

CHIJ St. Theresa's Convent

MOE-OBS Challenge Programme

OBS 5D4N course dates:

24 June – 28 June 2024 (Batch 1)
and 1 July – 5 July 2024 (Batch 2)

Teacher Co-ordinators:

1. Mr Darren Ng (ng_yong_sheng@moe.edu.sg)
2. Mr Lee Boon Leong (lee_boon_leong@moe.edu.sg)
3. Mr Toh Boon Hui (toh_boon_hui@moe.edu.sg)



Ministry of Education
SINGAPORE



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Content

1. What is the MOE-OBS Challenge Programme?
2. Safety – Our Top Priority
3. How do I eRegister for my child?
4. How can I help to prepare my child?



1

What is the MOE-OBS Challenge (MOC) Programme?



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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**.



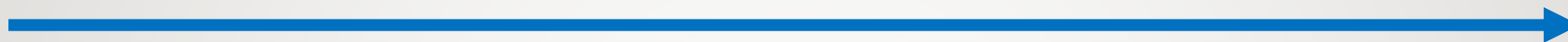
Authentic learning experiences help our students to develop 21st century competencies as well as competencies for **sustainable, active and healthy living**.



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Outdoor Adventure Learning Experiences 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



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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 Daughter 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.



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Your Daughter'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
Debriefing / Journaling / Sharing of reflection / Lights out				
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



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A woman and a child are rappelling down a rope. The woman is in the foreground, wearing a blue cap and a red shirt, and is holding the rope. The child is behind her, wearing a white cap and a yellow shirt, also holding the rope. They are both looking down at the rope. The background is a blurred green forest.

2

**YOUR DAUGHTER'S SAFETY
IS OUR TOP PRIORITY**

Your Daughter'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 Daughter 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 photograph of three people wearing yellow life jackets, looking down at a map spread on the ground. The person on the left is wearing a grey cap and glasses. The person in the middle is a young man with a green patterned scarf. The person on the right is wearing a red shirt. They are outdoors, with a blue structure and trees in the background. A green circle with the number 3 is overlaid on the image.

3

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

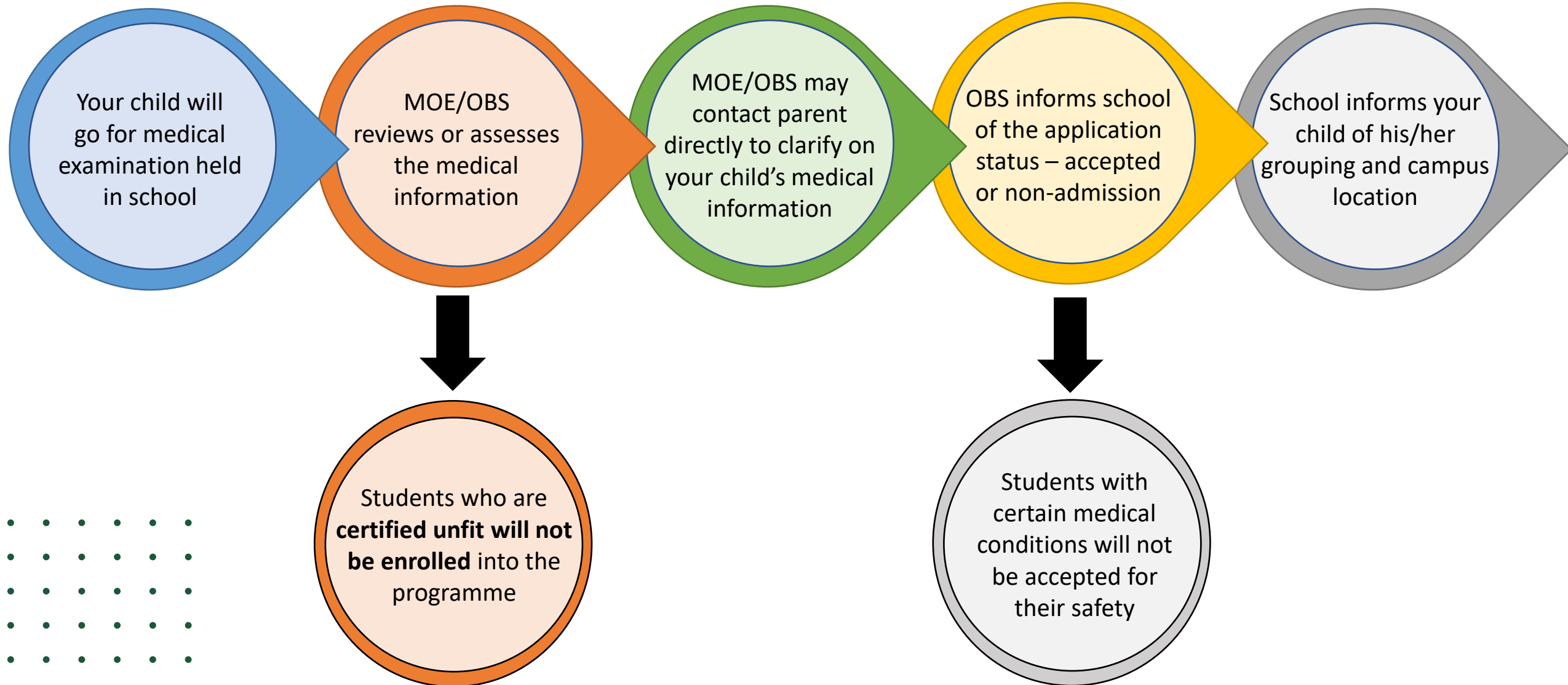
Conditions that require a specialist's memo

