



QUEENSTOWN SECONDARY SCHOOL

1 Strathmore Road Singapore 148800

Tel: 6474 1055 Fax: 6474 1295

<http://www.queenstownsec.moe.edu.sg/>

Leaders for Tomorrow, Anchored in Values, Committed to Serve

22 March 2022

Dear Parents/Guardians,

2022 MOE-OBS Challenge Programme

We are pleased to inform you that your child will be participating in **the MOE-OBS Challenge Programme** in 2022. This is part of the National Outdoor Adventure Education Master Plan which the Ministry of Education (MOE) has put in place to strengthen the holistic development of all 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, as well as a 2-day **non-residential** Course at Outward Bound Singapore (OBS).

Programme information

The course will be conducted on **30th (Mon) and 31st (Tue) May 2022** by OBS at different parts of Singapore. Using the outdoors as 'classrooms', this experiential learning course will offer your child unique opportunities to work together with their peers to overcome various team challenges.

Through the course, our students will learn to:

1. manage challenges positively through self-directed learning and making the right choices to influence their circumstances; and
2. appreciate the natural heritage of Singapore and recognise that everyone plays a part.

This programme is co-designed by MOE and OBS to ensure that it is of high quality, supports the school curriculum and is suitable for our students. Please note that your child will also need to attend a compulsory OBS Post-Course reflection on 2nd Jun 2022. This session will be conducted by Class Mentors in school from 8am to 9.30am.

We would like to assure you that the positive learning experiences and well-being of your child is our top priority. This programme is supported by a robust risk management system to ensure safety. With a team of well-trained and certified outdoor instructors, together 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 your child will be safe while participating in the programme. We will also ensure that all participants will adhere to the prevailing COVID-19 Safe Management Measures throughout the 2-day course.

Online Registration

MOE-OBS requires you to register your child for the programme online. The online registration form includes a health declaration that you will need to complete on behalf of your child. Additional information is also available on the school website. Please access these through the following links.



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For more information about the MOE-OBS programme	https://www.queenstownsec.moe.edu.sg/lp_announcement/moe-obs-challenge/
For the link to register	https://go.gov.sg/2022moeobs-queenstownss IMPORTANT: All parents/guardians must register for the MOE-OBS programme via this link by Mon, 28th March 2022.

Please prepare the following information before starting the e-Registration:

- SingPass log in details
- Your child's personal details including class
- Your child's latest health information including tetanus immunisation date and height, weight and BMI
 - Check the date of the Applicant's Tetanus vaccination(s) at www.nir.hpb.gov.sg (vaccination records are only available for children born in or after 1996). Validity to be within 10 years of the Course date.
 - Calculate the Applicant's BMI at <https://www.healthhub.sg/programmes/93/bmi-calculator>.

Payment

The programme is fully funded by MOE. **There is no payment required for all participants.**

Enquires

To know more information about this year's MOE-OBS Challenge Programme, we strongly encourage all parents to view our MOE-OBS Parents Briefing Video by clicking on this link: <https://youtu.be/kLZigrXUaOM>

We also attached an "Important Note" and the list of "Frequently Asked Questions" for your

If you have any query with regards to the programme, please contact my following colleagues at 64741055 or through e-mail.

<u>MOE-OBS Coordinators</u>	<u>Emails</u>
Mr Tan Yong Kai	tan_yong_kai@moe.edu.sg
Mrs Minna Cheong (SH PE)	koh_minna@moe.edu.sg
Mr Koa Chee Meng (HOD PE/CCA)	koa_chee_meng@moe.edu.sg

We look forward to your child/ward active participation in this exciting programme in this coming June Holidays.

Yours faithfully

Mr Sim How Chong
Principal



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2022 MOE-OBS CHALLENGE PROGRAMME

IMPORTANT NOTE

OBS experience is packed with adventures and learning moments you will not find within a four-walled classroom. It re-connects you with the natural world and re-engages your senses, broadens your perspectives, and gives you clarity of your potential. The 2022 MOE-OBS Challenge programme seeks to develop resilience and connectedness with nature. We hope to inculcate a positive mindset in managing difficult situations and promote sustainable living.

The Outward Bound experience utilises a very kinaesthetic approach to ensure optimised learning. The OBS course is set in a rugged, outdoor environment, and may comprise land- and/or water-based component(s). These may include, but are not limited to:

- a. Land activity e.g., trekking (up to 5 hours in a day) with minimal load on uneven ground.
- b. Water activity e.g., kayaking, rowing (up to 5 hours in a day).

