

# MOE-OBS CHALLENGE PROGRAMME 2024 5D4N



Ministry of Education  
SINGAPORE

## TAMPINES SECONDARY SCHOOL

Briefing for Parents & Guardians

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# TAMPINES SECONDARY SCHOOL

## Parents Briefing for MOE-OBS Challenge Programme

### COURSE DATES:

22nd Jan 2024 - 26th Jan 2024 (Term 1 Week 4)

### TEACHER CO-ORDINATOR:

Mr. Mohd Ariff

### E-MAIL ADDRESS OF TEACHER CO-ORDINATOR:

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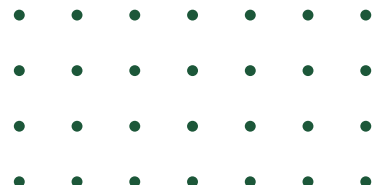
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**01** What is the MOE-OBS Challenge (MOC) Programme?

**02** Safety – Our Top Priority

**03** How do I eRegister my child?

**04** How can I help to prepare my child for the MOC?





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# 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

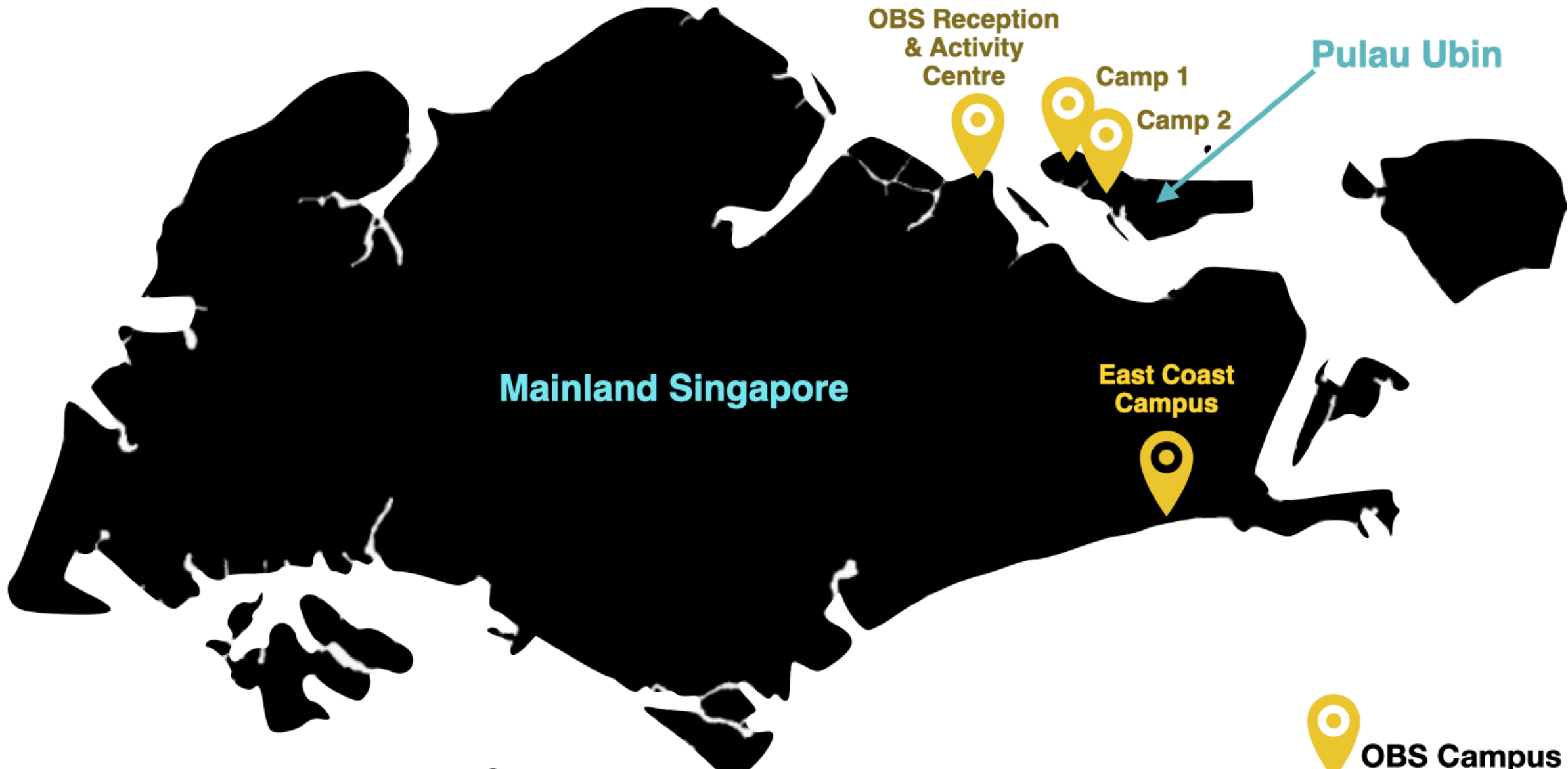
- Develop character and learn values and skills through doing and reflection
- Learning in outdoor classroom



# 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
<b>Debriefing / Journaling / Sharing of reflection / Lights out</b>				
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





Mainland Singapore

OBS Reception & Activity Centre

Camp 1

Camp 2

Pulau Ubin

East Coast Campus

 OBS Campus



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**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



