



Secondary 3 Parents' Webinar

25 January 2024



CONVENT OF THE HOLY INFANT JESUS
SECONDARY

170
1854-2024
Hold On to Our IJ Dream



Welcome Address



Principal
Mrs Rachel Lee



Our School Leaders



Principal
Mrs Rachel Lee

Our School Leaders



Vice-Principal
Mdm Lim Lay Hoon



Vice-Principal
Mrs Chris Kwok



Vice-Principal (Admin)
Ms Paula Kesavan

Year Head Team



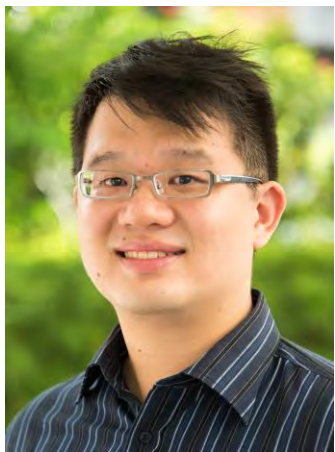
Year Head
(Upper Secondary)
Ms Christine Koh



Assistant Year Head
(Upper Secondary)
Mr Eraja Rajan

Form Teachers

3 Angela



Mr Joel Chen



Mrs Eugenia Tan

3 Bridget



Mr Ernest Leong



Ms Nicole Teo

Form Teachers

3 Clare



Ms Bernice Loon



Mr Alvin Tang

3 Elizabeth



Mr Li Zhengjun



Mrs Tan Kai Ling

Form Teachers

3 Frances



Ms Angela
Lim



Mrs Wendy
Lee

3 Gemma



Mr Adrian
Moh



Ms Claudia
Ng



Mr Daryl
Chan

Form Teachers

3 Helena



Mr Tristan
Fernandez



Ms Nur Afiqah
Jamaludin

3 Josephine



Ms Tan Boon
Chui



Mr Harry Goh

Form Teachers

3 Louise



Mr Leon Yeo



Mrs Lois Law

3 Marianne



Mr Chan Yew
Choong



Mrs Gladys Hoy

IJ170: Hold On to Our IJ Dream

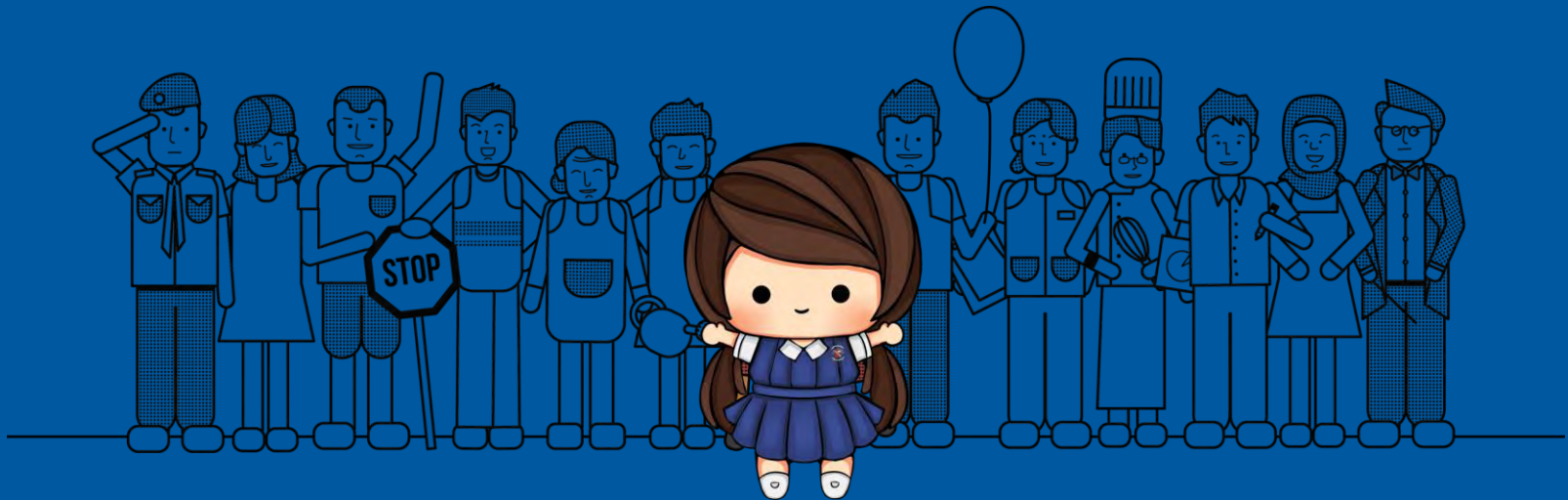
- 2 Feb: Jubilee Mass@CHIJ Secondary
- 23 March: 170 for 170 Fundraising IJ Fiesta
- 20 May: Combined Mass@Sports Hub
- 7 Sep: CHIJ Alumni Tea cum Launch of Time Capsule (Frontispiece)
- Ongoing: IJ 170 Song Album



Home-School Partnership

- School Website and official social media account
- Parents Gateway (PG) for IJ Quarterly, announcements, consent forms and resources
- School Events
 - Parents' Talks
 - Parent-Teacher Meetings
 - Others (e.g. Honours Day, Graduation Ceremony)
- Parent Support Group (PSG)
- Keep in contact with school teachers via email (7am to 6pm)

Working in partnership to develop
your child, our student



Overview of the Secondary 3 Journey



Year Head
Ms Christine Koh



Distinctive IJ Experiences



Distinctive IJ Experiences



Distinctive IJ Experiences



Distinctive IJ Experiences

Celebrating Class Name Days



What can I expect in Sec 3?



Academics

Increase in workload
More difficult content
Consistency is key



CCA

More responsibilities
Time management



New Friends

New classmates
Changes in friend groups

Academic Matters

	WA1	WA2	WA3	EOY
examinable subjects except	10%	15%	15%	60%
HMTL*	5%	30%	5%	60%
Drama	-	-	-	100%

*Students offering Higher Mother Tongue Languages (HMTL) will take the GCE O Level Mother Tongue paper in Sec 3 to qualify to continue offering HMTL

ECG Support @CHIJ



- ECG Counsellor: Ms Sharon Tay
- <https://go.gov.sg/chijsharontay>
- Tuesdays, Wednesdays and selected Fridays at the school Library (ECG room)
- via appointment (online/F2F/phone)

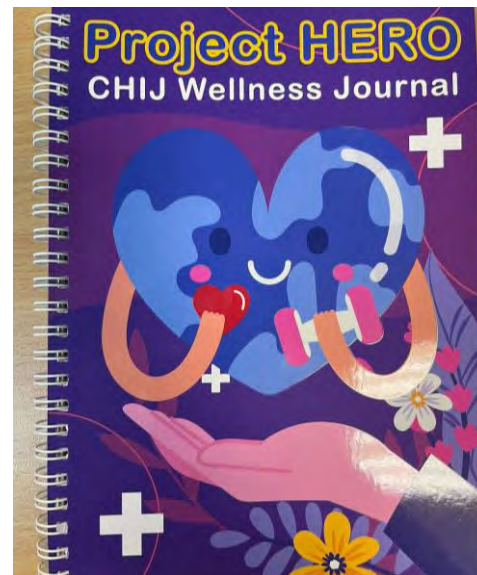
Student Well-Being and Holistic Development

