



BARTLEY SECONDARY SCHOOL

# Sec 1 Camp 2024 Parents' Briefing

20<sup>th</sup> January 2024

Facta Non Verba



## BARTLEY SECONDARY SCHOOL

OAL Cohort Camps are one of the identified CCE 2021 Key Student Development Experiences (SDEs) to develop students holistically. Key SDEs are identified common learning experiences that every student will participate in, from Primary to Secondary School. OAL Cohort Camps equip students with knowledge, skills and values to explore natural and urban environments safely and responsibly.

Under the National Outdoor Adventure Education (NOAE) Master Plan, there are 3 MOE directed OAL cohort camps:

- 3D2N OAL cohort camp at Primary 5
- **4D3N OAL cohort camp at Secondary 1**
- 5D4N Secondary 3 MOE-OBS Challenge Programme



Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Outdoor Education in Physical Curriculum			
Active and healthy lifestyle Social and emotional competencies			
Programme for Active Learning (Outdoor Education)	1 Outdoor Adventure Learning (OAL) camp	1 Outdoor Adventure Learning (OAL) camp	MOE-OBS Challenge Programme
Social and emotional competencies Resilience, ruggedness and social cohesion			



## What will my child learn from the Programme?



me



the group



## Individually:

- Through the different outdoor camp activities, the students will be faced with different challenges and they will need to demonstrate **resilience** in order to overcome the different tasks. They will also need to apply appropriate strategies to cope with and manage their emotions when faced with challenges.
- The students will also **build self-confidence** by identifying one's locus of control to take actions and appreciating one's abilities to handle challenges and **work towards reaching one's goal**.
- The students will understand that they can **support their peers positively** and have opportunities to demonstrate the courage to be a **positive peer influence**, even in the face of challenges.

## Team:

- The students will learn to **work together for synergy** through learning to recognise the importance of valuing every individual's strengths when working with others and be open to learning from others with different perspectives. They will also learn to **work collaboratively** towards common goals through appreciating diversity in strengths.
- The students will also learn the importance of **effective interpersonal communications** through demonstrating ways (including conflict resolution) to build, maintain and strengthen healthy and supportive relationships through **active listening** and **showing empathy**.
- The students will also have time for **self-reflection** so that they can reflect on how one can **contribute to make positive differences** to the wider community.



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# Outdoor Adventure Learning Experiences for all



**INITIATE**



**BUILD**



**CHALLENGE**



**CONSOLIDATE  
& CELEBRATE**

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OAL Cohort Camps equip students with knowledge, skills and values to explore natural and urban environments safely and responsibly. Through the Sec 1 OAL Camp, we aim to provide an opportunity for students to accomplish the following learning outcomes:

Enhancing physical health and well-being	<ul style="list-style-type: none"><li>• Apply <u>navigation skills</u> to plan and undertake a journey using a simplified map</li><li>• Apply <u>key principles and considerations to start a fire</u> with appropriate tools in the outdoors</li><li>• Apply <u>basic first aid with bandages</u> to treat non-critical wounds</li><li>• To demonstrate the ability to <u>tie a variety of knots and lashes</u></li></ul>
Building competency in risk assessment and management	<ul style="list-style-type: none"><li>• Apply strategies to <u>identify hazards and manage risks</u> to protect self and others during outdoor activities</li></ul>
Developing a sense of place	<ul style="list-style-type: none"><li>• Develop <u>an appreciation for the outdoors</u></li><li>• Demonstrate <u>care for the environment</u></li></ul>



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# OAL camp details

## Start of the camp

- 5<sup>th</sup> February (Monday)
- Report by 7.30am at Lower ISH

## End of the camp

- 8<sup>th</sup> February (Thursday)
- Dismissal 1PM (approximate)