# 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



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

# 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

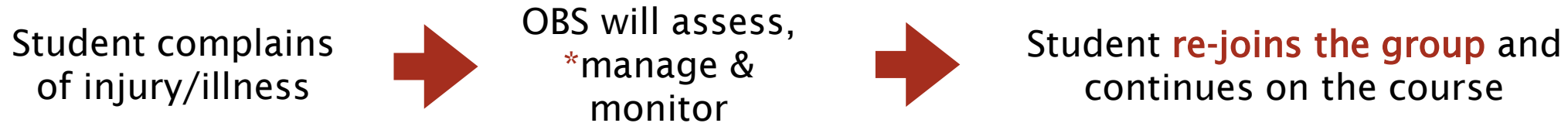


# When will I be informed if my child requires medical attention?

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



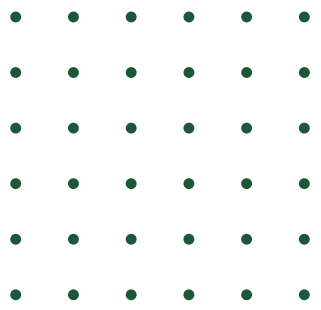
\* OBS Instructors and Nurses may provide **over-the-counter medication** to treat the injury/illness

A group of people, including a young boy and several adults, are gathered around a map spread on the ground. They are wearing yellow life jackets and orange shirts, suggesting they are part of a search and rescue or outdoor activity team. The background shows a blue structure and some outdoor equipment. The image has a green tint.

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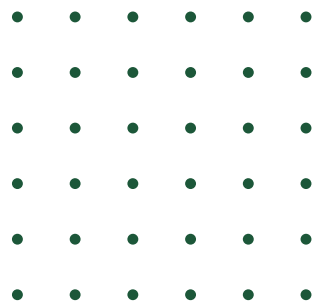
# HOW DO I eREGISTER MY CHILD?

