

# QUEENSTOWN SECONDARY SCHOOL

cohort camp

24 - 27 MAR 2026

# CONTENT

- **OE Masterplan**
- **Camp Design**
- **Programme and Activities**
- **Camp Administration**
- **Key Safety Pointers**
- **Useful Resources**



# OE Masterplan

Providing Holistic Education

Tiered Experience

Camp Goals

Programme Design Principles

# Providing Holistic Education

■ MOE aims to give every child a holistic education and develop well-rounded individuals.

⑩ Outdoor Education (OE) offers rich out-of-classroom experiences that build resilience and ruggedness.

⑩ Authentic learning develops 21st-century competencies and supports sustainable active, healthy living.



# Outdoor Adventure Learning Experiences for ALL

Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
<p style="text-align: center;"><b>Outdoor Education in Physical Education Curriculum</b> Outdoor skills   Outdoor safety   Sense of Place</p>			
Programme for Active Learning (PAL)	<b>3D2N Cohort Camp</b>	<b>4D3N Cohort Camp</b>	<b>5D4N Multi-school Cohort Camp in OBS</b>
<p><b>Cohort Camp Goals</b></p> <ul style="list-style-type: none"><li>• Build confidence and resilience</li><li>• Value diversity through close-knit interaction opportunities</li><li>• Forge camaraderie through common challenging experiences</li><li>• Develop a sense of place</li><li>• Lay the foundation for active and healthy living</li></ul> 			

# Camp Design

Pedagogical Approaches

Design Principles

# Key Pedagogical Approaches

For OAL Cohort camps



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## Experiential Learning Approach

Build upon past experiences and learn by making personal meaning of their new experiences through the process of reflection.



## Place-Responsive Approach

Using the place as foreground to enrich students' understanding and appreciation of local places.



# Programme Design Principles

**Provide opportunities for students to:**

- Exercise agency
- Exercise and develop competence
- Collaborate with others



# Pre-camp Lessons

Equip & Empower



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Pre-camp preparation  
during FT Time



CCE Lessons



Equipping students with  
outdoor skills in PE Lessons



School briefing to students

# During Camp

Explore & Experience



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**INITIATE**



**BUILD**



**CHALLENGE**



**CONSOLIDATE  
& CELEBRATE**

# Programmes and activities



## **Camp Activities**

- Improvised rafting
  - Scavenger hunt
  - Land expedition
  - Healthy meal planning
  - Outdoor cooking
  - Camping in tents
  - Post dinner / night activities
  - Cohort campfire
  - Outdoor cycling
  - High elements
- 