- School Counsellors and Special Educational Needs Officers (SENOs)
- Munch Time at 9am and 12pm, in addition to 40min recess
- TLC (Form Teacher Contact Time)
- Student-Initiated Learning
- Gather feedback via School Leader and Year Head Dialogues, Student Forum

Student Well-Being and Holistic Development



Birthday Pins



Wellness Journal

Student Well-Being and Holistic Development



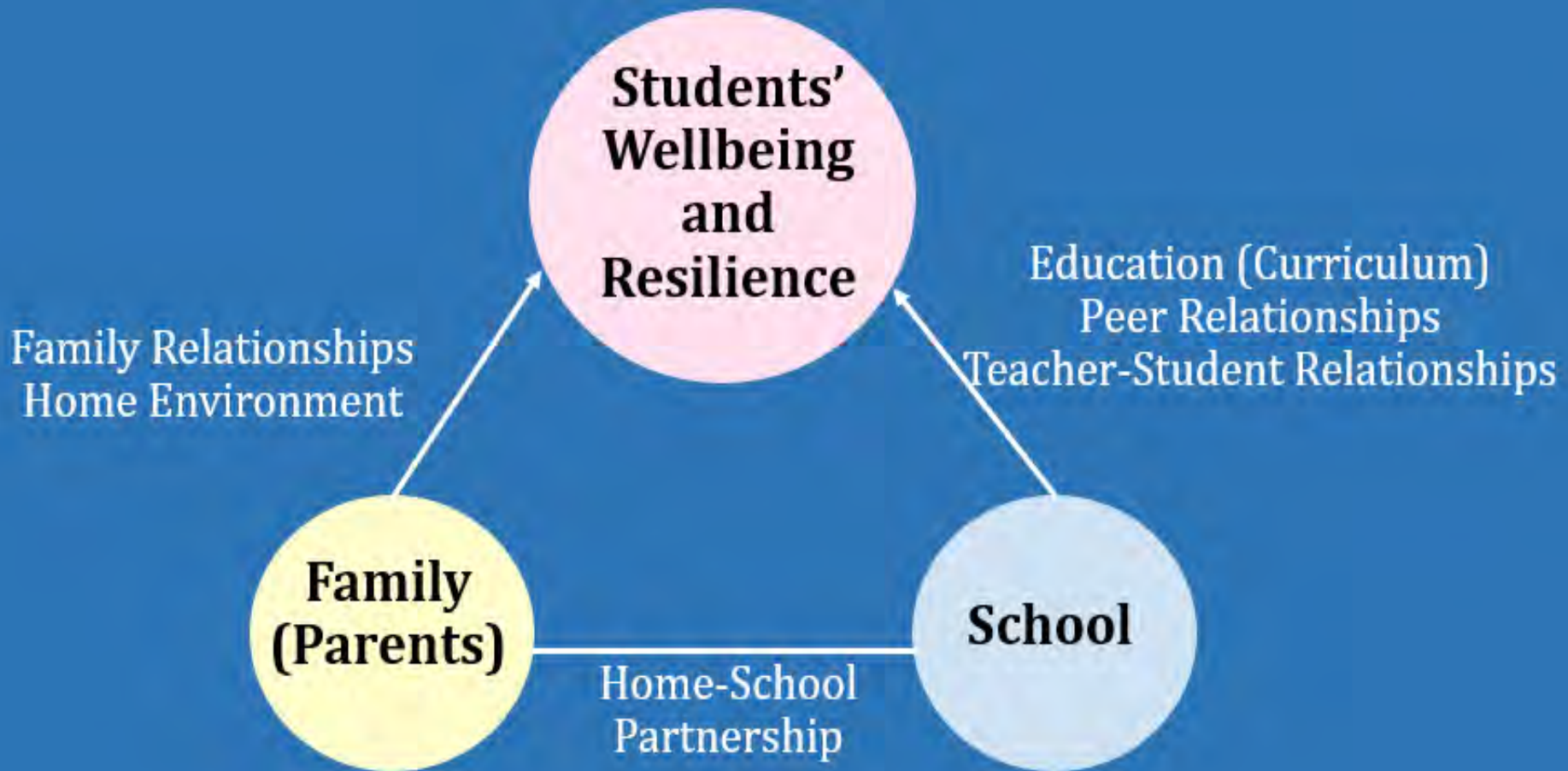
Values-in-Action

Student Well-Being and Holistic Development



Learning Journeys

Supporting Student Well-Being



Project HERO

Term 1: Hope

New Start & Transitions:
goal-setting, support networks
and self-management



Term 3: Resilience

Resisting negative influences
and being a positive influence
on others



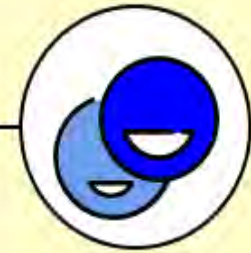
Term 2: Efficacy

Dealing with Disappointments:
supporting myself and others



Term 4: Optimism

Self-reflection and
developing positivity



Parent Engagement Resources

Project HERO

A collaboration between CHIJ Secondary and National Healthcare Group

Challenges your Sec 2 daughter may be experiencing...

Academics

Disappointment with their WA1 results and apprehension about subject allocation

Sense of Self

Influence from their peers and social media

Time Management

Balancing their friendships, studies and CCA



Feeling overwhelmed? Try a breathing exercise!



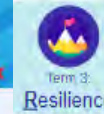
How to nurture a stronger sense of self-efficacy in your daughter?

When she is	Worried about subject combinations...	Feeling overwhelmed...	Facing disappointments...
I can	Have open discussions about her strengths and interests	Stay calm first, then find the cause of her feelings	Acknowledge her disappointment and give her space to share
I can say	e.g. "What subjects are you interested and stronger in? Would you consider taking other subject combinations?"	e.g. "It seems you are feeling overwhelmed. What's making you feel this way?"	e.g. "You look disappointed. I am here to listen if you want to talk to me about it."

Dealing with disappointments/challenges is usually unpleasant. With support from parents/guardians, children can learn how to manage their feelings & beliefs better.

Project HERO

A collaboration between CHIJ Secondary and National Healthcare Group



Resilience

Term 3 is an action-packed term as our Sec 1 students take part in various events and prepare for assessments and projects.

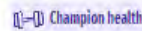
As a parent/guardian, equipping your daughter/ward with skills to handle challenges can help her become more resilient. Working to identify and fix Automatic Negative Thoughts (ANTs) as well as to practice stress management techniques will teach her to better cope with difficult moments instead of feeling overwhelmed and helpless.



Connect

What we can try...

Use the conversation starters shared in Term 1 to check in. Find out what's on her mind and remind her that she has support from those around her.



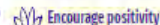
Champion health

Encourage moderate eating habits and strive towards a balanced healthy lifestyle together. Set guidelines on the use of devices to encourage her to get sufficient rest.



Role model

What are some activities you do to manage stress? Invite her to join you in an activity. Guide her to plan realistic goals regarding schoolwork and other activities.



Encourage positivity

If she verbalises ANTs, try the 3Rs below to help shake off unhealthy thinking patterns. Work together to replace these thoughts with helpful ones. Left unaddressed, ANTs may lead to depression or anxiety disorders.

