

“ There is more to 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, \_\_\_\_\_  
*Co-Founder of Outward Bound*



# CHIJ Secondary Parents Briefing for MOE-OBS Challenge Programme



Ministry of Education  
SINGAPORE

**TEACHER CO-ORDINATOR:**

**Mr Harry Goh**

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

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## OBS course dates

***Sec 3 level will be split into 2 batches as follows:***

### Batch 1

**30 June to 4 July 2025** (Term 3 Week 1)

*3 Bridget, 3 Clare, 3 Elizabeth & 3 Marianne*

### Batch 2

**7 July to 11 July 2025** (Term 3 Week 2)

*3 Angela, 3 Frances, 3 Gemma, 3 Helena, 3 Josephine & 3 Louise*

*Note that switching of batches is not allowed as your own class will be having lessons on the other week*



Ministry of Education  
SINGAPORE



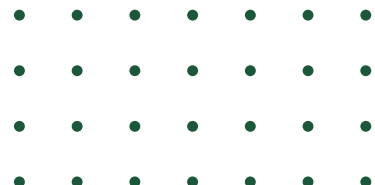
# CONTENT

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

**02** Safety – Our Top Priority

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**04** How can I help to prepare my child for the MOC?





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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

# Outdoor Adventure Learning

1. Outdoor Education is a component of curriculum in our schools. The MOC Programme is an expedition-based course that 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 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



