

26 February 2018

Dear Parents of P5 Students

P5 Outdoor Adventure Camp 2018

We would like to inform you that the school will be organising an Outdoor Adventure Camp 2018 for all P5 students. This 3-day 2-night residential camp will be held at **MOE Changi Coast Outdoor Adventure Learning Centre** from **Mon to Wed, 26 to 28 Mar 18**.

The objectives of the camp are:

- ✓ To develop character, social-emotional competencies & leadership skills as students interact with one another through community living away from home.
- ✓ To develop in students a sense of identity & belonging as they forge meaningful friendships through the activities.
- ✓ To promote camping as a healthy outdoor activity that fosters team spirit through well-crafted & meaningful activities.
- ✓ To provide students with a platform to discover their interests & talents in outdoor & adventure activities.

The details of the camp are as follows:

Date : Mon to Wed, 26 to 28 Mar 18

Location : MOE Changi Coast Outdoor Adventure Learning Centre (OALC)

Reporting time on 26 Mar 18 : Students will report to school as usual before 7.30 am

Dismissal time on 28 Mar 18 : Students are expected to be back in school by 11.30 am.

Parents can pick all students from the School Canteen via the Main Gate at 11.30 am.

Please complete the attached **Camp Registration Form & submit it to your child's Form Teacher latest by Wed, 28 Feb 18**. Unless your child is certified medically unfit to attend the camp, all P5 students are required to participate in the camp. A formal written request for exemption is required & has to be submitted to the Form Teacher by **Wed, 28 Feb 18**.

To prepare your child for the camp, there will be a briefing for the students on Thu, 8 Mar 18 in school. We have also attached a **Packing List & FAQ** for your reference in **Annex A & B**.

Sales of some of the camping equipment by a vendor will be held on the following dates and timing:

Date	Time	Venue
Tuesday, 20 Mar 18	9 am to 9.30 am, 12 pm to 12.30 pm & 3.30 pm to 4 pm	Canteen area
Wednesday, 21 Mar 18	9 am to 9.30 am & 1.30 pm to 2.30 pm	

The prices of these items are attached in Annex C & you may like to buy them if you do not have some of these items or alternatively, purchase some of the items from any camping store. Please note that parents are not allowed to come into the school to purchase the items.

If you have further queries on the camp, please email Ms Law, at law_mei_fun@moe.edu.sg or Mr Hasnan, ST/PE at hasnan_b_ahmad@moe.edu.sg.

We look forward to your child's active participation in the camp!

Yours sincerely
Mr Randall Lim
HOD/Physical Education

Packing List for P5 Outdoor Adventure Camp

Clothing	Quantity/ Remarks	Tick
1. T- Shirts (with sleeves)	At least 5 T-shirts (preferably school PE T-shirts)	
2. Shorts/ Slack/ Bermudas	At least 3 [no jeans, flimsy/thin shorts]	
3. Track Pants or cargo pants	2 pairs	
4. Undergarments	At least 4 sets	
5. Sweater/ Wind-breaker	1	
6. Cap (optional)	1	
7. Socks	3 pairs	
8. Long Sleeve T- Shirt (optional)	1	

Footwear	Quantity/ Remarks	Tick
1. Slippers	1 pair (for Shower and at Night only)	
2. Shoes	2 pairs (to be worn throughout the day)	

Personal Items	Tick
1. Toiletries (toothbrushes, toothpaste, soap, shower gel, sanitary pad, etc.)	
2. Toilet Paper (at least half a roll)	
3. Towel (for shower)	
4. Sunblock lotion	
5. Insect Repellent	
6. Sleeping bag	
7. Pen/ Pencil	
8. Torch light	
9. Thermometer	
10. Plastic Bags for dirty clothing	
11. Water Bottle (1L or larger preferred)	
12. Pouch/ Small Backpack	
13. Personal Medication, if any, e.g. Inhaler, Insulin, etc.	
14. Raincoat/ Poncho/ Umbrella	
15. Foam Ear Plugs (will be provided by vendor)*	

Utensils (Non-disposable)	Tick
1. Plastic Plate/ Plastic Bowl	
2. Plastic Cup/ Plastic Mug	
3. Fork & Spoon	

**As the camp venue is located near the airport, there may be some noise from planes flying past. The ear plugs, should you want to bring your own, are to be worn only at night before sleep.*

Note: Please write your name and class on all your belongings.



Frequently Asked Questions (FAQ) regarding the Camp

Q1: When will the camp be held?

A1: The camp will be held from Monday, 26 March 2018 to Wednesday, 28 March 2018.

Q2: Where is the location of the campsite?

A2: It is located at MOE Changi Coast Outdoor Adventure Learning Centre (CCOALC), 9 Changi Coast Walk Singapore 499741. CCOALC was conceptualised as a coastal based adventure centre focusing on water/sea activities. Construction began in 2005 with the centre operational in 2006.



Q3: What safety precautions does the school take into consideration for the conduct of the camp?

