


**2024 MOE-OBS Challenge Programme**  
**FREQUENTLY ASKED QUESTIONS**

**General**

S/N	Question	Answer
1	<b>When is the MOE-OBS Challenge Programme for CHIJ St. Theresa's Convent?</b>	The 2024 5D4N MOE-OBS Challenge programme will be held 24 June – 28 June 2024 (Batch 1) and 1 July – 5 July 2024 (Batch 2). Your
2	<b>What is the MOE-OBS Challenge Programme?</b>	<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> 
3	<b>What kind of activities will my child be going through during the OBS Course?</b>	<p>OBS uses the outdoors as its classroom. Your child will be engaged in a variety of activities that will help 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>
4	<b>Is the OBS course compulsory for my child?</b>	The MOE-OBS Challenge Programme is part of school curriculum but parental consent is still needed for the OBS course.

**5D4N Course**

S/N	Question	Answer
5	<b>How can the safety of my child be ensured during the OBS course, with such a big group of students coming together?</b>	<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> <p>In addition, OBS has a robust safety monitoring system and evacuation plan for emergencies.</p>

<b>6</b>	<b>Does my child need to be certified fit by a medical doctor to attend the OBS course?</b>	Yes, all students attending the programme will be examined by a medical doctor to certify her fit for the programme. The medical examination will be arranged by the school and conducted at school on 19-20 February 2024. Medical examinations conducted in school will be paid for by the school. Some students may need to have their medical examination done by a specialist, for which costs will be borne by the parent.
<b>7</b>	<b>Will my child be forced to go through an activity that he/she is not confident in?</b>	<p>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.</p> <p>However, she will be strongly encouraged to participate in all activities during the Course and at a level that she is comfortable with. This is to maximise the opportunities for learning and self-discovery, in alignment with the philosophy of 'challenge-by-choice'.</p>
<b>8</b>	<b>Where will these activities be conducted?</b>	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.
<b>9</b>	<b>What happens if my child has their period during the Course? Can they still go through the water activities?</b>	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.
<b>10</b>	<b>Will our students will be intermingling with other students from other schools, including boys? If yes, how do we prepare our girls for that, especially those who have been in convent school all this time?</b>	The teachers will be briefing the girls on appropriate ways to interact with students from other schools prior to the OBS camp. Parents are also encouraged to speak with your girls about healthy ways of interaction so that they can also learn and benefit from the programme, along with students from other schools.

<b>11</b>	<b>What should my child bring for the OBS Course?</b>	<p>There will be a packing list provided. 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>
<b>12</b>	<b>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?</b>	<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

<b>S/N</b>	<b>Question</b>	<b>Answer</b>
<b>13</b>	<b>Will I be informed if my child is injured/unwell?</b>	<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 <b>not</b> be informed.</p>

<b>14</b>	<b>How do I contact my child in the event of a family emergency?</b>	<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

<b>S/N</b>	<b>Question</b>	<b>Answer</b>
<b>15</b>	<b>I do not have a SingPass. How do I register my child for the programme?</b>	<p>You may register for a SingPass via <a href="https://www.singpass.gov.sg/home/ui/register/instructions">https://www.singpass.gov.sg/home/ui/register/instructions</a></p> <p>The link also provides responses for other related SingPass queries.</p>
<b>16</b>	<b>What if I did not receive an acknowledgement email from OBS after I submitted the form online?</b>	<p>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.</p>

### Others

<b>S/N</b>	<b>Question</b>	<b>Answer</b>
<b>17</b>	<b>Do I need to pay for the programme?</b>	<p>No, this programme will be fully paid by MOE. However, if medical examination or tetanus vaccination is required for the child/ ward, the cost has to be borne by the parents/ guardian.</p>
<b>18</b>	<b>Why is tetanus vaccination required for attending the course?</b>	<p>Tetanus is a disease caused by the bacteria, <i>Clostridium tetani</i>, which is commonly found in soil, dust and contaminated objects. The bacteria can enter the body through tears or spits in the skin, burns and eye injuries.</p> <p>Tetanus is a preventable disease associated with a higher fatality rate. The treatment of tetanus is difficult and requires specialised, intensive care. Tetanus vaccination is an easily accessible and effective risk management strategy to prevent tetanus infection especially in the outdoors. Tetanus vaccination is included under the Singapore National Childhood Immunisation Programme.</p> <p>Participating students will be at significantly higher risk of tetanus infection if they have never been vaccinated or if the validity</p>

		<p>period of their tetanus vaccination has lapsed. Tetanus vaccination has a validity of 10 years and is compulsory for your child's participation in the course.</p> <p>Students who do not have a valid tetanus vaccination can receive one at their family doctor, polyclinic or during the school medical examination. Otherwise, parents may choose for their child to obtain it during our school's medical examination.</p>
19	<b>How do I know if my child has a valid tetanus vaccination?</b>	<p>Parents can access their child's vaccination records through <a href="https://www.healthhub.sg/">https://www.healthhub.sg/</a> or the HealthHub app.</p>
20	<b>What if nationwide situations that impact your child's participation arise?</b>	<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 &amp; 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 <a href="mailto:OBS_Programmes@nyc.gov.sg">OBS_Programmes@nyc.gov.sg</a></p>
21	<b>Will teachers in charge be with the girls through the course?</b>	<p>OBS requires trained personnel and instructors on their grounds for the OBS course. The STC teachers will accompany our students to the OBS campsites and hand them over to the MOE-OBS instructors.</p>