



Geylang Methodist School (Secondary)

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2 September 2019

Dear Parents/Guardians,

We are pleased to inform you that your child will be participating in the **MOE-OBS Challenge Programme** in 2020. This is part of the National Outdoor Adventure Education Masterplan which the Ministry of Education (MOE) has put in place to strengthen the holistic development of all our students. The programme seeks to develop ruggedness, resilience, and build cohesion amongst our youths. The programme comprises a series of school-based PE and CCE lessons as well as a 5-day Course at Outward Bound Singapore (OBS).

Programme Information

This 5-day course will be conducted from Monday to Friday, 20th - 24th April 2020 by OBS in different parts of Singapore. Using the outdoors as the 'classroom' for learning and development, this course will offer your child/ward a unique opportunity to work together with students from other schools to overcome various outdoor challenges and develop valuable life-skills.

Through the course, our students will learn to:

1. manage challenges positively through self-directed learning and making the right choices to influence their circumstances;
2. build friendships with students from different school backgrounds and actively help each other to achieve team goals in an inclusive manner; and
3. commit to play an active role in the improvement of one's community and the environment.

This programme is co-designed by MOE and OBS to ensure that it is of high quality, supports the school curriculum and is suitable for our students.

We would like to assure you that the positive learning experience and well-being of your child/ward is our priority. The programme is supported by a robust risk management system to ensure safety. With an excellent safety record built on stringent requirements from its international network of Outward Bound centres around the world, you can be assured that safety remains as OBS's top priority.

Online Registration and Medical Examination

MOE-OBS requires you to register your child for the programme online. A briefing on the registration was conducted for your child/ward on 2 September 2019. Please refer to **Annex** — E-Registration Guide for Parents.



Basic Medical Examination

To ensure the safety and well-being of your child/ward, he/she will be required to be certified fit by a medical doctor to attend the course. We will arrange for a mobile medical team to visit our school in October to facilitate the basic medical exam. The cost for the basic medical examination will be borne by the school. However, if you prefer to have your own doctor carry out the medical examination, you will have to bear the cost. There may be additional costs if your child is currently on follow-up with a doctor for a pre-existing condition, as he/she may need to submit a specialist memo as part of the registration process. See a specialist (e.g. psychologist, physiotherapist) directly (instead of GP) for medical examination and obtain a memo for certification of fitness

Payment

The programme is heavily subsidised by MOE, and hence the fees payable for each student is only **\$50** for the 5-day course. By e-registering, you have given your consent to deduct \$50 via Edusave for Singapore Citizens or via Cash/Giro for non-Singapore Citizens. A further subsidy will be provided for students on financial assistance. We seek your cooperation to ensure full participation from your child/ward so as to fully benefit from the course.

Briefing for Parents

We have arranged for a briefing for parents on Friday, 25 October 2019, during the Parents Teachers Meet, that we hope you will be able to attend and find out more about the programme. A sample of the programme and a list of "Frequently Asked Questions" are enclosed for your reference. For more information about OBS, please visit the website at <https://www.nyc.gov.sg/obs>

Thank you and please feel free to contact Mr James Lim, PE Teacher at lim_boon_tiong_james@moe.edu.sg if you require further information.

Thank you.

