOE-OBS Challenge Programme** in 2019. This is part of the National Outdoor Adventure Education Masterplan which the Ministry of Education (MOE) has put in place to strengthen the holistic development of all our students. The programme seeks to develop ruggedness, resilience, and build cohesion amongst our youths. The programme comprises a series of school-based PE and CCE lessons facilitated by teachers as well as a 5-day expeditionary course at Outward Bound Singapore (OBS).

This 5-day expeditionary course will be conducted from **18 Nov to 22 Nov 2019** by OBS at Pulau Ubin / Coney Island / on mainland Singapore. Using the outdoors as the 'classroom' for learning and development, this course will offer your child/ward a unique opportunity to work together with students from other schools to overcome various outdoor challenges.

Through the course, students will learn to:

1. manage challenges positively through self-directed learning and making the right choices to influence their circumstances;
2. build friendships with students from different school backgrounds and actively help each other to achieve team goals in an inclusive manner; and
3. commit to play an active role in the improvement of one's community and the environment.

MOE has co-designed the programme with OBS to ensure that it is of high quality, supports the school curriculum and is suitable for our students.

We would like to assure you that the positive learning experience and well-being of your child/ward is our priority. The programme is supported by a robust risk management system to ensure the safety of our students. The OBS Instructors are proficient in outdoor skills and trained in Wilderness First Aid. OBS has an on-site medical centre staffed by Outdoor Nurse Practitioners (ONP) who are Registered Nurses. With an excellent safety record built on stringent requirements from its international network of Outward Bound centres around the world, you can be assured that safety remains as OBS's top priority.

Online registration and medical screening

MOE-OBS requires you to register your child / ward for the programme online. The following are some important points to note on the registration process:

1. The e-registration form can be found at http://bit.ly/MOE-OBS_18-22Nov2019_Westwood
2. The e-registration will commence on **18 April 2019** and close on **15 June 2019**.

3. Please read the instructions on the first page of the form carefully before you proceed
4. You will be able to view the form after logging in with your SingPass
5. Please note that the form cannot be saved and you will need to have all the information required to complete the form in one sitting. You will need the following information about your child/ward:
 - a. personal details including class
 - b. date of tetanus immunisation
 - c. if applicable, latest health information about pre-existing medical conditions and/or allergies
6. After the form has been submitted, an acknowledgement will be sent to the email address that you provided in the form. Please print a copy and submit the hardcopy to the school through your child / ward by **5 July 2019**. All information provided will be treated with strict confidentiality.
7. The MOE-OBS Challenge E-Reg User Guide for Parents can be found in the school website.

Your child/ward will be required to be certified fit by a medical doctor to attend the course. We will arrange for a mobile medical team to visit our school on **9 and 10 July 2019 from 2.30 to 5.30pm** to facilitate the basic medical examination. The cost for the basic medical examination will be borne by the school. However, if you prefer to have your own doctor carry out the medical examination, you will have to bear the cost.

Payment

The programme is heavily subsidised by MOE, and hence the fees payable for each student is only **\$50** for the 5-day course. Parents may choose to pay by cash or withdraw funds from your child/ward's Edusave account. Students on financial assistance can apply for further subsidy. We seek your cooperation to ensure full participation from your child/ward so as to fully benefit from the course.

Briefing for Parents

We have arranged for a briefing for parents on **5 July 2019 at 6.00pm in the School Hall** which we hope you will be able to attend and find out more about the programme. An Important Note regarding certain conditions of concern, a sample of the programme and a list of "Frequently Asked Questions" are enclosed for your reference. For more information about OBS, please visit the website at <https://www.nyc.gov.sg/obs>

Thank you and please feel free to contact Mr Colin Wong, HOD/PE&CCA at 67929737 if you require further information.

Mr Abdul Harris Bin Sumardi
Principal

Acknowledgment Slip

Please acknowledge and return this page to your child's/ward's Form Teacher by **3 May 2019**.

Secondary Three MOE-OBS Challenge Programme 2019

Student's Name: _____ () Class: _____

I, _____, parent/guardian* of the above-named student, AGREE to allow my child/ward* to participate in the above recommended programme. If the available balance in my child's/ward's* Edusave account is insufficient for the deduction, I will pay in cash.

I will be able/not be able* to attend the Briefing for Parents on 5 July 2019.

Number of people attending (excluding student): _____

Parent/Guardian Signature

Date

* *Delete where appropriate*

MOE-OBS CHALLENGE PROGRAMME

IMPORTANT NOTE

Refer to the notes below when considering the Applicant's suitability to attend an outdoor adventure education course in Outward Bound Singapore.

An Outward Bound Course is an outdoor experiential learning experience. Outdoor adventure learning is important to develop youths who are confident about taking on challenges that push their limits, resilient and able to work closely together. OBS Courses facilitate self-discovery, social awareness, confidence, team communication skills and responsible decision-making. Just as importantly, they advocate responsibility for the environment and inspire participants to play a role in the community after an OBS Course.

