

2026

Secondary Three Parents Engagement

3 July 2026



PROGRAMME

Principal's Address

MOE-OBS Briefing

Sharing by Parent

Q&A

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PRINCIPAL'S ADDRESS

**Mr Ivan Wu
Principal**

Why the MOE-OBS Challenge?

Learning outcomes



Resilience & confident person

Able to deal with challenges positively through self-directed learning and make the right choices to influence their circumstances



Concerned citizen

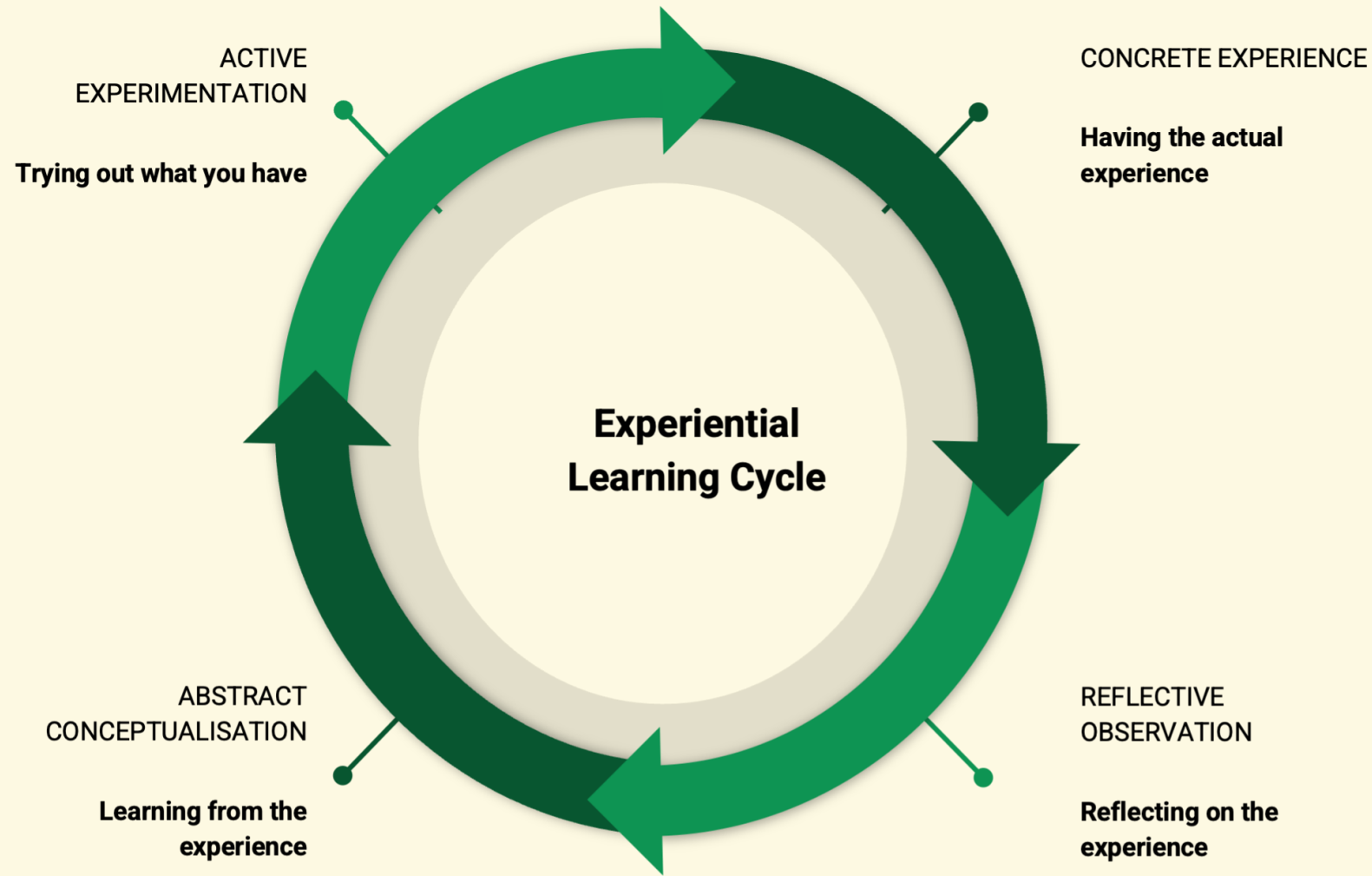
Committed to play an active role in the improvement of the community and environment



