

MOE-OBS CHALLENGE PROGRAMME 2022 2D RESIDENTIAL

Queenstown Secondary School

Briefing for Parents/ Guardian



Ministry of Education
SINGAPORE



**Some photos were taken before covid-19*

Queenstown Secondary School

OBS course dates:

30th and 31st May 2022

(2 days 1 night, residential camp)



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Content

- 1** What is the 2022 MOE-OBS Challenge Programme?
- 2** What is the OBS course about?
- 3** How does OBS ensure my child's safety?
- 4** How do I register for my child?
- 5** How can I help to prepare my child?



1

**What is the 2022
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
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

1. As part of the SG United message of 'Together, We Can Brave The New', Singaporeans are encouraged to stay strong together.
2. Outdoor Adventure Learning (OAL) experiences provide opportunities where students learn to navigate and “brave the new” together by:
 - a) building 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 despite the constraints posed by the pandemic.





2

**What is the MOE-
OBS Programme
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 residential course



Post-course lessons and reflections

Pre-Course lessons and preparation



Outdoor Education in PE Lessons



Pre-course Lesson with Form Teacher



School Briefing to Students

**Pre-Course
Lessons and
Preparation**

**Sample
2-day Residential
Programme**

**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**

Integrating the blue and green spaces on mainland Singapore



OBS Heads to Mainland
Singapore - Lianhe Zaobao

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



*Adhering to Safety Management Measures

Outdoor Classroom



Develop character and learn values and skills through doing and reflection



Classroom is the outdoors



Learning in the outdoors

Post-Course lessons and follow-up



Journaling



Post-course Lesson with Form Teacher



Sample CCE Lesson Reflection Activity

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



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

OBS safety and operations

People



Qualified and Experienced Instructors

- Equipped with technical, pedagogical and safety skills
- 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

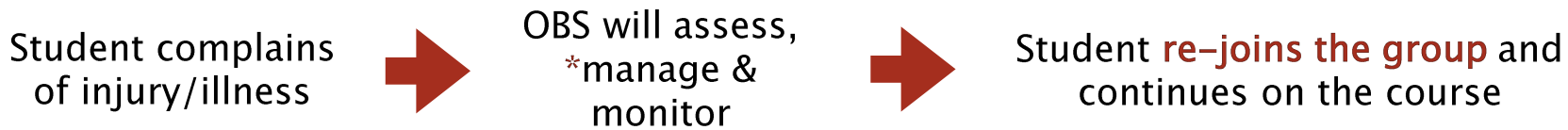
- Full-time Outdoor Nurse Practitioners who are registered nurses

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

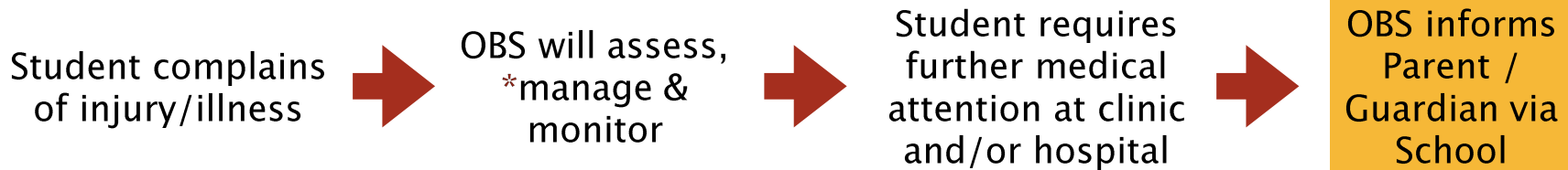
You will be informed when your child requires further medical attention, e.g. sent out to clinic or hospital.



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

Communication Channel

Please remain contactable always during the 2 days programme.

Parent ➡ **Teacher Coordinator**
(Tel: ____xx____) / MOE
HQ ➡ **OBS** ➡ **Participant**

Participant ➡ **OBS** ➡ **Teacher Coordinator**
(Tel: ____xx____) / MOE
HQ ➡ **Parent**



4

**How do I register
for my child?**

How do you register for your child?