# Initiation Activities



Ice-breakers  
& Energisers



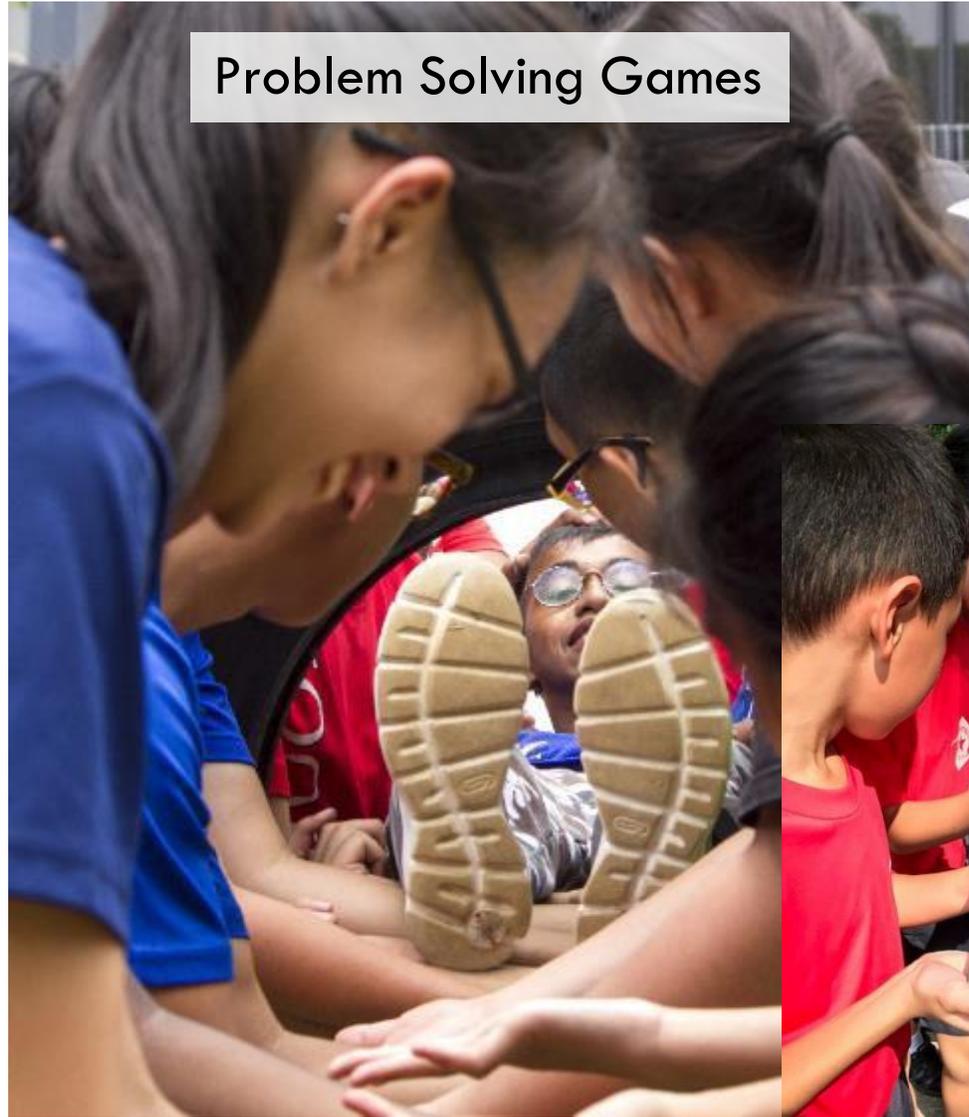
Full Value  
Contract



Goal Setting



Low Elements



Problem Solving Games



Inter-group Challenges



# Team Building Activities



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# Land Expedition



# Improvised Rafting



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# Outdoor Living Skills



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Shelter Building  
(Team-Building)



Navigation



Outdoor Cooking

# Night Review Activities



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# Night Review Activities



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Night Consolidation



mini 'Campfire'

# **Roles of OAEs & Teachers**

# Outdoor Teachers and School Accompanying Teachers



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*“Every student is our student.”*

## Camp Instructors

- Plan & run activities; help students reflect.
- Ensure safety; follow SOPs.
- Support students' well-being.
- Keep students engaged.
- Observe student behaviors for debrief.

## Accompanying Teacher

- Support students' adjustment and coping.
- Observe and contribute during reflection/debrief.
- Partner OAE to ensure safety.
- Manage disruptive behaviour.
- Support students with special needs.
- Stay with the group at all times.

# Camp Administration

Camp dates

Camp participation

OAE & Accompanying Teacher Roles

Deliverables (OPM & Camp Comd)

**Participation is compulsory for all students.**

- **Student who is unwell and issued a valid Medical Certificate (MC) is not required to report to school for the days covered by the MC**
- **Student who is medically exempt from physical activities is still required to report to school and attend the camp with the class. He/she will participate in non-physical activities and take on a learning and observation role during other activities.**

Start Date, 24 March 2026, Tuesday

Day:

Reporting Time, 7:15am, respective classrooms

Venue:

End Date, 27 March 2026, Friday

Day:

Reporting Time, 2:30pm, Classroom  
*(Dismissal time may change if unexpected situations arise)*

Venue: *unexpected situations arise)*

## **Online Registration and Declaration**

Parents to declare the medical status and dietary requirements of students via Parents Gateway (PG) by **27 February, Friday**.

## **Mobile Phone and Valuables Policy**

All mobile phones and valuables will be collected by Class Mentors during camp and returned at the end so students can stay present. Students must place their phone and wallet in a *ziplock bag* clearly labelled with their *name and class*. In emergencies, the school will coordinate communication with parents/guardians.



## Packing List and Purchase of Equipment

- The packing list is provided in **Annex A** in the letter to parents on Parent Gateway (PG). Students may purchase camping equipment from stores such as Decathlon (<https://www.decathlon.sg/>) or any other stores that carry the necessary items.
- The school has arranged for Adventure World to provide an online service to purchase camp equipment via the link: <https://queenstownsec.paperform.co/>. (Pre-order closes on 3 Mar).
- Collection / purchase booth will be set up in the canteen on 5 Mar and 6 Mar.

*(Note: There is **no obligation** to buy from Adventure World and the school does not endorse any particular vendor.)*

# Key Safety Pointers

# Safety – Activity & Participants

- Camping activities include high and low elements, journey, outdoor cooking, as well as place-based activities.
- Inherently, there are risks involved in the conduct of these activities. MOE has conducted risk assessment for these activities and put in place appropriate measures to manage these risks to a suitable level for our students.

# Safety – Activity & Participants

- We would like to assure you that the safety of our students is of the highest priority. All necessary precautions to ensure the safety of our students will be taken.
- Where applicable, students will have the autonomy to participate at the level of challenge that they are comfortable with.
- The Camp Instructors are proficient in outdoor skills and trained in First Aid.



