

P5 COHORT CAMP 2023 ^{AT}

DAIRY FARM
OUTDOOR
ADVENTURE
LEARNING CENTER

28 - 30 August 2023



Agenda

- ▶ Camp Details
- ▶ Camp Objectives
- ▶ Introduction to Dairy Farm Outdoors Adventure Centre
- ▶ Camp Activities
- ▶ Safety
- ▶ Housekeeping/Reminders
- ▶ Q&A

Camp Details

Camp Details

- ▶ Type of Camp: Overnight residential camp
- ▶ Duration: 3D2N
- ▶ Dates: 28 Aug (Mon) – 30 Aug (Wed) 2023
- ▶ Venue: Dairy Farm Outdoor Adventure Learning Centre(DFOALC)
- ▶ Personnel: P5 level Students and Form Teachers, PE Teachers & MOE Outdoor Adventure Educators
- ▶ P5 cohort students will be split into 11 groups – social mixing



Camp Objectives

G.R.I.T @ RMPS

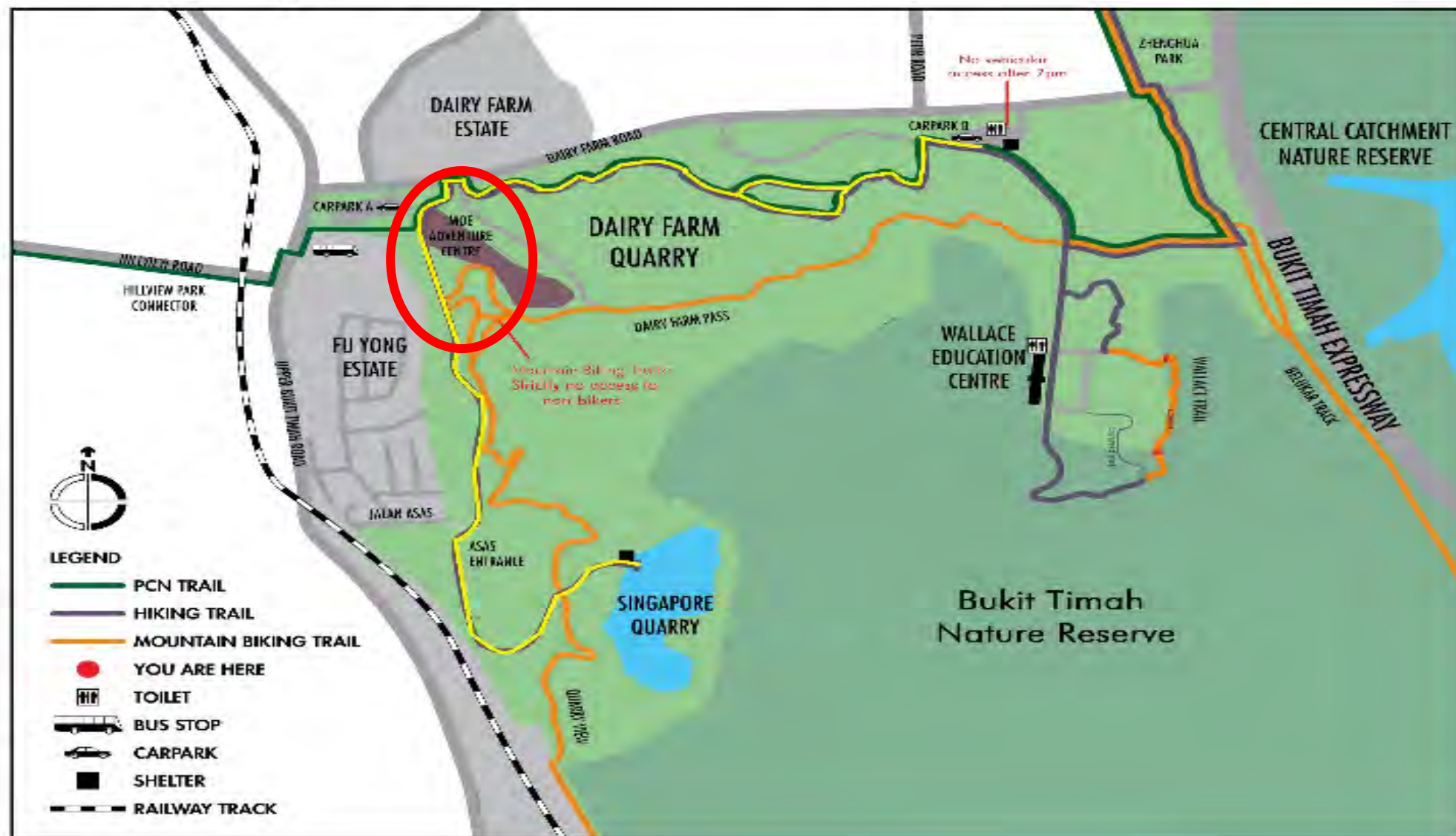
- ▶ Develop ruggedness and resilience through outdoor experiences
- ▶ Develop Growth Mindset, Resilience, Independence & Teamwork ([G.R.I.T@RMPS](#))
 - ▶ (Focus on Resilience and Teamwork)
- ▶ Forge camaraderie through common challenging experiences
- ▶ Develop a sense of place and enjoy the outdoors