Yours sincerely,



Mr Wee Tat Chuen
Principal

FREQUENTLY ASKED QUESTIONS

S/N	Question	Answer
1	<p>How does the MOE-OBS Challenge Programme look like?</p>	<p>The programme, consists of pre- and post-course lessons taught by our teachers, and the 5-day expeditionary course at OBS conducted by OBS instructors, is designed to ensure achievement of the learning outcomes and transfer of learning to other areas of the students' life.</p> <div style="text-align: center;"> <pre> graph LR A[Pre-Course (school-based)] --> B[5-day Expeditionary Course at OBS] B --> C[Post-Course (school-based)] </pre> </div>
2	<p>What kind of activities will my child/ward be going through during the 5-day expeditionary course at OBS?</p> <p>Where would they be conducted?</p>	<p>OBS uses the outdoors as its classroom. Your child/ward will be engaged in a variety of activities that will help him/her not just to discover, but also challenge his/her personal limits.</p> <p>Some of these activities include problem-solving activities, adventure activities and land/sea expeditions, designed to provide the platform for students to build personal competencies, develop ruggedness and resilience, as well as to develop skills for working in teams.</p> <p>Students on different expedition modes will be journeying across and camping at different parts of Singapore.</p>
3	<p>How can the safety of my child/ward be ensured in this 5-day expeditionary course, with such a big group of students coming together?</p>	<p>The positive learning experience and well-being of your child/ward is our priority. Activities are purposefully designed to meet the programme outcomes. The students are supervised by qualified OBS instructors, who have undergone rigorous training, technical skills assessments and certification including Wilderness First Aid.</p> <p>Students undergo the course in groups of 12-16 per instructor, to facilitate good interaction, adequate peer support and opportunities to practice leadership roles.</p>
4	<p>Does my child/ward need to be physically fit for the 5-day expeditionary course?</p>	<p>As part of the pre-course registration, your child/ward is required to be <u>certified fit</u> by a medical doctor to attend the 5-day expeditionary course. Your child/ward will need to be medically fit for physical activities Participants are encouraged to stay active in preparation for it.</p> <p>Your timely and accurate response to the medical history questionnaire is important in allowing us to assess the need for any additional support needed to facilitate your child/wards' enrolment in the course.</p>

5	Will my child/ward be forced to go through an activity that he/she is not confident in?	<p>OBS instructors are trained to motivate and to provide a supportive environment for the participants at all times. Your child/ward will not be forced to participate in any activity.</p> <p>However, he/she will be strongly encouraged to participate in all the activities during the course and at a level that he/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>
6	What happens if my child/ward is afraid of camping outdoors or being away from home?	<p>Your child/ward will be among supportive friends and OBS staff who will provide a safe and engaging environment to have fun and benefit from the course. OBS Instructors are also trained to care for the participants' physical and emotional needs during the course.</p> <p>Camping together in the outdoors provides students a valuable opportunity to experience nature with new friends and apply the camp craft skills including field hygiene learnt.</p> <p>If your child/ward experience any discomfort during the course, he/she should inform the instructors.</p>
7	What happens if my child/ward have their monthly menstruation at OBS? Are they still required to go through the activities?	<p>Your child/ward can still participate in the activities as per normal. At the start of the course, girls will be advised on how they can do proper cleaning and disposal when out in the field. Participants who are expecting their menstruation during the programme should bring extra supply of sanitary napkins, dark coloured shorts/pants, and extra plastic bags for the disposal of soiled napkins. There is no requirement for them to take any medication to delay or postpone their menstruation cycle. They can approach any female OBS instructor for assistance during the course.</p>
8	I am unable to afford the \$50 required for the 5-day course. How should I seek financial assistance?	<p>Your child/ward may speak to his/her form teachers about financial assistance. There are various avenues that students may seek financial assistance to participate in this 5-day expeditionary course.</p>
9	How do I contact my child/ward in the event of an emergency?	<p>You may contact your child/ward via the School Programme Coordinator.</p> <p>Your child/ward's valuables i.e. mobile phones, wallet are kept for safe – keeping to ensure security of personal items and minimal distraction during the programme.</p>
10	What should my child/ward bring for the 5-day course?	<p>Refer to the packing list provided for the list of personal items to bring for the 5-day programme. We encourage your child/ward to borrow from family/friends to minimise unnecessary expenses. During the 5-day programme, expedition items e.g. expedition backpack, tent, poncho will be issued to your child/ward.</p>

2019 MOE-OBS Challenge Programme
Sample 5-Day Expeditionary Course Learning Activities

Students will be grouped into different watches (groups). The activities for each watch (group) may differ, although the learning outcomes are designed to be comparable.

Please refer below for a sample of the learning activities for a watch (group).