# eRegistration



**e-Registration date:  
23<sup>rd</sup> August to 12<sup>th</sup> September**

**Medical checkup date:  
20<sup>th</sup> & 21<sup>st</sup> September  
(Wednesday & Thursday)**

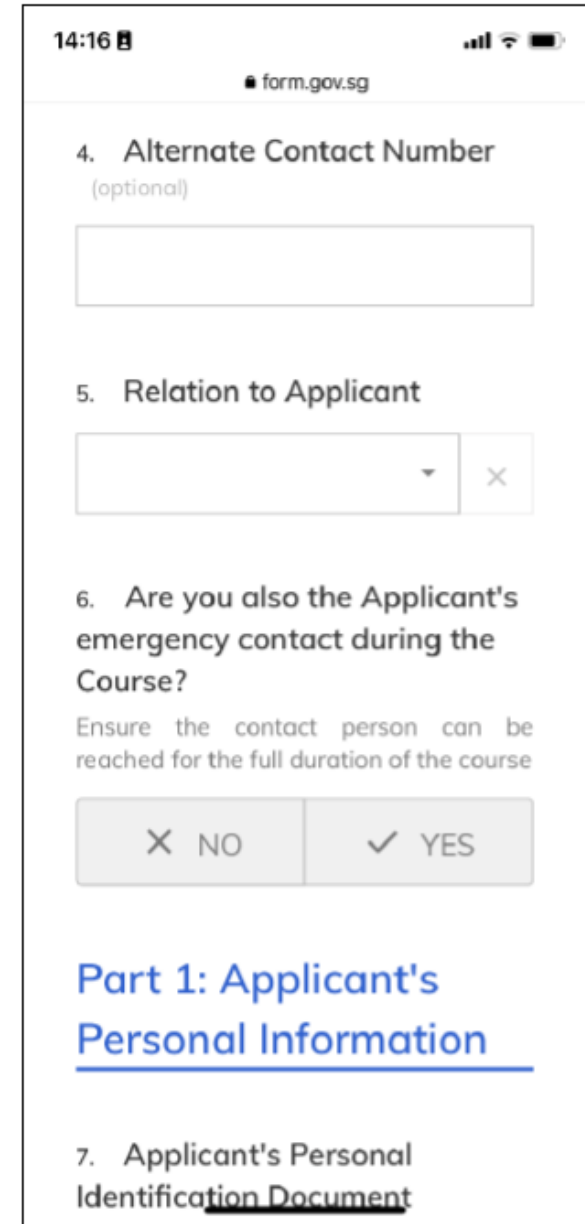
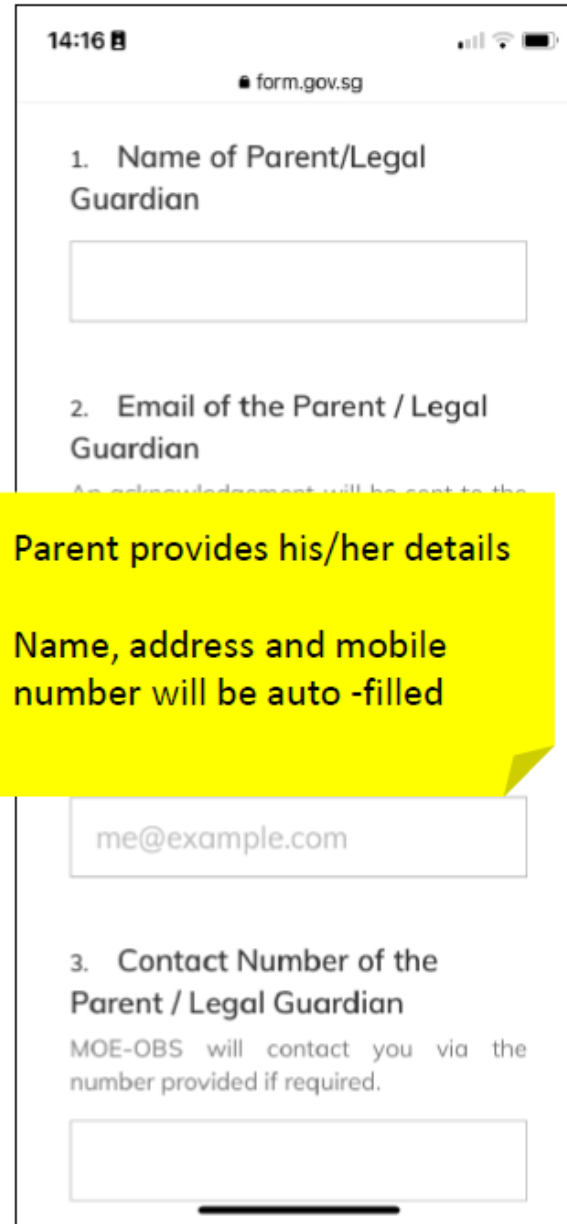
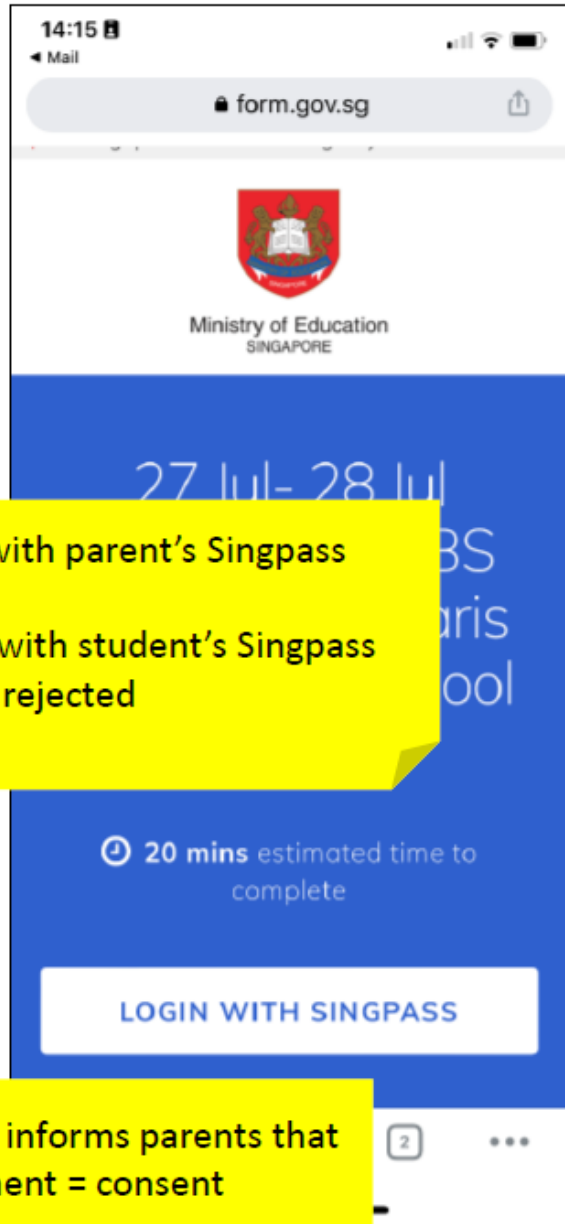


**Please register your child within these dates!**

# 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



Next, parents provide the student's details

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## Part 1: Applicant's Personal Information

7. Applicant's Personal Identification Document

Birth Certificate / NRIC / Student Pass

Passport

8. Full Name of the Applicant  
as it appears in the Applicant's Personal Identification Document

9. School

10. Class

11. Residential Status

Singapore Citizen

Singapore PR

Foreigner

12. Date of Birth

13. Race

14. Gender

Male

Female

15. Email of the Applicant

The email address provided will be used

14:17 form.gov.sg

15. Email of the Applicant

The email address provided will be used for pre-course preparation.

16. Home Address

17. Postal Code

18. Dietary Requirements (if any) (optional)

Please note that all meals provided will be Halal-certified and no beef will be provided.

Vegetarian (does not contain onion and garlic)

G6PD

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18. Dietary Requirements (if any) (optional)

Please note that all meals provided will be Halal-certified and no beef will be provided.

Vegetarian (does not contain onion and garlic)

G6PD

Gluten Free

Lactose Intolerant

Select dietary requirements, if applicable

Specific meal preferences cannot be provided

recommendation of fitness may be required to attend the Course.

2. A "physician" refers to a medical practitioner registered under the Medical Registration Act (Chapter 174)

3. Ensure the declaration of health information takes place within six (6)

- ✓ Tetanus vaccination is compulsory
- ✓ Most students took it in P5, valid for 10 years
- ✓ Ask parents to check the date via the Health Hub website before e-reg

21. Does the Applicant have valid Tetanus Vaccination?

Tetanus Vaccination is compulsory and has a validity of ten (10) years

NO  YES

22. Tetanus Vaccination Date

If you are not sure of the exact date of the Vaccination, use first day of the month which it occurred.