INTRODUCTION TO DAIRY FARM OUTDOOR ADVENTURE LEARNING CENTRE (DFOALC)

Venue and Facilities

Dairy Farm Nature Park



DFOALC



Students' Dorm & Toilets





Canteen & Wash Area



Instructors

INTRODUCTION OF DFOALC

MOE OUTDOOR ADVENTURE EDUCATORS (OAEs)

- Full-time Outdoor Teachers
- Stringent selection criteria and process
- Equipped with:

Facilitation skills

Safety skills

Environmental skills

Technical skills

Organisational skills

Instructional skills



OAEs

Key Pedagogical Approaches

For OAL Cohort camps



Experiential Learning Approach

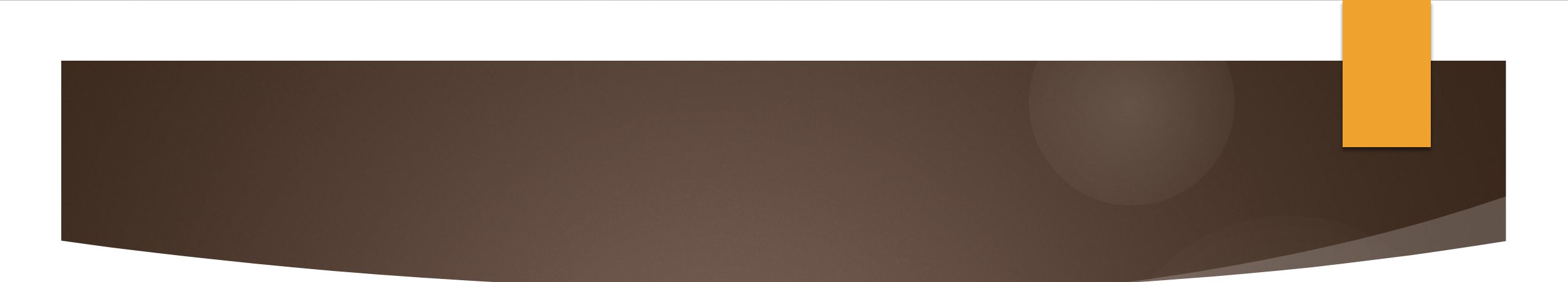
Build upon past experiences and learn by making personal meaning of their new experiences through the process of reflection.

Place-Responsive Approach

Using the place as foreground to enrich students' understanding and appreciation of local places.