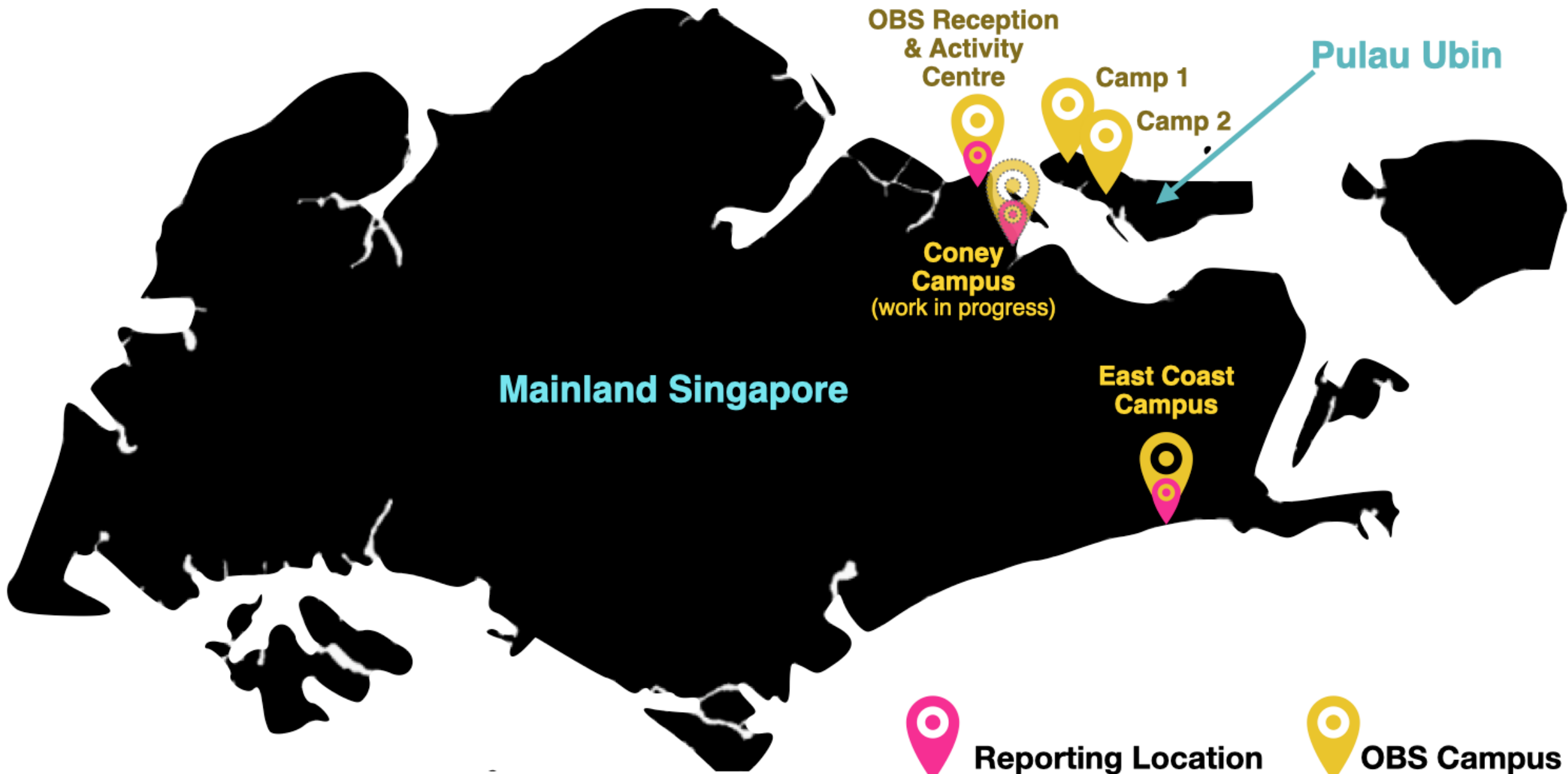
## Post-Course Lessons & Reflections

- 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> Team Socialisation</p>	<p><b>Objective:</b> Building competence &amp; confidence by overcoming challenges as a team</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 man 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 team. The man is pointing at a specific location on the map. The background shows a dirt area and some structures, possibly a camp or a field station. The image has a green tint.

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## HOW DO I eREGISTER MY CHILD?