Students will be group within the levels throughout the programme. Besides coping with the physical challenges, the course often results in intense emotional experiences. Students may find themselves confronting personal fears or self-imposed limits while adjusting to the physical activities.

Instructors are proficient in outdoor skills and trained in Wilderness Advanced First Aid to stabilise injuries and manage illnesses when they surface. In the event where more medical care is required, OBS has a medical centre staffed by Outdoor Nurse Practitioners (ONP) who are Registered Nurses. Instructors and medical centre staff may administer over-the-counter oral/topical medication where necessary.

The full list of over-the-counter oral/topical medication that may be used as necessary during the Course can be found at www.go.gov.sg/OBSOTC or you may obtain it from the teacher coordinator. You are required to inform us if the Applicant suffers any allergies, including any adverse reactions to over-the-counter oral/topical medication, or if you are aware of any other medical reason that administration of over-the-counter medication is not possible.

If necessary, participants will be referred to external medical facilities, such as the polyclinics, for a Physician's assessment. Should there be a need for emergency evacuation, it is estimated that the full evacuation process could take up to two hours, depending on the location of the patient, weather and other factors beyond our control. Next-of-Kin will be informed via the organisation/Teacher Coordinator when participants are referred to external medical facilities.

The safety of the students is our highest priority. To make a proper assessment of the Applicant's suitability to participate in the Course, it is important that a full and accurate disclosure of the Applicant's medical condition is provided to OBS. This will allow OBS to provide the students with a safe and meaningful Outward Bound experience.

Applicants with condition(s) as follow will require a Physician's recommendation of fitness:

- Any condition with exemption from National Physical Fitness Award (NAPFA); or
- Diabetes with insulin

While OBS strives to be inclusive, we are unable to enrol Applicants with pre-existing conditions as follow:

- Conditions requiring exemption from Physical Education lesson.
- Epilepsy / fits / seizures – Any episodes or on medication within the last 2 years
- Thalassemia Major; or
- Any conditions that may impair movement and/or adversely affect safety to self or others during the course

Applicants with any diagnosed condition(s) and/or on existing follow-up for any condition not listed might be advised if they are required to provide the latest review information from their attending Physician for assessment. All information provided will be treated with confidentiality.

For further clarification or enquiries, contact Outward Bound Singapore:

- For medical screening matters, call Tel: 6540 0136

- For enrolment matters, email: obs_programmes@nyc.gov.sg

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Students will be put into groups within their level, also known as 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	Land/ Water-Based Adventure Activities <ul style="list-style-type: none">• <i>Build competence and confidence</i>• <i>Raise awareness on environmental issues</i>
Day 2	Land/ Water-Based Adventure Activities <ul style="list-style-type: none">• <i>Develop resilience as individuals, surmounting challenges and achieving a sense of accomplishment as a team</i>
Journaling / Debriefing <ul style="list-style-type: none">• <i>Reflect on meaningful learning experiences and establish action plans for the transfer of learning</i>	



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2022 MOE-OBS Challenge Programme

FREQUENTLY ASKED QUESTIONS

General

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 OBS Course 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. Students are not graded for performance but are encouraged to work on goals they set for themselves.</p> <div style="text-align: center;"> <pre> graph LR A[Pre-Course (school-based)] --> B[2-day Course at OBS] B --> C[Post-Course (school-based)] </pre> </div>
2	What kind of activities will my child be going through during the OBS Course?	<p>OBS uses the outdoors as its classroom. Your child 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 conducted over land and sea. It allows students to reconnect with nature, develop their resilience and connectedness with nature, while having a positive mindset in managing difficult situations.</p>
3	Is the OBS course compulsory for my child?	The MOE-OBS Challenge Programme is part of school curriculum but parental consent is still needed for the OBS course.

2-Day Course

S/N	Question	Answer
4	How can the safety of my child be ensured during the OBS course, with such a big group of students coming together?	<p>The positive learning experience and well-being of your child is our priority. Activities are purposefully designed to meet the programme outcomes. The students are supervised by qualified OBS Instructors who are trained in Wilderness First Aid, and have undergone rigorous training, technical skills assessments and certifications.</p> <p>Students undergo the course in groups of up to 12-14 per Instructor, to facilitate good interaction, adequate peer support and opportunities to practice leadership roles.</p>