A3: The school has engaged a camp operator that has been running camps for many JCs, Secondary and Primary schools since 2001. Staff that will be involved in the conduct of the camp activities have been screened accordingly. The school together with the vendor have looked into the risk assessment & safety precautions for the conduct of the activities. Our school teachers will also supervise the running of the activities to ensure that safety is not compromised.

Q4: Whom do I contact in the case of an emergency situation where I need to reach my child/ward soonest possible?

A4: You could call Springdale Primary School General Office at 63157600 during school hours and 97240773 (school handphone) after school hours. Please identify yourself and your child's/ward's name and class and then inform the staff the state of emergency. The staff will then inform the Camp Commandant who will contact you as soon as possible. Please take note that the lines are for emergency situations only. Your child/ward is in the good hands of the trained facilitators and caring teachers.

Q5: Will there be any trained first-aider on standby during the camp?

A5: Yes, the camp operator will be assigning at least a first-aider on 24hrs standby throughout the 3 days of camp. All the accompanying PE teachers who are staying throughout the camp period are first-aid trained. There will also be a 24hrs Standby Vehicle for emergency evacuation purposes.

Q6: Will meals be provided?

A6: Yes, the camp operator has engaged a licensed caterer, approved by the National Environment Agency (NEA) to prepare all the meals (breakfast, lunch, dinner and supper). The main meals will comprise of 1 meat dish, 1 side dish, 1 vegetable dish, rice, fruits and syrup drinks. Care has been taken to ensure that the students are provided with a **balanced Halal diet**.

Q7: Will there be vegetarian food?

A7: Yes, but students who require any special diets are to inform their Form Teachers pertaining to their needs and parents are to indicate them in the **Camp Registration forms**. The school will then inform the Camp Organisers to prepare the food as required by the specific students.

Q8: Are there teachers accompanying the students throughout the 3 days?

A8: Yes, there are at least 12 teachers (Form Teachers and PE Teachers) accompanying the students throughout the 3 days. Apart from the teachers, there will be at least another 12 qualified Group Facilitators assigned to the respective groups.

Q9: Are the Camp Facilitators trained and certified?

A9: All Camp Facilitators are trained and certified to conduct the respective activities.

Q10: Can the Camp Staff be easily identified?

A10: Yes, all Camp Staff can be easily identified by their uniform.

Q11: What is the ratio of instructor to participants?

A11: The instructor to participants' ratio is at least **1 instructor to 20 participants**.

Q12: Will the facilitators force the students to perform tasks which they are afraid of?

A12: The school is adopting the "Challenge by Choice" philosophy. The facilitator will encourage students to achieve their goals & provide them with a safe environment where they can go beyond their comfort level. Facilitator will not push students further than they are ready for or capable of.

Q13: Will students be required to go into the water?

A13: No. Students may carry out certain activities near the beach but will not be allowed to go into the water.

Q14: Where will the students be sleeping?

A14: All students will be sleeping in 8 "Open Kampung Style" blocks each with its own activity space. This campsite can accommodate up to 280 students.

Q15: Is the premise of the campsite safe at night?

A15: The perimeter of the campsite is fenced. There will be two adult night sentries on patrol within the camp premise at night.



Q16: Is it safe for the students to go to the toilet after lights out?

A16: Students will be briefed on the procedures for use of the toilets after lights out. They will go to the toilet at least in twos (with their buddy). If they are afraid, they can also get the adult night sentries to accompany them and wait for them outside the toilet. After lights out, the adult night sentries will focus their patrolling near the students' dormitories (clustered close together).

Q17: Will students of the opposite gender be sleeping together?

A17: No, all members of the opposite gender are not allowed in each other's accommodation at all times.

Q18: Are the students allowed to bring handphones?

A18: No, students will not be allowed to bring handphones to prevent thefts. Students who bring their handphones will be required to hand over their handphones to their Form Teacher on the first day of camp for safe keeping. Their handphones will be returned to them on the last day of the camp (before breaking camp).

Q19: If students are not allowed to bring handphones, what will happen in emergency situations?

A19: If an emergency situation arises and a child needs to call their family member, the child is to inform the activity facilitator or teacher and explain the situation. The activity facilitator or teacher will then assist accordingly.

Q20: Do the students need to bring along extra cash?

A20: No, students need not bring along any extra cash. All meals will be provided for and there is no gift/provision shop in the campsite. Hence, they will not require any cash during the camp period. Form Teachers will be collecting all the valuables (wallets & handphones) on the first day of camp. These valuables will be returned to the respective students on the last day of the camp (before breaking camp).

Q21: Are parents or guardians allowed to visit their child/ward?

A21: Camping provides young people with the opportunity to participate in a series of experiences, which develop their personal, social and environmental awareness. The experience of living away from home for a short time is especially significant for them, and there is great potential for contribution to the development of the whole child. The away from home, school and parents experience offers a unique opportunity through full participation, to encounter the practical realities of living away from home and family, and away from immediate and familiar surroundings. Correctly handled, the camp is an extremely valuable experience. It will also cultivate in an individual, a willingness to venture into unknown territories/frontiers. Hence, we would advise parents not to visit their child to facilitate the above learning experiences to take place.

