

# QUEENSTOWN SECONDARY SCHOOL

## Parents Briefing for MOE-OBS Challenge Programme

### COURSE DATES:

Course A: 3 – 7 Feb 2025

Course B: 10 – 14 Feb 2025

### TEACHER CO-ORDINATOR:

Mrs Minna Cheong

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

[Koh\\_Minna@schools.gov.sg](mailto:Koh_Minna@schools.gov.sg)



Ministry of Education  
SINGAPORE



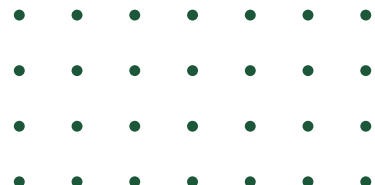
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**03** How do I eRegister my child?

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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

# 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



## MOC 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

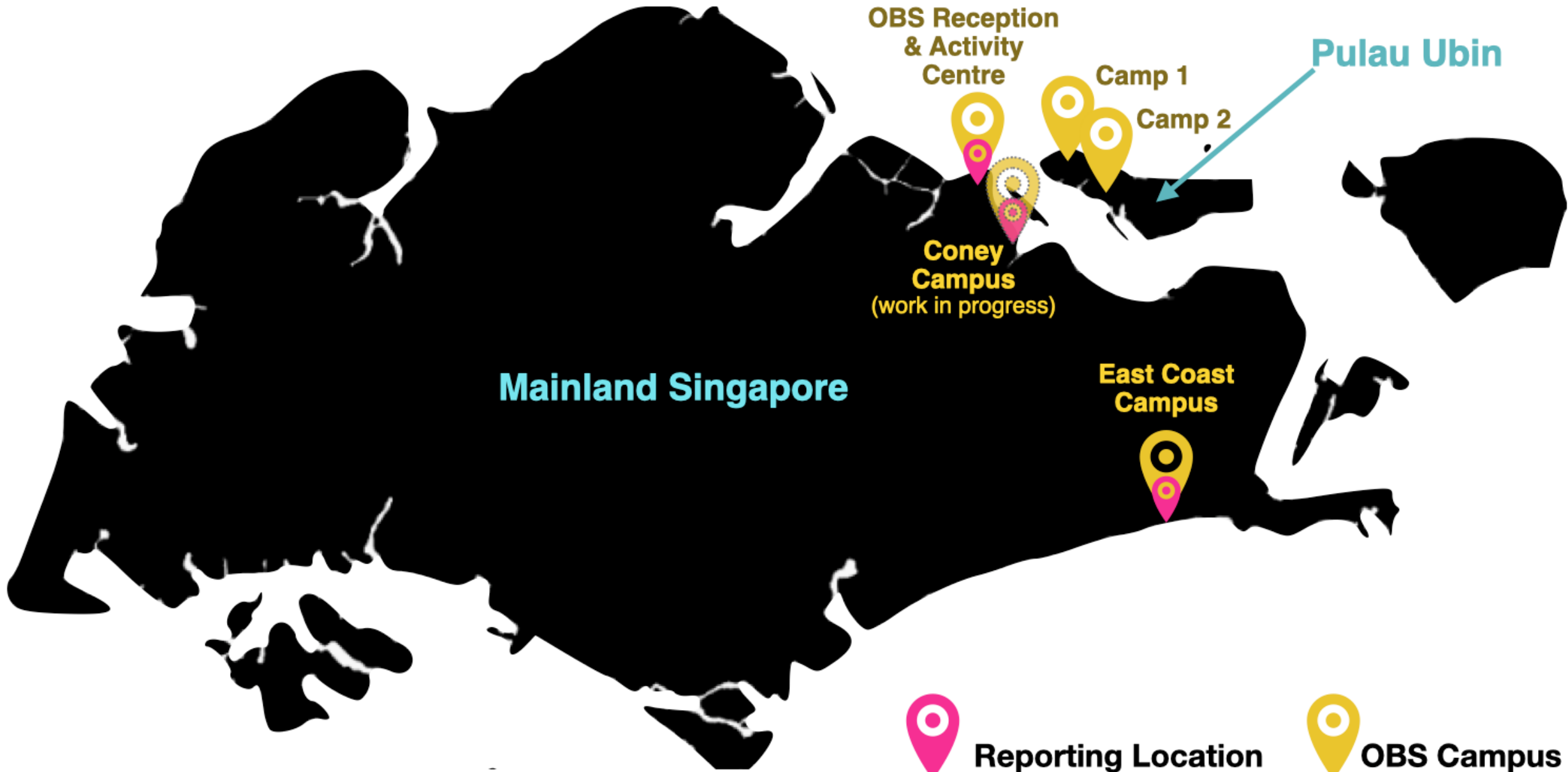
- Develop character and learn values and skills through doing and reflection
- Learning in outdoor classroom