The participants will be exposed to physical, mental, social and emotional challenges that are intended to build physical ruggedness and mental resilience. The experience is set in a rugged, outdoor environment, and may comprise land- and/or sea-based component(s). These may include, but not limited to, kayaking in the sea, trekking with load on uneven terrain, traversing at heights on high rope courses which require use of limbs to climb and camping outdoors in tents. These activities may be conducted in all weather conditions, over prolonged duration in the day.

A typical group consists of participants from diverse social backgrounds. Besides coping with the physical challenges, courses often result in intense emotional experiences. Participants may find themselves confronting personal fears or self-imposed limits while adjusting to a newly formed group, unfamiliar environment, and changes from their normal routine.

Instructors are proficient in outdoor skills and trained in Wilderness First Aid. In the event where more medical care is required, OBS has a medical centre staffed by Outdoor Nurse Practitioners (ONP) who are Registered Nurses. If necessary, participants will be referred to mainland medical facilities, such as the polyclinics, for Physician's assessment. Should there be a need for emergency evacuation, the full evacuation process could take up to two hours, depending on the location of the patient, weather and other factors beyond our control.

Applicants with any diagnosed condition(s) and/or on existing follow-up for any condition will need to provide the latest review information for assessment. Recommendation of fitness should be based on Physician's assessment of the Applicant's ability to participate in an OBS Course. All information provided will be treated with confidentiality.

The safety of our participants is our highest priority. It is important that a full and accurate disclosure of the individual's medical condition is provided to OBS for us to make a proper assessment. This will allow our participants to have a safe and meaningful Outward Bound experience. While OBS strives to be inclusive, we are unable to enrol applicants with certain pre-existing conditions for now.

For further clarification or enquiries on the medical screening, contact:

Medical Services & Training | Outward Bound Singapore | Tel: 6540 0136

Condition(s) of Concern	
1	Breathing problem e.g. exercise induced asthma
2	Blood disorder e.g. anaemia
3	Severe obesity – Body Mass Index (BMI) above 35 due to obesity
4	Epilepsy / fits / seizures – Any attack within the last 2 years
5	Unavoidable allergens resulting in severe allergic reaction – e.g. traces of allergen or insect bites
6	Severe Behavioural and/or psychological conditions e.g. Attention Deficit Hyperactivity Disorder (ADHD) / Autism Spectrum Disorder (ASD)
7	Any condition requiring administration of injections (by self or with help) or medical equipment support – e.g. Insulin, EpiPen
8	Any conditions that may impair movement and/or adversely affect safety to self or others during the course

2019 MOE-OBS Challenge Programme
Sample 5-Day Expeditionary Course Learning Activities

Students will be put into different groups, or watches. Although the activities for each watch may differ, the activities are selected and designed such that the learning outcomes remain comparable.

Please refer to the table below for a sample of the learning activities for a watch.

Day	Programme
Day 1	<ul style="list-style-type: none"> • Team/ Problem Solving Activities <p><i>Getting to know you and team socialisation</i></p>
Day 2	<ul style="list-style-type: none"> • Adventure Activities, • Preparation for Expedition <p><i>Building competence and confidence</i></p>
Day 3 & Day 4	<ul style="list-style-type: none"> • Single/ Multi-Mode¹ • Land/ Water-Based Expedition² <p><i>Developing resilience as individuals, surmounting challenges and achieving a sense of accomplishment as a team</i></p>
Day 5	<ul style="list-style-type: none"> • Commitment Activity • Peer Feedback • Active Planning <p><i>Peer feedback, transfer of learning</i></p>
Debriefing / Reflection Time / Peer Appraisal / Journaling	

¹ Multiple modes of expedition which can include, cycling, hiking, kayaking, kick-biking, rowing etc.

² Depending on the assigned programme, the watch may journey across parts of Singapore, including Pulau Ubin, Coney Island and mainland Singapore.