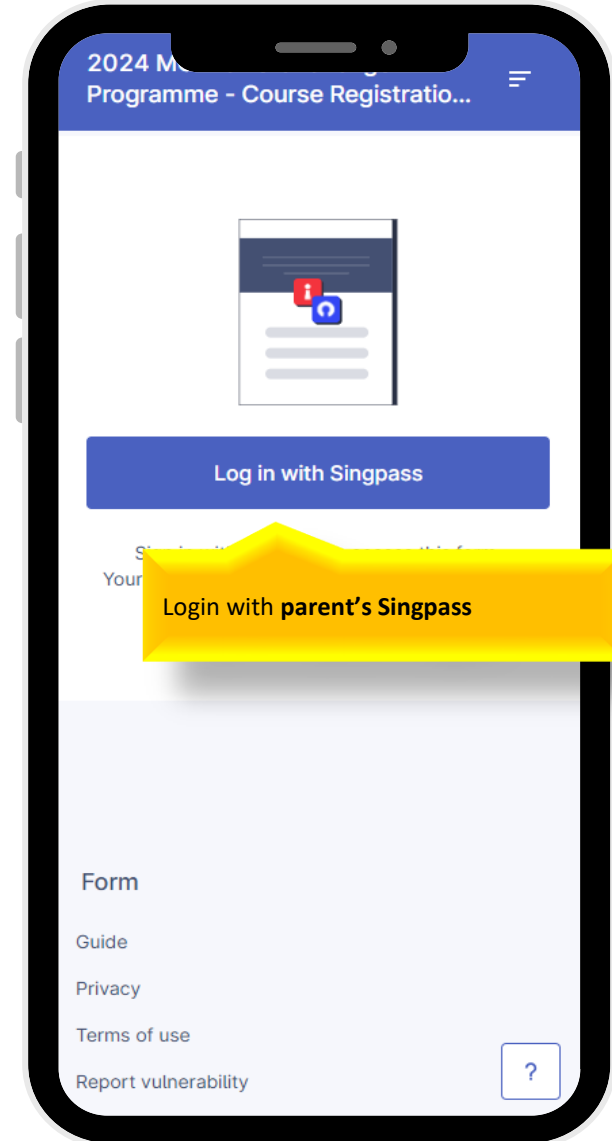
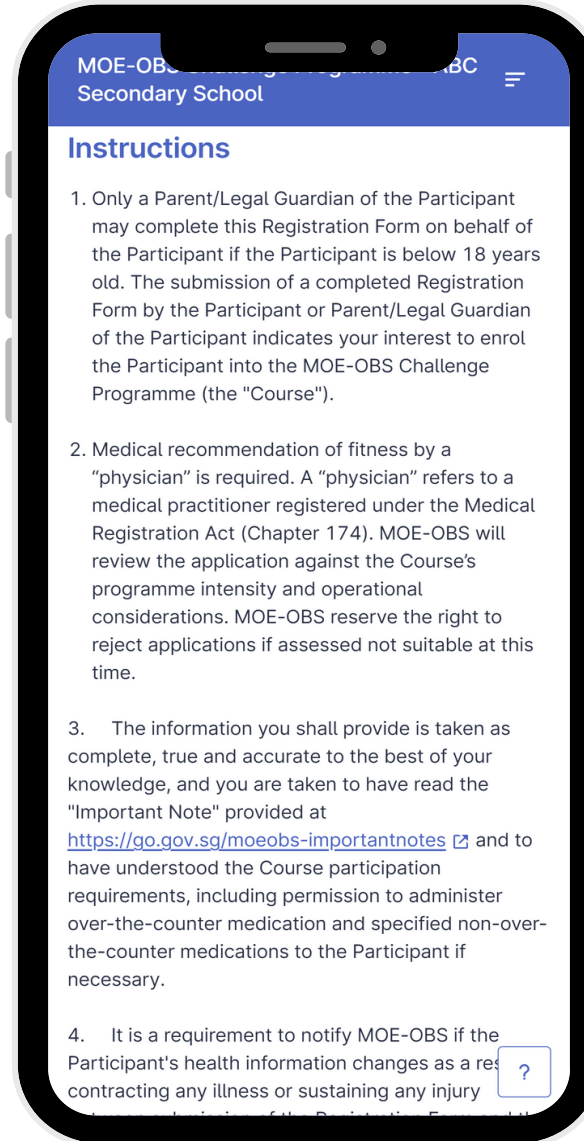
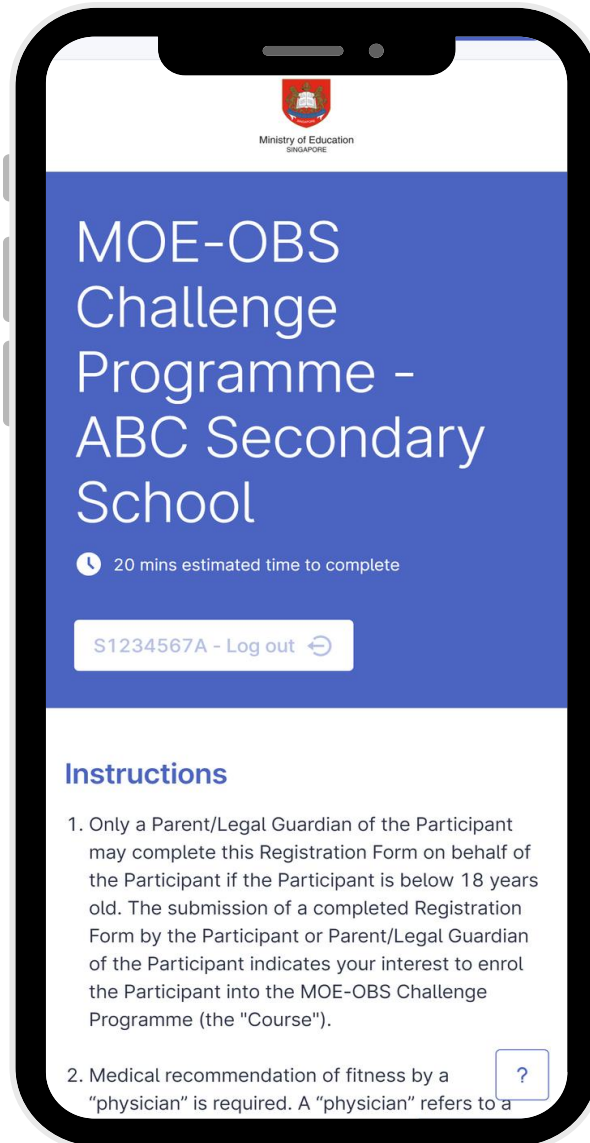