3Rs

Using the 3Rs will help your daughter/ward maintain good mental health and build resilience. Try using the REDALL-RATIONALISE-REPLACE strategy on some of your own ANTs first (if any!) before working on it with her.

	RECALL	RATIONALISE	REPLACE
Guides her to identify the ANT related to the situation	Get her to check her assumptions and find new ways of thinking	Work together to develop helpful thoughts to replace the ANT	
Types of ANT			
Unrealistic Expectations of self and others are overly high	"Only 55/50 for my math test? I ought to do better!"	What would someone else whom you trust say? Are you being too hard on yourself?	This is a good result still. I'm grateful for the hard work put in and the results. I can continue working hard.
Mind Reading Conclusions are made without evidence or facts	"They didn't join my group for the project. I think she doesn't want to be my friend anymore."	What other evidence do you have for this? Is this a fact or are you making assumptions?	Perhaps she has other reasons. We can continue being friends without doing everything together.
Blaming Others It's always others contributing to the problem	"We lost the game because the other team cheated! They can't be better than us!"	What is the evidence for or against this? How else can we look at this situation?	I feel bad about losing but I'll feel better over time. Maybe our team can focus on improving our skills.

Project HERO

A collaboration between CHIJ Secondary and National Healthcare Group



Term 4: Optimism

As the year-end exams get closer, your daughter might feel emotions like excitement, nervousness and worry. Peer pressure and her own expectations could also make her feel sad, frustrated, or negative at times about what's ahead. Your guidance can promote positivity and resilience for her future.

What your daughter may be thinking as she prepares for her exams or receives her results:

Labelling
"I got that question wrong. I am so dumb!"



All-or-Nothing
"I made so many mistakes. If I can't do it perfectly, I might as well not bother!"

'Should' Statements
"I scored an A for this subject at PSLE - I should be scoring an A now!"

How can you help your child be more optimistic?



01 Noticing negative self-talk and working out alternative messages

Pessimistic: I failed Math WA so I will fail the exam too.

Optimistic: Math WA was a temporary setback. I will work harder for the exam.

Remind your daughter about **who she is**. With a positive attitude, she can conquer challenges; failures don't define her.



02 Confronting the issue and looking ahead

Pessimistic: I must never make any mistakes.

Optimistic: Making mistakes is normal. I will do my best to be more careful.

Remind your daughter **what she can do**. Moving forward, she can take steps and adopt strategies to overcome challenges.

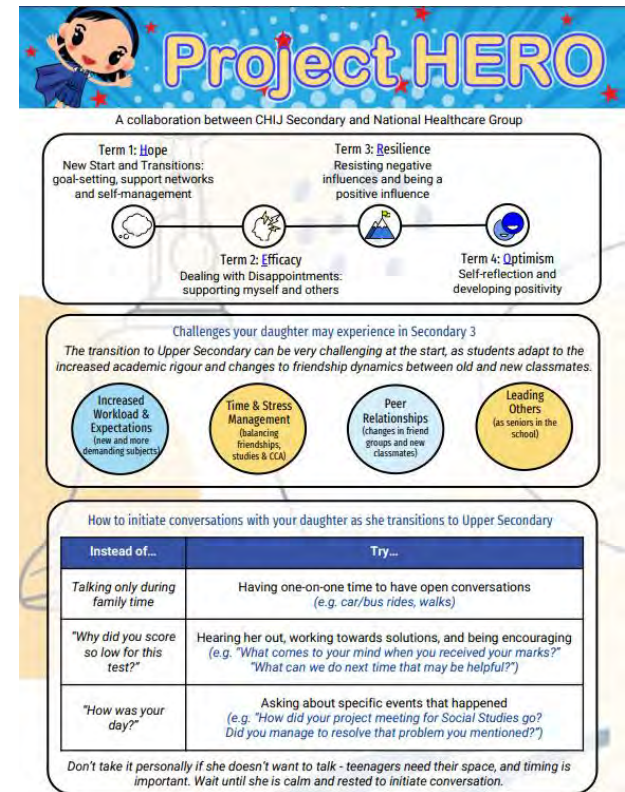


03 Counting our blessings and practising gratitude

Remind your daughter about **what she has** - the support systems around her. Work with her to list 3 things that she is grateful for during this period.

How can I support my daughter as she transitions to Upper Secondary?

- Affirm her on accomplishments outside of academics.
- Have open conversations about the different challenges she may face, and be a listening ear.
- Be encouraging and work together towards solutions.



Project HERO
A collaboration between CHIJ Secondary and National Healthcare Group

Term 1: Hope
New Start and Transitions: goal-setting, support networks and self-management

Term 2: Efficacy
Dealing with Disappointments: supporting myself and others

Term 3: Resilience
Resisting negative influences and being a positive influence

Term 4: Optimism
Self-reflection and developing positivity

Challenges your daughter may experience in Secondary 3
The transition to Upper Secondary can be very challenging at the start, as students adapt to the increased academic rigour and changes to friendship dynamics between old and new classmates.

- Increased Workload & Expectations** (new and more demanding subjects)
- Time & Stress Management** (balancing friendships, studies & CCA)
- Peer Relationships** (changes in friend groups and new classmates)
- Leading Others** (as seniors in the school)

How to initiate conversations with your daughter as she transitions to Upper Secondary

Instead of...	Try...
Talking only during family time	Having one-on-one time to have open conversations (e.g. car/bus rides, walks)
"Why did you score so low for this test?"	Hearing her out, working towards solutions, and being encouraging (e.g. "What comes to your mind when you received your marks?" "What can we do next time that may be helpful?")
"How was your day?"	Asking about specific events that happened (e.g. "How did your project meeting for Social Studies go? Did you manage to resolve that problem you mentioned?")

Don't take it personally if she doesn't want to talk - teenagers need their space, and timing is important. Wait until she is calm and rested to initiate conversation.

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Termly Study Tips to Share with Your Daughter!



1. Plan Ahead

- **Use a calendar** (digital or physical) to mark important events and dates.
- Using different colours would also help make it easier to understand.



2. Work on One Thing at a Time

- Multitasking makes us less efficient, more prone to mistakes, and can give us a great deal of stress.
- **Focusing on just one task at a time** is a great way to learn and produce high-level work.



3. Set Deadlines and Goals

- Ask your daughter to **set her own deadlines and goals**.
- This would help give her ownership and responsibility for her work.



4. Be Aware of Procrastination

- Your daughter may procrastinate because she is overwhelmed or does not understand how to do the work.
- **Talk to your daughter if you suspect she may be facing difficulties** with her work and encourage her to seek help.

Key Events: NRIC Registration

Date: Wednesday, 21 Aug 2024

- NRIC registration (biometrics enrolment only) will be conducted in school; collection of NRIC also in school

Key Events: NRIC Registration

Parents/Guardians will need to submit the NRIC registration online using SingPass

- *Verify your child's particulars (if you wish to add Chinese/Jawi/Tamil Characters, please include during the online submission under the 'Ethnic Name' field)*
- *Upload your child's photograph and supporting documents (where applicable);*
- *Make payment for your child's NRIC application (\$10 for Singapore Citizens / \$50 for Permanent Residents)*

Key Events: NRIC Registration

ICA will send parents/guardians notification letters and the school will also remind the students.