23. Height of the Applicant

Provide information in metres (m)

24. Weight of the Applicant

Provide information in kilograms (kg)

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23. Height of the Applicant

Provide information in metres (m)

24. Weight of the Applicant

Provide information in kilograms (kg)

25. Body Mass Index (BMI)

Calculating Body Mass Index (BMI) = weight (kg) / (height x height) (m)

Applicants will be reviewed for suitability to participate in the Course. If assessed to be suitable, adjustments may be made to the activities based on the information provided.

Go through BMI calculations with students before e-reg if it helps

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**Medical Condition Diagnosed by Physician**

Additional report(s) may be required depending on the information provided.

26. Breathing condition

e.g. asthma / exercise induced asthma

NO  YES

27. Heart condition

e.g. angina / heart murmur / extra heartbeat / mitral valve prolapse

NO  YES

28. Blood condition

e.g. thalassaemia major / thalassaemia minor / anaemia

NO  YES

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29. Epilepsy, fits or seizure condition

NO  YES

30. Bone / joint / tendon injury or condition  
e.g. dislocation / fracture / slip disc

NO  YES

31. Behavioural or psychological condition  
e.g. ADHD / ADD / ASD / OCD / eating disorders / anxiety / depression

NO  YES

32. Currently on long term prescribed medication

NO  YES

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32. Currently on long term prescribed medication

NO  YES

33. A carrier status for any infectious disease

NO  YES

35. Allergy to medication(s) (including over-the-counter oral/topical medication)

NO  YES

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35. Allergy to medication(s) (including over-the-counter oral/topical medication)

NO  YES

36. Allergy to environmental factor(s)

NO  YES

37. Allergy to food item(s) / ingredient(s)

NO  YES

38. Any other kind of condition(s) or issue(s) not listed above?  
e.g. restrictions on movement, carrying heavy loads, outdoor camping, any medical devices/implant required or difficulty in interacting with others in an unfamiliar setting

**Students Requiring Medication**  
Students must bring sufficient medication (e.g. inhaler) for the course

**Allergy to Traces - Common Misdeclaration**  
Most students do not have severe allergies/ allergies to trace elements of food  
Students allergic to *trace elements* of food (e.g. trace elements of peanuts) will not be allowed to participate due to the high risks involved







**Example of a food item containing traces of an allergen**  
Milk is not an ingredient but this biscuit is manufactured on equipment that also processes products containing milk

**SANDWICH BISCUIT**  
INGREDIENTS: Refined Wheat Flour, Sugar, Edible Vegetable Fat, Palmolein Oil, Invert Syrup, Cocoa Solids (2.3%\*), Leavening Agents (500(ii), 503(ii)), Edible Salt, Emulsifier (322).  
CONTAINS ADDED FLAVOUR (NATURE IDENTICAL FLAVOURING SUBSTANCES).  
Allergen information: Contains Wheat  
Manufactured on equipment that also processes products containing milk



# 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

# Enrolment

Your child will go for medical examination held in school

MOE/OBS reviews or assesses the medical information

MOE/OBS may contact parent directly to clarify on your child's medical information

OBS informs school of the application status – accepted or non-admission

School informs your child of his/her grouping and campus location

**Tentatively:  
20<sup>th</sup> & 21<sup>st</sup>  
September**

Students who are **certified unfit will not be enrolled** into the programme

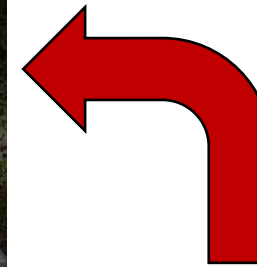
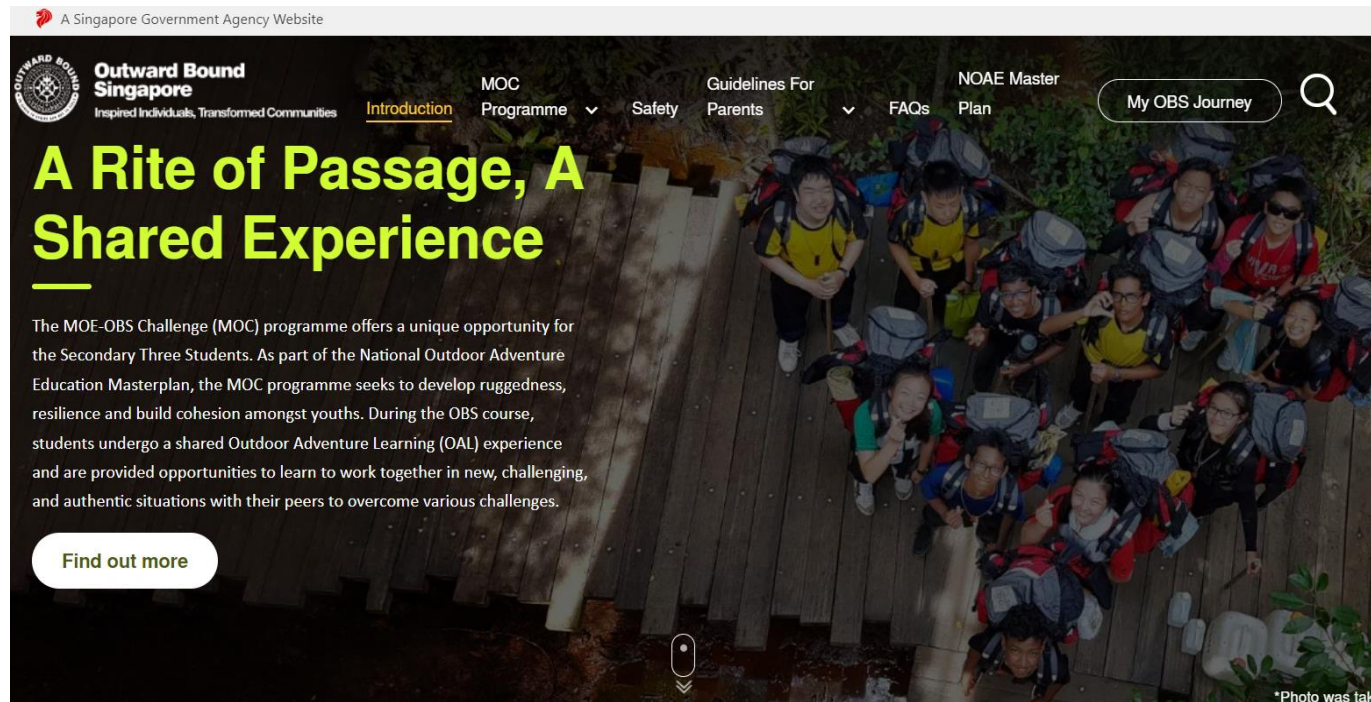
Students with certain medical conditions will not be accepted for their safety