1. Have the following ready:

a. 

d. Child's latest height and weight

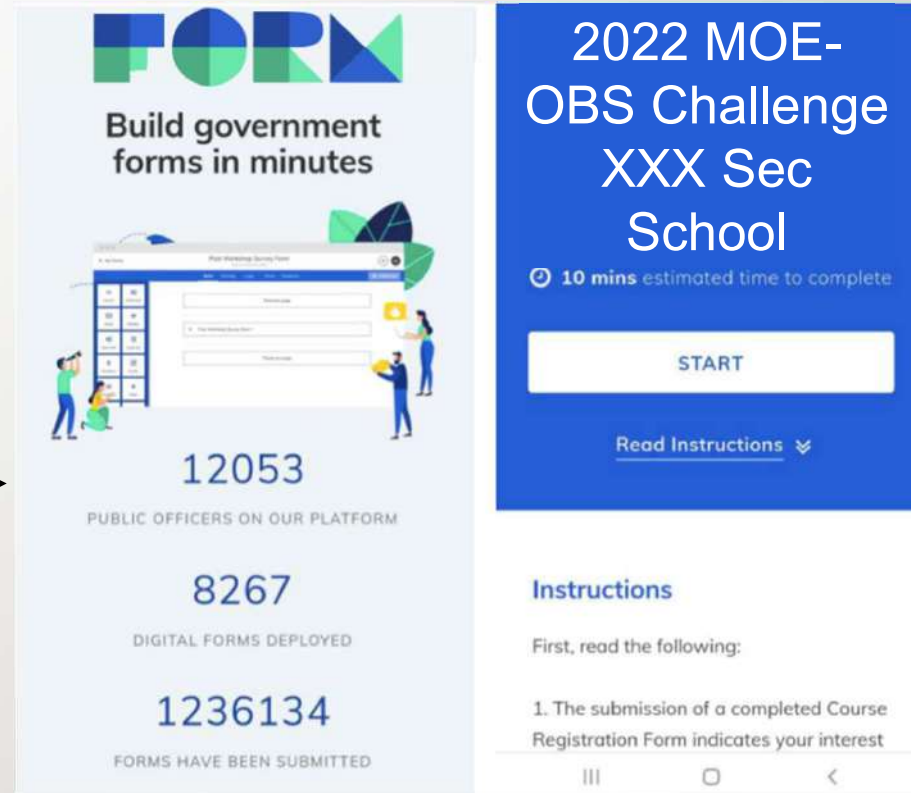


e. Child's tetanus vaccination date at www.nir.hpb.gov.sg

c. Child's school and class information

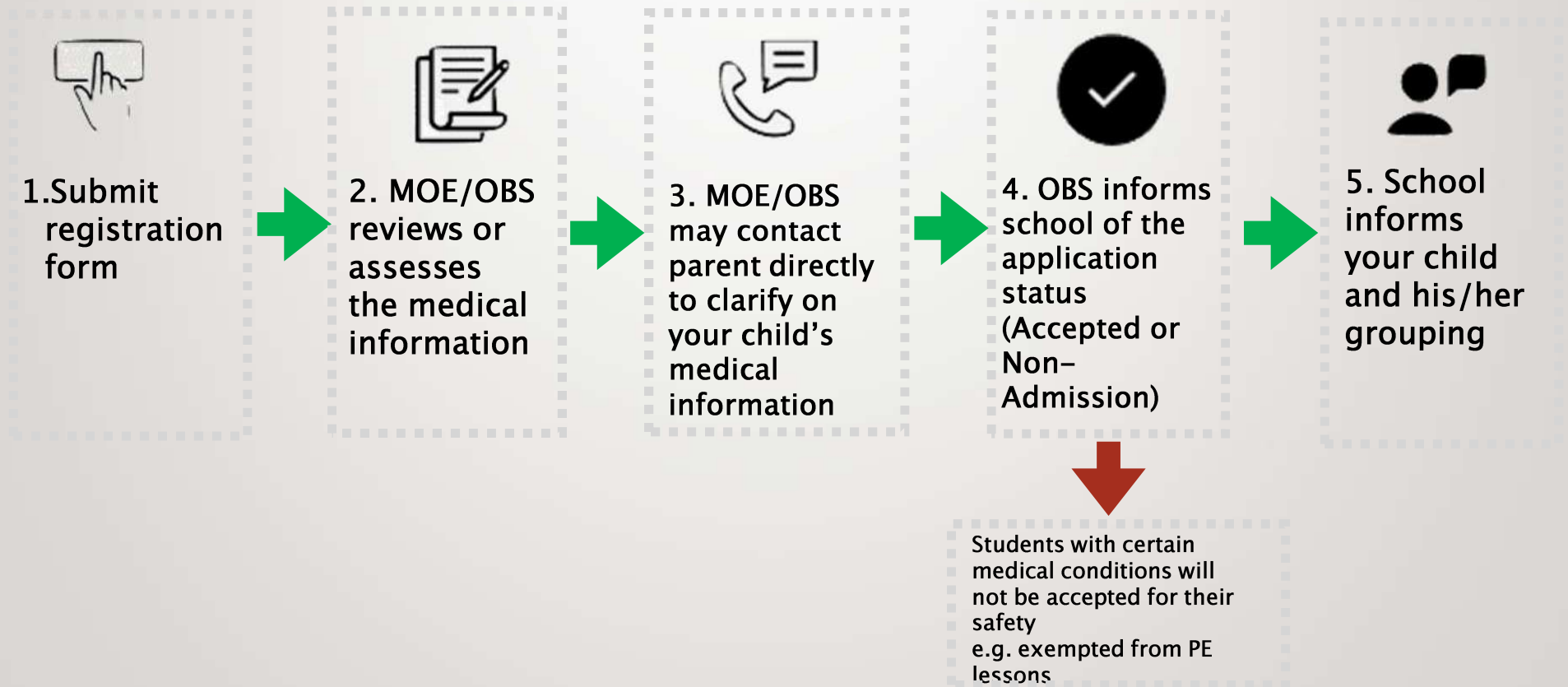
f. Child's Email address

2. Submit your child's e-registration



The screenshot displays the FORM platform interface. The main section features the FORM logo and the text "Build government forms in minutes". Below this, there are three statistics: "12053 PUBLIC OFFICERS ON OUR PLATFORM", "8267 DIGITAL FORMS DEPLOYED", and "1236134 FORMS HAVE BEEN SUBMITTED". The sidebar on the right contains the text "2022 MOE-OBS Challenge XXX Sec School", "10 mins estimated time to complete", a "START" button, a "Read Instructions" link, and an "Instructions" section with the text "First, read the following:" and "1. The submission of a completed Course Registration Form indicates your interest".

What happens after registration?





5

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

A new MOE–OBS Challenge Programme Website page

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



**Outward Bound
Singapore**

Inspired Individuals, Transformed Communities

Introduction

MOC

Programme ▾

Safety

Guidelines For

Parents ▾

FAQs

NOAE Master

Plan

My OBS Journey



A Rite of Passage, A Shared Experience

