

# PASIR RIS CREST SECONDARY SCHOOL

## Parents Briefing for MOE-OBS Challenge Programme

**COURSE DATES:**

**14 OCT TO 18 OCT 2024**

**TEACHER CO-ORDINATORS:**

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Ministry of Education  
SINGAPORE



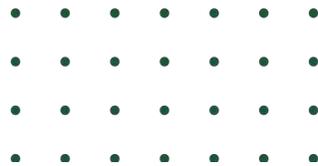
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**04** How can I help to prepare my child for the MOC?





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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



# In An Unlikely Event Your Child Requires Medical Attention

## Student does not require further medical attention



OBS will assess, treat & monitor

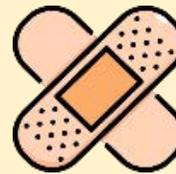


Student recovers and is well to re-join the group, and continue with the course



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

A group of people, including a man and several women, are gathered around a map spread on the ground. They are wearing high-visibility yellow and orange vests. The man is pointing at a specific location on the map. The scene is outdoors, possibly in a rural or construction area. The image has a green tint.

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## HOW DO I eREGISTER MY CHILD?

# Before eRegistration

Have the following information & devices ready:

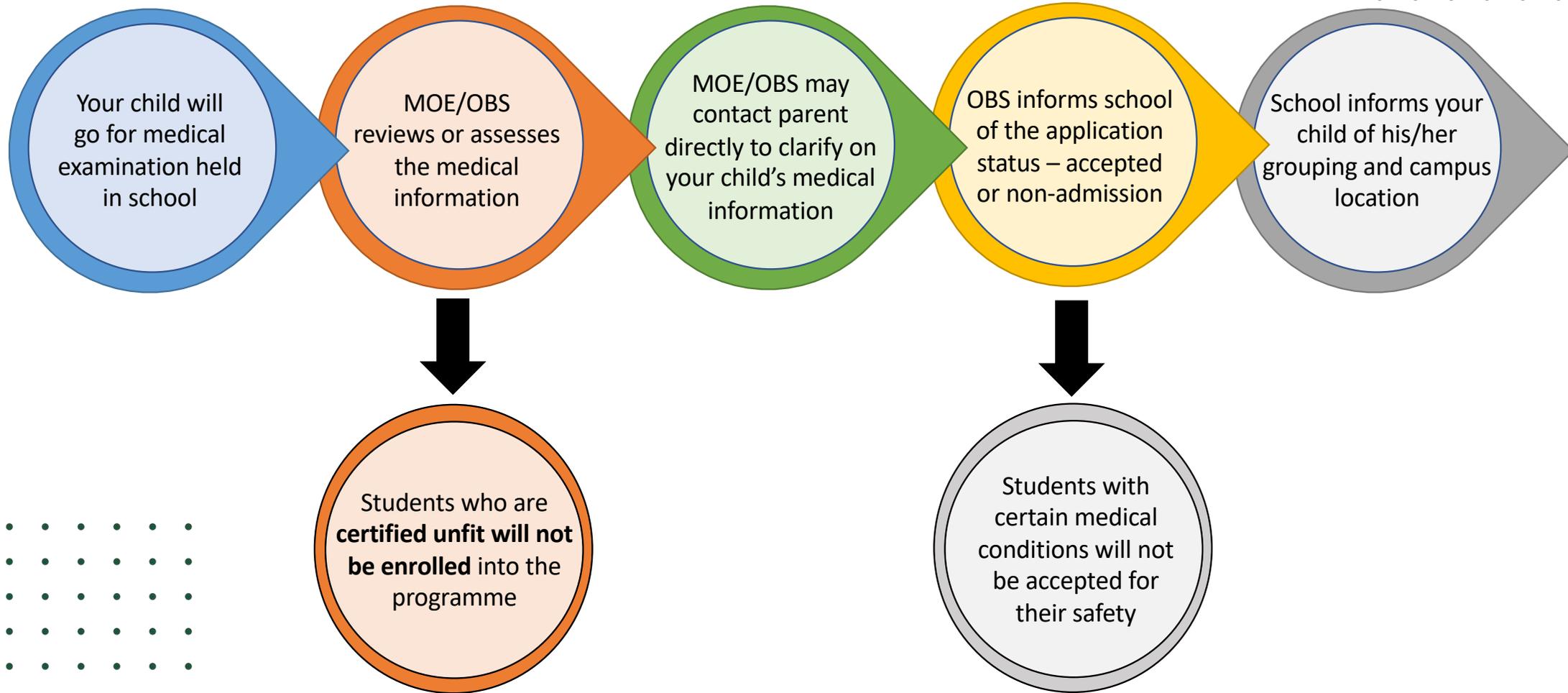
- 1 Mobile Phone / Laptop / Tablet Device
- 2 SingPass
- 3 Your Child's Class
- 4 Your Child's School Email Address
- 5 Your Child's Tetanus Vaccination Status
- 6 Your Child's Height & Weight