Day	Programme
Day 1	<ul style="list-style-type: none"> • Team/ Problem Solving Activities <p><i>Getting to know you and team socialisation</i></p>
Day 2	<ul style="list-style-type: none"> • Adventure Activities, • Preparation for Expedition <p><i>Building competence and confidence</i></p>
Day 3 & Day 4	<ul style="list-style-type: none"> • Single/ Multi-Mode¹ • Land/ Water-Based Expedition² <p><i>Surmounting challenges as a TEAM, developing resilience as individuals and a sense of achievement as a WHOLE</i></p>
Day 5	<ul style="list-style-type: none"> • Commitment Activity • Peer Feedback • Active Planning <p><i>Peer feedback, transfer of learning</i></p>
Debriefing / Reflection Time / Peer Appraisal / Journaling	

¹ Multiple modes of expedition which can include, cycling, hiking, kayaking, kick-biking, rowing etc.

² Depending on the assigned programme for the watch (group), the expedition may span across parts of Singapore, including Pulau Ubin and Coney Island.

2020 MOE-OBS Challenge Programme - E-Registration Guide for Parents

Step 1:

Please proceed to the FormSG link provided by the school to begin the e-registration.



Step 2:

Please note that for security reasons, the registration form will automatically log out if it is not completed within 30mins and no details will be saved. Please **do not refresh** the page before submission as this will remove the entered details. As such, you are advised to **read the instructions** and gather the required information before logging in.



Instructions

Parent/Legal Guardian is to complete this form for student who is below 18 years old.

1. When you submit this form, it registers your child/ward interest for the MOE-OBS Challenge Programme (referred to as Course).
2. Please read the "Important Note" on the Course requirements @ <https://www.nyc.gov.sg/obs>.
3. All information provided here is taken as true and accurate, and you've read the "Important Note" to understand the Course requirements.
4. Please get ready the following information:

Step 3:

Please have the following health information of your child/ward ready for submission:

- Height (in cm)
- Weight (in kg)
- Body Mass Index (BMI)
BMI may be calculated from <https://www.healthhub.sg/programmes/93/bmi-calculator>
- Latest Tetanus Immunisation Date
Tetanus vaccination date may be obtained from student health booklet or retrieved from <https://www.nir.hpb.gov.sg/nirp/eservices/login>

Kindly also take a look at the following list of diagnosed medical conditions of concern. If any of them pertains to your child/ward, please prepare the basic information such as the name/type of condition and medication taken if any.

• Breathing problems within the last 12 months (e.g. Asthma)
• Heart problems (e.g. angina / heart murmur / extra heartbeat / mitral valve prolapse)
• Blood disorder (e.g. thalassaemia major / thalassaemia minor / anaemia)
• Epilepsy, fits or seizure condition
• Bone / joint / tendon injuries or condition (e.g. dislocation / fracture / slip disc)
• Diagnosed behavioural or psychological condition (e.g. ADHD / ADD / ASD / OSD / eating disorders / anxiety / depression condition)
• Currently on long term prescribed medication
• A carrier status for any infectious disease
• Sleep walking within the last 12 months
• Allergy to medication(s) / environmental factor(s) / food item(s) / ingredient(s)
• Any other condition(s) not listed above that could affect Student's ability to engage in physical activities in the outdoors or interact with others in an unfamiliar social setting (e.g. running, climbing, trekking with heavy load, camping, medical devices/implant.)

Step 4:

Click on the login button as pictured to log in with your Singpass.



If you do not have a Singpass, you may register for a Singpass via www.ifaq.gov.sg/singpass. The link also provides responses for other Singpass-related queries.

Step 5:

Select your child/ward's school from the dropdown list and enter your email address and contact number.



1. Name of School

2. Email of Parent / Legal Guardian

An acknowledgement will be sent to the email account provided.
If you do not have an email account, you may use the school's email address (name@school.edu.sg) and request for a copy of the acknowledgement from the school.
- Ensure the email address provided is accurate.