The MOE-OBS Challenge (MOC) programme offers a unique opportunity for the Secondary Three Students. As part of the National Outdoor Adventure Education Masterplan, the MOC programme seeks to develop ruggedness, resilience and build cohesion amongst youths. During the OBS course, students undergo a shared Outdoor Adventure Learning (OAL) experience and are provided opportunities to learn to work together in new, challenging, and authentic situations with their peers to overcome various challenges.

Find out more

MOE-OBS Challenge Programme website page

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

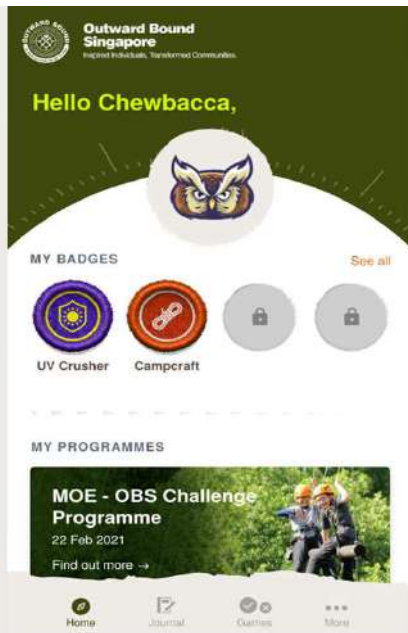


<https://go.gov.sg/moc>

*Photo was taken

Introducing My OBS Journey Web Application

Screenshot of My OBS Journey



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

My OBS Journey EDM

Remind your child to
Activate My OBS Journey
web application!

The account activation email will be
send 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.*

1ST EMAIL



2ND EMAIL



My OBS Journey Web App Features

What's new? (Resources)

Get yourself ready! Read this list of Resources before playing the games.

[Find out more →](#)



What do I pack?

Start your OBS adventure and pack right.

[Find out more →](#)



How do I feel today?

Choose an emoji and express yourself.

[Find out more →](#)



Who are my Watch Mates?

Find out who's joining you for your OBS adventure!

[Find out more →](#)



Reporting Instructions

Get important information for your first day here!