A person is sitting on a large rock in a lush green forest. They are wearing a white t-shirt and dark pants. In the background, another person is sitting on a rock, and there are many trees and a path. The scene is peaceful and natural.

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

# MOE-OBS CHALLENGE PROGRAMME WEBSITE

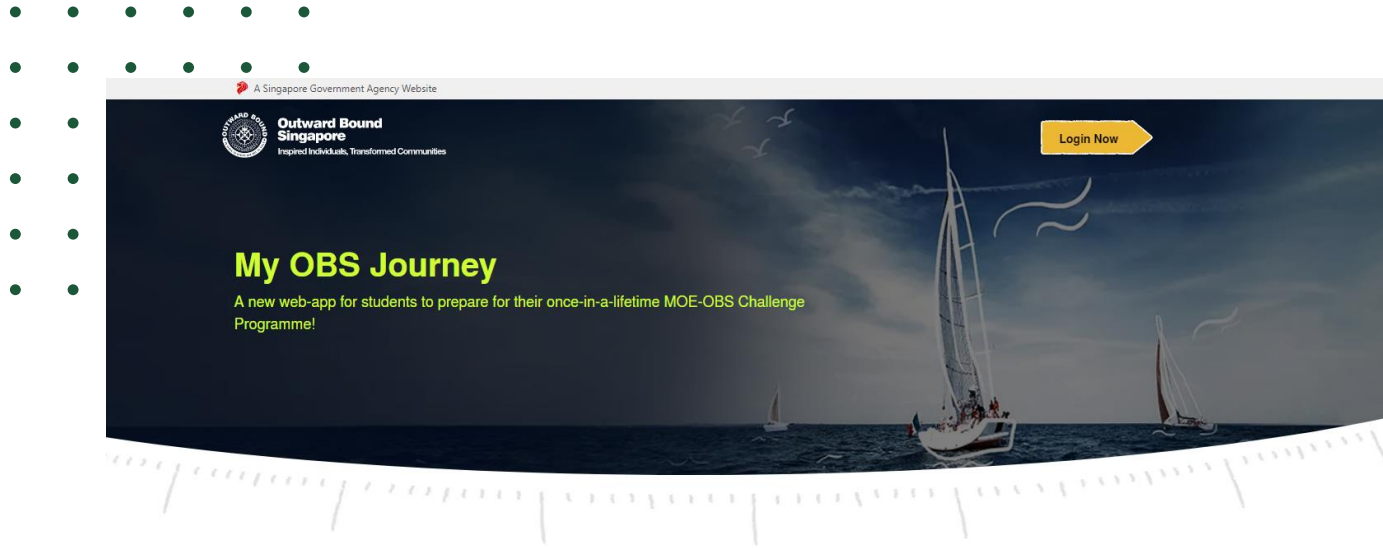


Scan QR Code to be directed to the website



- ✓ 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?