# Sample of an MOC Course

First Day	←—————→	Last Day
<p><b>Objective:</b> <b>Team Socialisation</b></p>	<p><b>Objective:</b> <b>Building competence &amp; confidence by overcoming challenges as a team</b></p>	<p><b>Sharing of Feedback, Transfer of Learning</b></p>
<p>In-process administration Ice breaker Expectation setting First aid briefing Team problem solving activities Expedition preparation</p>	<p>Expedition preparation, journaling, morning circle Land and water-based expeditions Wash up, tent pitching, outdoor cooking</p>	<p>Peer affirmation Commitment activity Sharing of feedback Transfer of learning Final debrief Certificate presentation</p>
<p><b>Debriefing / Journaling / Sharing of reflection / Lights out</b></p>		





OBS Reception  
& Activity  
Centre

Camp 1

Camp 2

Pulau Ubin

Coney  
Campus  
(work in progress)

Mainland Singapore

East Coast  
Campus



Reporting Location



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 young boy and several women, are gathered around a map on the ground. They are wearing yellow life jackets and orange shirts, suggesting they are part of a search and rescue or humanitarian team. The background shows a simple outdoor setting with a blue door and a white plastic chair. 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 Height & Weight

# Enrolment

Your child will go for medical examination held in school

9 and 11 Sep

MOE/OBS reviews or assesses the medical information

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

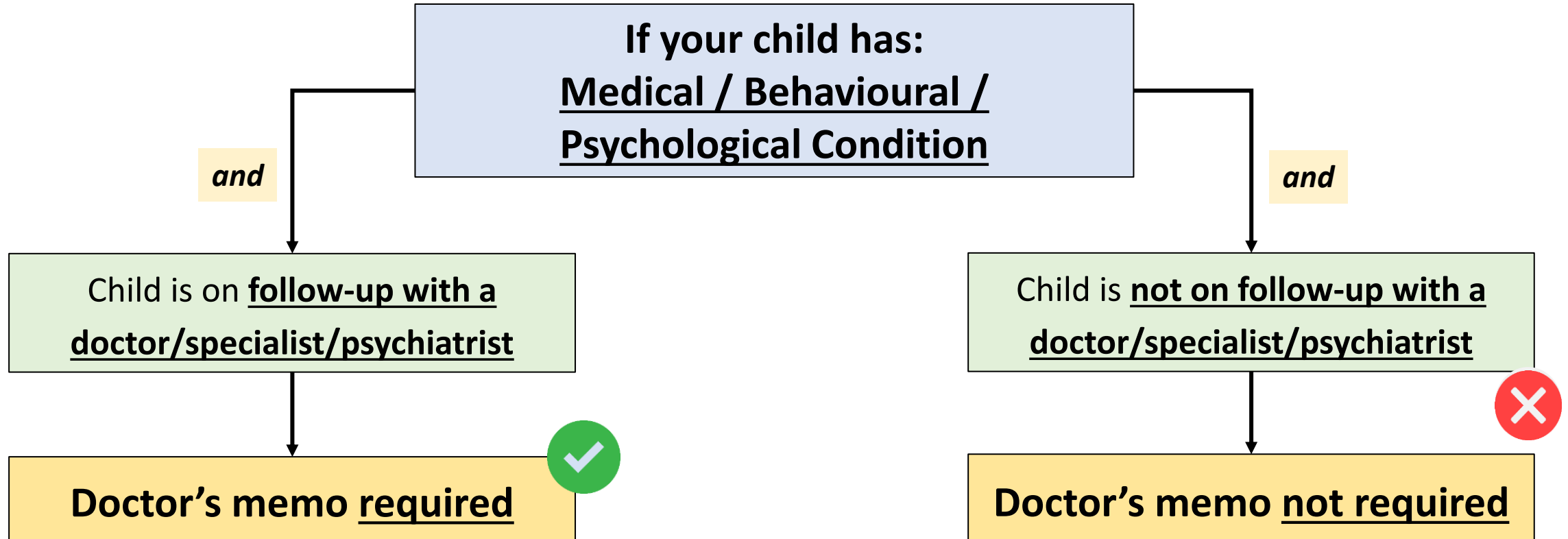
OBS informs school of the application status – accepted or non-admission

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

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

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

# Conditions that require a specialist's memo





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?**

# MOC ASK GOV

Can my child bring his/her handphone?

Does my child need to bring a sleeping bag?

Will there be washrooms / toilets available if my child is camping outdoors?

What happens if my child is unable to swim?