# 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



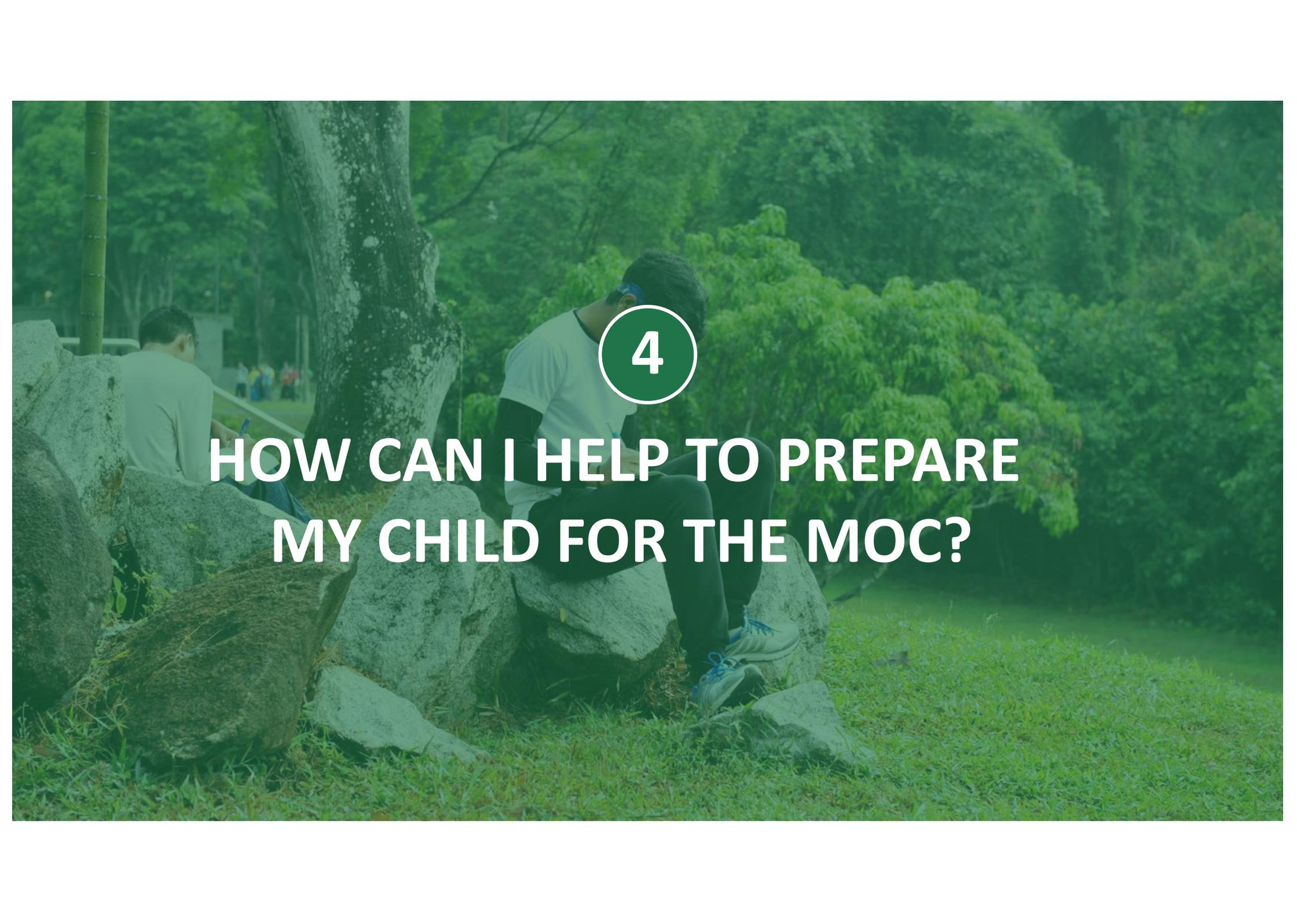
# eRegistration

More information will be shared during the breakout with Hometutors

- 👉 eReg dates: Parents can eRegister their child through this link
- 👉 <https://go.gov.sg/2024moeobs-prcs>
- 👉 from **1 Apr 2024 till 19 Apr 2024**.

A separate PG message will be sent out on 1 April.