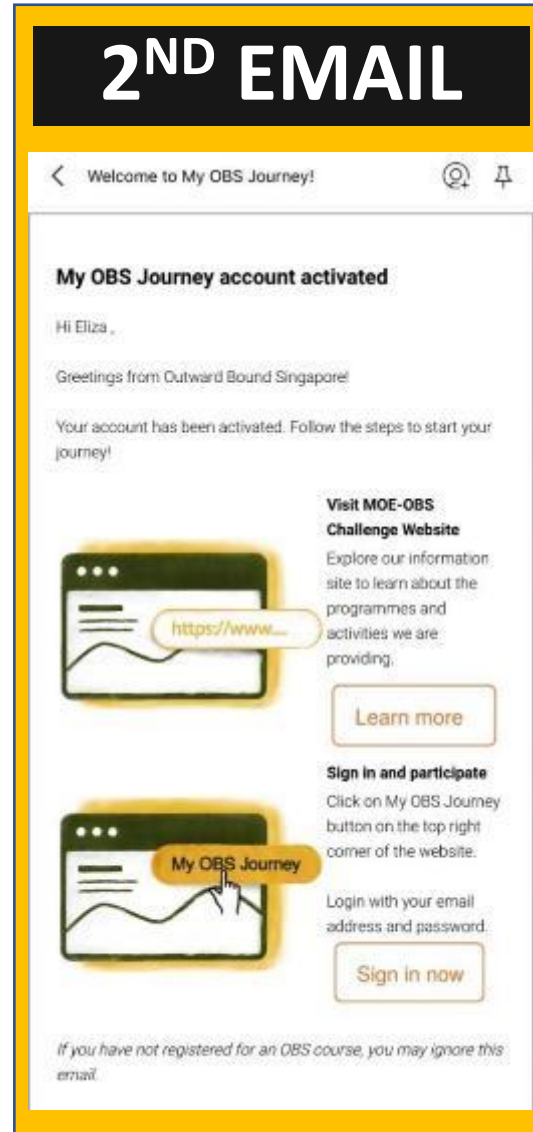
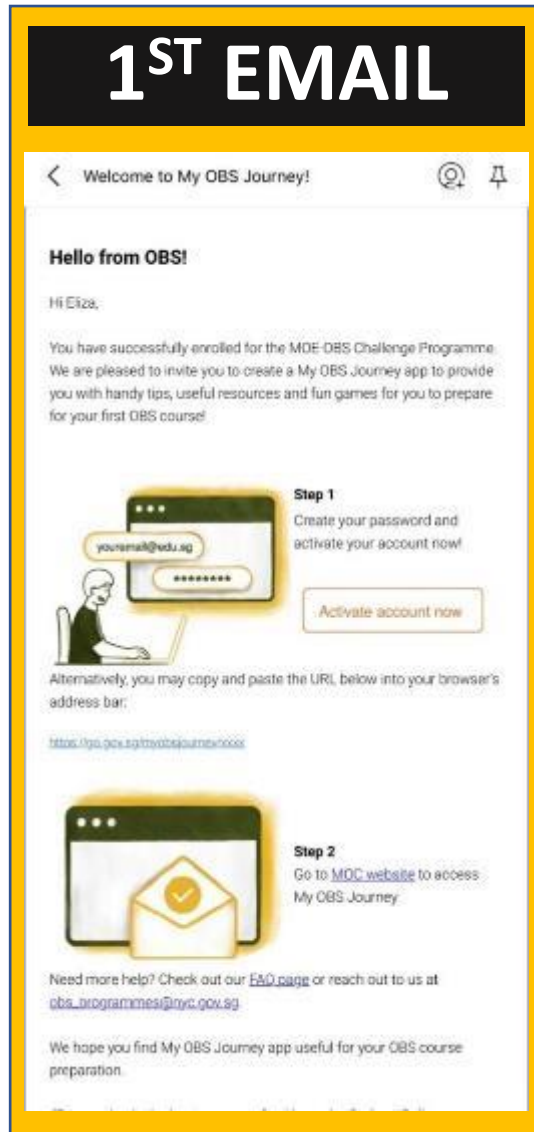
Tips, Games & Reminders! A new OBS web-app to help students attending the MOE-OBS Challenge Programme prepare for their OBS course. Here students can learn handy tips on how to pack their bag, protect themselves in the outdoors in a fun and meaningful way. Useful resources and reminders to help students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