## Camp Location

- Labrador MOE OALC
- Pasir Ris Park
- Labrador Park



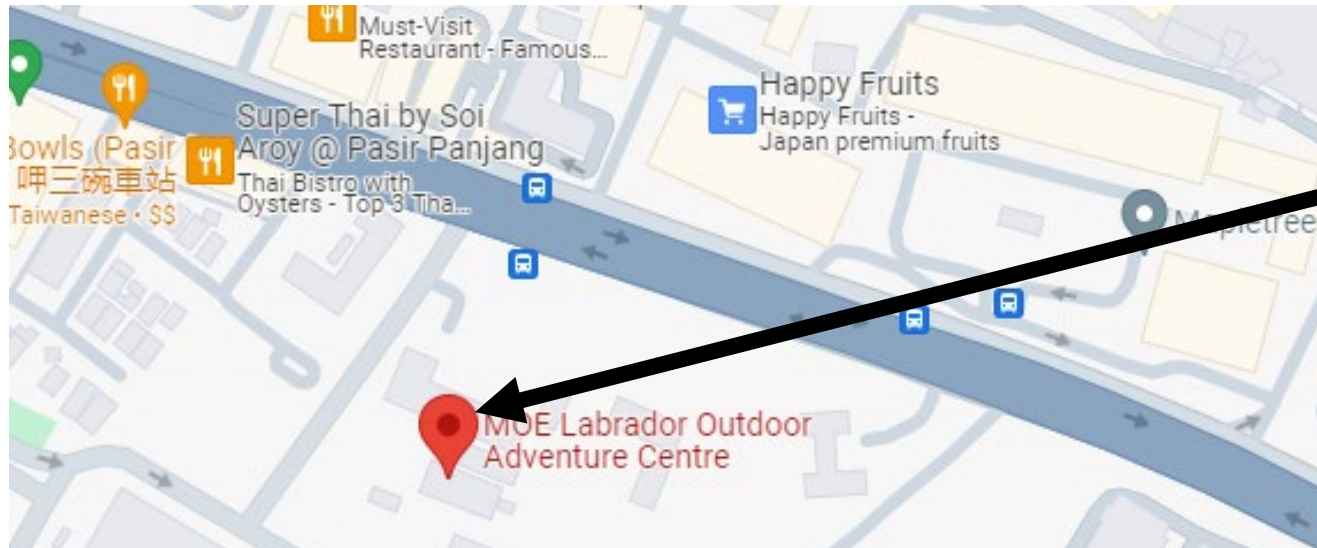


## BARTLEY SECONDARY SCHOOL

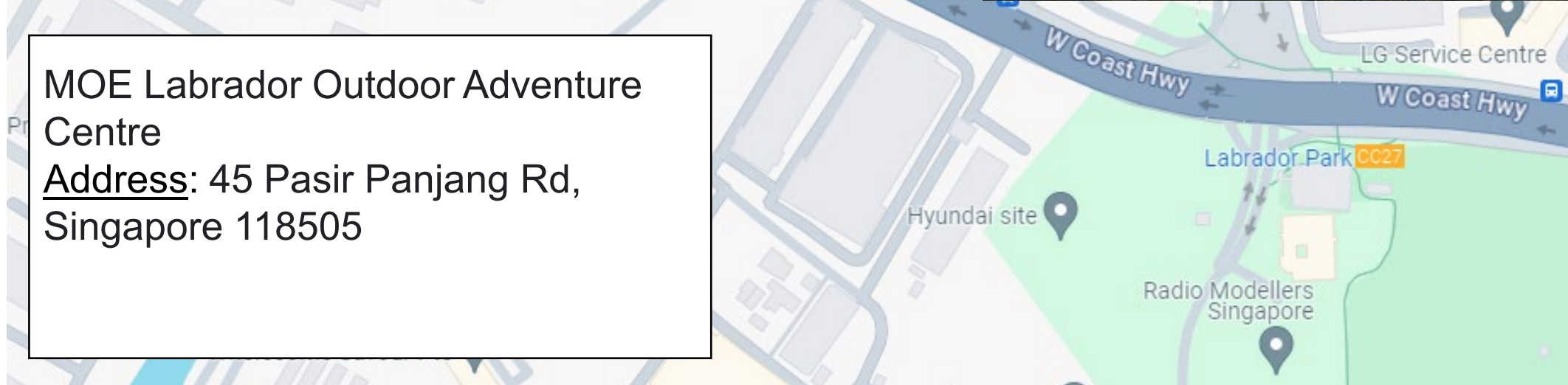
Venues	MOE Labrador OALC Campsite, Pasir Ris Park, Labrador Park
Date:	5 <sup>th</sup> February – 8 <sup>th</sup> February 2024
Main Activities	Activity 1: High Element Tower Activity 2: Flying Fox Zipline Activity 3: Abseiling Activity 4: Rock Climbing Activity 5: Kayaking (suitable for non-swimmers) Activity 6: Rafting (suitable for non-swimmers) Activity 7: Outdoor Cooking/First Aid Lesson Activity 8: Orienteering at Labrador Park Activity 9: Campfire Activity 10: Variety of Icebreakers & Team Bonding Games
LEAPS 2.0	Outdoor Appreciation (NYAA Bronze)



