

P5 ADVENTURE CAMP

14 – 16 JAN 2019

TERM 1 WEEK 2

VENUE: MOE ADVENTURE

CAMPSITE (CHANGI COAST RD)



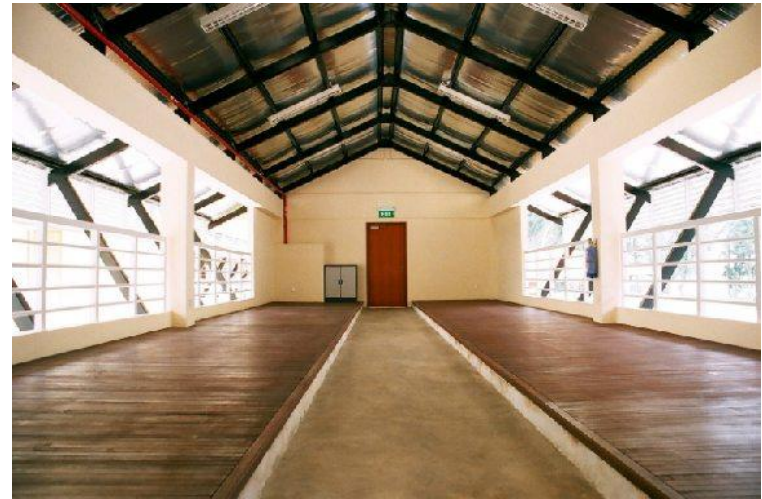
Pre-Camp Briefing for Students

WHAT'S IN STORE FOR YOU?

- Our Training Partner: Outdoor Adventure Educators
- You will have a mission to accomplish – with lots and lots of activities for you to:
 - get to know yourself better
 - get to know your classmates better
 - experience some challenges & learn to overcome them
 - gain independence and more confidence

WHAT'S IN STORE FOR YOU?

- Groupings by teachers – 2 groups within your class
- Accommodation: Each class will be assigned a dormitory
- Common toilet and shower facilities - no hot water showers available



WHAT'S IN STORE FOR YOU?

- Activities conducted by qualified instructors

3 main segments:

1. Team Building (Includes Caving & Low Elements)
2. Coastal Exploration
3. High Elements (Includes CRC, Zipline & Rockwall)

- Mini Campfire

WHAT'S IN STORE FOR YOU?

- ❑ Food served is halal-certified.
- ❑ Special Dietary Requirements – Should have been indicated in the consent form and you are responsible for what you consume.
- ❑ Check with teachers if clarifications are needed.

Accompanying Teachers

1. Ms Daisy Ng
2. Mdm Rozana
3. Mrs Pauline Tan
4. Mrs Josephine Kua
5. Ms Ng Xin Rong
6. Mrs Angela Loy
7. Mrs Hazel Chang
8. Mrs Jacinta Lee
9. Mrs Vevian Ng
10. Mrs Carian Ye
11. Mrs Angelia Chan
12. Mr Yip Chuen Yen
13. Ms Yap Hui Ting
14. Ms Rina Oon

PACKING LIST

- Refer to packing list
- All belongings should be labelled with your name and class

IMPORTANT NOTES:

- Type of bag to bring: Backpack or any other type of bag that can fit almost everything
- **NO** trolley suitcase allowed. You are not going on a holiday.
- Pack your own bag – your 1st independent task – so that you'll know where all your things are

PACKING LIST

- Personal Medication needs to be packed in a ziplock bag and labelled with the student's name and class. Dosage and other relevant information should be clearly marked. Students have to administer their own medication. Teachers and instructors are not allowed to prescribe any oral medication to the students.
- Only non-disposables are to be brought e.g. bowl/plate, cutlery, cup/mug. (See images – last slide)
- Students are expected to wash up after each meal.

PACKING LIST

- Toiletries – to include sanitary pads (if necessary) and to seek teachers' assistance if unprepared
- Long pants – ankle-length (e.g. track pants) must be worn for the High Elements Activities – no jeans (for safety – to prevent rope burns or any other incidents)
- Bring a hanger or 'S' hook to hang your bag of clothes when you shower
- If you need to buy any item – available at major supermarkets (e.g. Giant Supermarket) or Decathlon (Address: 750A Chai Chee Technopark #01-01, 469001)

LOGISTICAL ARRANGEMENTS

Day 1 of Adventure – Monday, 14 Jan:

- Reporting time: Usual time (by 7.30 a.m.)
- Reporting attire: PE T-shirt and long pants
- Reporting venue: Performance @ the Deck (Basement)
– according to your classes and groups in front of
Class Placards
- Proceed to the Courtyard or MPH for Morning Assembly with your valuables (e.g. wallet – bring just enough for your needs – maximum \$10.00)
- You do NOT need to bring your school journal.

LOGISTICAL ARRANGEMENTS

After Morning Assembly:

- ❑ Proceed to the canteen for breakfast/snack (15 – 20 minutes) and bio-break
- ❑ By 8.15 a.m. – Assemble in the basement for a short briefing and prayers before departure
- ❑ By 8.30 a.m. - Depart for campsite

LOGISTICAL ARRANGEMENTS

Day 3 of Adventure – Wednesday, 16 Jan

- Estimated time of departure from campsite: **11 a.m.**
- Estimated time of arrival in school & Dismissal:
11.30 a.m.
- Transport arrangements home:
 - By yourselves (walking home; public bus)
 - Parent pick-up (remind them to wait outside respective school gate)

Seek help from your teachers if you...

- Feel unwell (Before departure; anytime during the camp)
- Sustain any injury e.g. from a fall; burns or scalds
- Feel hungry
- Need to clarify something that your friends or trainers are unable to answer

FINAL NOTE:

For Parents:

Contact numbers (during camp) **in case of emergency** –

- Office hours: 6344 3072
- After Office hours: (School Mobile Number) –
9753 7688
- Name and class of student need to be provided.
- For any clarifications **before** the camp, please check with students' respective teachers or email

Ms Daisy Ng (ng_poh_choo_daisy@moe.edu.sg)

FINAL NOTE:

- Important things needed for an enriching and enjoyable experience –
 1. A positive ‘Can Do’ attitude (Resilience)
 2. Trying your best to do what you have set out to achieve (Self-discipline & Commitment)
 3. Listening and following instructions (Respect)
 4. Thinking about others’ feelings besides your own (Compassion)
 5. Being true to yourself & others (Integrity)

CAMP TAKE-AWAYS

ONLY ONE PERSON CAN HELP. WHO IS THIS?

(CLUE: HER NAME HAS 3 LETTERS)

YOU!

Non-disposable bowls/plates/cutlery



Avoid bringing bowls or plates that are too small or shallow.