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



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Batch 1 (24 – 28 June 2024) Class: 3A, 3C, 3D & 3G	https://go.gov.sg/2024moeobs-chijstc-batch1 
Batch 2 (1 – 5 July 2024) Class: 3B, 3E & 3F	https://go.gov.sg/2024moeobs-chijstc-batch2 

Parents can eRegister your child through these links below from **10 Jan 2024** till **2 Feb 2024**.

* OBS Medical screening will be conducted in school on 19-21 February 2024.



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Medically Excused from OBS

If your child is unable to attend MOE-OBS programme due to medical reasons, please email the school programme coordinators with the doctor's memo:

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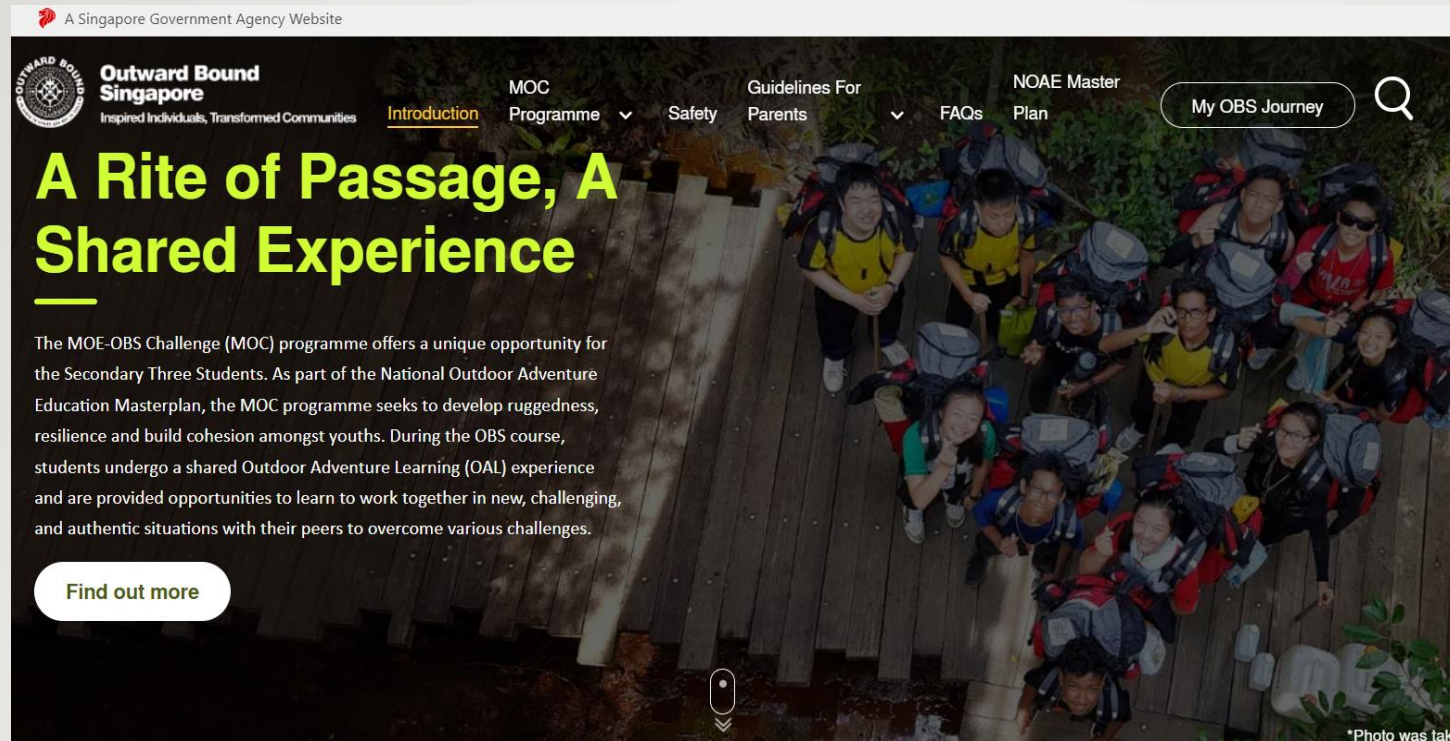


A person is sitting on a large, grey rock in a park. They are wearing a white t-shirt, dark pants, and blue sneakers. They are looking down at something in their hands. In the background, there is a large, thick tree trunk, a body of water, and other people in the distance. The scene is outdoors and appears to be a peaceful park setting.