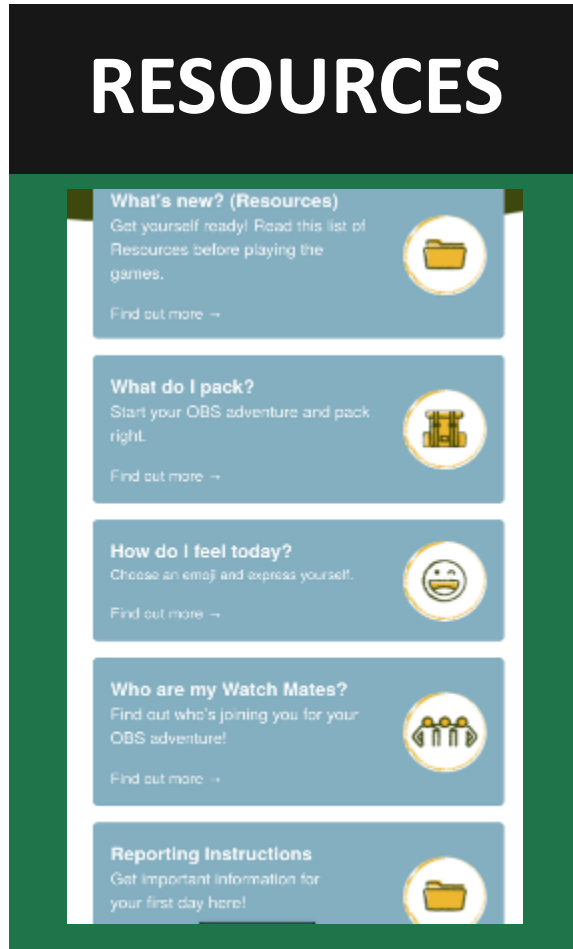
# My OBS Journey (MOJ) Web App



- ✓ 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

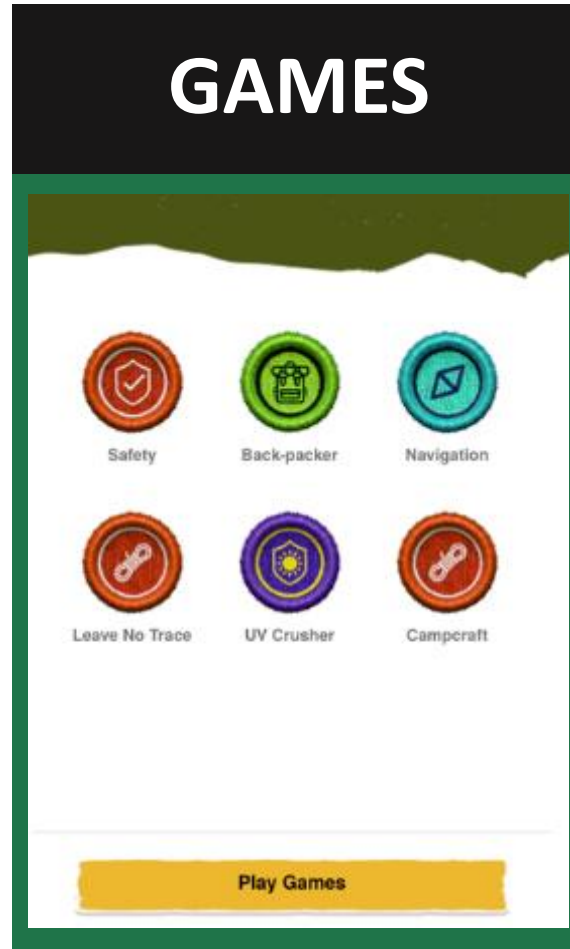
# Features of MOJ

## RESOURCES



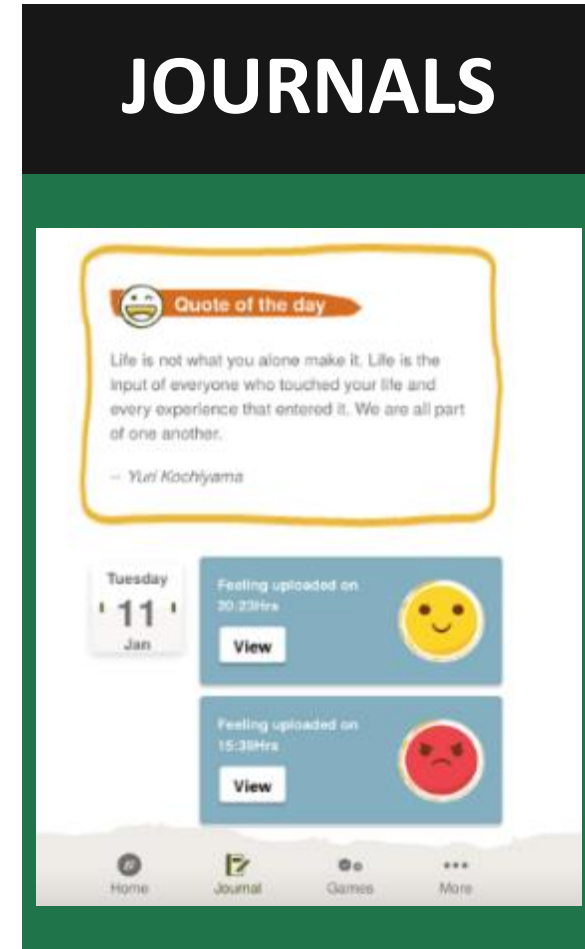
Provides reminders for your child - e.g. what to pack, countdown to their OBS course and reporting instructions for Day 1.

## GAMES



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

## JOURNALS



# 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.

### OBS 5-DAY EXPEDITIONARY COURSE PACKING LIST

This is a guide to help you pack. You are encouraged to borrow from friends and family if you do not have the items. Expedition items such as backpack, poncho, whistle will be provided. Do label your personal items. The recommended quantity depends on your preferred needs. Please keep your expensive items at home. You are encouraged to re-use or re-purpose the items that are used during the camp to work towards minimal or zero waste.

#### REPORTING ATTIRE ON DAY 1, WEAR:

- 1 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
- 1 pair Long Pants
- 1 pc Covered Shoes and Socks

**LONG PANTS & LONG-SLEEVED T-SHIRT**  
Protect against insect bites, abrasions and sunburn.  
\*Military or camouflage print items are not allowed.

**COVERED SHOES**  
Covered shoes need to be worn throughout the day for all activities, ensure that the soles are intact.  
\*New shoes that fit well, are comfortable and provide support to prevent blisters or injuries.

**SOCKS**  
Wear socks that cover the ankle to prevent blisters and protect against insect bites and sandfly bites.

#### PACKING LIST

- 1 pc Broad Brimmed Hat or Cap
- 2-4 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves  
- Mandatory for sea expedition
- 2 pair Long Pants  
- Mandatory for climbing activities/expeditions (shorts-quarter pants and jeans are not allowed)
- 2 pc Short-Sleeved T-shirt  
- For physical activities e.g. PE at the
- 2-3 pair Shorts  
- For physical activities e.g. PE at the
- Sufficient Undergarments  
- Avoid disposables to minimise trash
- 2 pc Towels  
- 1 for showering (just 60cm x 130cm)  
- 1 small towel for expeditions (just 30cm x 80cm)
- 1 pair Additional Covered Shoes for Water Activities  
- For protection from underwater rocks, to snorkel or do e.g sea/water activities
- 1 pair Sandals/Slippers  
- For use during non-activity period e.g. showering
- Sufficient Socks