2019 MOE-OBS Challenge Programme
FREQUENTLY ASKED QUESTIONS

S/N	Question	Answer
1	What is the MOE-OBS Challenge Programme?	<p>The programme consists of pre- and post-course lessons taught by our teachers and the 5-day expeditionary course at OBS led by OBS instructors. It is designed to ensure achievement of the programme learning outcomes and transfer of learning to other areas of the students' life.</p> <pre> graph LR A[Pre-Course (school-based)] --> B[5-day Expeditionary Course at OBS] B --> C[Post-Course (school-based)] </pre>
2	<p>What kind of activities will my child/ward be going through during the 5-day expeditionary course?</p> <p>Where will these activities be conducted?</p>	<p>OBS uses the outdoors as its classroom. Your child/ward will be engaged in a variety of activities that will help him/her not just to discover, but also challenge his/her personal limits.</p> <p>Some of these activities include problem-solving activities, adventure activities and land/sea expeditions, designed to provide the platform for students to build personal competencies, develop ruggedness and resilience, as well as to develop skills for working in teams.</p> <p>Students on different expedition modes will be journeying across and camping at different parts of Singapore.</p>
3	How can the safety of my child/ward be ensured during the five days, with such a big group of students coming together?	<p>The positive learning experience and well-being of your child/ward is our priority. Activities are purposefully designed to meet the programme outcomes. The students are supervised by qualified OBS instructors, who have undergone rigorous training, technical skills assessments and certification including Wilderness First Aid.</p> <p>Students undergo the course in groups of 12-14 per instructor, to facilitate good interaction, adequate peer support and opportunities to practice leadership roles.</p>
4	Does my child/ward need to be physically fit?	<p>As part of the pre-course registration, your child/ward is required to be <u>certified fit</u> by a medical doctor to attend the 5-day course. Participants are encouraged to stay active in preparation for it.</p> <p>Your timely and accurate response to the medical history questionnaire is important in allowing us to assess the need for any additional support needed to facilitate your child/ward's enrolment in the course.</p>

5	Will my child/ward be forced to go through an activity that he/she is not confident in?	<p>OBS instructors are trained to motivate and to provide a supportive environment for the participants at all times. Your child/ward will not be forced to participate in any activity.</p> <p>However, he/she will be strongly encouraged to participate in all the activities during the course and at a level that he/she is comfortable with. This is to maximise the opportunities for learning and self-discovery, in alignment with the philosophy of 'challenge by choice'.</p>
6	What happens if my child/ward is afraid of camping outdoors or being away from home?	<p>Your child/ward will be among supportive friends and OBS staff who will provide a safe and engaging environment to have fun and benefit from the course. OBS instructors are also trained to care for the participants' physical and emotional needs during the course.</p> <p>Camping together in the outdoors provides students a valuable opportunity to experience nature with new friends and apply the outdoor skills learnt during PE lessons in school.</p> <p>If your child/ward experiences any discomfort during the course, he/she should inform the instructors.</p>
7	What happens if my child/ward has their period during the course? Can they still go through the water activities?	<p>Your child/ward can still participate in all activities as per normal. At the start of the course, girls will be advised on how to maintain personal hygiene when out in the field. Participants who are expecting their period during the programme should bring an extra supply of sanitary pads, dark-coloured shorts/pants, and extra plastic bags for the disposal of soiled sanitary pads. There is no requirement for them to take any medication to delay or postpone their menstruation cycle. They can approach any female OBS instructor for assistance during the course.</p>
8	I am unable to afford the \$50 payment. How should I seek financial assistance?	<p>Your child/ward may speak to his/her form teachers about financial assistance. There are various avenues that students may seek financial assistance to participate in this 5-day expeditionary course.</p>
9	How do I contact my child/ward in the event of a family emergency?	<p>You may contact your child/ward via the School Programme Coordinator.</p> <p>Your child/ward's valuables i.e. mobile phones and wallet will be kept by OBS to ensure security of personal items and minimal distraction during the course.</p>
10	What should my child/ward bring for the 5-day course?	<p>Please refer your child to the packing list provided for the list of personal items. Expedition equipment such as expedition backpack, tent and poncho will be issued to your child/ward. We encourage your child/ward to borrow from family/friends to minimise unnecessary expenses.</p>

11.	I am a Singaporean/PR, but I do not have a Singpass. How do I register for the programme?	You may register for a Singpass via www.ifaq.gov.sg/singpass . The link also provide responses for other related Singpass queries.
12.	I am a foreigner and do not have a Singpass. How do I register for the OBS Programme?	Please approach the Teacher Coordinator of the programme through your child for assistance.
13.	I am taking my child to see our family doctor for the medical examination. What do I need to bring?	<p>a) A Medical Examination form <i>You can either obtain a copy from the school through your child or access and print out a copy at www.bitly.com/obs_doc.</i></p> <p>b) A copy of your child's e-Registration Form response in PDF <i>You should receive an email acknowledgement with your responses from OBS upon submitting the form.</i></p>
14.	What are the steps to take regarding the medical examination?	<p>Step 1: Show the doctor the e-Registration Form response in PDF.</p> <p>Step 2: Give the Medical Examination form to the medical doctor to certify your child fit to participate.</p> <p>Step 3: Ensure the Medical Doctor has certified your child fit on the Medical Examination form (with medical doctor's signature & stamp of clinic details)</p> <p>Step 4: Submit the completed Medical Examination form and doctor/specialist memo (if applicable) to the school through your child.</p>
15.	What if I did not receive an acknowledgement email from OBS after I submitted the form online?	Please inform the school through your child's teacher if you have submitted the e-Registration Form, but did not receive an acknowledgement email from OBS. Your child's teacher will check in with OBS and advise you on how to proceed.