Camp Activities

- 
- ▶ Initiation Activities
 - ▶ Team Building Games
 - ▶ Place Based Activities – Stream Exploration
 - ▶ Shelter Building (Outdoor Living Skills)
 - ▶ Low Elements
 - ▶ Outdoor Journey & Navigation
 - ▶ High Elements
 - ▶ Night Activities
 - ▶ ***G.R.I.T Award**

During Camp

Explore & Experience



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INITIATE



BUILD



CHALLENGE



**CONSOLIDATE
& CELEBRATE**

Initiation Activities



Ice-breakers
& Energisers



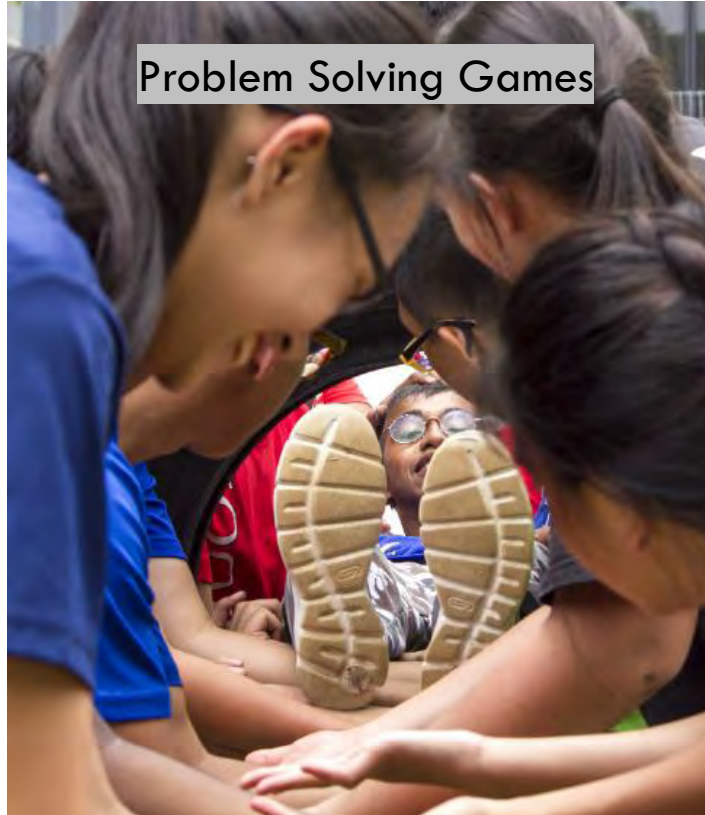
Full Value
Contract



Goal Setting

Team Building Games

Problem Solving Games





Stream Exploration

Place Based Activities – Stream Exploration

Shelter Building (Outdoor Living Skills)



Low Elements



Low Elements



Outdoor Journey & Navigation (Outdoor Living Skills)



- ▶ Singapore Quarry
- ▶ Fuyong Estate
- ▶ Truss and Rail Corridor
(Wallace Education Centre)
- ▶ Dairy Farm Quarry & Pavilion

Outdoor Journey & Navigation



High Elements

- ▶ Abseiling
- ▶ Rock Wall
- ▶ Challenge Rope Course (Low Tier)

Outdoor Adventure Educators will conduct Safety briefing and demonstrate correct techniques and proper use of equipment prior to the High Elements activities.

*Students will get to attempt only 1 out of the 3 different High Elements activities.



High Elements - Abseiling

High Elements – Rock Wall



High Elements- Challenge Rope Course (Low Tier)



High Elements- Challenge Rope Course (Low Tier)



Night Activities

- ▶ Night Walk
- ▶ Mini Campfire



G.R.I.T Award

- ▶ A G.R.I.T award certificate will be presented to the student who consistently displayed ***Resilience*** and ***Teamwork*** in the group throughout the camp.
- ▶ FTs will select two students (best camper) from the group they are assigned to.
- ▶ G.R.I.T certificate presentation at the end of the camp.