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MOE Labrador Outdoor Adventure Centre  
Address: 45 Pasir Panjang Rd,  
Singapore 118505





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## Bronze

### LEADERSHIP (Level of Attainment)



### NATIONAL YOUTH ACHIEVEMENT AWARD COUNCIL

	Level 1	Level 2	Level 3	Level 4	Level 5
<b>School-based Leadership Opportunities</b>	<ul style="list-style-type: none"> <li>Completed 2 leadership modules of at least 3 hours each</li> </ul>	<ul style="list-style-type: none"> <li>Class Committee</li> <li>Committee for student-initiated or student-led projects, approved by school (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Class Chairperson</li> <li>Prefect</li> <li>Peer Support Leader</li> <li>Committee for school-wide events<sup>4</sup></li> <li>Chairperson/ Vice-Chairperson for student-initiated or student-led projects, approved by school (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Senior Prefect</li> <li>Chairperson/ViceChair person for school-wide events (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Executive Committee<sup>5</sup> of Student Council / Prefectorial Board (or equivalent)</li> </ul>
		<ul style="list-style-type: none"> <li>Lower Sec CCA Committee (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Lower Sec CCA Executive Committee</li> <li>Upper Sec CCA Committee (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Upper Sec CCA Executive Committee (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>CCA Captain/ Chairperson (or equivalent)</li> </ul>
<b>National Youth Achievement Award</b>		<ul style="list-style-type: none"> <li>NYAA Bronze</li> </ul>	<ul style="list-style-type: none"> <li>NYAA Silver and above</li> </ul>		
<b>Uniformed Groups (Rank/Appointment)</b>	<ul style="list-style-type: none"> <li>Lance Corporal (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Corporal</li> <li>Patrol Second</li> <li>Assistant Patrol Leader (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Sergeant</li> <li>Patrol Leader (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Staff Sergeant</li> <li>Senior Patrol Leader (or equivalent)</li> </ul>	<ul style="list-style-type: none"> <li>Warrant Officer</li> <li>Master Sergeant</li> <li>Station Inspector</li> <li>Troop/ Company Leader (or equivalent)</li> <li>Assistant Company Leader</li> </ul>



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# Camp Introduction

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# BARTLEY SECONDARY SCHOOL



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**BARTLEY SECONDARY SCHOOL**

Photos from 2023 S1 OAL camp



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# BARTLEY SECONDARY SCHOOL



**DIAGONAL LASHING** MANLINESS

1. Start with a timber hitch on the top log.

2. Tighten the timber hitch and prepare for your first wrapping.

3. Make your first wrap.

4. Complete three wraps and then prepare for your first frapping.

5. Complete three fraps, going in between the poles to cinch the rope onto itself.

6. Finish your frapping and end your lashing with a clove hitch.

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Bunking



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# Admin Matters



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**Challenge  
by Choice**

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You will be informed when your child is unwell or injured.

## Scenario 1 (minor):

Student complains of injury/illness



Inform Parents,  
Staff monitor and  
update parents



Student recovers  
**Re-joins the group** and  
continues with OAL

## Scenario 2 (major):

Student complains of injury/illness



Staff access and  
inform parents



Student requires further  
medical attention at clinic  
and/or hospital  
**Parents may be required to  
fetch from campsite**



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## Communication Channel

Parents are to remain contactable during the 4 days.

In the event of an emergency, please contact

- the school @ 6288 9013 (7:30am-5:30pm)





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## Daily Safety Checks

- Temperature taking
- Regular reminders to drink water
- Good student – staff ratio
- Health Advisory: COVID – 19 booster/vaccinations: Can still attend the camp but will be tasked with other components of the activity
- Advised to take Vaccination before 21<sup>st</sup> January 2024 so as to be eligible for all activities during camp.