Social cohesion

Build friendships with peers from diverse socio-cultural backgrounds to achieve team goals in an inclusive manner

Adults play a role in sustaining the learning of our children.



A decorative graphic on the left side of the slide. It features a thick green line that starts horizontally from the left, curves 90 degrees down, then curves 90 degrees right, and finally curves 90 degrees down again. A small black dot is located on the first curve. A thick blue line starts horizontally from the left, curves 90 degrees down, then curves 90 degrees right, and finally curves 90 degrees down again. A small black dot is located on the final curve. A thick red line starts horizontally from the left, curves 90 degrees down, then curves 90 degrees right, and finally curves 90 degrees down again. A large orange circle is positioned to the left of the green line's first curve.

MOE-OBS BRIEFING

**Mr Vincent Yew,
Teacher Co-ordinator**

Video resources and Packing list

The OBS Experience -

<https://www.youtube.com/watch?v=p8ud3dIhVAc>

Preparing for OBS -

<https://www.youtube.com/watch?v=1on7Aclmous>

Packing List -

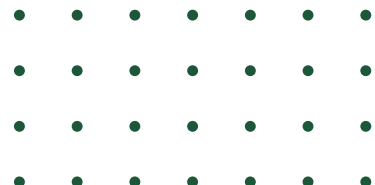
<https://go.gov.sg/mocpackinglist>

CONTENT

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

02 Safety – Our Top Priority

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





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 MOC Programme is an expedition-based course that 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



