



# ST. GABRIEL'S SECONDARY

24 Serangoon Ave 1  
Singapore 556140

Tel: +65 62889470

Fax: +65 62898615

www.stgabrielesec.moe.edu.sg

Email: stgss@moe.edu.sg

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Dear Parents/Guardians,

We are pleased to inform you that our school has been selected for **the MOE-OBS Challenge Programme** in 2019. 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 facilitated by teachers as well as a 5-day expeditionary course at Outward Bound Singapore (OBS).

This 5-day expeditionary course will be conducted from **11 March 2019** to **15 March 2019** at OBS with students on different expedition modes journeying across and camping at different parts of Singapore, Pulau Ubin and Coney Island. Using the outdoors as the 'classroom' for learning and development, this will offer your child/ward a unique opportunity to work together with students from other schools and to overcome various outdoor challenges.

Through the 5-day expeditionary course, 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.

MOE has co-designed the programme with 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. MOE, together with OBS, will take all necessary precautions to ensure the safety of our students. Instructors are proficient in outdoor skills and trained in Wilderness First Aid. OBS has an on-site medical centre staffed by Outdoor Nurse Practitioners (ONP) who are Registered Nurses. 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.

The programme is heavily subsidised by MOE, and hence the fees payable for each student is only **\$50** for the 5-day course. Parents may choose to pay by cash or withdraw funds from your child/ward's Edusave account. Students on financial assistance can apply for further subsidy. We seek your cooperation to ensure full participation from your child/ward so as to fully benefit from the course.

To facilitate the registration process, your child/ward will be required to

1. be certified fit by a medical doctor no more than 6 months before the start of the camp,
  2. Have a valid Tetanus Vaccination (each vaccination is only active for 10 years).
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The school will arrange for a mobile medical team from Singapore Aeromedical Centre to visit our school on **17 and 18 September 2018** to facilitate the medical examination. The cost for the medical examination will be borne by the school. If you prefer to have your own doctor carry out the medical examination, you will have to bear the cost. Students will also have to bear the cost of the Tetanus Vaccination (if necessary). Please submit the completed course registration form by **28 September 2018**. All information provided will be treated with strict confidentiality.

We have arranged for a briefing for parents on **14 September 2018** which we hope you will be able to attend and find out more about the programme. A list of "Frequently Asked Questions", and a sample of the programme, are also enclosed for your reference. For more information about OBS, please visit the website at <https://obs.nyc.gov.sg>.

## Overview of Key Dates and Actions

S/N	Item	Description	Date
1	Registration Form	Receive Parents Letter, Important Notice and Registration Form of MOE-OBS Challenge Programme from the school.	28 Aug 18 (Tuesday)
2	Registration Form/ Tetanus Vaccination History	Students to hand in the following documents to their Form Teachers: (a) Registration Form with <b>only page 1 to 3</b> filled in by Parents/Guardians. (b) Health booklet or Tetanus Vaccination history printout from <a href="https://www.nir.hpb.gov.sg/nirp/eservices/login">https://www.nir.hpb.gov.sg/nirp/eservices/login</a> (c) If the above point (b) does not contain any Tetanus Vaccination history, then a signed Tetanus Vaccination consent form is required. (This form is attached in this letter)	<b>By 31 Aug 18 (Friday)</b>
3	Briefing for parents/guardians	(a) Venue: School Hall (b) Time: 6pm	14 Sept 18 (Friday)
4	Medical Examination	(a) Medical Examination will be conducted by a mobile medical team arranged by the school during academic hours. (b) Students will receive Tetanus Vaccination, if needed. (Students will be billed \$25 at a later date)	17 & 18 Sept 18 (Monday/ Tuesday)
5	Registration Form	(a) Parents/Guardians to fill in <b>Page 5 (only after Medical Examination)</b> of the Registration Form. (b) Parents/Guardians to fill in Page 6 to 8 of the Registration Form (If Applicable). (c) Registration Forms to be returned to Form Teachers.	<b>By 28 Sept 18 (Friday)</b>

Thank you and please feel free to contact the programme coordinator, Mr Alvin Goh and Mr Ong Chin Ming at 62889470 (ext. 173) if you require further information.