Sample
of G.R.I.T
Award

COMMON PLANTS FOUND NEAR DFOALC



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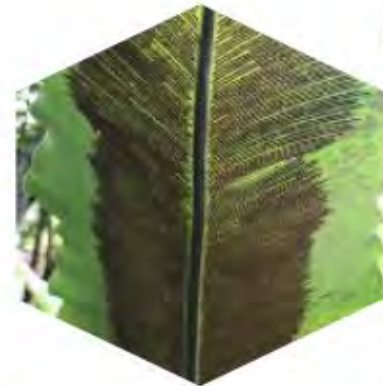
Dumb cane



Frog joy



Indian borage



Bird Nest Fern



Breadfruit



Swiss cheese plant



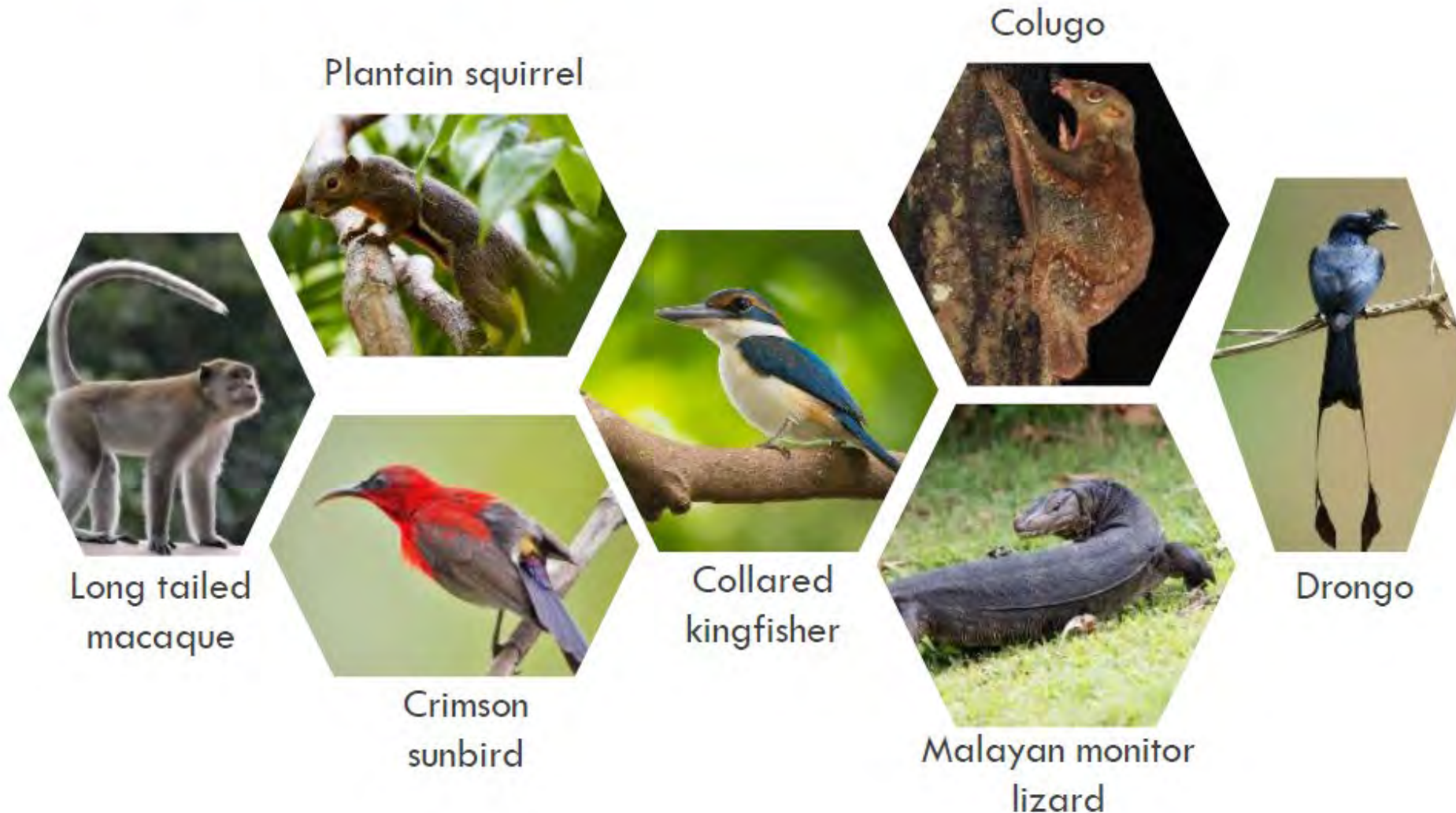
Yellow
stem fig
Tree

- Create awareness of and understanding of plants biodiversity
- Appreciation of nature