4

**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



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

- ✓ 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




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My OBS Journey (MOJ) Web App

A Singapore Government Agency Website

 **Outward Bound Singapore**
Inspired Individuals, Transformed Communities

[Login Now](#)


My OBS Journey

A new web-app for students to prepare for their once-in-a-lifetime MOE-OBS Challenge Programme!

What is it about?

Tips, Games & Reminders! A new OBS web-app to help students attending the MOE-OBS Challenge Programme prepare for their OBS course. Here students can learn handy tips on how to pack their bag, protect themselves in the outdoors in a fun and meaningful way. Useful resources and reminders to help students be mentally confident for their first OBS course!

[Learn more](#)



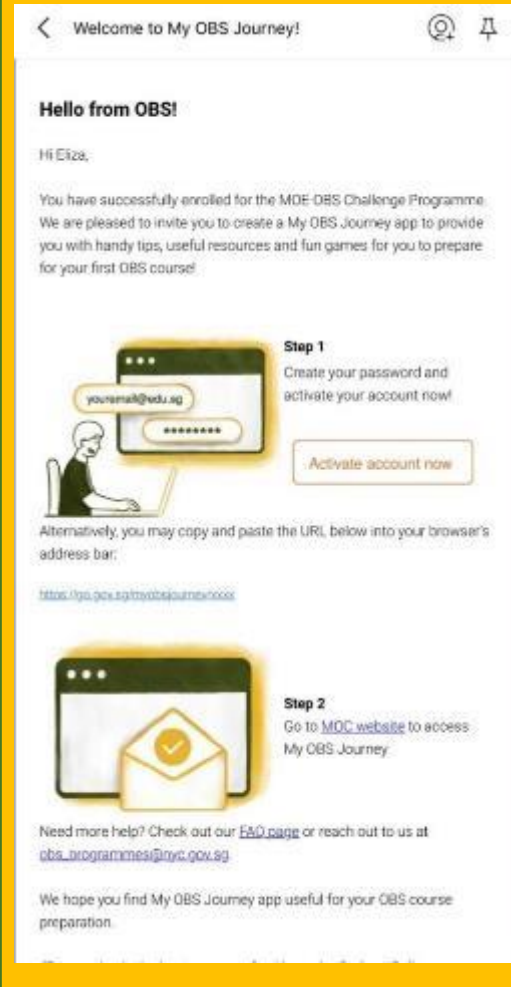
- ✓ A new web application for enrolled students
- ✓ To help students mentally prepare for the OBS course