Q22: Are parents or guardians invited for the campfire?

A22: For security reasons, constraints of logistics and to facilitate the above learning experiences, parents/guardians will not be invited for the campfire.

Q23: Can parents or guardians call to check on their child/ward?

A23: To facilitate the learning experience as referred to in (Q21), we would deter parents/guardians from making any calls to their child/ward unless for emergency situations. Your child/ward will be well taken care of by the facilitators and teachers. The facilitators and teachers will speak to the child and monitor them closely if they are unwell. If the child needs immediate medical attention, parents/guardians will be informed and the child will be sent immediately to the nearest clinic/hospital. If parents/guardians are required to take their child/ward home from the clinic/hospital, the teacher will make the necessary arrangement with the parents/guardians.



Q24: What is the Camp Programme like?

A24: Students would wake up & have breakfast before they begin the various activities. Students will move around in groups to carry out a variety of activities. The activities may include both low & high elements as well as team building games. There will also be time set aside for debrief & reflection.

Q25: What are the items required for my child/ward to pack for the camp?

A25: Please refer to **Annex A** for the packing list.

Q26: Where can we purchase the camping items stated in the packing list?

A26: Parents may choose to purchase camping items from camping stores. In addition, the school will be making provisions for a vendor to come in to sell camping items in the school canteen on the following days. Please note that parents are not allowed to come into the school to purchase the items.

Date	Time	Venue
Tuesday, 20 Mar 2018	9 am to 9.30 am, 12 pm to 12.30 pm & 3.30 pm to 4 pm	Canteen area
Wednesday, 21 Mar 2018	9 am to 9.30 am & 1.30 pm to 2.30 pm	

The details of items on sale are listed in **Annex C**.



Camping Items @ Student Prices. Circle items to select

Venue : Springdale Primary School Date : 20 & 21 Mar 18 Time : Name: Class:

						
Repellent Spray \$3.50	Insect Repellent Sticker \$4	Emergency Poncho \$1	Drawstring Bag \$2	Mini Smart Clip \$1	Mini Fan Light \$4.50	Spectacle Retainer \$3
						
Handsfree Headlamp \$10	LED Torchlight \$5	Sun Protection \$3	Collapsible Airtight Lunch Box \$12	Stainless Steel Fork+Spoon+Chopstick \$3	Safety Glow Stick Short \$1 / Long \$2	
						
10L OE Drytube \$12	Outdoor Backpack Large, 60L \$55 Medium 40L \$25	50 SPF Sunblock \$9	Shower Bag \$5	Track Pants \$10		
						
Comfort Padded Air Pillow \$8	Travel Air Pillow \$3	Sleeping Bag \$12	Long Sleeve Shirt \$12			

Total
Cash Only

NEXT FACTOR PTE LTD
2 Jurong East Street 21 #02-186 I
IMM Building Singapore 609601. Call 6777 8769 I
www.nextfactor.com.sg | info@nextfactor.com.sg
Our Showroom Opening Time - 10 AM - 5 PM Weekdays.

Please check your items after your purchase before leaving the booth. We **DO NOT** collect deposits.

Updated list 2018v1

Camp Registration Form

(Please return this portion to your child's Form Teacher latest by **Wed, 28 Feb 18.**)

Re: P5 Outdoor Adventure Camp 2018

I acknowledge the receipt of the Letter to Parents dated on 26 Feb 2018 regarding the P5 Outdoor Adventure Camp from 26 Mar 18 to 28 Mar 18. I have read and understood the information provided regarding the camp.

Please tick (✓) accordingly.

Other than what has been declared earlier this year, please state any other medical conditions , if any. 	<input type="checkbox"/> There are no further updates on my child's medical condition. <input type="checkbox"/> Updates of my child's medical condition: _____ _____
Please state dietary requirement. (Note that all meals are Halal certified)	<input type="checkbox"/> Vegetarian Meals Other dietary requirements: _____
Child's Camp T-shirt size (School PE T-shirt sizing) [Please tick (✓) only one box.]	<input type="checkbox"/> Size 28 <input type="checkbox"/> Size 30 <input type="checkbox"/> Size 32 <input type="checkbox"/> Size 34 <input type="checkbox"/> Size 36 <input type="checkbox"/> Size 38 <input type="checkbox"/> Size 40 <input type="checkbox"/> Size 42 <input type="checkbox"/> Size 44
Dismissal after Camp We would strongly advise for students to go home to wash up and rest after the camp as they would still need to prepare for school the next day.	<input type="checkbox"/> My child will be picked up by an adult from the school canteen at 11.30 am. <input type="checkbox"/> My child will report to YMCA SCC. <input type="checkbox"/> My child will go home via the school's Main Gate on his/her own.
Please state any other concerns (if any) for school to note.	
In case of an emergency during the camp, please provide contact details.	Name of Guardian: _____ Relationship: _____ Contact No.: _____

Name of Child: _____

Name of Parent: _____

Class: P5 _____

Signature of Parent: _____

Springdale Primary School

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