

Paya Lebar Methodist Girls' School (Secondary) Parents Briefing for MOE-OBS Challenge Programme



Ministry of Education
SINGAPORE



“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





COURSE DATES:

2 Mar - 6 Mar 2026

5D4N course

Mon to Fri

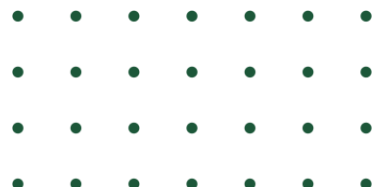
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WHAT IS THE MOE-OBS CHALLENGE (MOC) PROGRAMME?

A holistic education

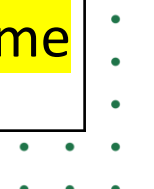
- As part of the **National Outdoor Adventure Education Masterplan**, students will have opportunities outside the classroom to develop holistically; building up their **ruggedness** and **resilience**.
- **Authentic learning experiences** help our students to develop 21st century competencies as well 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.



OBS is a great opportunity for our PL-Lites to grow in our PL Desired Outcome of Education as

- Confident students**
- Passionate Learners**
- Active Citizens**
- Inspiring Leaders**

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



Sample of an MOC course

First Day	←————→	Last Day
Objective: Team Socialisation	Objective: Building competence & confidence by overcoming challenges as a team	Sharing of Feedback, Transfer of Learning
In-process administration Ice breaker Expectation setting First aid briefing Team problem solving activities Expedition preparation	Expedition preparation, journaling, morning circle Land and water-based expeditions Wash up, tent pitching, outdoor cooking	Peer affirmation Commitment activity Sharing of feedback Transfer of learning Final debrief Certificate presentation
Debriefing / Journaling / Sharing of reflection / Lights out		



A woman and a child are rappelling down a rope in a forest. The woman is in the foreground, wearing a blue cap and a red shirt, looking down at the rope. The child is behind her, wearing a grey hat and a yellow shirt, also looking down. The background is a dense green forest.

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

A photograph of three people wearing yellow life jackets, looking down at a map spread on the ground. The person on the left is wearing a grey cap and glasses. The person on the right is wearing an orange shirt. The background shows a blue door and some outdoor equipment. The image has a green tint.

3

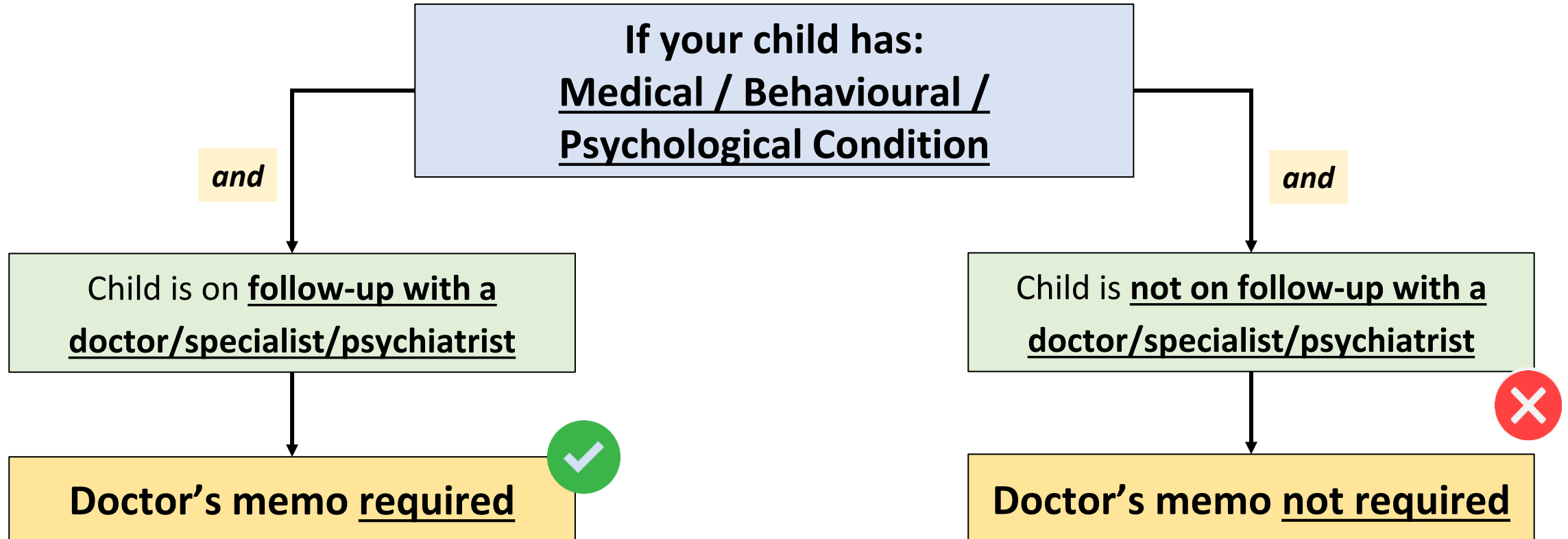
HOW DO I eREGISTER MY CHILD?