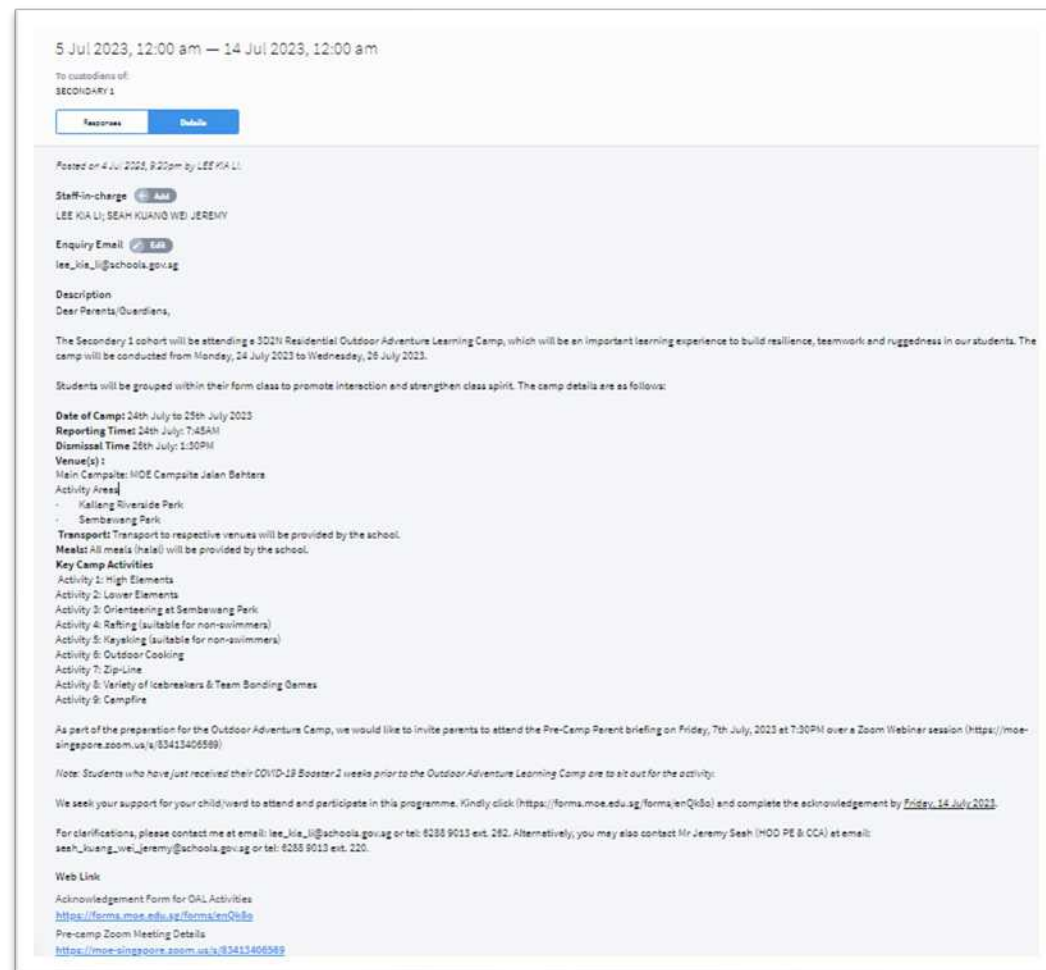


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# Administrative matters

Online form will be sent to you via this weekend for you to give consent to individual activities which includes the following,

- Higher risk activities
- Allergies/Dietary needs
- Contact details for emergency use





## BARTLEY SECONDARY SCHOOL

### Update of Information via Student Details Form (Sec 1)

To custodians of:  
SECONDARY 1

Responses

Details

Posted on 10 Jan 2024, 8:49am by CHUA WEI GUAN.

Staff-in-charge + Add

LIU KAH YANG ([remove](#)); BRENDA TEO YAN LING; CHUA WEI GUAN; DAHLIA BINTI ABDUL SAMAD; HAN YUNHAO; KIONG YEW LOON; KIREN KAUR GILL; LEE GUO SHENG; LIM YI WEI; LOUIS ISACK KUMAR; LOW XIN YU; MEHRAJ BEGUM BINTI KADER GHOUSE; NURUL ARIQAFITRI; NURUL NADHIRAH BINTE ABDUL HAFIZ; PEREIRA JASON VINCENT; SITI ROHAIZA BTE MOHD RAFI'EE; SOH CHENG WEN; TAY LING LING