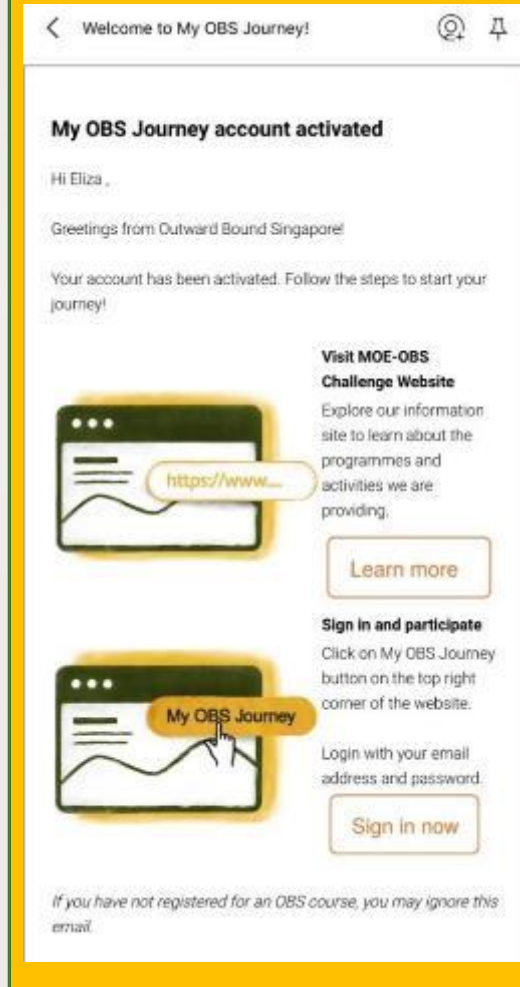
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My OBS Journey (MOJ) Web App