# Before eRegistration

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 Weight

# Key things to take note for eReg



MOE-OB  
Secondary School

### Part 1: Participant's Personal Information

7. Birth Certificate Number / NRIC Number / Foreign Identification Number (Participant)

8. Full Name (Participant)  
as it appears in the Participant's Personal Identification Document

9. School (Participant)

10. Class (Participant)

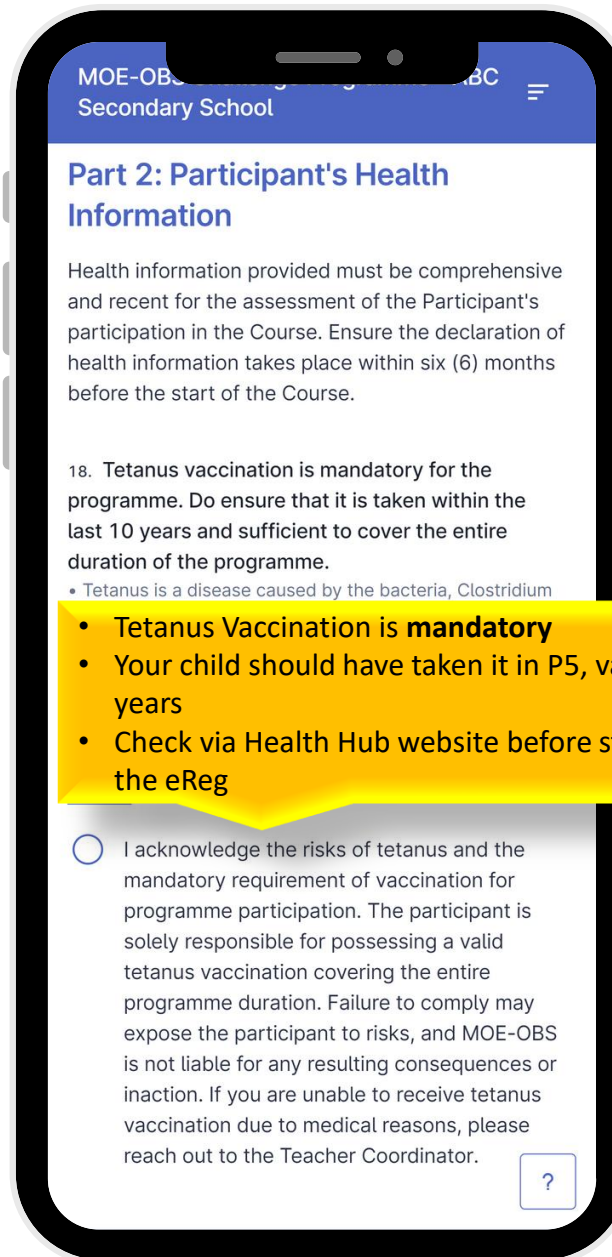
11. Residential Status (Participant)

Singapore Citizen

Singapore PR

Foreigner

**Complete your child's details**



## Part 2: Participant's Health Information

Health information provided must be comprehensive and recent for the assessment of the Participant's participation in the Course. Ensure the declaration of health information takes place within six (6) months before the start of the Course.

18. Tetanus vaccination is mandatory for the programme. Do ensure that it is taken within the last 10 years and sufficient to cover the entire duration of the programme.