If parents don't make the application within the deadline, the student won't be able to complete her biometrics enrolment on 21 Aug, and she will have to go down to ICA to complete this.

Key Events: Sec 3 Work Exposure Programme (WEP)

- To provide IJ girls with the opportunity to experience the world of work;
- To prepare IJ girls for the world of work by nurturing relevant life skills;
- To empower them to make informed decisions regarding career selection



Figure 1

Key Events: Sec 3 Work Exposure Programme (WEP)

Period: Mon 28 Oct – Fri 1 Nov

(some work attachments will be on different dates, including some that may only end on 8 Nov or take place later in the year)

Structure:

Work Attachment

Following My Relative to Work (FMRW)

Key Events: Sec 3 Work Exposure Programme (WEP)

Following My Relative to Work (FMRW)

- **Hosting partner:** parent/ relative/ family friend
- **Attachment length:** 3 days – 1 week
- **Additional students:** students can invite their friends to join them
- **Documentation:** provide a signed letter/ certificate at the end with company letterhead

Key Events: Sec 3 Work Exposure Programme (WEP)

- Students will be briefed later in the year
- Parents/guardians interested to host can check in with their companies in the meantime
- For more information or queries, please email chjtpss@moe.edu.sg

Q&A

What are the different weightages for the different components of each subject?

Weighted Assessments (WAs) are bite-sized that cover a few chapters. Format depends on the subject.

Sec 3 End-of-Year Examination may be a full paper depending on the subject. Subject teachers will inform students of the format and duration at a later date.

For more info on format and syllabus, please visit <https://www.seab.gov.sg/>

Q&A

When is Parent-Teacher Meeting (PTM)?

PTM will be held on Fri, 24 May. More information will be sent via PG closer to the date.

Form Teachers will contact parents at the end of each term on a needs basis, and parents can also feel free to reach out to subject teachers for feedback.

Q&A

How can my daughter cope with her subjects in Sec 3?

Subject combination offered is based on Sec 2 overall results to help students cope better in Upper Sec.

Encourage her to be consistent in her work.

Students can arrange for individual or small-group consultations with their teachers (F2F/online/email).

Study Skills: Have a Study Plan

	MON	TUE	WED	THU	FRI
4-5pm	Complete Chem HW	Complete Geog HW	CCA	Complete Bio HW	CCA
5-6pm	Complete Math HW	Make notes for SS Chapter 2		Practise Qns for SS	
6-7pm	Dinner	Dinner	Dinner	Dinner	Dinner
7-8pm	Break	Break	Break	Break	Break
8-9pm	Make notes for SS Chapter 1	Read Lit Chapter 4	Make notes for SS Chapter 3	Complete EL Compo	Complete AM HW

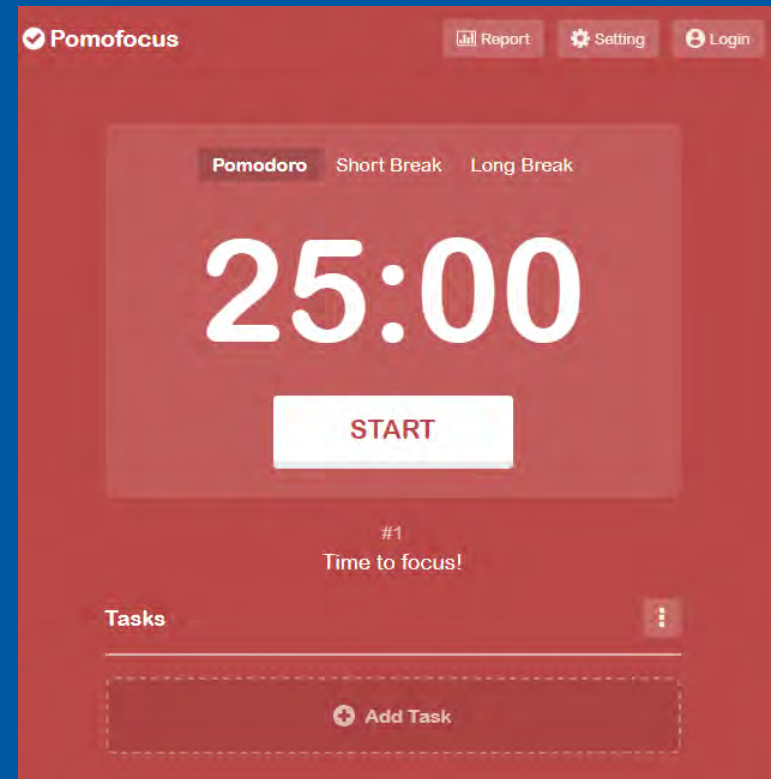
Study Skills: Have a Study Plan

- **Don't cram all the studying into one session!**
Consistency is key!
- Plan when to study and have a specific goal for that study time
- Refer to and review notes when completing homework
- No distraction when studying (e.g. TV, phone, iPad)

Study Skills: Pomodoro Technique

Use a timer to break studying into intervals (typically 25min), separated by short breaks (typically 5-10min).

<https://pomofocus.io/>



Study Skills: Cornell Note Taking

TITLE

Date

Keywords

- Main notes
 - ideally using abbreviations

Questions

- Key thoughts

SUMMARY



- Helps to organise and summarise notes by:
- key words/questions
 - notes and key thoughts
 - summary

Encourages intentional note-taking and active summarising!

Information on CCA and LEAPS 2.0



HOD PE/CCA
Mr Daryl Chan



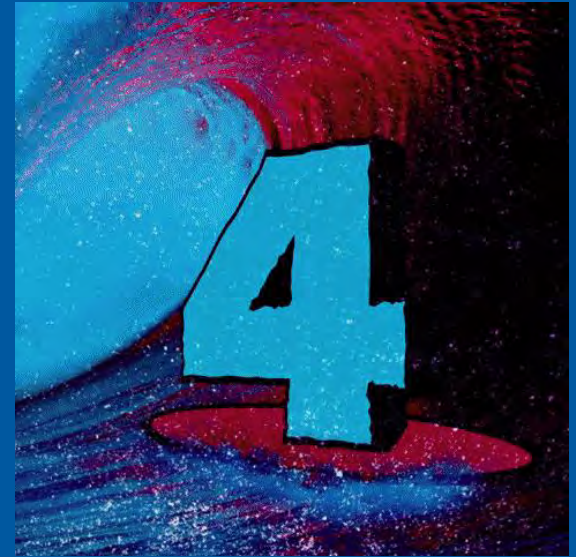
Your daughters will be receiving their DRAFT Certificates in early Feb and it will give them a good indication of their final CCA Grade.

4 domains under LEAPS 2.0

1. Leadership
2. Achievement
3. Participation
4. Service

Why is it called LEAPS then?

Enrichment had been taken out.





Leadership

Students' ability to take charge of personal development, work in a team and assume responsibilities in service of others.

This is usually the domain that students have a challenge in achieving a Level 3, so please take note.

Achievement



Representation and accomplishment in co-curricular involvements beyond the classroom.

Representation: selected and endorsed by the school or an organisation endorsed by the school (e.g. Community Club or National association).