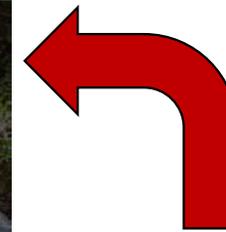
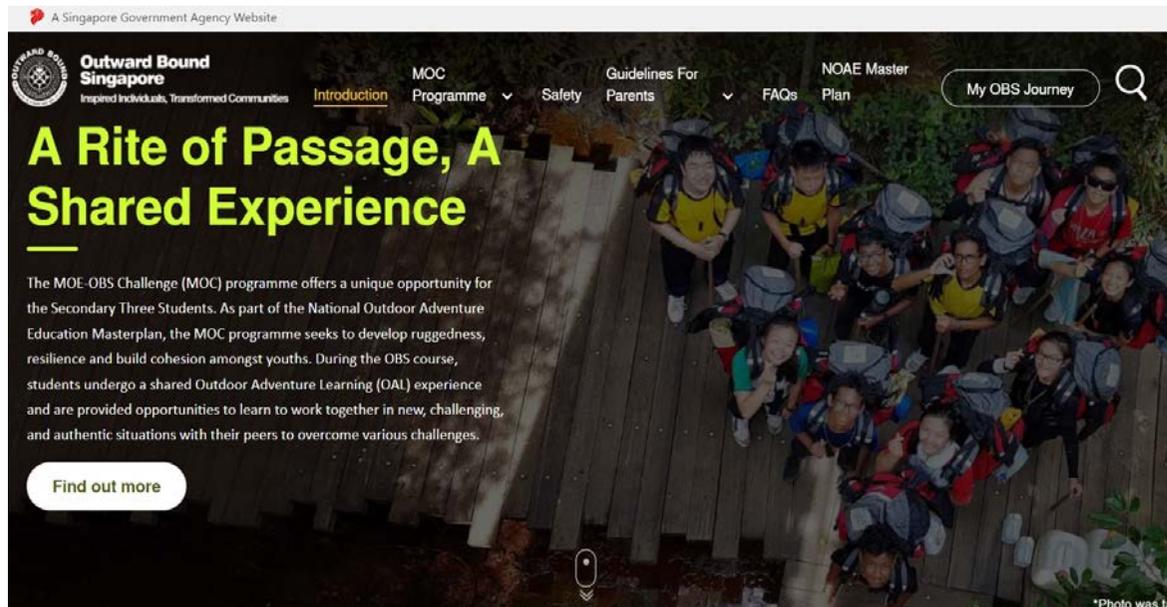


A photograph of a person sitting on a large rock in a lush green forest. The person is wearing a white t-shirt and dark pants. In the background, another person is sitting on a rock, and there are many trees and a body of water. The image has a green tint.