COMMON ANIMALS FOUND NEAR DFOALC



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- Create awareness of and understanding of animals biodiversity
- Appreciation of nature



On Safety

Safety – Activity & Participants

- Camping activities include high and low elements, outdoor journey as well as place-based activities such as stream exploration.
- Inherently, there are risks involved in the conduct of these activities. MOE has conducted risk assessment for these activities and put in place appropriate measures to manage these risks to a suitable level for our students.

Safety – Activity & Participants

- Where applicable, students will have the autonomy to participate at the level of challenge that they are comfortable with.
- Outdoor Adventure Educators (OAEs) are proficient in outdoor skills and trained in Wilderness First Aid.

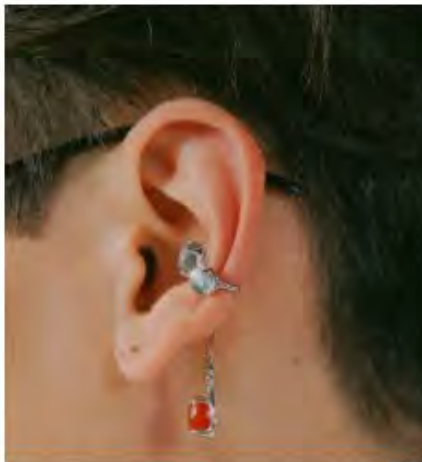
Safety Briefing

- Outdoor Adventure Educators will be conducting Safety briefing to students prior to each activity.
- Students will also be briefed on the “Dos and Don’ts for Wildlife Encounters.

SOP for HIGH ELEMENTS : NO HARD OBJECT ON BODY



Hard object includes watches and body jewellery such as rings, ear studs, earrings , nose stud, nose ring, tongue stud, chain, necklace, bangle, bracelet . Religious items need to be removed from the body during High Elements



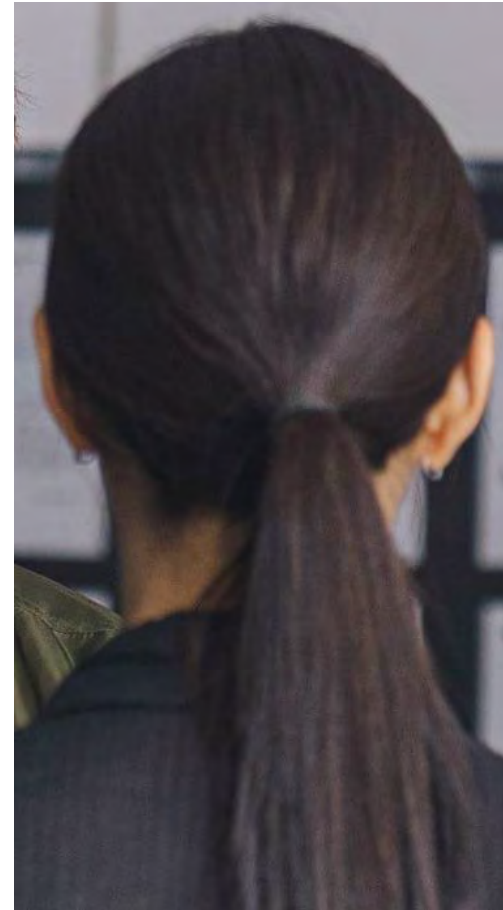
SOP for HIGH ELEMENTS : MUST wear a tubular headgear

- During Height-based activities, students and school staff entering the HIGH ELEMENTS Zone **MUST wear a Helmet.**
- For hygiene purpose, a tubular Headgear commonly known as a **BUFF**, must be worn beneath the helmet.
- School will provide a buff for every students.