### IMPORTANT PERSONAL ITEMS

- Min. 10 pcs Re-usable bags to separate items during activities and to pack more clothes and shoes
- 1 bottle Hand Sanitizer
- Sufficient Insect Repellent
- Sufficient Sun Protection  
- Sun block (SPF 30 or higher), lip balm, and after-sun lotion
- 1-2 bottles Water bottle(s) to hold at least 1 litre of Water  
- E.g. 2 x 500ml water bottle  
- Sharing of personal water bottles is not allowed for hygiene purposes
- 1 set Fork & Spoon  
- Metal ones if none provided
- Sufficient Essential Toiletries  
- For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and sanitary napkins (for females only)  
- For camping e.g. toilet roll, body powder or picky heat powder
- Sufficient Prescribed Medication in Own Name  
- e.g. inhaler, oral medication (all prescribed medication must be declared)  
\*OTC (over-the-counter) medication is not required
- Sufficient Torch Light & Spare Batteries  
- For night/early movement area of the campsite
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags/Re-usable Bags
- Sufficient Spare Spectacles or Contact Lenses  
- Spare with spectacles bands  
- Retainers and books are not encouraged
- 1 pc EZ Linked ID

**OPTIONAL ITEMS**

- Sufficient Tropical Lightweight Sleeping Bag or Mat  
- Green if that it is water proofed
- 1 pair Gloves
- 1 pc Rain Jacket
- 1 pair Sunglasses
- 1 pc Watch

**NAME**  
Put your re-usable bag label with your personal details e.g. name, class, school

**FOR SUN PROTECTION**

**FOR SUN PROTECTION**



# Before the MOC

## Prepare Your Child by Encouraging Him / Her To:

**1** Be Selfless, Supportive & Encourage His/Her Teammates



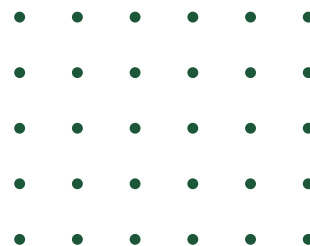
**2** Participate Actively



**3** Maintain A Positive Outlook



**4** Immerse in The Experience & Environment



# 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

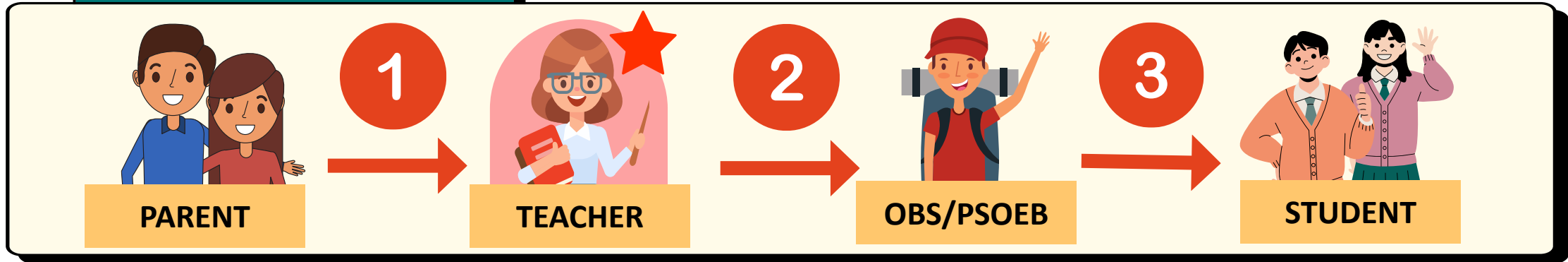
## DON'Ts

- **Do not pack** your child's bag for him/her
- **Do not create anxiety** with assumptions
- **Do not frighten** your child with "horror" stories

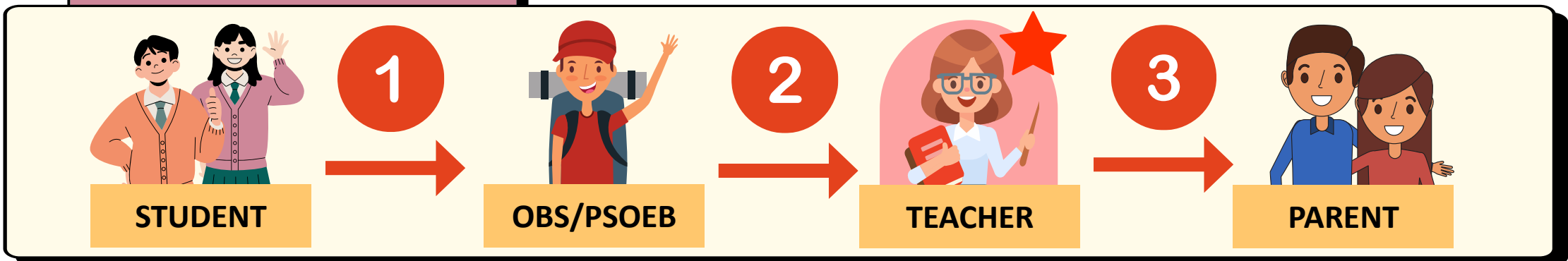
# Communicating With Your Child

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*



# TPSS OBS SUMMARY

## Course Dates :

22nd Jan 2024 - 26th Jan 2024 (Term 1 Week 4)

## Key dates :

Registration period : 23 Aug – 12 Sep 2023

Medical check-up : 20th & 21st Sep 2023



**We hope  
to see your  
child in OBS!**



# Q & A

