

Sec 1 Camp 2025

Parents' Briefing



Outline of Briefing:

1. Camp Personnel
2. Outdoor Adventure Learning Camp Objective
3. Camp Programme and Activities
4. Medical Issues
5. Preparing the child for the camp
6. FAQs



Camp Personnel



Camp Personnel

Camp Commandant

Mdm Wang Cuifeng (Cov. SH PE & CCA)

Asst Camp Commandant

Ms Hannah Wen (Year Head Lower Secondary)



‘Not All Classrooms Have Walls’

Outdoor education provides opportunities and benefits that **cannot be replicated or achieved in the classroom**

Under the National Outdoor Adventure Masterplan, every student is given the opportunity to experience outdoor education as part of the school curriculum through the Programme for Active Living, physical education lessons and cohort camps, to **build confidence, resilience, ruggedness, and social cohesion**



Secondary 1: All Aboard

Stepping Out of Comfort Zones – Engaging in challenging activities (e.g., a kayaking, bouldering) fosters self-assurance by pushing personal limits. Emphasizing "*challenge by choice*" ensures individuals grow at their own pace while building resilience.

Positive Reinforcement – Encouragement from peers, teachers, and mentors helps individuals recognize and believe in their own strengths and potential.

Small Wins – Celebrating incremental achievements (e.g., completing an expedition or mastering a new skill) reinforces self-esteem and motivates continued growth.





STUDENT OUTCOMES

Every Student A Success Story



Adaptive Thinker



- **Curious**, open to diverse perspectives and contexts
- **Cognitively flexible**, responds nimbly

Confident Person

- Keen **awareness** of one's own strengths and potential
- **Courageous**, voicing and exchanging ideas spontaneously, **responsibly** and **respectfully**

Persevering Learner

- **Determined**, takes calculated risks and persists through failure
- **Reflective**, has the will to act and to strive for excellence

Concerned Citizen



- **Empathetic and caring**, committed to the betterment of our community
- **Rooted** to Singapore, when engaging with global and social issues

Camp Programme



Dates	28 – 30 May 2025
Reporting Venue and Time	28 May 2025 (Wednesday) Report to School by 7.30am Wear Full PE Attire in covered shoes (Inform FTs if they may be late/ fall sick. Parents may need to send students to campsite)
Camp Venue	Singapore Discovery Centre 510 Upper Jurong Rd, Singapore 638365
Dismissal	30 May 2025 (Friday) Approx 12.30 pm from school

DAY 1								
Time / Class	Class 1-1 (33)	Class 1-5 (39)	Class 1-2 (33)	Class 1-6 (40)	Class 1-3 (33)	Class 1-7 (40)	Class 1-4 (32)	Class 1-8 (40)
0730	Report In School & Administrative							
0800	Opening of Camp/Trainers take over							
	Giving of Breakfast (2 x Buns & Bananas)							
0900	Out to Boulder+		Journey out to Rifle Range		Depart to Singapore Discovery Centre			
0930	Safety Briefing				Safety Briefing		Low Elements	Outdoor Cooking
1000	Bouldering		Orienteering		Rafting	Kayaking		
1130					Kayaking	Rafting		
1200					Back to Campsite		Wash up	
1230								
1300	Lunch							
1400	Outdoor Cooking	Low Elements	Out to Boulder+		Journey out to Rifle Range		Safety Briefing	
1430			Safety Briefing				Rafting	Kayaking
1500			Bouldering					
1600	Low Elements	Outdoor Cooking	Journey back to SDC		Journey back to SDC		Wash up	
1730								
1800	Camp Performance Preparation				Dinner			
1845	Dinner				Camp Performance Preparation			
1930	Hand Over Tents and Tent Pitching				Shower			
2030	Shower				Hand Over Tents and Tent Pitching			
2130	Supper & Debrief							
2200	Lights off							

Day 2 - 29 May

DAY 2							
0600	Rise & Shine						
0630	Pack Up and Strike Down Tents						
0730	Breakfast						
0830	Safety Briefing		Outdoor Cooking	Low Elements	Out to Boulder+	Journey out to Rifle Range	
0900	Rafting	Kayaking			Safety Briefing		
0930					Bouldering	Orienteering	
1030	Kayaking	Rafting	Low Elements	Outdoor Cooking	Back to SDC	Journey to Boulder + Lunch @ Boulder+	
1200	Wash up						
1230	Lunch						
1330	Journey out to Rifle Range		Safety Briefing		Outdoor Cooking	Low Elements	Safety Briefing
1400	Orienteering	Rafting	Kayaking	Bouldering			
1530		Kayaking	Rafting			Low Elements	Outdoor Cooking
1700	Journey back to SDC		Wash up				
1730							
1800	Dinner						
1900	Camp Performance Night						
2000	Tent Pitching				Shower		
2100	Shower				Tent Pitching		
2200	Night Debrief & Supper						
2300	Lights Off						