HIGH ELEMENTS & LONG HAIR

- Students with hair longer than shoulder length
- MUST tie their hair up in a pony-tail or plait their hair.
- tuck their pony tail / plaited hair into the hollow space of the BUFF
- secure their exposed hair into their t-shirt at the back should their pony tail/plaited hair extend below the length of BUFF behind the head



Housekeeping

Housekeeping

- ▶ Students to report to school at the usual reporting timing (by 7.35 am) on 28 August (Monday)
- ▶ To report to school in their PE attire. Students are allowed to wear school shoes/sports shoes.
- ▶ Students will be dismissed from school at 1.30 pm on 30 August (Wednesday)

Housekeeping

- ▶ To acknowledge and give consent via Parent Gateway by **Monday, 7 August 2023**
- ▶ To indicate your child/ward's dietary requirements (Non-vegetarian or vegetarian), medical conditions or allergies (if any) in the form via Parent Gateway.
- ▶ If your child is unwell, do not send him/her to school.

Reminders

- ▶ Do not bring any valuables (such as money, handphones and etc) to the camp.
- ▶ Do not bring any snacks or sweet drinks for the camp. (All meals and snacks will be provided)
- ▶ Refrain from wearing any accessories on the body eg jewelleryes, earrings, rings, studs, chains, bracelets etc to the camp
- ▶ Students are to pack their own bags for P5 camp and label their belongings. (strongly encouraged)

P5 Camp Packing List

A. COMPULSORY ITEMS		QUANTITY
1.	Sports bag / backpack (avoid bringing wheeled luggage)	1
2.	Day pack to carry items needed in the day (avoid shoe bag or drawstring bag)	1
3.	Non-disposable water bottle (at least 1-litre)	1
4.	Thermometer (in working condition)	1
5.	Raincoat / poncho / waterproof jacket with hood (no umbrellas)	1
6.	Non-disposable utensils (<u>i.e.</u> metal fork & spoon)	1 set
7.	Writing materials	
8.	Torchlight with batteries	1
9.	Toilet paper for personal use	sufficient

P5 Camp Packing List

B. IMPORTANT ITEMS		
1.	School PE T-shirt / Plain T-shirt (not including the set worn on the first day) – Sleeveless T-shirts are not allowed	3
2.	School Shorts / Dark-coloured shorts (not including the set worn on the first day)	3
3.	Long pants (for high/low elements; must cover ankles, jeans not recommended)	1-2 pairs
4.	School shoes/Sports shoes (worn to school on the first day)	1 pair
5.	Socks (not including the set worn on the first day)	3
6.	Undergarments (100% cotton preferred)	sufficient
7.	Towel (multiple use for face and shower)	1-2
8.	Personal medication (including inhalers and spare canisters) – declare to teacher	
9.	Toiletries (i.e hair wash, body wash, toothbrush, <u>tooth-paste</u> , toilet paper, sanitary napkins (for girls)	sufficient

P5 Camp Packing List

C. ITEMS THAT ARE GOOD TO HAVE		
1.	Sleeping bag / mat	1
2.	Slippers / sandals (to be worn ONLY during shower time)	1
3.	Spectacles (spare) and spectacle band/hook	If need
4.	Sweater / jacket (for night)	1
5.	Ziploc bags for waterproofing items in backpack	sufficient
6.	Large Plastic bags for dirty clothes	2-3
7.	Sun protection <u>e.g.</u> hat / cap, long sleeved T-shirt or sunblock	
8.	Insect repellent spray / ointment (Not Mosquito Patches which are INEFFECTIVE)	
9.	Wet wipes & sanitizer for personal use	
10.	Extra pair of school shoes / sports shoes	optional



Thank You!