



COMMONWEALTH SECONDARY SCHOOL
Nurturing Champions of Today and Leaders of Tomorrow

9 January 2018

Dear Parents / Guardians,

We are pleased to inform you that our school has been selected for **the MOE-OBS Sec 3 Programme** in 2018. 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).

The 5-day course will be conducted from **12 March to 16 March 2018** at OBS in Pulau Ubin and/or mainland Singapore. Using the outdoors as the 'classroom' for learning and development, the course will offer your child/ward a unique opportunity to work together with students from other schools and to overcome various outdoor challenges.

Through the 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 cost for each student is only **\$50** for the entire camp which will be deducted from your child's edusave account. We seek your

cooperation to ensure full participation from your child/ward to enable them to benefit fully from the camp.

To facilitate the registration process, your child/ward 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 on **16 and 18 January 2018**. Please refer to the Medical Screening schedule attached. The cost for the 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. Please **submit the completed course registration form by 19 January 2018**. All information provided will be treated with strict confidentiality.

Do take note of the following for Medical Screening:

- 1) Besides the OBS forms, please bring your Health booklet (to check status of tetanus jab). Otherwise, parents can log on to <https://www.nir.hpb.gov.sg/nirp/eservices/login> using their singpass to print out the details.
- 2) For students requiring tetanus vaccination, do bring the signed consent form from ST HealthCare as attached. These students will have to bear the additional cost for this vaccination.

We have arranged for a briefing for parents on **15 January, Monday at 6pm to 7pm** 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>.

Thank you and please feel free to contact Mr Vilau Muniyandhi, HOD PE and CCA at 6560 6866 or email him at vilau.muniyandhi@commonwealthsec.moe.edu.sg if you require further information.

Thank you.

Mr Ng Boon Kiat
Principal

OBS Medical Screening schedule at Reception Room

Date / Day	Time	Class (Pax)	Lessons affected
16 Jan / Tuesday	1410 – 1440	3-1 (29)	CCE
	1440 – 1515	3-2 (34)	CCE
	1515 – 1545	3-3 (28)	-
	1545 – 1615	3-4 (27)	-
	1615 – 1650	3-5 (33)	-
18 Jan / Thursday	1410 – 1440	3-6 (29)	EL
	1440 – 1520	3-7 (41)	LIT-E/ ART & HML/ HTL
	1520 – 1600	3-8 (39)	HML/ HTL
	1600 - 1640	3-9 (38)	HML/ HTL

MOE-OBS Sec 3 Programme 2018
FREQUENTLY ASKED QUESTIONS

S/N	Question	Answer
1	How does the MOE-OBS Sec 3 Programme look like?	<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)] --> B[5-day Course at OBS] B --> C[Post-Course (school-based)] </pre>
2	What kind of activities will my child/ward be going through during the 5-day course at OBS?	<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>Examples of these activities include problem-solving activities and challenges such as high ropes courses and land/sea/cycling expeditions. These activities are 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>
3	How can the safety of my child/ward be ensured in this 5-day course, with such a big group of students coming together?	<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	Does my child/ward need to be physically fit for the 5-day course?	<p>Your child/ward will need to be medically fit for physical activities.</p> <p>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 course. Participants are encouraged to stay active in preparation for it.</p>

5	<p>Will my child/ward be forced to go through an activity that he/she is not confident in?</p>	<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>
6	<p>What happens if my child/ward is afraid of camping outdoors or being away from home?</p>	<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	<p>How can I, as parent/guardian, prepare my child/ward for the 5-day course at OBS?</p>	<p>You can show your support as your child/ward prepares for the 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 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	<p>I am unable to afford the \$50 required for the 5-day course. How should I seek financial assistance?</p>	<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 course.</p>
9	<p>How do I contact my child/ward in the event of an emergency?</p>	<p>You may contact your child/ward via the teacher coordinator.</p>

MOE-OBS Sec 3 Programme 2018
Sample 5-Day 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">• Ice Breakers Games• Team Building Activities• Outdoor Skills & Camping Ethics
Day 2	<ul style="list-style-type: none">• Morning Circle• Belay Practice & High Ropes Course• Team-based Problem Solving Activities
Day 3	<ul style="list-style-type: none">• Morning Circle• Adventure Heritage Trail• Single or Multi-Mode¹ Expedition
Day 4	<ul style="list-style-type: none">• Expedition Circle• Single or Multi-Mode Land/Sea Expedition²
Day 5	<ul style="list-style-type: none">• Peer Affirmation Circle• Goal Setting• Commitment Activity

¹ Multiple modes of expedition which can include hiking, cycling, kayaking, or sailing, etc.

² Depending on the assigned programme for the watch (group), the expedition will be around Pulau Ubin and/or on mainland Singapore.

- Final Debrief