

Sec 3 Camp

28 – 30 May 2025

Parents' Briefing

(slides will be shared on school's website)



Outline of Briefing:

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



Camp Personnel



Camp Personnel

Camp Commandant

Ms Ong Wei Chen (Cov. HOD PE & CCA)

Mr Philip Wan (HOD/ SM)

Asst Camp Commandant

Ms Chua Syin Thian (Asst Year Head for Sec 3)

Form Teachers & Class Mentors



‘Not All Classrooms Have Walls’

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

Under the MOE’s 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**





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

Secondary 3: Resilient Leader and Confident Person

- **Stepping Out of Comfort Zones** – Doing activities that pushed their limits (e.g. kayaking expedition) builds self-assurance. (Challenge by choice)
- **Positive Reinforcement** – Encouragement from peers and teachers/instructors helps students recognize their capabilities.
- **Leadership Opportunities** – Assigning roles fosters responsibility and confidence.
- **Small Wins** – Achieving incremental goals (e.g., finishing an expedition) boosts self-esteem.



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 with covered shoes (Inform FTs if they may be late/ fall sick. Alternative arrangement to send students to campsite)
Camp Venue	Boys Brigade Girls Brigade Camp Sembawang 1200 Sembawang Rd S758526
Dismissal	30 May 2025 (Friday) Approx 12.30 pm from school

Day 1

28 May

Class	3-1	3-2	3-3	3-4	Class	3-5	3-6	3-7
Time	Wave 1				Time	Wave 2		
0745	Attendance & Administrative							
0830 - 0930	Opening of camp by Camp Chief							
0930 - 1030	Depart to Campsite							
1030 - 1100	Expedition Preparation & Briefing							
1100 - 1200	Lunch (Bento)							
1200 - 1800	Land Expedition				1200 - 1800	Sea Expedition		
1800 - 1900	Dinner				1800 - 1900	Shower		
1900 - 2000	Shower				1900	Dinner		
2000 - 2130	Issue out Tents & Tent Pitching (Check-In)							
2130 - 2200	Supper & Debrief							
2200	Lights Off							

Day 2

29 May

Class	3-1	3-2	3-3	3-4	Class	3-5	3-6	3-7
Time	Wave 1				Time	Wave 2		
0630 - 0700	Rise & Shine							
0700 - 0800	Breakfast							
0800 - 0845	Expedition Preparation							
0845 - 0915	Expedition Briefing							
0915 - 1615	Sea Expedition				0915 - 1615	Land Expedition		
	Lunch along the way					Lunch along the way		
1615 - 1715	Shower				1615 - 1700	Downtown Time		
1715 - 1800	Downtown Time				1700 - 1800	Shower		
1800 - 1900	Dinner							
1900 - 2030	Campfire							
2030 - 2130	Swap Accommodation							
2130 - 2200	Supper & Debrief							
2200	Lights Off							

Day 3

30 May

Class	3-1	3-2	3-3	3-4	Class	3-5	3-6	3-7
Time	Wave 1				Time	Wave 2		
0700 - 0730	Rise & Shine							
0730 - 0830	Breakfast							
0830 - 0930	Check-out & Strike Down Tents							
0930 - 1000	Area Cleaning & Return of Logs & Tents							
1000 - 1100	Final Debrief & Students Evaluation							
1100 - 1130	Closing Camp & Prize Presentation							
1130 - 1230	Depart back to School							
1230	Home Sweet Home							

INNOTREK
Innovative Mind, Outdoor Spirit



KAYAKING



TREKKING

Sea Expedition (Kayaking)

-  Dark coloured top/ Long sleeves preferred/ Arm Sleeves
-  Long pants/ Shorts worn over long tights
-  Small day pack (waterproofing)
-  Sunblock/ Cap (strongly encouraged)
-  Spectacles to be secured
-  1 litre water bottle
-  **Extra pair** of Covered shoes/ water booties (Crocs are not covered shoes)





Land Expedition (Hiking)



From BB/GB Sembawang campsite



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



PE attire (Long sleeves / Arm Sleeves optional)



Sunblock/ Cap (strongly encouraged)



1 litre water bottle

Mealtimes

Environment Sustainability

- Lunch: Bentos
Dinner: Cafeteria style (not individual serving)
- Biscuits



Responsible behaviour

- Reusable utensils- Wash up after eating
- Be considerate for others

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 Panadols
Students 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**



Packing/ Day 1 Bag Check

Prohibited items

- Examples of penknives, sharp tools & lighters
- Games (digital, card games) are not allowed. No iPad.
- No snacks, food etc.
- These items will be kept and returned at end of the camp

Wallet and mobile phone may be brought along but they will be safe- kept by the FTs and returned at end of camp.



Frequently Asked Questions



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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 rest 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.

Frequently Asked Questions

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

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

Frequently Asked
Questions

JSS Mobile Phone: 8373 5233