

# MOE-OBS CHALLENGE PROGRAMME 2021 (Sembawang Secondary School)



Ministry of Education  
SINGAPORE



# Sembawang Secondary School

**OBS course dates:**  
5-6 August 2021

**Teacher Co-ordinator:**  
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**1**

**What is the 2021  
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
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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 ‘Let’s 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 OBS  
Course 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 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**

**2-Day Non-Residential  
Course**

**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

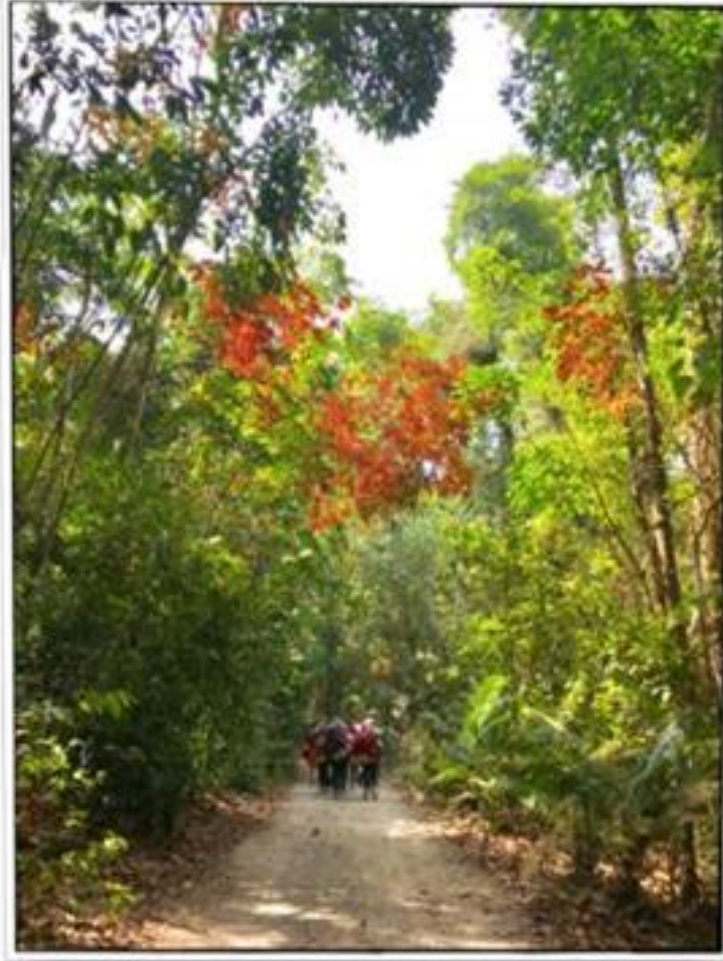


# Where will my child be reporting at during the 2-day OBS Course?



\*Adhering to Safety Management Measures

# Outdoor Classroom



Learning in the outdoor classroom



Develop character and learn values and skills through doing and reflection



# Post-Course lessons and follow-up



**Journaling**



**Post-course Lesson with Form Teacher**

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



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

# OBS safety and operations

## People



## Instructors

- Went through 6 - 8 months of training
- 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 from various backgrounds i.e. Emergency Dept, Red Cross, ICU, etc.

# OBS Safe Management Measures



OBS' COVID-19  
screening measures  
and declaration



Participants will be  
grouped within the  
same class



All students to wear  
facial masks at all times  
and maintain safe  
distancing



Students to be at least  
2m apart while  
performing strenuous  
activities without mask



Temperature-taking  
exercise



Enhanced personal  
and field hygiene  
practices



Staggered in-  
processing of students



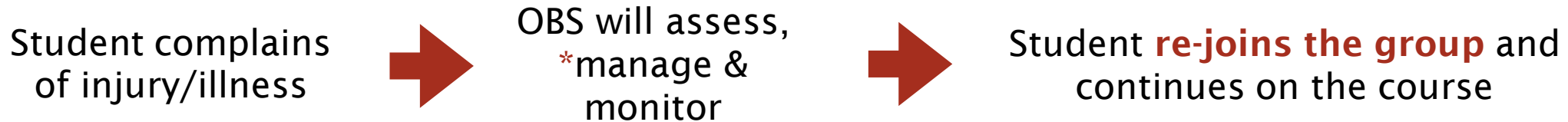
Stepped up site, facilities  
and equipment  
cleanliness and  
maintenance regime