Accomplishment: attaining accolades and awards at competitions, festivals, performances, exhibitions, conferences and symposiums endorsed by the school.

Participation

Participation in one school-based CCA.

Based on number of years of participation and exemplary conduct and active contribution to the CCA.

Sustained engagement in the same CCA is accorded higher recognition.

Participation

General trend: Starting with at least 2 years of 75% attendance, Level 1.

Every additional year, up one level.

3 years of 75% in any CCA = Level 2

Participation

4 years in ANY CCA = Level 3, 4 years in SAME CCA = Level 4

If “EXEMPLARY CONDUCT AND ACTIVE CONTRIBUTION”,

4 years in ANY CCA = Level 3 + 1

4 years in SAME CCA = Level 4 + 1



Service

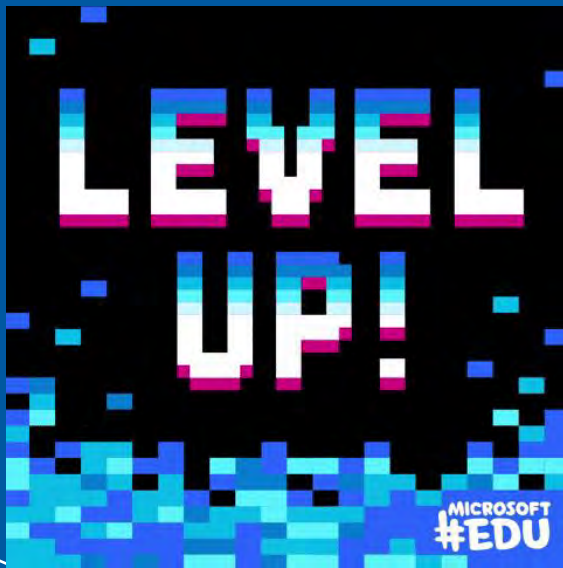
Students' development as socially responsible citizens who contribute meaningfully to the community.

Students can choose to embark on a Values-in-action (VIA) project.

Students will be recognised for the time they put into planning, execution and reflection, when participating in a VIA project.

Requirements for Excellent (2 bonus points)

- A minimum Level 3 in ALL four domains with at least a Level 4 in one domain



Requirements for Good (1 bonus points)

- A minimum Level 1 in ALL four domains with any one of the following:
 - A. At least Level 2 in three domains
 - B. At least Level 2 in one domain and at least Level 3 in another domain; or
 - C. At least Level 4 in one domain

Usage of CCA bonus points

These bonus points come into play to differentiate students from each other, beyond their academic results.

Students must meet the qualifying criteria for the institution before the CCA grades come into play.

Q&A

How are the Levels of each domain determined?

Each entry (e.g. representing your House in Cross Country or a leadership position) is allocated a certain level of attainment by the computer system. The level of attainment is not keyed in by the school.

Q&A

What percentage of our students receive 2 bonus points?

The percentage varies from year to year, but we are generally around 75%.

Q&A

What should your daughter do if the entries on the CCA Certificate are inaccurate or something is missing?

Write it down or make an amendment in **RED INK**, then submit the certificate to your CCA teachers, before the deadline (20 January).

Ensure that the item has been included/amended in their next check.

Sec 3 OBS



Subject Head/PE
Mr Harry Goh



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• • • •

“ 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

COURSE DATES:

8 to 12 July 2024 (Mon to Fri) **Term 3 Week 3**

TEACHER CO-ORDINATOR:

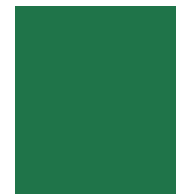
Mr Harry Goh

E-MAIL ADDRESS OF TEACHER CO-ORDINATOR:

goh_poey_huat_harry@moe.edu.sg



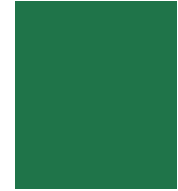
Ministry of Education
SINGAPORE



PG sent on 23 Jan 2024 (Tues)

Contains:

- OBS letter
- Important Note
- Sample Activities
- FAQ
- eReg Guide for parents
- Link for e-registration



Ministry of Education
SINGAPORE



Timeline	Date/s
PG to parents	23 Jan (Tues)
Briefing to students	24 Jan (Wed) during assembly
Briefing to parents	25 Jan (Thurs) during Sec 3 level briefing to parents
E-registration by parents/guardian	29 Jan (Mon) to 09 Feb (Fri) CNY eve
Medical examination in school (Bentinck)	29 Feb (Thurs) & 1 Mar (Fri)
Final briefing to students	26 June (Wed) during TLC
OBS (5D4N)	8 July (Mon) to 12 July (Fri)



Ministry of Education
SINGAPORE



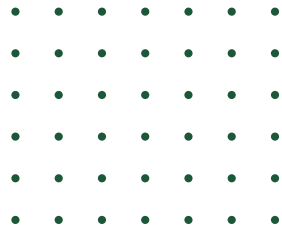
CONTENT

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

02 Safety – Our Top Priority

03 How do I eRegister my child?

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



The background image shows a large, multi-story university building with a central gabled entrance. In the foreground, there is a circular stone emblem with intricate patterns and the motto "WILL TO STRIVE AND NOT TO YIELD" inscribed around its perimeter. The entire scene is overlaid with a semi-transparent green filter.

1

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 5D4N expedition-based course 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



5D4N 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 the MOC 5D4N course

Day 1	Day 2	Day 3	Day 4	Day 5
Ice Breaker, Expectation Setting, In-process Administration, First Aid Briefing	Expedition Preparation, Journaling, Morning Circle			Peer Affirmation
Team / Problem Solving Activities, Expedition Preparation	Adventure Activities – Single/Multi-mode Land/ Water-based Expeditions			Commitment Activity
Tent Pitching, Outdoor Cooking, Expedition Preparation	Wash Up, Tent Pitching, Outdoor Cooking			Final Debrief, Certificate Presentation
Debriefing / Journaling / Sharing of reflection / Lights out				
Getting to know you, team socialisation	Building competence & confidence, overcoming challenges as a TEAM, developing resilience as individuals, sense of achievement as a WHOLE			Sharing of Feedback, Transfer of Learning



Mainland Singapore

OBS Reception & Activity Centre

Camp 1

Camp 2

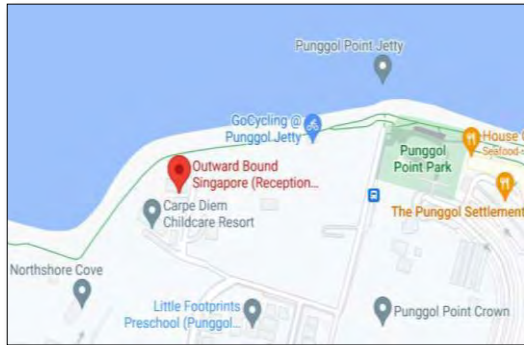
Pulau Ubin

East Coast Campus

 OBS Campus

Reporting and Dismissal Locations

**Students to report in school before boarding the bus to respective location*



OBS Reception and Activity Centre (RAC)

22 Punggol Road, Track 19,
Singapore 828871

Reporting venue for students allocated to:

- Punggol RAC
- OBS Camp 1
- OBS Camp 2



OBS East Coast Campus

1410 East Coast
Parkway,
Singapore 468962

A woman wearing a white long-sleeved shirt and a blue cap is holding a baby wrapped in a white blanket. The background is a soft-focus outdoor setting. The entire image is overlaid with a semi-transparent green filter.