Day 3 - 30 May

DAY 3	
0630	Rise & Shine
0700	Breakfast
0800	Pack Up and Strike Down Tents including maintenance of tents
1000	Final Debrief & Reflections
1100	Closing by CC & Prize Presentation
1215	Bus back to School

Kayaking/Rafting



Dark coloured top/ Long sleeves preferred/ Arm Sleeves



Long pants/ Shorts worn over long tights (optional)



Sunblock/ Cap (strongly encouraged)



Spectacles to be secured



1 litre water bottle



Extra pair of Covered shoes/ water booties (Crocs are not covered shoes)
Shoes will get wet





Orienteering



Rifle Range



Small day bag (water bottle, sun protection, poncho etc)



Long sleeves preferred/ Arm Sleeves



Long pants/ Shorts worn over long tights (optional)



Sunblock/ Cap (strongly encouraged)



1 litre water bottle

Bouldering



Chevrons, Boulder+

Long sleeves preferred/ Arm Sleeves
(optional)

Long pants/ Shorts worn over long tights
(Recommended)

Mealtimes

- Bento & Fruits
- Biscuits

Responsible behaviour

- Cleaning up after eating
- Spare a thought for other campers



Medical Matters



Medical Matters

- All students under any form of regular medication prescribed by doctor should bring them along (*labelled with name in ziplock bag with instructions for consumption*)
- To **inform** and **hand over** the medication to Form Teachers
- **Do Not** bring non-prescribed medicine including Panadol
Students need to report to teachers when they are unwell instead of self-medicating
- Students who require immediate and more comprehensive medical attention will be sent home or directed to a clinic. Parents will be informed.



Students who require inhalers must have it with them at all times



Preparing for the Camp



How can parents help the students prepare for Camp?

- Get **involved** in the preparation (packing, go through checklist, encouraging them to take responsibility for their items)
- **Discuss strategies** for common situations (feeling homesick, lost items etc)
- Pack **smart** (label their belongings if possible)
- Prepare for **digital detox** (encourage face to face interaction)
- Encourage a **growth mindset**



The following items are **not allowed** during the camp and will be **confiscated** if brought. They will be returned at the end of the camp.

- **Prohibited Items:**
- **Sharp objects** (e.g., penknives, scissors, blades, tools)
- **Lighters or flammable items**
- **Games** (digital games, card games, etc.)
- **Electronic entertainment devices** (e.g., iPads, gaming consoles)
- **Snacks or outside food**

Restricted Items:

- **Wallet & Mobile phone** (will be stored by FTs and returned after camp)

Recommendation: Students are strongly advised to **leave their phones at home** to avoid loss or damage.

Frequently Asked Questions



Frequently Asked Questions

Qn: Can my child call home every night?

Qn: How can I check on my child's wellbeing during camp?

Encourage the students to be independent in a safe learning environment.

Please be assured that the teachers and camp trainers will take care of the students. We will inform the parents if the child is unwell or injured.

Qn: Can I take part in the camp?
For example, drop by the hiking location
or the camp site?

Frequently Asked Questions

- **The camp aims to provide a platform for students to learn and grow in an outdoor environment and learn to be independent.**
- **The camp is one such opportunity for parents to ‘let go’ so that your child can grow in a safe environment.**

Qn: If my child does not have sufficient PE T-shirt, can he/she borrow other House T-shirts that are not the same?

Frequently Asked Questions

- **Students are allowed to wear T-shirts with the school crest. (e.g. CCA T-shirts, Any of the 4 house t-shirt)**

Qn: If my child does not have sufficient PE shorts, can he/she bring other shorts?

Frequently Asked Questions

- **Students are allowed to bring additional dark-coloured (e.g. black, blue) shorts that are about the same length as the school PE shorts, this includes shorts worn for sleeping.**
- **Alternatively, students are allowed to wear track pants.**

Frequently Asked
Questions

Qn: How can I contact my
child in event of emergency?

JSS Mobile Phone:
8940 9886