# When will you be informed?

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



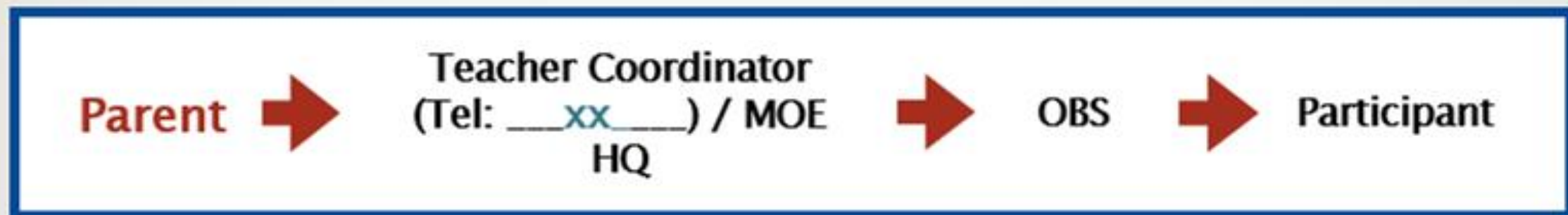
## Scenario 2: OBS informs Parent via School



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

# Communication channel

Parents are to remain contactable during the 2-day course.



**4**

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



# How do you register for your child?

Have the following ready:



and



Build government forms in minutes



12053

PUBLIC OFFICERS ON OUR PLATFORM

8267

DIGITAL FORMS DEPLOYED

1236134

FORMS HAVE BEEN SUBMITTED

## 2021 MOE-OBS Challenge XXX Sec School

🕒 10 mins estimated time to complete

START

[Read Instructions](#) ▾

### Instructions

First, read the following:

1. The submission of a completed Course Registration Form indicates your interest



# What happens after registration?



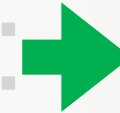
1. Submit registration form



2. MOE/OBS reviews or assesses the medical information



3. MOE/OBS may contact parent directly to clarify on the child's medical information



4. OBS informs school of the application status (Accepted or Non-Admission)



5. School informs your child and his/her grouping



Students with certain medical conditions will not be accepted for their safety  
e.g. exempted from PE lessons

**5**

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

# How can I help my child before course?

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.

# Packing List

**MOE-OBS CHALLENGE PROGRAMME PACKING LIST (2-DAY NON-RESIDENTIAL)**

- This is a guide to help you pack
- You are encouraged to borrow from friends and family if you do not have the items
- Please keep your expensive items at home
- Do label your items and pack it in a small backpack/school backpack
- Come prepared to OBS in either the land or water activity attire as informed by your school

\* Military or camouflage print attire is not allowed

### LAND ACTIVITY

**REPORTING ATTIRE**

- 1 pc Long-Sleeved T-shirt
- 1 pair Long Pants
- 1 pair Covered Shoes and Socks

**TO BRING**

- 1 set Clean Set of Clothes
- 1 pc Small Towel

### WATER ACTIVITY

**REPORTING ATTIRE**

- 1 pc Long-Sleeved T-shirt
- 1 pair Long Pants
- 1 pair Covered Shoes

**TO BRING**

- 1 set Clean Set of Clothes
- 1 pc Small Towel
- 1 pair Covered Shoes and Socks

**Long-Sleeved T-shirt & Long Pants**  
Protect against insect bites, abrasion and sunburn.

**Footwear**  
Shoes need to be worn throughout the day for all activities such as walking distances and climbing.  
Wear shoes that fit well, are comfortable and provide support to prevent blisters and injuries.  
Wear covered shoes for water activities for protection from underwater rocks and barnacles.

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

**REMEMBER!** Check with your teacher which activity to pack for each day!

**IMPORTANT PERSONAL ITEMS**

- Min. 1 pc Extra Face Mask
- 1 bottle Hand Sanitiser
- 1 pc Thermometer
- 1 bottle Insect Repellent
- Sufficient Sun Protection
  - Sunblock (SPF 30 or higher), lip balm, broad brimmed hat/cap and after-sun-lotion
- 1 - 2 bottles Min 2 Litre Water
  - For drinking water e.g. hard-shell water bottle (avoid disposable mineral water bottles to prevent trash)
  - For hygiene purposes, sharing of personal water bottle is not allowed. Water top-up is provided.
- 1 set Fork & Spoon
  - Recommended metal utensils
- Sufficient Prescribed Medication In Own Name
  - e.g. inhaler, oral medication (all prescribed medication must be declared before the course starts)
  - Do not bring OTC (over-the-counter) medications
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags / Re-sealable Bags
- Sufficient Spare Spectacles
  - Include spectacles bands to prevent loss of specs. Retainers and hooks are not encouraged
- 1 pc EZ Link Card ID

**OTHERS (OPTIONAL)**

- Sufficient Essential Toiletries
- 1 pair Sunglasses

**Sun Protection, Insect Repellent & Water Bottle**  
Must-haves to protect against insect bites, sunburn and dehydration.