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

# MOE-OBS CHALLENGE PROGRAMME WEBSITE

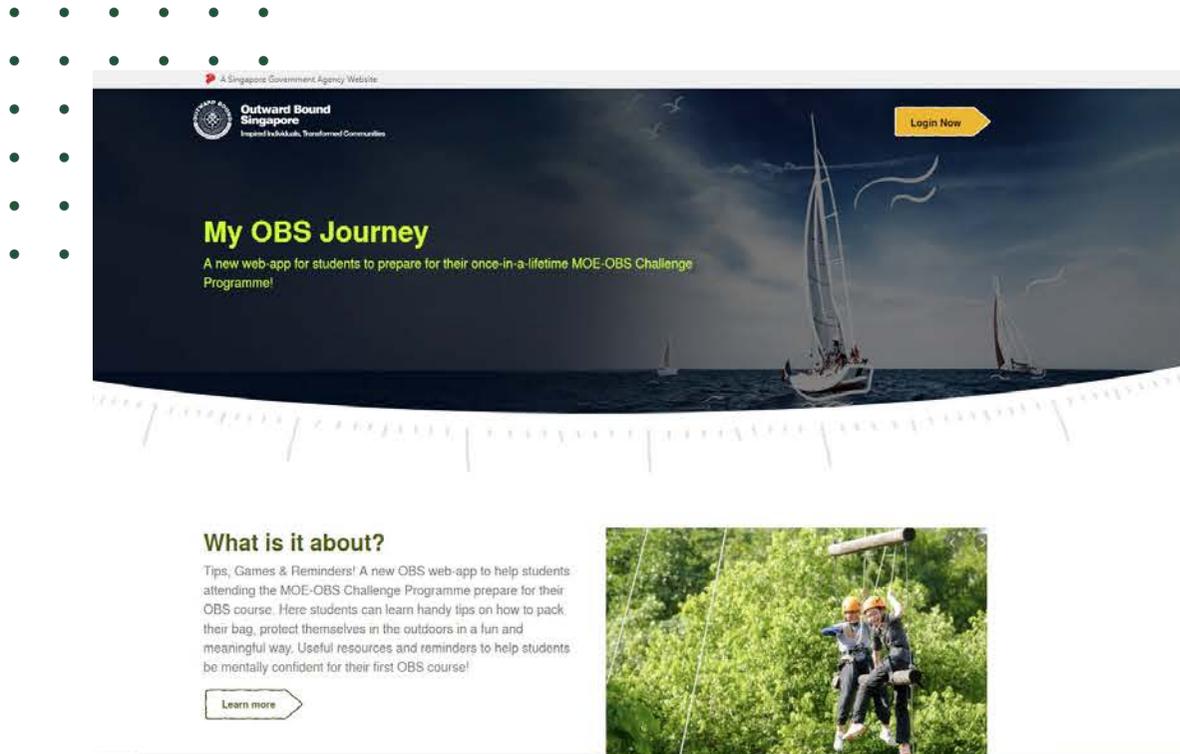


Scan QR Code to be directed to the website



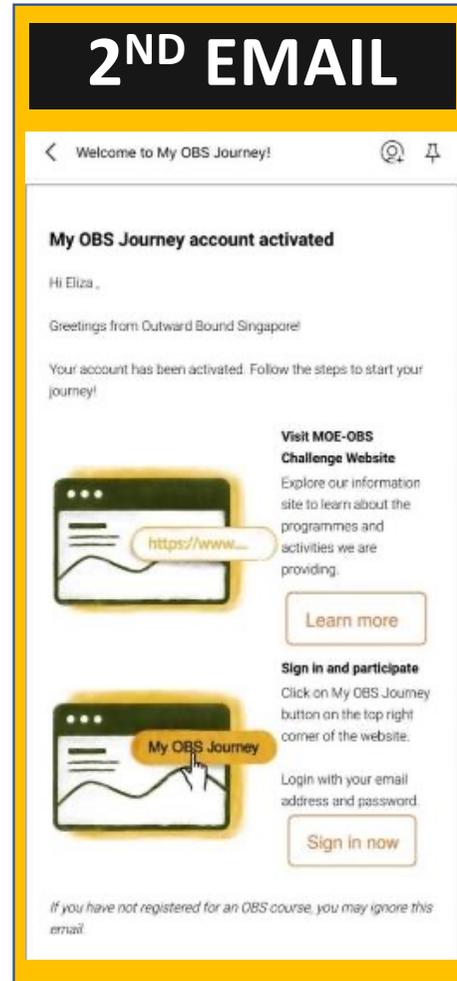
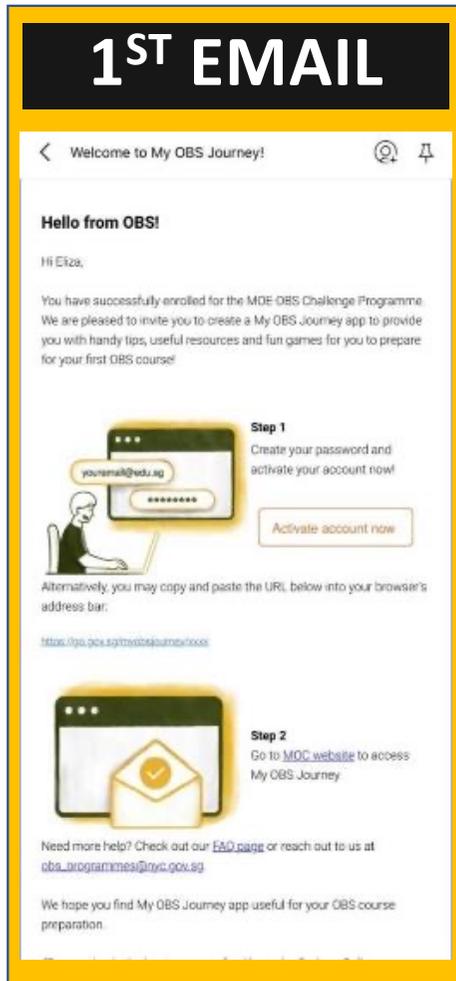
- ✓ A customized website specifically for the MOE-OBS Challenge Programme