<https://ask.gov.sg/obs>

Scan the QR Code to be directed to MOC ASK GOV

✓ An easy interactive and simplified FAQ platform to assist parents' enquiries regarding the MOC course

- Parents may also visit the MOC website (<https://go.gov.sg/moc>) to read up more on the programme

# 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/mocpackinglist>



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

*\*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
- 1-4 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
  - Mandatory for sea expedition
- 1 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 pairs Shorts
  - For physical activities e.g. PE at the
- Sufficient Undergarments
  - Avoid disposables to minimise trash
- 2pc Towels
  - 1 for showering (just 60cm x 130cm)
  - 1 small towel for expeditions (just 30cm x 60cm)
- 1 pair Additional Covered Shoes for Water Activities
  - For protection from underwater rocks, ice cracks etc (e.g. sea/water activities)
- 1 pair Sandals/Slippers
  - For use during non-activity period e.g. showering eg
- Sufficient Socks

**IMPORTANT NOTES:**

- Long pants & long-sleeved t-shirt:** protect against insect bites, abrasions and sunburn. \*Military or army-style pants are not allowed.
- Footwear:** 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 and sandfly bites.

### IMPORTANT PERSONAL ITEMS

- Min. 10 pcs Extra Face Mask with Re-sealable 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 500ml water bottle
  - Sharing of personal water bottle 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. talc or talc 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 are not required
- Sufficient Torchlight & Spare Batteries
  - For night/early movement area of the campsite
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags/Re-sealable 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

**ADDITIONAL NOTES:**

- Plastic bags:** Put your re-sealable bags in a bag, label with your personal details e.g. name, class, school.
- Re-sealable bags:** Must have to protect against insect bites, sunburn and dehydration.
- Sunglasses:** For sun protection.
- Whistle:** For use protection.

# Before the MOC

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

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



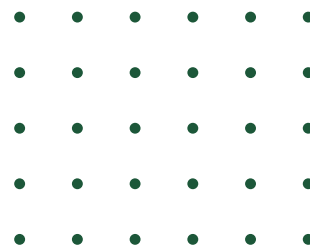
**2** Participate Actively



**3** Maintain A Positive Outlook

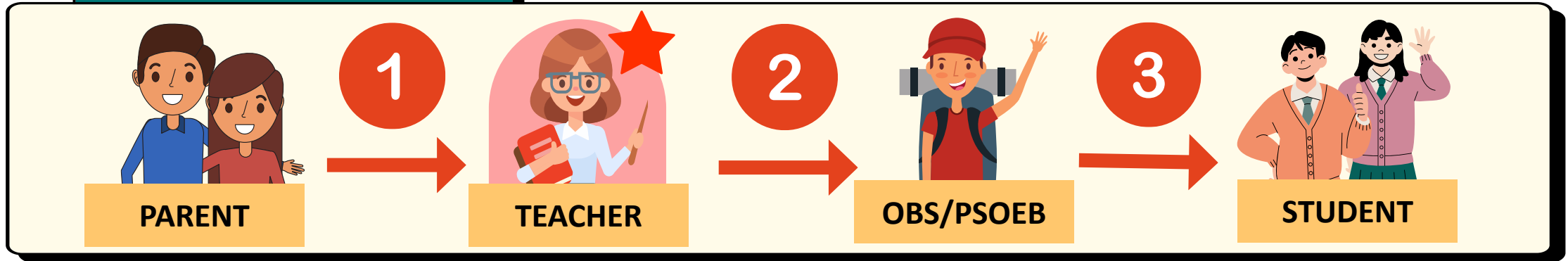


**4** Immerse in The Experience & Environment

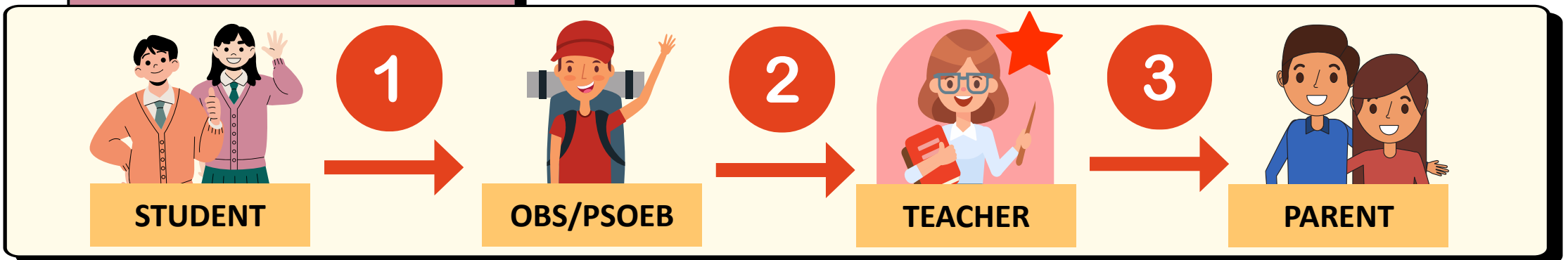


# Communicating With Your Child

## 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

# Q & A