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		In addition, OBS has a robust safety monitoring system and evacuation plan for emergencies.
5	What are the SMM in place for the OBS course?	MOE-OBS adopts strict adherence to safe distancing and safe management measures for conduct and participation of outdoor activities in accordance with prevailing Covid-19 situation and guidelines from national governing and advisory bodies. Some examples are: i. Staggered movement will be implemented for large groups ii. Face masks are to be worn at all times and must maintain a safe distance of 1 metre from each other at all times iii. Maintain a safe distance of 2 metres from each other when face masks cannot be worn during strenuous activities.
6	Does my child need to be certified fit by a medical doctor to attend the OBS course?	Your <u>timely submission</u> of the online registration form with <u>accurate information</u> is important. An accurate declaration of your child's health condition will allow us to assess if your child needs to be certified fit for participation by a medical doctor and/or if your child requires any additional support during the OBS course. You may refer to the important note on page 3 of this letter for more information.
7	Will my child be forced to go through an activity that he/she is not confident in?	OBS Instructors are trained to motivate and provide a supportive environment for the participants. Your child will not be forced to participate in any activity and will not be asked to engage in an activity without safety briefings and orientation. However, he/she will be strongly encouraged to participate in all 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'.
8	Where will these activities be conducted?	Different activities will be conducted on mainland Singapore and/or Pulau Ubin. The OBS Course is designed such that despite the different types of activities, students can achieve the same learning outcomes.
9	What happens if my child has their period during the Course? Can they still go through the water activities?	Your child can still participate in all activities as per usual. Female 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, unless otherwise stated by their doctor. Additionally, they can approach any female OBS Instructor for assistance during the Course.



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10	What should my child bring for the OBS Course?	<p>Please refer your child to the packing list. There is no need for expensive, technical gear. We encourage your child to borrow items that he/she does not have from family/friends/schoolmates to minimise unnecessary expenses.</p> <p>OBS discourages students from bringing along expensive items. Your child'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>
11	If my child is unwell or injured during the Course, do I need to pick my child up? What if I cannot pick my child up?	<p>If your child is sent to a clinic or hospital for further diagnosis or treatment, you may need to pick them up if the doctor issues them a medical certificate (MC), as it is best recommended for them to rest at home. We do not encourage your child to continue with the Course.</p> <p>If your child is ill, we may ask that you pick your child up to see a doctor.</p> <p>In both cases, your child will benefit from the comfort of your presence, and it is best for them to be brought home to rest, after seeking medical advice.</p> <p>If you are unable to pick your child up, you can arrange for another family member above 18 years old to do so on your behalf or request for assistance from the school.</p>

Communication

S/N	Question	Answer
12	Will I be informed if my child is injured/unwell?	<p>At first instance of receiving a report of an injury/illness, OBS will assess, manage and monitor. Medical treatment will be given by the Instructor and/or our qualified OBS nurses for the well-being of your child.</p> <p>You will be informed if your child requires further medical attention at a clinic or hospital.</p> <p>If, after a period of rest and monitoring, our nurses and Instructors assess your child to be fit to re-join the Course, you will not be informed.</p>

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13	How do I contact my child in the event of a family emergency?	<p>You may contact your child via the Teacher Coordinator. However, due to the expeditionary nature of the course, we seek your understanding that some time is needed for OBS to reach your child.</p> <p>Your child'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>
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Registration

14	I am a Singaporean/PR, but I do not have a SingPass. How do I register my child for the programme?	You may register for a SingPass via www.ifaq.gov.sg/singpass . The link also provides responses for other related SingPass queries.
15	I am a foreigner and do not have a SingPass. How do I register for the OBS Programme?	Please approach your child's teacher for assistance. Your child may still be enrolled.
16	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.



Medical Examination (applicable only to those who have been informed that they need to be certified fit for participation by a medical doctor)

S/N	Question	Answer
17	I am taking my child to see our family doctor for the medical examination. What do I need to bring?	<p>a) <u>A Medical Examination Form</u> <i>You can either obtain a copy from the school through your child, or access and print out a copy that can be retrieved at www.go.gov.sg/moe-obsmedform or refer to the QR code below.</i></p>  <p>b) <u>Your child's e-Registration Form response (in PDF)</u> <i>You should receive an email acknowledgement from OBS upon submitting the e-Registration Form.</i></p>
18	What are the steps involved for 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 in the 2-day Course. Any medical concerns should be brought to the doctor's attention.</p> <p>Step 3: Ensure that the Medical Doctor has certified your child 'fit' on the Medical Examination Form (with medical doctor's signature and 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>

Others

S/N	Question	Answer
19	What if nationwide situations that impact your child's participation arise?	<p>In the event of a nationwide situation that impacts your child's participation (e.g., haze, COVID), MOE and OBS will provide updates to schools. MOE & OBS will reference requirements and standards from national agencies and apply the relevant requirements to the Course. During this time, if you have other questions regarding OBS, please check back with us at OBS_Programmes@nyc.gov.sg</p>