- ✓ For parents/guardians to keep updated on key information about the programme
- ✓ Parents/guardians can better prepare themselves and their child/ward for the programme

# My OBS Journey (MOJ) Web App



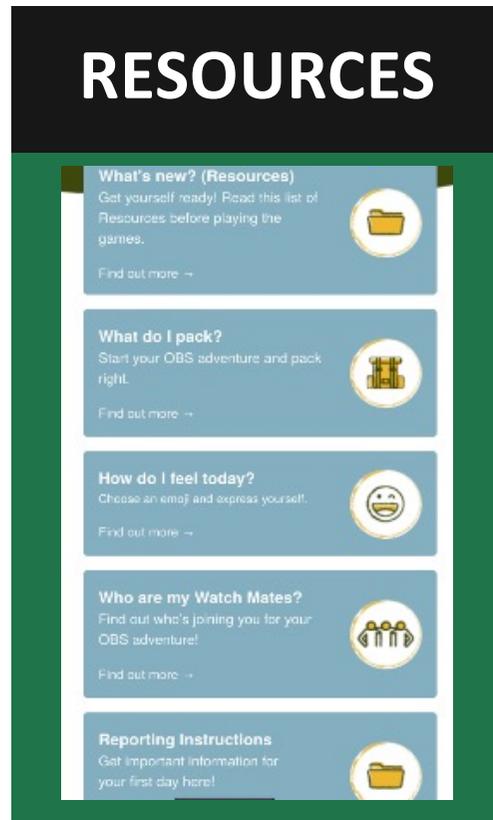
- ✓ A new web application for enrolled students
- ✓ To help students mentally prepare for the OBS course