Enquiry Email ↗ Edit

bartley\_ss@moe.edu.sg

Description

Dear Parent / Guardian,

1. The Ministry of Education (MOE) would like to request for an update of your information and your child's/ward's information via the Student Details Form (SDF) for the purpose of providing educational services to your child/ward in MOE schools.
2. Please submit the information through the SDF portal which can be accessed via the URL (link below) or the QR code attached. Parents/Legal Guardians may login to the SDF portal using your Singpass account to submit your information and information of your child/ward. Authorised Caregivers can only submit their own information.
3. The SDF portal can be accessed via desktop computers or mobile devices such as laptops and mobile phones.
4. We seek your help to complete the submission by **22 Jan 2024**.
5. You may also wish to know that the SDF portal will be accessible till the last day of Term 4 for you to provide timely updates of your information and/or your child's/ward's information.
6. Please contact us at [bartley\\_ss@moe.edu.sg](mailto:bartley_ss@moe.edu.sg) or 6288 9013 if you encounter any problems in accessing the portal. Thank you.

Web Link

Student Details Form

<https://pg.moe.edu.sg/forms/sdf>

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# BARTLEY SECONDARY SCHOOL

- Packing list
- Will share through PG

Packing List for Secondary 1 4D3N Outdoor Adventure Learning Camp 2024

S/No	Items	Quantity	Packed (✓)	Remarks
<b>Clothing</b>				
1	School PE T-shirt	2		
2	School Polo-T	1		
3	Camp T-Shirt	1		Provided by school
4	Home T-Shirt (no fanciful prints)	2		For activities / sleep
5	Windbreaker / Jacket/ Poncho	1		Optional (may be cold at night)
6	School PE Shorts	2		
7	Shorts (suitable for outdoor activities, not revealing)	2		For activities
8	Track pants or Long Pants (compulsory)	2		For high elements / sleep (may be cold at night)
9	Undergarments	Sufficient		
<b>Footwear</b>				
10	Running / Sports Shoes (compulsory)	1		For running & outdoor activities
11	Cover Shoes / Wet Shoes (compulsory)	1		For rafting & kayaking
12	Sandals / Slippers	1		For showering
13	Socks (long enough to protect ankles from cuts or blisters)	Sufficient		For activities / sleep (may be cold at night)
<b>Personal Toiletries</b>				
14	Toothbrush, Toothpaste	1		
15	Shampoo, Shower Foam	1		
16	Bath Towel	1		
17	Sports Towel	1		
18	Body Powder, Sanitary Pad	As required		
19	Comb / Brush	1		Optional
<b>Others</b>				
20	Haversack	1		For containing all items listed in this packing list

S/No	Items	Quantity	Packed (✓)	Remarks
21	Small Day Bag	1		For containing personal belongings (e.g. water bottle, etc) when leaving campsite for activities
22	Hygiene Pack (Face Masks, Hand Sanitizer, Wet Wipes)	Sufficient		
23	Thermometer (compulsory)	1		
24	Water Bottle (Compulsory - Min 1 litre bottle)	1		
25	Prescribed Medication (e.g. inhaler for asthma, cream for eczema, etc)	As required		To be declared before camp
26	Personal Medication e.g., plasters, ointment, oral medication for fever, etc.	As required		All forms of medication for internal and external use will not be provided for by the school
27	Metal Fork & Spoon	1		For outdoor cooking
28	Sleeping Bag / Mat	1		For sleeping at night
29	Writing Material (Pen)	1		Camp booklet is provided
30	Spectacle Bands, Retainers, Hooks	As required		To prevent spectacles falling off from heights or into water
31	Torchlight with batteries	1		
32	Insect Repellent	1		
33	Cap	1		Optional
34	Sun Block Lotion	1		
35	Ziplock & Plastic Bags	Sufficient		For waterproofing and/or soiled clothing
36	EzLink Card	1		For transport & identification

\* Do not bring valuables such as cash, electronic games and jewelries (all valuables such as wallets and mobile phones will be safekept by teachers).

\* Do not bring prohibited items such as playing cards, sharp objects and flammable substances.

\* Do not bring titbits, e.g. potato chips or soft toys.



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## Support from parents

### Journey with your child

#### DOs

- **Do listen** to your child's concerns
- **Do set goals** with your child
- **Do affirm** your child's effort to make positive changes

#### DON'Ts

- **Do not pack** your child's bag for him/her
- **Do not create anxiety** with assumptions
- **Do not frighten** your child with "horror" stories



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# Thank You



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