1ST EMAIL



2ND EMAIL



- ✓ 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

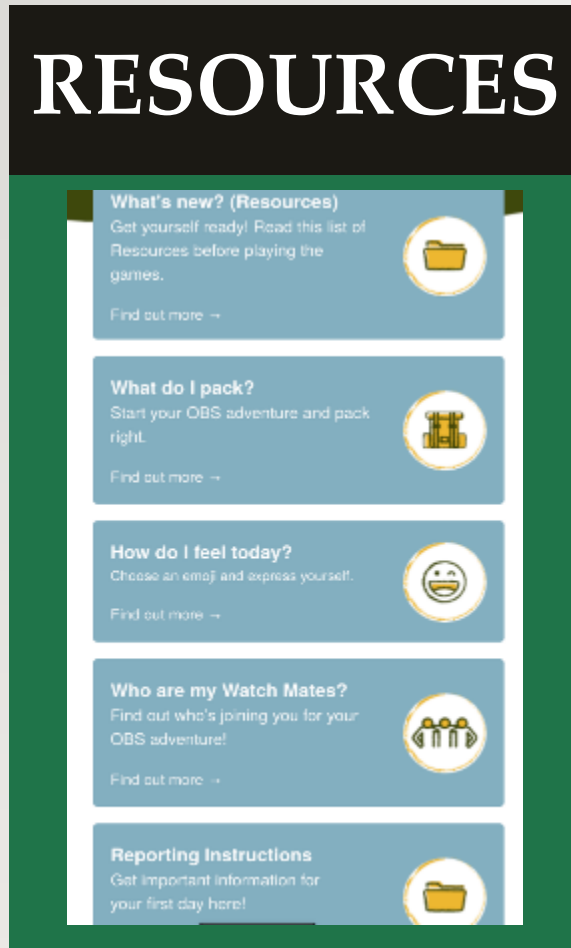


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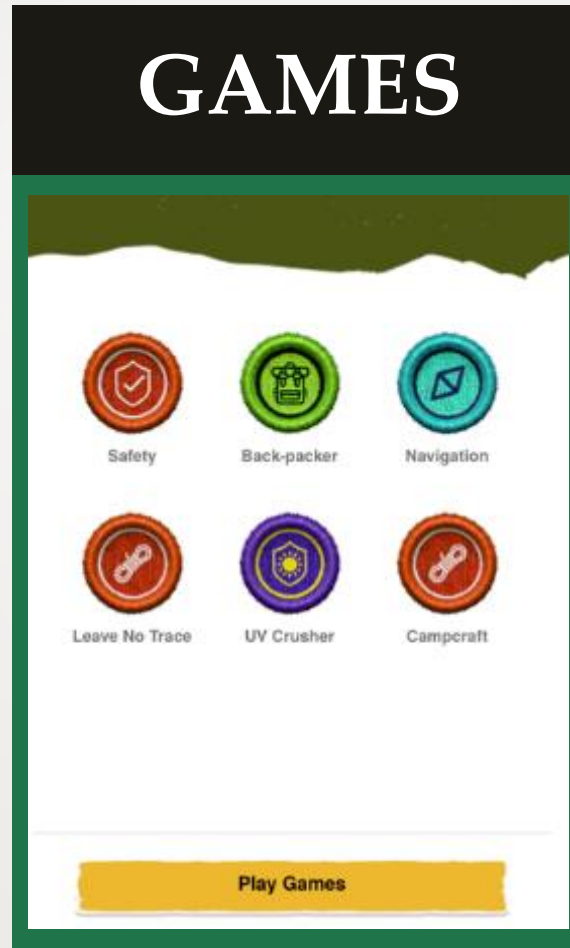
Features of MOJ

RESOURCES



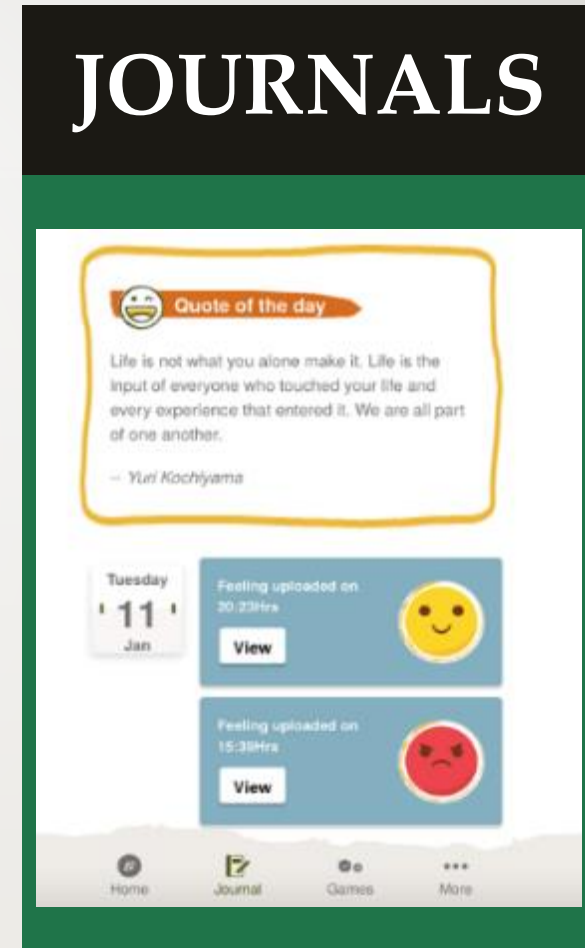
Provides reminders for your child
- e.g. what to pack, countdown to
their OBS course and reporting
instructions for Day 1.