3. Contact Number of Parent / Legal Guardian (of Student below 18 years)

We will contact you via the number provided if we require more information. Please ensure it is a valid Singapore contact number.

An acknowledgement will be sent to the email account provided. If you do not have an email address, please enter the school's email address (*provided on the form*) and request a copy of acknowledgement from the school.

Step 6:

Complete Part 1 by filling in all the personal particulars of the participating student.

Part 1: Student's Personal Information

4. Full Name of Student

as it appears in Personal Identification Document

5. Class

6. Nationality

- Singaporean
- Singapore PR
- Others

Step 7:

Complete Part 2 by filling in the emergency contact details.

Part 2: Next of Kin / Legal Guardian Emergency Contact Information

15. Name of Contact Person

16. Relation to Student

17. Primary Contact Number

Provide a Singapore contact number (e.g. 91234567)

Step 8:

Complete Part 3 by filling in the health information and any medical conditions of your child / ward.

Part 3: Student's Health Information

Note:

1. Health information declared must be recent and accurate for the Physician's accurate assessment of the Student's fitness to participate in the Course.
2. Ensure the Medical Commission takes place no more than six (6) months before the start of the Course.
3. A "Physician" refers to a medical practitioner registered under the Medical Registration Act (Chapter 124).

About Tetanus

- 1) Tetanus is a disease caused by the bacteria, *Clostridium tetani*, which is commonly found in soil, dust and contaminated objects. The bacteria can enter the body through tears or splits in the skin, burns and eye injuries.
- 2) Tetanus is a preventable disease associated with a high fatality rate. The treatment of tetanus is difficult and requires specialised, intensive care.
- 3) Tetanus vaccination is an easily accessible and effective risk management strategy to prevent tetanus infection especially in the adults.
- 4) Tetanus vaccination is included under the Singapore National Childhood Immunisation Programme.

The dates of the tetanus immunisation can be retrieved via the following link: <https://www.singaporeair.com/directories/flights/immunisation>
Immunisation records are only available for children born in or after 1996.

18 Does Student have valid Tetanus Immunisation?

Tetanus immunisation has a validity of ten (10) years.

X NO

✓ YES

Step 9:

Lastly, complete Part 4 by selecting the appropriate checkboxes for acknowledgement and consent before submitting.

If you are unable to submit, please scroll up to check if you have missed out any required information.

Part 4: Declaration & Acknowledgement

36. Information Declaration

I declare and confirm that all the information provided is complete, true and accurate to the best of my knowledge, and there is no undisclosed information that would affect the assessment of this application for the Student's safe participation in the Course. I will promptly inform MOE-OBS of any change in any of the information provided. I understand that MOE-OBS reserve the right to make the final admission decision based on the information provided in the Registration Form, course intensity and other operational considerations. I understand that if the information provided is incomplete, untrue or incorrect, MOE-OBS reserve the right to reject or withdraw the application at any time.

37. Medical Declaration

I further give permission for any medical treatment MOE-OBS deem necessary to maintain my child's/ward's well-being. In the event of illness or injury, I hereby give my consent to MOE-OBS to seek medical treatment and care as may be necessary for my child's/ward, and for this purpose, to disclose the medical declaration and other relevant information to authorized medical personnel to provide appropriate

Step 10:

Please fill-in and complete the form in a single session. After submission, you should see the following screen. A PDF of the completed registration form will be sent to the email address provided.



Step 11:

Your child/ward will undergo a medical examination in school to certify him/her fit for the activity. Please sign and Please remind your child to inform the Form Teacher that he/she has registered for the Course.

(If parent is bringing child to own physician for medical examination)

Step a: Show the doctor the e-Registration Form response in PDF.

Step b: Give the Medical Examination Form to the medical doctor to certify your child fit to participate in the 5-day Course.

Step c: Ensure that the Medical Doctor has certified your child 'fit' on the Medical Examination Form (with medical doctor's signature and stamp of clinic details)

Step d: Sign the form and submit the completed Medical Examination Form and doctor/specialist memo (if applicable) to the school through your child.