MOC 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



Your child's journey



**High
Elements**



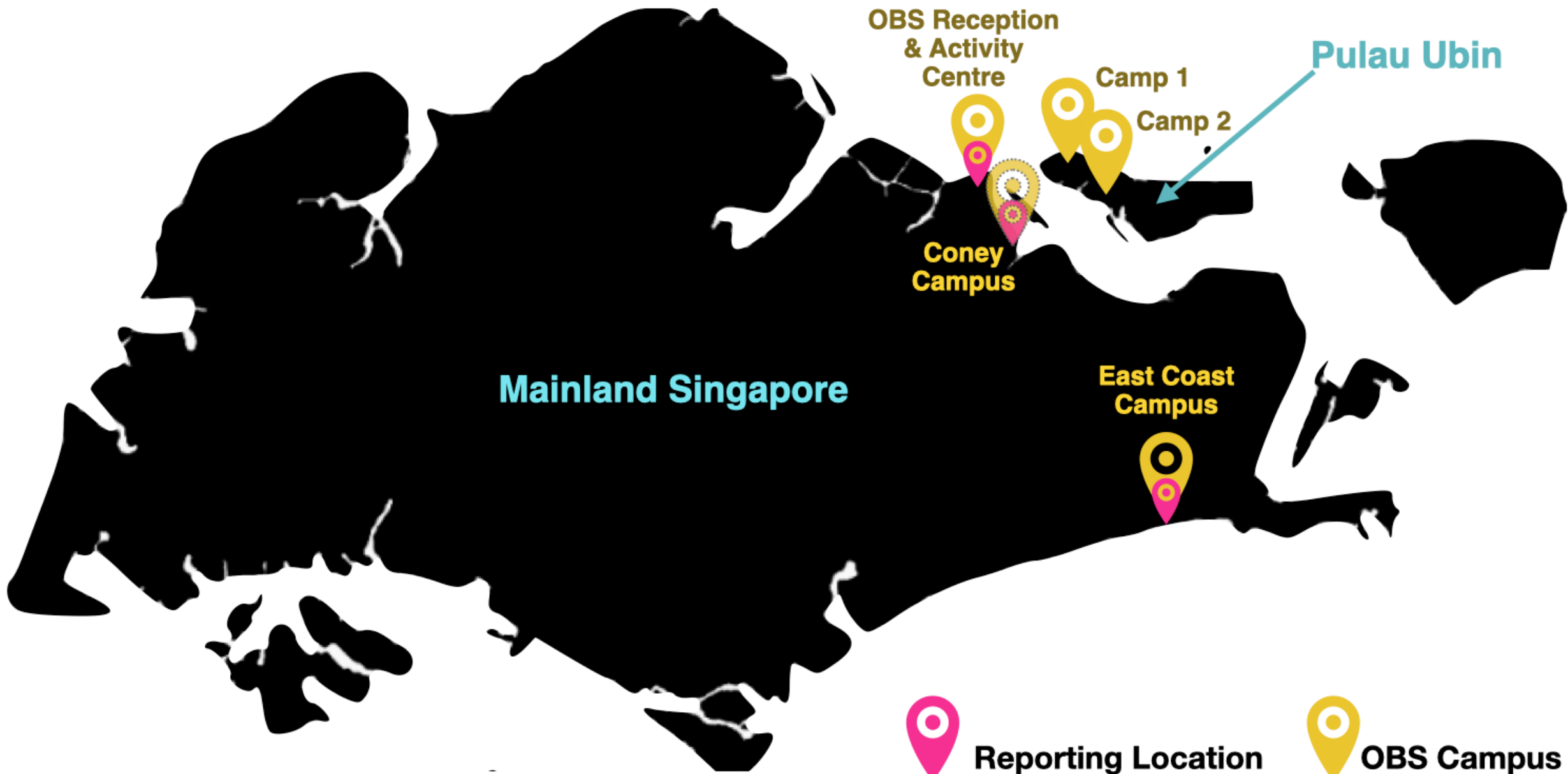
**Land
Expedition**



**Water
Expedition**



Journaling



OBS Reception
& Activity
Centre

Camp 1

Camp 2

Pulau Ubin

Coney
Campus

Mainland Singapore

East Coast
Campus



Reporting Location



OBS Campus

A woman and a child are shown in profile, facing right. They are wearing outdoor gear, including hats and safety harnesses. The woman is in the foreground, and the child is slightly behind her. They appear to be engaged in an outdoor activity, possibly rappelling or climbing, as a rope is visible on the right side of the frame. The background is a blurred green landscape. The entire image has a semi-transparent green overlay.

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



3

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

Before the MOC

Prepare your child by encouraging him/her to:

1 Be selfless, supportive & encourage his/her teammates



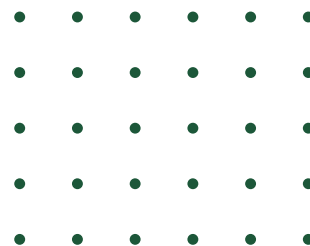
2 Participate actively



3 Maintain a positive outlook

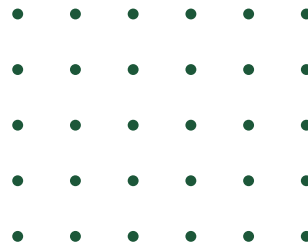


4 Immerse in the experience & environment



Before the MOC

Adopt the resilience learning aid as a conversation guide



Resilience Learning Aid



Our values, beliefs and attitudes

I AM...

- grateful
- confident in myself
- learning from failure
- improving with practice
- hopeful for the future
- living out my values

Resilience Learning Aid



Our skills
and strategies

I CAN...