# My OBS Journey (MOJ) Web App

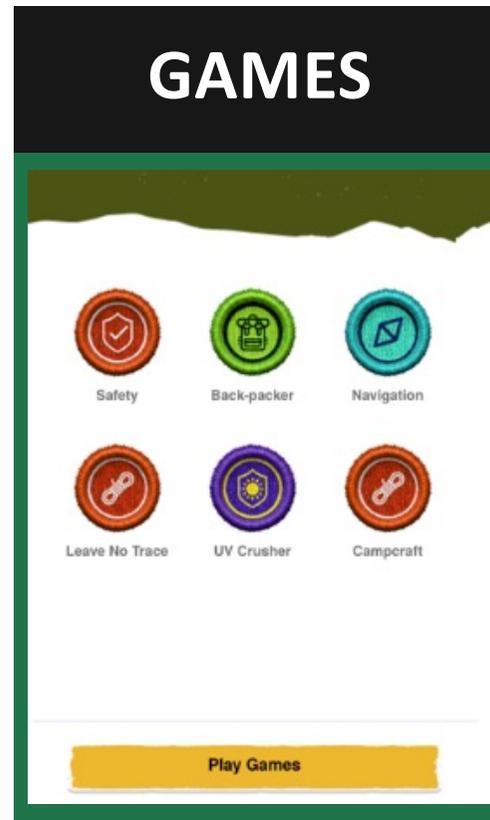


- ✓ The account activation email will be sent to the student's email address which parents fill up in the e-registration form
  - \* *If parents input their email address instead, it will be sent to that email address.*
- ✓ Teachers and Parents/Guardians can assist to remind students to activate their account

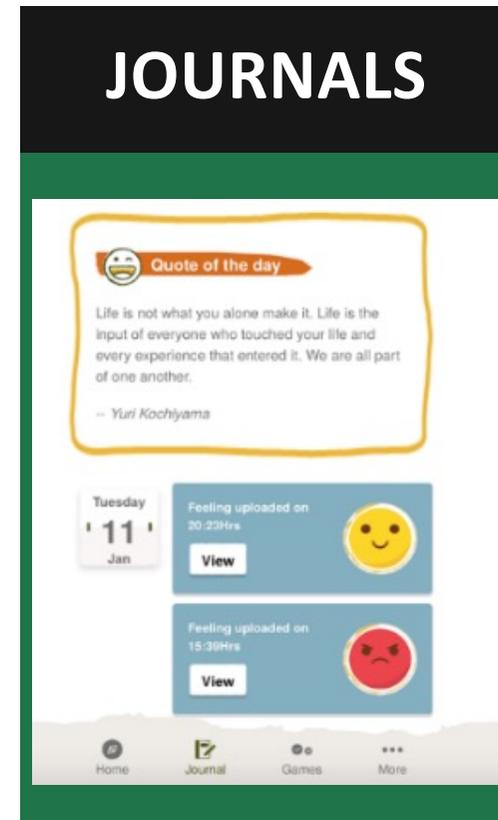
# Features of MOJ



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



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



# 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

**PACKING LIST**

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

**Illustrations and Callouts:**

- Long pants & long-sleeved t-shirt:** protect against insect bites, scratches and sunburn. \*Always wear long-sleeved t-shirt and long pants.
- Footwear:** Footwear covered shoes need to be worn throughout the day for all activities, ensure that the sole are intact. wear 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 and sandfly bites.

### IMPORTANT PERSONAL ITEMS

- Min. 10 pcs Extra Face Mask with Re-usable Bag
- 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. 2x 500 ml water bottle
  - Sharing of personal water bottle is not allowed for hygiene purposes
- 1 set Fork & Spoon
  - Metal items recommended
- Sufficient Essential Toiletries
  - For hygiene e.g. shamp, soap, 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 med, lotion (all prescribed medication must be declared)
  - \*OTC (over-the-counter) medication is not required
- Sufficient Toothbrush & Spare Batteries
  - For night-time movement around the campsite
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags/Re-usable Bags
- Sufficient Spare Spectacles or Contact Lenses
  - Sacs with spectacle bands
  - Retainers and books are not encouraged
- 1 pc EZ Link card ID