2

**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



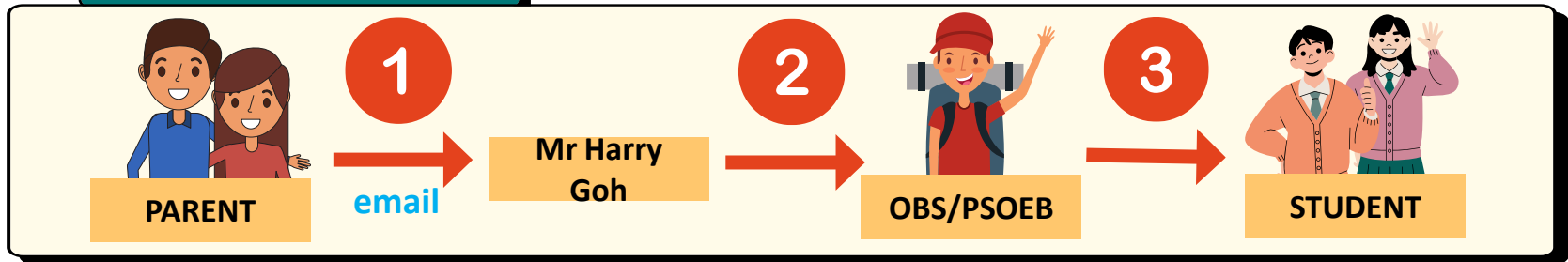
Student's symptoms are not improving, to be conveyed for further medical attention at clinic/hospital



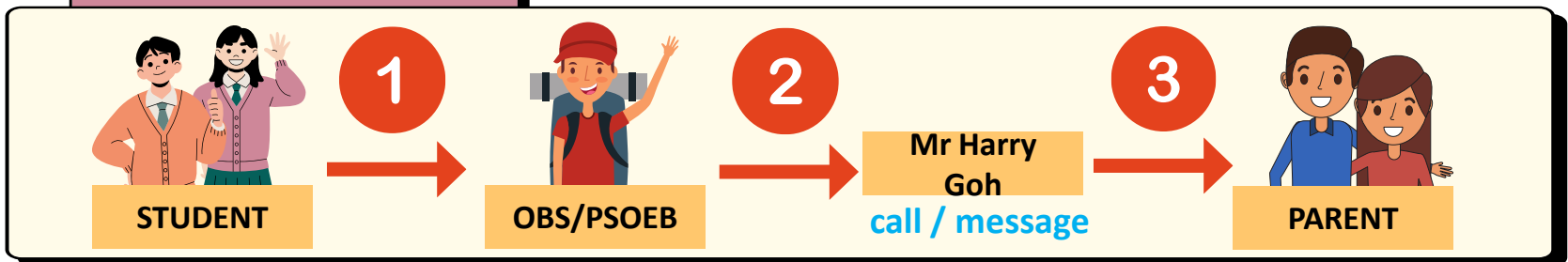
Parent/Guardian informed
School informed

Communication during 5D4N OBS

PARENT TO STUDENT



STUDENT TO PARENT

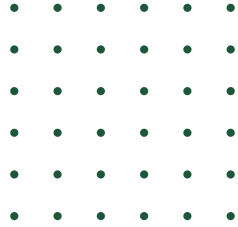


- Your child's valuables, including phone, will be safe-kept during the duration of the programme, this communication channel should only be used in case of emergencies

A group of people, including a man and several women, are gathered on the deck of a boat. They are all wearing bright yellow life jackets. They are looking down at a large map or document spread out on the deck, with their hands pointing to various locations. The background shows the boat's structure and some outdoor equipment.

3

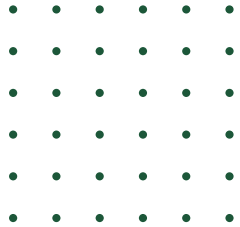
HOW DO I eREGISTER MY CHILD?



eRegistration for OBS

29 Jan (Mon) to 09 Feb (Fri)

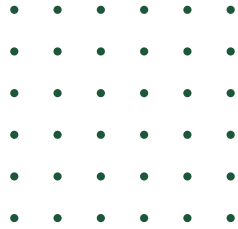
<https://go.gov.sg/2024moeobs-chijtp>



Before eRegistration

Have the following information & devices ready:

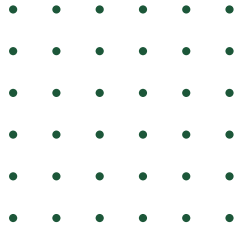
- 1 Mobile Phone / Laptop / Tablet Device
- 2 SingPass
- 3 Your Child's Class
- 4 Your Child's School Email Address
- 5 Your Child's Tetanus Vaccination Status
- 6 Your Child's Height & Weight

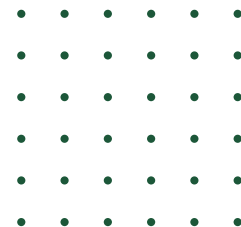


Tetanus Vaccination (Compulsory)

Does the Participant have a valid tetanus vaccination taken within the past 10 years? [Yes/No](#)

Your child should have haven taken her tetanus vaccination in 2020 when they were in P5. You may check the date of your child's Tetanus vaccination(s) at <https://www.nir.hpb.gov.sg/nirp/eservices/login>



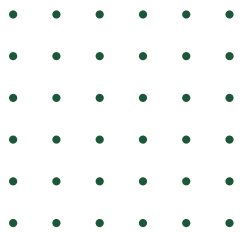


Allergies

Example:


Allowed to attend OBS: Allergic to peanuts but not allergic to traces of peanuts

Not allowed to attend OBS: allergic to traces of peanuts



Conditions that require a specialist's memo

You will need to provide a specialist's memo certifying your child fit for course if your child is on follow-up for the following medical conditions