- Tetanus is a disease caused by the bacteria, Clostridium

- Tetanus Vaccination is **mandatory**
- Your child should have taken it in P5, valid for 10 years
- Check via Health Hub website before starting on the eReg

I acknowledge the risks of tetanus and the mandatory requirement of vaccination for programme participation. The participant is solely responsible for possessing a valid tetanus vaccination covering the entire programme duration. Failure to comply may expose the participant to risks, and MOE-OBS is not liable for any resulting consequences or inaction. If you are unable to receive tetanus vaccination due to medical reasons, please reach out to the Teacher Coordinator.



MOE-OBS Secondary School

31. Consent for photograph and/or videography for publicity purposes (optional)

I DO NOT consent to photographs and videos of the Participant being used for sharing of the Course experience in newsletters and/or publicity materials.

If you would like to find out more information about the MOE-OBS Challenge programme, please visit <https://www.nyc.gov.sg/moc/>

Submit now

Form

Guide

Privacy

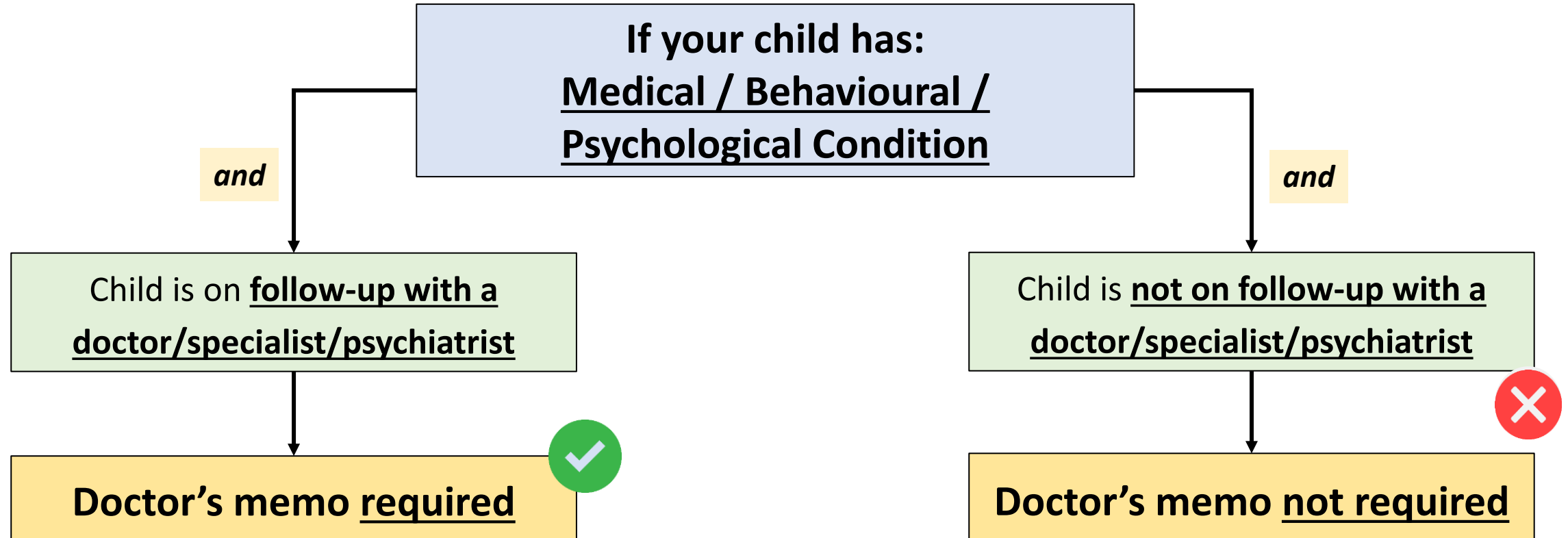
Terms of use

Report vulnerability

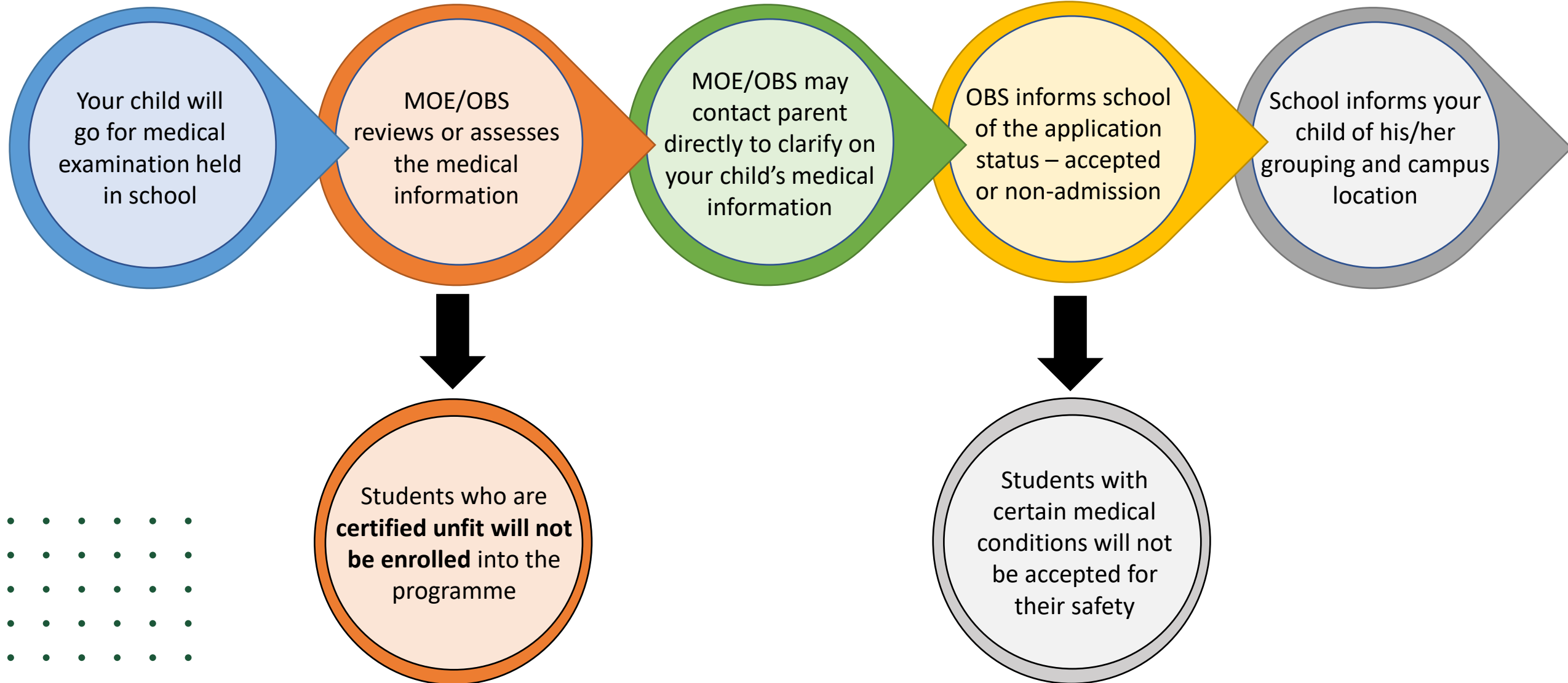
?

Click the **'submit now'** button to ensure the eReg is submitted

# Conditions that require a specialist's memo



# Enrolment



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
- 2-4 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
  - Mandatory for sea expedition
- 2 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 pair 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, to avoid dislodging sea/water activities
- 1 pair Sandals/Slippers
  - For use during non-activity period e.g. showering
- 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. 2 x 500ml water bottle
  - Sharing of personal water bottles 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. talcum, body 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 Torch Light & Spare Batteries
  - For night-time 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 dehydrated skin.
- Sunglasses:** For sun protection.
- Whistle:** Must be attached to your neck.