- think flexibly
- solve problems
- manage my emotions
- cope positively
- seek help

Resilience Learning Aid



Care and support from trusted adults and peers

I HAVE...

- parents / family/ caregivers
- teachers
- school counsellors
- friends

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/mocpackinglist>



<https://go.gov.sg/mocpackinglist>

**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 quantity depends 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

REPORTING ATTIRE ON DAY 1, WEAR:

- 1 pc Long-sleeved t-shirt (protect against insect bites, abrasions and sunburn)
- 1 pair 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
 - Mandatory for sea expedition
- 2 pair Long Pants
 - Mandatory for climbing activities/expeditions (shorts-quarter pants and jeans are not allowed)
- 2 pc Short-Sleeved T-shirt
 - For physical activities e.g. PE attire
- 2-3 pair Shorts
 - For physical activities e.g. PE attire
- Sufficient Undersuits
 - Avoid disposables to minimise trash
- 2pc Towels
 - 1 for showering (just 60cm x 130cm)
 - 1 small towel for expeditions (just 30cm x 60cm)
- 1 pair Additional Covered Shoes for Water Activities
 - For protection from underwater rocks, to snorkel, do e.g. sea/water activities
- 1 pair Sandals/Slippers
 - For use during non-activity period e.g. showering
- Sufficient Socks

Additional Notes:

- Footwear:** Covered shoes need to be worn throughout the day for all activities, ensure that the sole are intact. Avoid shoes that are uncomfortable and provide support to prevent blisters or injuries.
- Socks:** Wear socks that cover the ankle to prevent blisters and protect against insect and sandfly bites.
- Long-sleeved t-shirt:** Long-sleeved t-shirt protect against insect bites, abrasions and sunburn. *Military or camouflage print is not allowed.

IMPORTANT PERSONAL ITEMS

- Min. 10 pcs Extra Face Mask with Re-sealable Bag
- 1 bottle Hand Sanitizer
- Sufficient Insect Repellent
- Sufficient Sun Protection
 - Sun block (SPF 30 or higher), lip balm, and after-sun lotion
- 1-2 bottles Water bottle(s) to hold at least 1 litre of Water
 - E.g. 2 x 500ml water bottle
 - Sharing of personal water bottle is not allowed for hygiene purposes
- 1 set Fork & Spoon
 - Metal items are recommended
- Sufficient Essential Toiletries
 - For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and sanitary napkins (for females only)
 - For camping e.g. talc, toilet, body powder or picky heat powder
- Sufficient Prescribed Medication in Own Name
 - e.g. inhaler, oral medication (all prescribed medication must be declared)
 - *OTC (over-the-counter) medication are not required
- Sufficient Torchlight & Spare Batteries
 - For night/early movement area of the campsite
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags/Re-sealable Bags
- Sufficient Spare Spectacles or Contact Lenses
 - Spare with spectacles bands
 - Retainers and books are not encouraged
- 1 pc EZ Linked ID

OPTIONAL ITEMS

- Sufficient Tropical Lightweight Sleeping Bag or Mat
 - Green tent kit is not approved
- 1 pair Gloves
- 1 pc Rain Jacket
- 1 pair Sunglasses
- 1 pc Watch

Additional Notes:

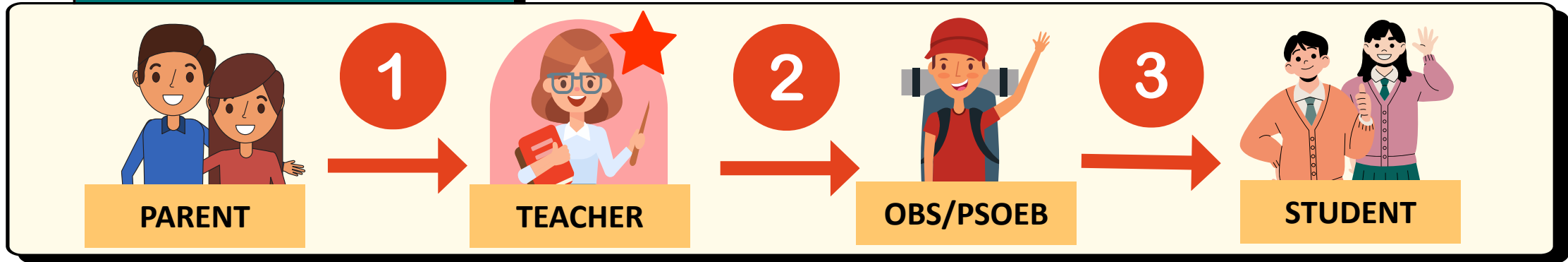
- Re-sealable bags:** Re-sealable bags to separate items during activities and to pack more clothes and shoes.
- Labeling:** Put your re-sealable bags label with your personal details e.g. name, class, school.
- Essential items:** insect repellent, sun protection, water bottle, multi-tool, toothbrush, toothpaste, and sanitary napkins.
- Footwear:** Covered shoes need to be worn throughout the day for all activities, ensure that the sole are intact. Avoid shoes that are uncomfortable and provide support to prevent blisters or injuries.
- Socks:** Wear socks that cover the ankle to prevent blisters and protect against insect and sandfly bites.
- Long-sleeved t-shirt:** Long-sleeved t-shirt protect against insect bites, abrasions and sunburn. *Military or camouflage print is not allowed.
- Water bottle:** Water bottle(s) to hold at least 1 litre of Water. E.g. 2 x 500ml water bottle. Sharing of personal water bottle is not allowed for hygiene purposes.
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- EZ Linked ID:** EZ Linked ID.

Communicating with your child

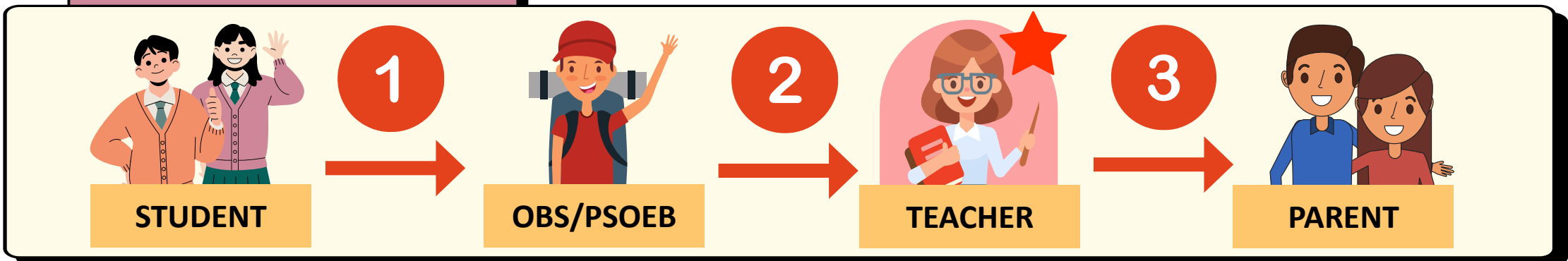
School Contact Details

1. 6501 0800
2. 6501 9168

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

MOC ASK GOV

Can my child bring his/her handphone?

Does my child need to bring a sleeping bag?



Will there be washrooms / toilets available if my child are camping outdoors?

What happens if my child is unable to swim?



Scan the QR Code to be directed to MOC ASK GOV

- ✓ An easy interactive and simplified FAQ platform to assist parents' enquiries regarding the MOC course

- Parents may also visit the MOC website (<https://go.gov.sg/moc>) to read up more on the programme

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SHARING BY PARENT

**Mdm Nini Fazelin Binte Mohamed Noor,
Parent of current Sec 4 student (Safir, S4-E6)**

↖ **QnA**



Thank you