**OPTIONAL ITEMS**

- Sufficient Tropical Lightweight Sleeping Bag or Mat
  - Grass mat is not allowed
- 1 pair Gloves
- 1 pc Rain Jacket
- 1 pair Sunglasses
- 1 pc Watch

**Illustrations and Callouts:**

- Plastic bags:** Place non-reusable items in a bag, label with your personal data (e.g. name, class, school).
- Water bottle:** Insert expedient sun protection & water bottle. Multi-frame to protect against insect bites, sunburn and dried skin.
- Sunglasses:** For sun protection.
- Gloves:** For night-time movement.

# Before the MOC

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

1 Be Selfless, Supportive & Encourage His/Her Teammates



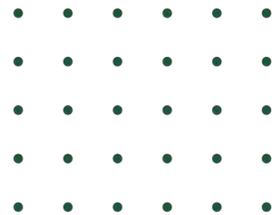
2 Participate Actively



3 Maintain A Positive Outlook

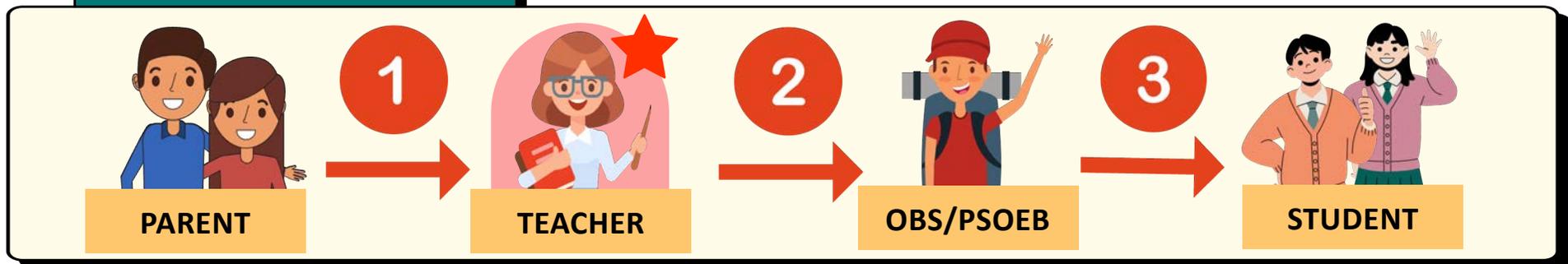


4 Immerse in The Experience & Environment

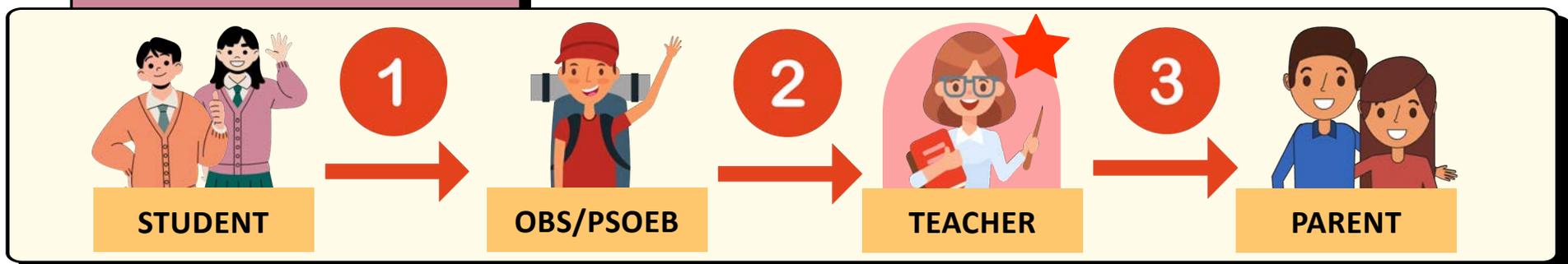


# Communicating With Your Child

## 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



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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*



# Q & A