 Breathing e.g.: asthma / exercise-induced asthma

 Heart condition

 Blood condition

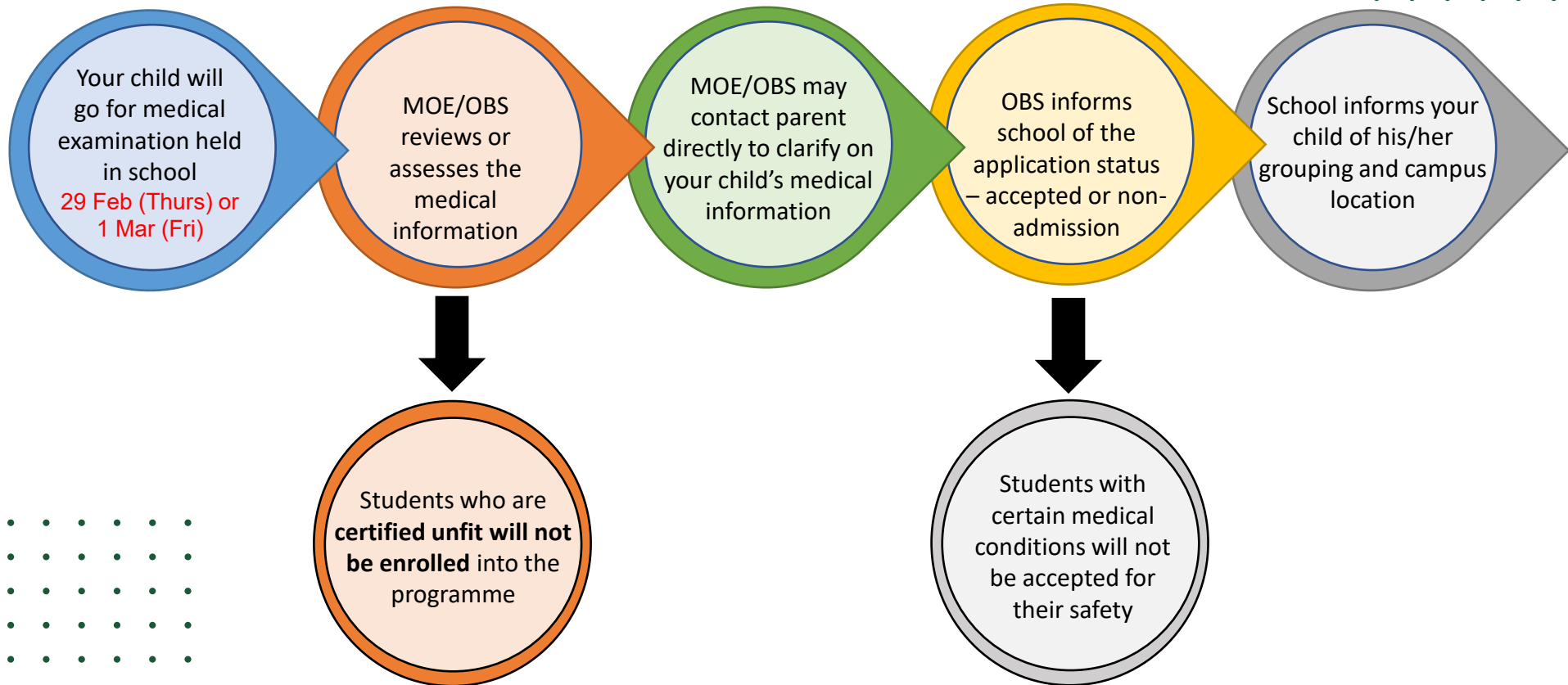
 Epilepsy/fits/seizure

 Bone/joint/tendon injury or condition

e.g. scoliosis – if still on follow-up, will need a memo from the physician certifying that your child is fit to attend the 5D4N OBS programme.

 Behavioural or psychological condition

Enrolment

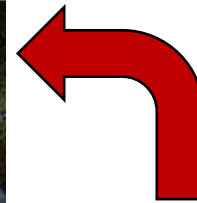
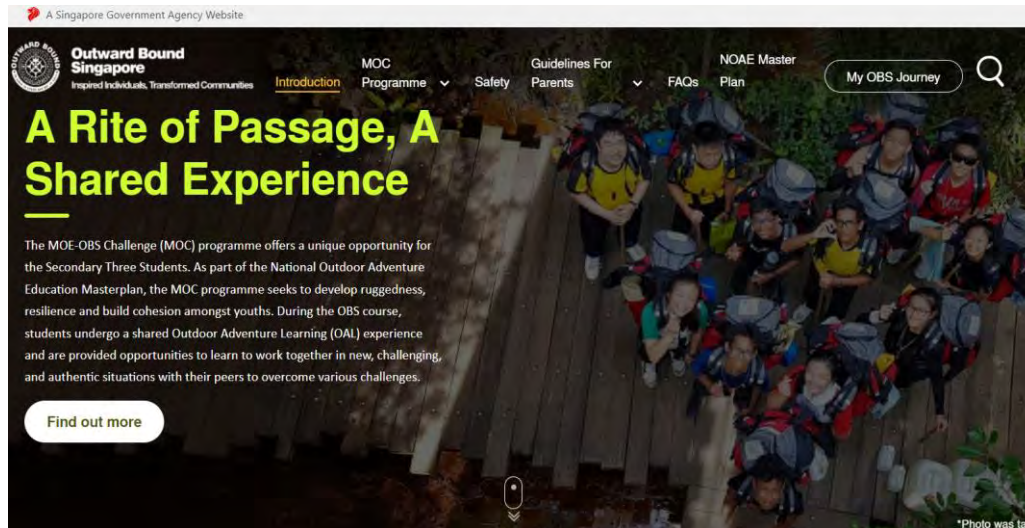


A person is sitting on a large rock in a forest, looking down. Another person is visible in the background, sitting on a rock. The scene is outdoors with trees and grass.

4

**HOW CAN I HELP TO PREPARE
MY CHILD FOR THE MOC?**

MOE-OBS CHALLENGE PROGRAMME WEBSITE



Scan QR Code to be directed to the website



- ✓ A customized website specifically for the MOE-OBS Challenge Programme
- ✓ For parents/guardians to keep updated on key information about the programme
- ✓ Parents/guardians can better prepare themselves and their child/ward for the programme

My OBS Journey (MOJ) Web App



What is it about?

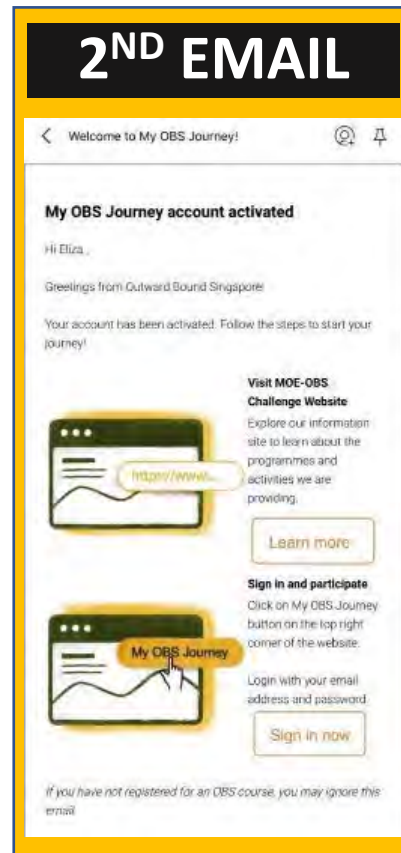
Tips, Games & Reminders! A new OBS web-app to help students attending the MOE-OBS Challenge Programme prepare for their OBS course. Here students can learn handy tips on how to pack their bag, protect themselves in the outdoors in a fun and meaningful way. Useful resources and reminders to help students be mentally confident for their first OBS course!