Before eRegistration

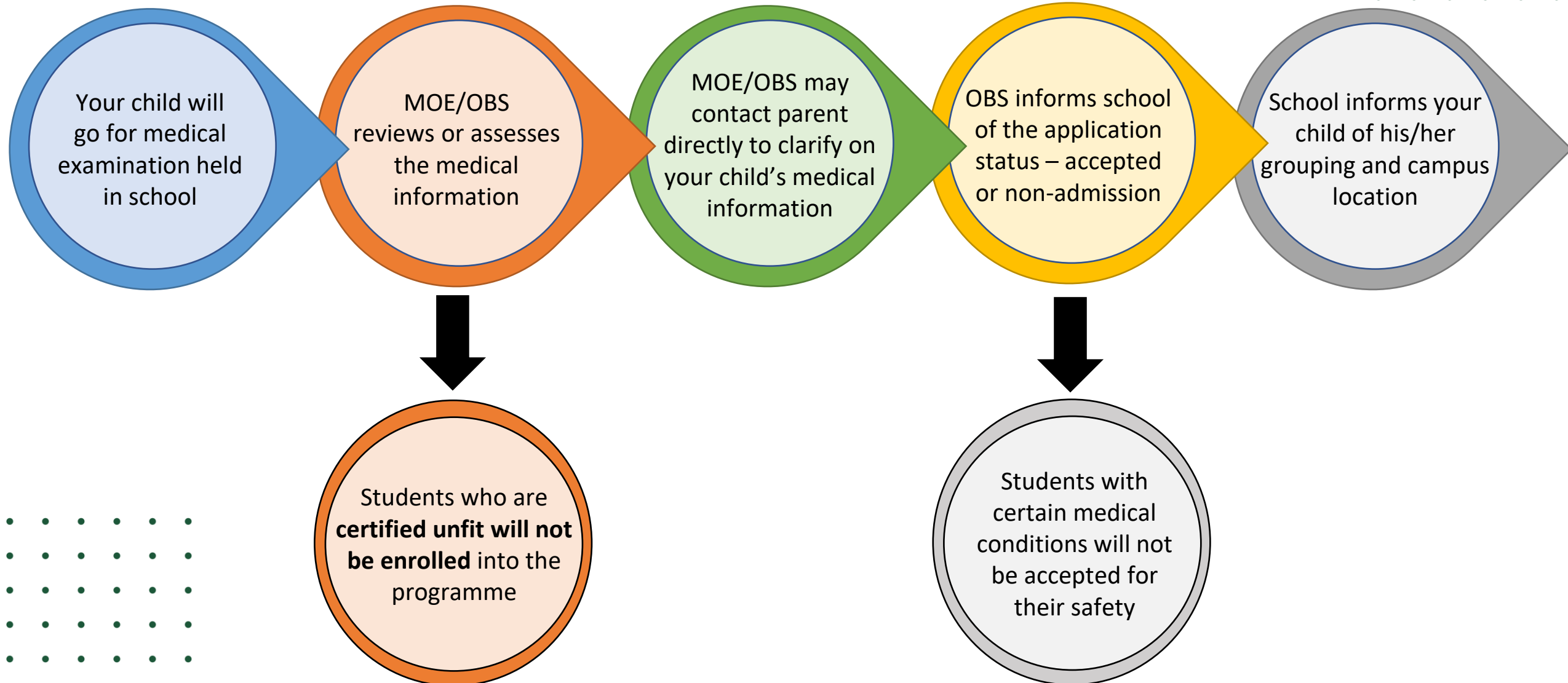
Have the following information & devices ready:

- 1 Mobile Phone / Laptop / Tablet Device
- 2 SingPass
- 3 Your child's class
- 4 Your child's school email address
- 5 Your child's height and weight

Conditions that require a specialist's memo



Enrolment



A person is sitting on a large, light-colored rock in a park-like setting. They are wearing a white t-shirt, dark pants, and blue sneakers. The background is filled with lush green trees and foliage. A large, dark green circular overlay with a white border is positioned over the person's head and shoulders. Inside the circle is a white number '4'. The overall image has a green tint or overlay.

4

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

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?



<https://ask.gov.sg/obs>

Scan the
QR Code to
be directed to
MOC ASK GOV

What happens
if my child is
unable to swim?

- ✓ 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

COURSE ACTIVITIES



Will activities be carried out as per normal and does my child need to participate in all?

- Yes. Activities will be carried out as per normal, and your child is highly encouraged to take part in all activities.
- Your child can alert the instructors if they have any concerns in taking part in any of the activities.
- Instructors will closely monitor students who are fasting, and regular checks will be conducted on them.



Can my child break his/her fast during an activity?

- Yes. Food and water will be easily accessible, and your child can break their fast at any time.



MOE-OBS CHALLENGE PROGRAMME ARRANGEMENTS FOR STUDENTS FASTING DURING RAMADAN



MEAL ARRANGEMENTS



Will my child be able to consume his/her pre-dawn meal on time?

- Yes. Your child will consume their pre-dawn meals on time.



Type of food given to my child during pre-dawn and break-fast meals?

- A selection of ready-to-eat meals, ketupat rice, canned food and instant noodles will be made available for pre-dawn meals.
- Hot meals will be provided for break-fast.
- Dates and other food e.g., buns and biscuits will be available to supplement their meals.



Packing list

These items will be provided by OBS:

- Expedition bag
- Personal Floatation Device (PFD)
- Poncho
- Whistle

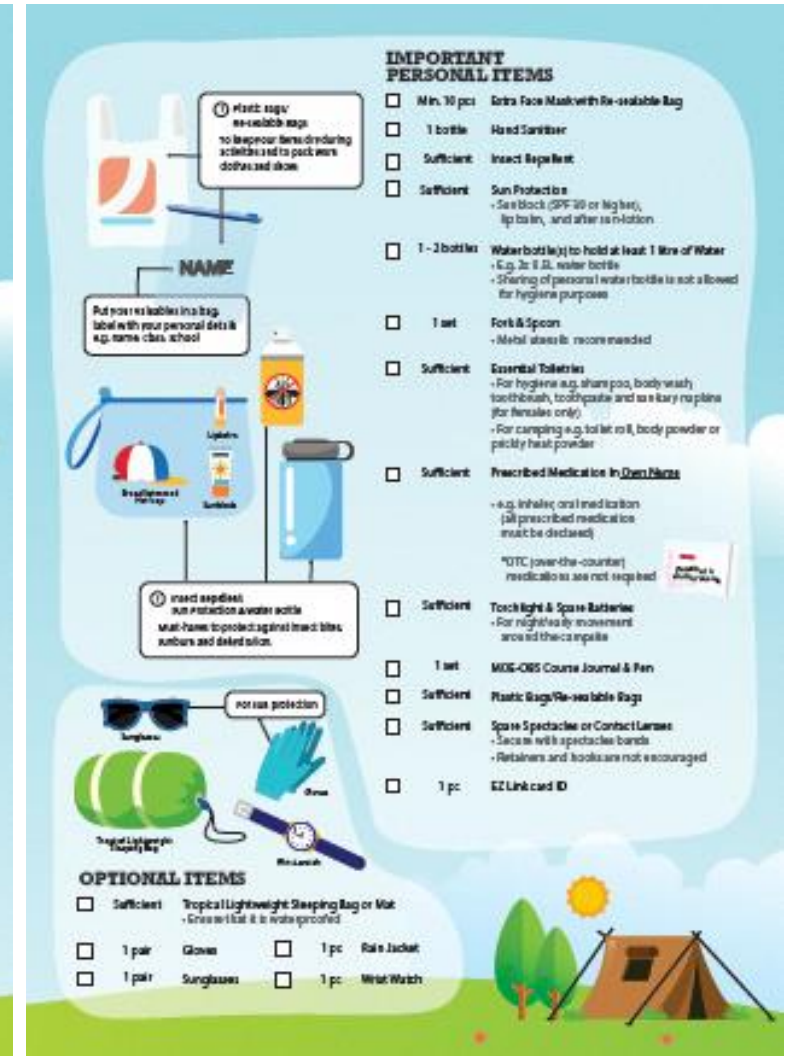
You may refer to this latest packing list:

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



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

**Students are encouraged to borrow required items from family / friends / schoolmates instead of buying.*



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



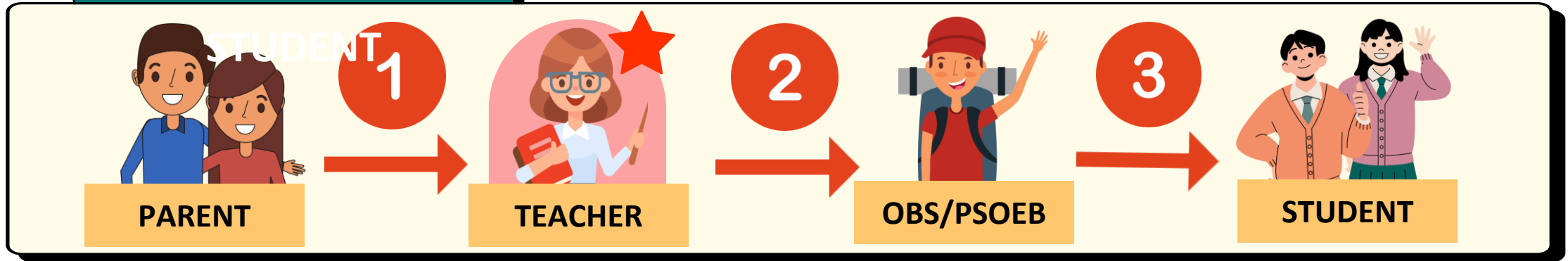
4 Immerse in the experience & environment



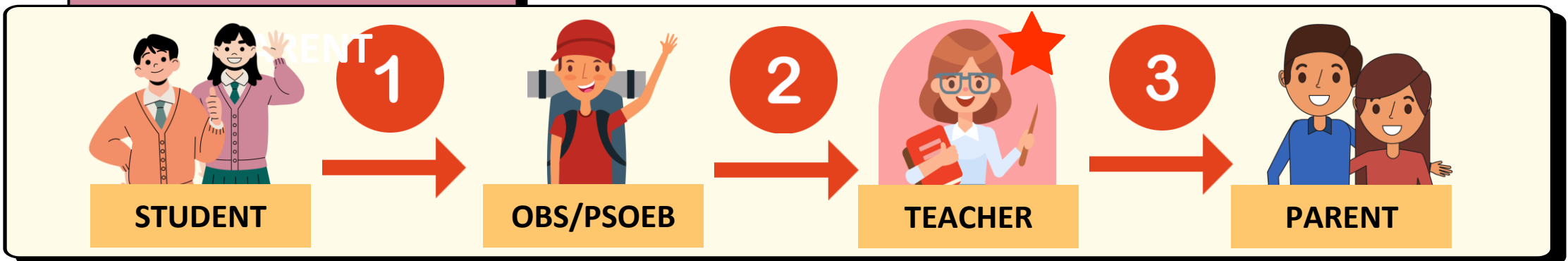
Communicating with your child

During School hours
62816606
after school hours
Hotline
Tel: 98396759

PARENT TO



STUDENT TO



- 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

“

**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



Points of Contact



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Thank you!