**Plastic Bags / Re-sealable Bags**  
To keep your items dry during activities.

# 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 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

# 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**
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
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
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**

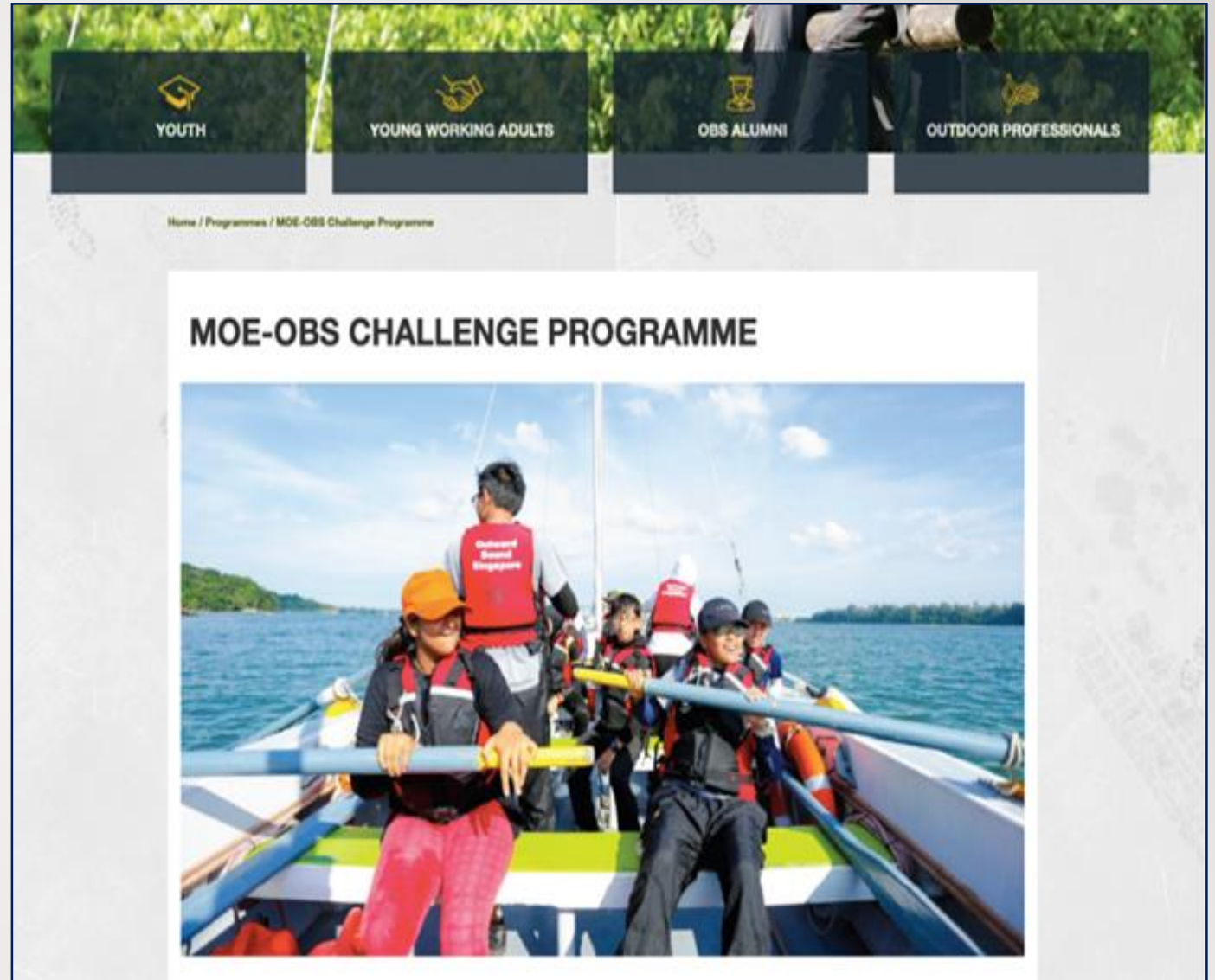


# MOE-OBS Challenge Programme website page

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



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“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!