[Learn more](#)



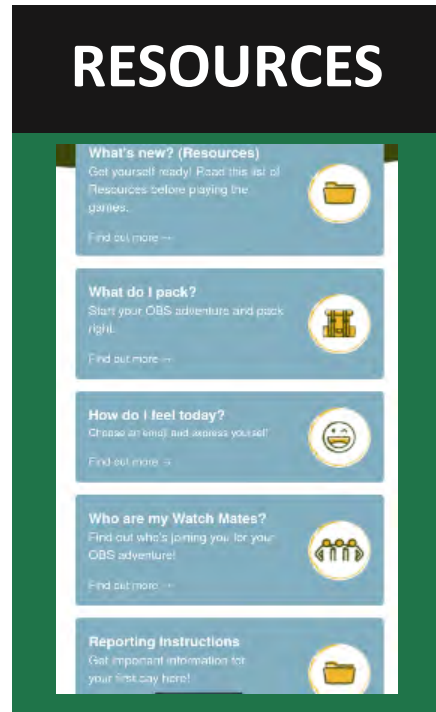
- ✓ A new web application for enrolled students
- ✓ To help students mentally prepare for the OBS course

My OBS Journey (MOJ) Web App

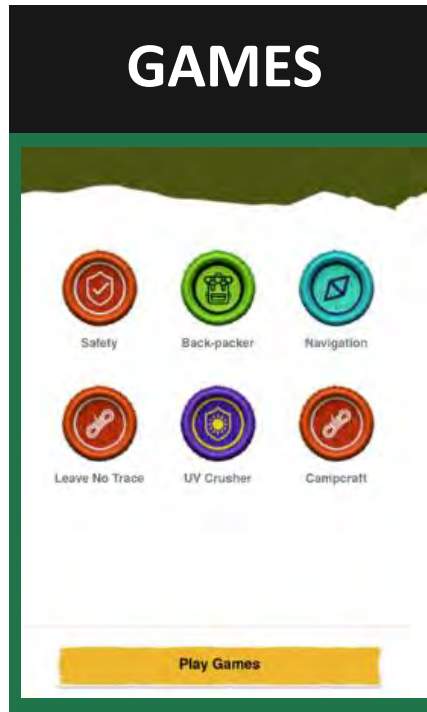


- ✓ The account activation email will be sent to the student's email address which parents fill up in the e-registration form
 - * *If parents input their email address instead, it will be sent to that email address.*
- ✓ Teachers and Parents/Guardians can assist to remind students to activate their account

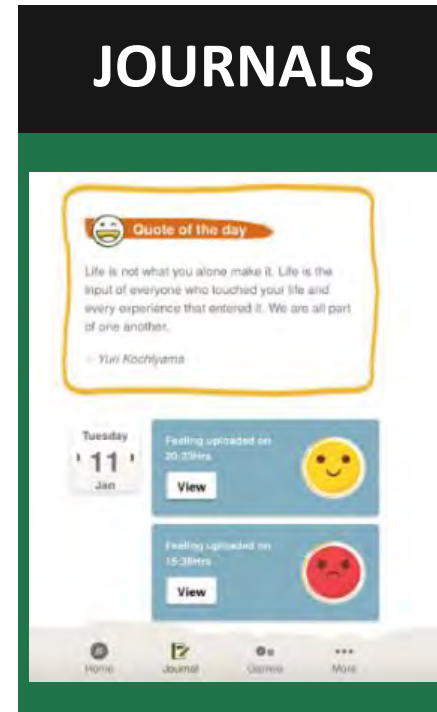
Features of MOJ



Provides reminders for your child - e.g. what to pack, countdown to their OBS course and reporting instructions for Day 1.



Games and quizzes for your child to learn about the outdoor knowledge in a fun and engaging way!



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/5dmocpackinglist>

*Packing list can also be found on My OBS Journey

or from the school briefing



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 quality they depend 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
-Necessary for climbing activities/repellents (shows quarter pants and jeans are not allowed)
- 2 pair Long Pants
-Necessary for climbing activities/repellents (shows quarter pants and jeans are not allowed)
- 2 pc Short-Sleeved T-shirt
-For physical activities e.g. RC activity
- 2-3 pair Shorts
-For physical activities e.g. RC activity
- Sufficient Undergarments
-Avoid disposable to minimise trash
- 2 pc Towels
- 1 for showering (not 30cm x 1.50cm)
- 1 small towel for expeditions (not 30cm x 60cm)
- 1 pair Additional Covered Shoes for Water Activities
-For protection from underwater rocks, barbed wire sea/water activities
- 1 pair Sandals/Slippers
-For use during non-activity period/allowing
- Sufficient Socks

Footwear Notes:

- ① Long-sleeved t-shirt must have 'long sleeves' printed below the collar and 'Aurora'.
- ② Long-sleeved t-shirt must have 'long sleeves' printed below the collar and 'Aurora'.
- ③ Closed shoes need to be worn throughout the day for all activities, smooth at the sole use intact. New shoes that fit well, are comfortable and provide support to prevent blisters or injuries.
- ④ Socks must be made of cotton or wool to prevent blisters and protect against insect bites and sandy soil.

IMPORTANT PERSONAL ITEMS

① PFD: tag to improve items including activities and to pack items distributed above.

NAME: Put new sealables in a bag, label with your personal details e.g. name, class, school.

② insect repellent, ③ first aid kit, ④ water bottle, ⑤ water purification, ⑥ water filter, ⑦ water purifier, ⑧ water purifier, ⑨ water purifier, ⑩ water purifier.

① insect repellent, ② first aid kit, ③ water bottle, ④ water purification, ⑤ water filter, ⑥ water purifier, ⑦ water purifier, ⑧ water purifier, ⑨ water purifier, ⑩ water purifier.

IMPORTANT PERSONAL ITEMS

- Min. 10 pcs Extra Face Mask with Re-usable Bag
- 1 bottle Hand Sanitizer
- Sufficient Insect Repellent
- Sufficient Sun Protection
- See block (SPF 30 or higher), lip balm, and after-sun lotion
- 1-2 bottles Water bottles to hold at least 1 litre of Water
- E.g. 20 x 0.5L water bottles
- Storing of personal water bottles is not allowed for hygiene purposes
- 1 set Fork & Spoon
- Metal objects not recommended
- Sufficient Essential Toiletries
- For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and hair care products (for females only)
- For camping e.g. toilet roll, body powder or patchy heat powder
- Sufficient Prescribed Medication in Open Blister
- e.g. Inhaler, oral medication
- Medication are not required (all prescribed medication must be declared)
- Sufficient Torchlight & Spare Batteries
- For night-time movement and safety
- 1 set MOS-OBS Course Journal & Pen
- Sufficient Plastic Bags/Re-usable Bags
- Sufficient Spare Spectacles or Contact Lenses
- Secure with appropriate bands
- Retainers and hooks are not encouraged
- 1 pc GC Link Card ID

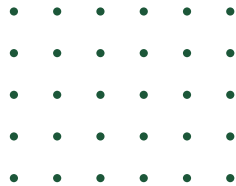
OPTIONAL ITEMS

- Sufficient Tropical Lightweight Sleeping Bag or Mat
- Grass mat if it is not provided
- 1 pair Gloves
- 1 pc Rain Jacket
- 1 pair Sunglasses
- 1 pc Water Watch



Things to bring:

- Medication declared during e-registration (prescribed under the child's name & not expired)
- Extra pair of shoes/water booties
- Track pants



Before the MOC

Prepare Your Child by Encouraging Him / Her To:

1 Be Selfless, Supportive & Encourage His/Her Teammates



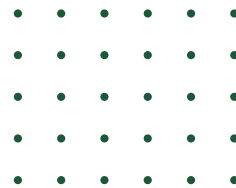
2 Participate Actively



3 Maintain A Positive Outlook



4 Immerse in The Experience & Environment





“

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