# Before the MOC

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

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



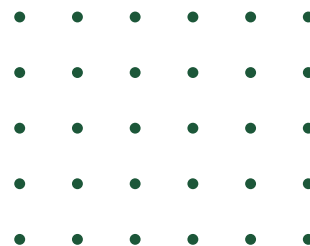
**2** Participate Actively



**3** Maintain A Positive Outlook

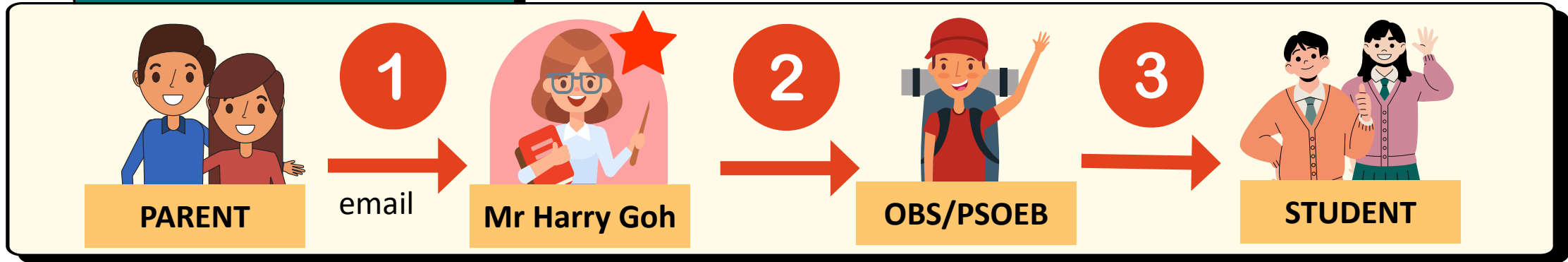


**4** Immerse in The Experience & Environment

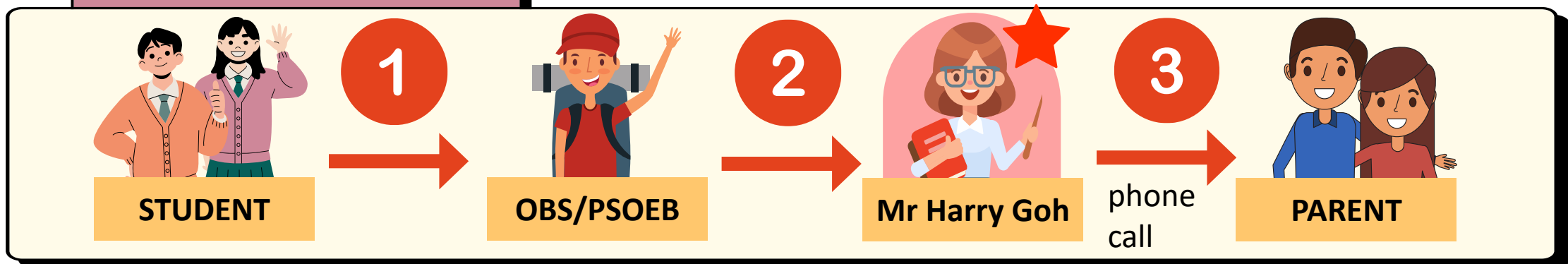


# Communicating With Your Child

## 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

“

**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*



## Admin details:

A PG was sent to your parents on 9 Jan 2025.

A briefing to students on 15 Jan 2025.

A briefing to parents/guardians during the Sec 3 level briefing (webinar) on 16 Jan 2025.

OBS e-registration by your parent/legal guardian will commence on 20 Jan 2025 (Mon). The deadline is 2 Feb 2025 (Sun).

The medical screening for OBS will take place in the school (Bentinck) on 20 Feb 2025 (Thurs) for Batch 2 and 21 Feb 2025 (Fri) for Batch 1 from 2.45 pm to about 5 pm. The medical screening for each student will take only about 10-15 minutes. You should still attend your CCA (if applicable).

A final OBS briefing to students will be carried out on 21 May 2025 (Wed).

*For students with **medical conditions** that are **still on follow-up** (e.g. scoliosis, ADHD, fractures, etc), please note that a **medical memo** from the certified doctor/physiotherapist/ psychologist certifying that your child is **"Fit for OBS"** is required to be submitted to me after the e-registration.*



# Q & A