Mr Stephen Chin



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## MOE-OBS Challenge Programme 2019

### FREQUENTLY ASKED QUESTIONS

S/N	Question	Answer
1	<b>How does the MOE-OBS Challenge Programme look like?</b>	<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> <pre> graph LR     A[Pre-Course (school-based)] --&gt; B[5-day Expeditionary Course at OBS]     B --&gt; C[Post-Course (school-based)]           </pre>
2	<p><b>What kind of activities will my child/ward be going through during the 5-day expeditionary course at OBS?</b></p> <p><b>Where would they be conducted?</b></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 and challenges such as high ropes courses and land/sea/cycling expeditions chosen 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, Pulau Ubin and Coney Island.</p>
3	<b>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?</b>	<p>The safety of the students is of utmost importance. Activities are carefully designed and supervised by qualified and experienced OBS instructors, who have undergone an extended period of rigorous training, skills and safety certification including Wilderness First Aid.</p> <p>Some of the other safety measures put in place includes providing an appropriate instructor to student ratio (1:12-16) and having a robust safety monitoring system and evacuation plan in case of emergency.</p>
4	<b>Does my child/ward need to be physically fit for the 5-day expeditionary course?</b>	<p>Your child/ward will need to be medically fit for physical activities. As part of the pre-course registration, your child/ward is required to be certified fit by a medical doctor to attend the 5-day expeditionary course. Participants are encouraged to stay active in preparation for it.</p>
5	<b>Will my child/ward be forced to go through an activity that he/she is not confident in?</b>	<p>OBS instructors seek 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>



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6	<b>What happens if my child/ward is afraid of camping outdoors or being away from home?</b>	<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.</p> <p>OBS Instructors are also experienced in caring for the participants' physical and emotional needs, and will provide a standard First Aid Briefing at the start of the course, to help participants manage field hygiene and allay any concerns.</p> <p>If your child/ward experience any discomfort during the course, he/she should inform the instructors.</p>
7	<b>How can I, as parent/guardian, prepare my child/ward for the 5-day course at OBS?</b>	<p>You can show your support as your child/ward prepares for the 5-day expeditionary course at OBS. Help him/her keep fit and healthy by exercising together.</p> <p>Encourage your child and instil confidence in him/her. You can provide opportunities for your child/ward to share with you any fear or concerns he/she may have prior to the 5-day expeditionary course and reassure him/her.</p> <p>Work with the school and OBS to prepare your child/ward for a safe and enriching experience for your child/ward. Convey confidence in OBS ensure the safety and well-being of your child/ward would encourage his/her journey of learning and self-discovery.</p>
8	<b>I am unable to afford the \$50 required for the 5-day course. How should I seek financial assistance?</b>	<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	<b>How do I contact my child/ward in the event of an emergency?</b>	<p>You may contact your child/ward via the School Programme Coordinator.</p>



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## MOE-OBS Challenge Programme 2019 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	Events
Day 1	<ul style="list-style-type: none"><li>Team/ Problem Solving Activities</li></ul> <b>Getting to know you and team socialisation</b>
Day 2	<ul style="list-style-type: none"><li>Adventure Activities,</li><li>Preparation for Expedition</li></ul> <b>Building competence and confidence</b>
Day 3 & Day 4	<ul style="list-style-type: none"><li>Single/ Multi-Mode<sup>1</sup></li><li>Land/ Water-Based Expedition<sup>2</sup></li></ul> <b>Surmounting challenges as a TEAM, developing resilience as individuals and a sense of achievement as a WHOLE</b>
Day 5	<ul style="list-style-type: none"><li>Commitment Activity</li><li>Peer Feedback</li><li>Active Planning</li></ul> <b>Peer feedback, transfer of learning</b>
<b>Debriefing / Reflection Time / Peer Appraisal / Journaling</b>	

<sup>1</sup> Multiple modes of expedition which can include, cycling, hiking, kayaking, kick-biking, rowing or sailing etc.

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