GAMES



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

JOURNALS



MOE-OBS Packing List

These items will be provided by OBS:

- Expedition bag
- Personal Floatation Device (PFD)
- Poncho
- Whistle

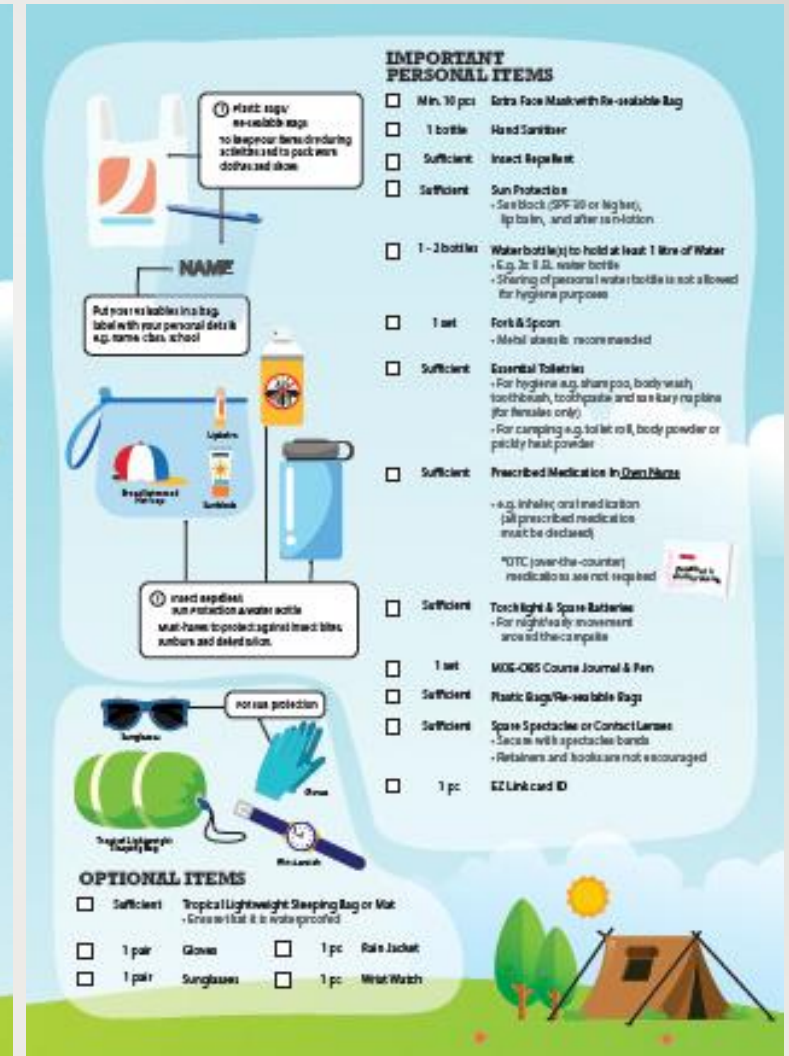
You may refer to this latest packing list:

<https://go.gov.sg/5dmocpackinglist>

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



Students are encouraged to borrow required items from family / friends / schoolmates instead of buying.



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Before the MOC

Prepare Your Child by Encouraging Him / Her To:

1 Be Selfless, Supportive & Encourage Her Teammates



2 Participate Actively



3 Maintain A Positive Outlook



4 Immerse in The Experience & Environment

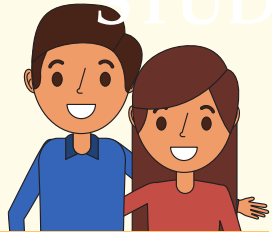


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Communicating With Your Child

PARENT TO

STUDENT



PARENT

1



TEACHER

2



OBS/MOE

3



STUDENT

STUDENT TO

PARENT



STUDENT

1



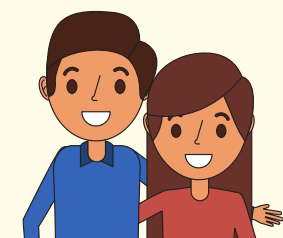
OBS/MOE

2



TEACHER

3



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

“

**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



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Thank you and God Bless!



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