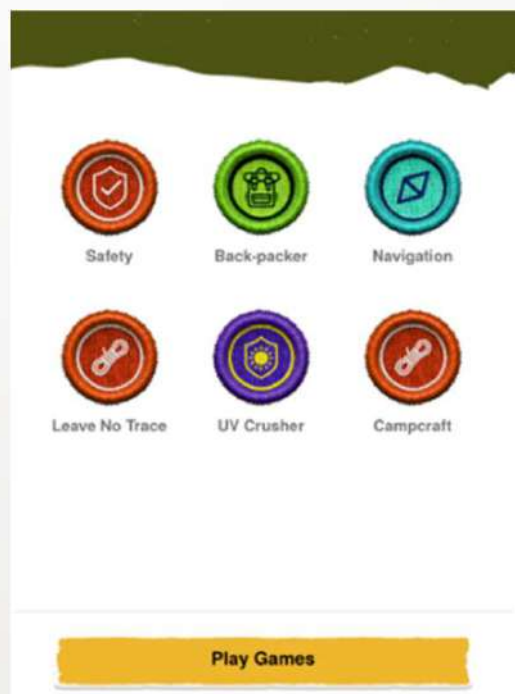


RESOURCES

It 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!



Parent's Webinar

- 3 sessions (April, July, September)
- Parents can register via this EDM QR code send by the school*
- Registration will open 1 month before event date

**parents please check with the school on the correct session to attend*



JOURNEYING WITH YOUR CHILD
MOE-OBS CHALLENGE PROGRAMME PARENT'S WEBINAR

Wondering what is the OBS experience for your child?
Join us for a live webinar session!

Date: 12 April 2022, Tuesday
Time: 7:30pm – 9pm

To register, scan QR code or use the link below:
<https://go.gov.sg/mocwebinar-apr22>
Registration period:
14 March – 1 April 2022
(or until all slots are taken)

Logos for Outward Bound Singapore and the Ministry of Education Singapore are also present.



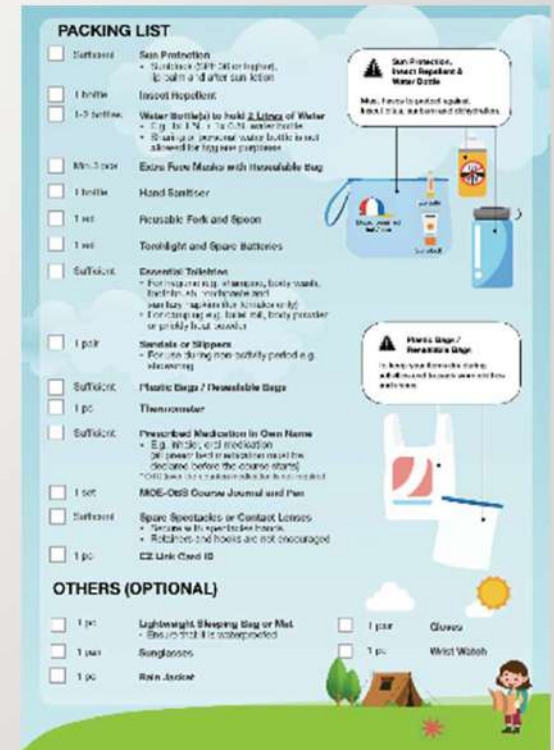
Packing List

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.

Refer to <https://go.gov.sg/2dpackinglist>

**Packing list can also be found on My OBS Journey web application or from the school briefing*



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

"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**

- Be **receptive** to advice and feedback
- Be brave in facing the unknown and stepping out of his/her comfort zone to take on new challenges



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 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/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



How can I help my child to learn from his/her experiences **after the course?**

1. **Reflect** with your child on his/her progress
2. **Encourage** your child to **share** his/her experiences

7. **Reflect** with your child on **lessons learnt** (both positive and negative experiences) during the course
8. **Help** your child to **apply what they have learnt** in daily life

3. **Acknowledge** your child's feelings/accomplishments
4. **Celebrate** his/her success
5. **Talk** about areas that **didn't go well**
6. **Encourage** your child to **share his/her feelings** on achieving or not achieving a goal

9. **Affirm** your child's effort to make **positive change**
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**

ST Photo Story 17072017: Teenage Rite of Passage



Video Link:

www.go.gov.sg/moe/obschallengeprogramme-etdvideo

QR Code (article):



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

**“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!