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## SOP for HIGH ELEMENTS : NO HARD OBJECT ON BODY

Hard object includes watches and body jewelry such as rings, ear studs, earrings , nose stud, nose ring, tongue stud, chain, necklace, bangle, bracelet . Religious items need to be removed from the body during High & Low Elements activities

Please remove **before** coming for the camp!

# Attire for Height-based activities

For safety and protection purposes, the following are **compulsory**:

- Long trousers
- Sleeved top
- Covered **shoes** suitable for general sports use that offer protection against sharp or hard objects.
- Sports sandals with visible gaps are not allowed\*.

# Wildlife Encounter – Dos & Don'ts

Animal Encounters - Do's and Don'ts - Gardens, Parks & Nature - National Parks Board (NParks)

<https://safe.menlosecurity.com/http://www.nparks.gov.sg/gardens-parks-and-nature/dos-and-donts/animal-advisories>

updated as of 4 March 2022

# Wildlife Encounter – Dos & Don'ts

## Objectives

Create awareness of and understanding of animal biodiversity in and around OALCs.



# Macaques



# Macaques

- Like other wildlife animals, motivated by food
- Unlike most animals in the area, they have the capacity to experience complex emotions
- Examples: When experiencing a new birth or recent death, all in the troop are alarmed. Mother will hang on to dead carcass for few days and is defensive to the carcass.

## Avoid

- Sudden loud noises
- Ignoring their cues of warning:  
barring of teeth, growl
- Carrying exposed food or bright objects
- Assertive or aggressive behaviour towards animal

# Animal Encounter SOP - Macaques

- Keep group close together
- No eye contact and no smiling (showing of teeth)
- Move on (detour if way is blocked)
- Do not stay in the vicinity (find alternate activity site if needed)

## **If attacked,**

- evacuate casualty/group to a safe place
- administer 1<sup>st</sup> aid as needed
- Report any injury sustained if attacked

# Bees



# Bees: Friends or Foe?



- Stingless bees do not possess stings and are harmless to people, makes for good teaching material: observe up-close pollen on bee
- Collects acacia honey
- Responsible for pollination of nearly three quarters of the plants that produce 90% of the world's food

- Only honeybees defend their nests aggressively in large swarms
- BUT honeybees constitute just four of the more than 130 species of bees that can be found in Singapore.
- 10m n above bee hives/layered bee hives considered dangerous
- Triggered by loud noise



All kinds of bees can be safely observed even in close proximity when they are visiting flowers, as they would be preoccupied in gathering pollen and nectar for their young.

# Stingless Bees

- Very tiny (about 3 mm in length)
- Black head and body with a chestnut brown abdomen
- Tends to hover with its legs hanging in flight



## Avoid

- Swatting
- Making loud noise
- Jumping into water to hide



**Stingless Bees**



**Asian Honey Bee Hive**



**Stingless Bee Hive**



**Asian Honey Bee**

# What should you do if a bee or wasp lands on you?

*Honeybees frequently land on people to drink their sweat.*

- Refrain from **smacking** the insect! Injuring it may cause it to sting or release alarm pheromones that would attract more aggressive bees / wasps.
- **Calmly** move the part of your body that the insect is resting on. If it still does not move, gently brush it off – it will fly away peacefully.



# Animal Encounter SOP – Bees/Wasps

- Keep your distance and refrain from disturbing the hive
- Move immediately away from area
- Move back (if way is blocked)
- Do not stay in the vicinity (find alternate activity site if needed)
- Identify a safe meeting point in case of attack

## **If attacked, DURING**

1. Cover your head and move as far as possible from the hive
2. Run towards shelter (disorientate the insect)
3. Do not swat at the insects
4. Do not jump into water

## **If attacked, AFTER**

1. Evacuate casualty/group to a safe place
2. Administer 1<sup>st</sup> aid as needed
3. Report any injury sustained if attacked
4. Seek immediate medical attention if any allergic reaction

# Snakes



King Cobra



Mangrove Snake



Reticulated Python



Banded Krait

# Snakes



- From small to large
- Cold blooded, likes to bask in the sun
- Some are venomous, others are not
- They like dark and warm spaces

## Avoid

- Handling
- Being close
- Assume not venomous

## When Encountering

- Maintain distance
- Observe and share with students
- Raise awareness, encourage appreciation
- Do not spread fear unnecessarily

# Animal Encounter SOP – Snakes

- **Keep your distance and refrain from disturbing the snake**
- **Move immediately away from area & make sure area is clear of people**
- **Do not stay in the vicinity (find alternate activity site if needed)**
- **Inform OPM or centre manager of the encounter**

## **If attacked,**

1. Evacuate casualty/group to a safe place
2. Administer 1<sup>st</sup> aid as needed
3. If possible, identify snake with photo (possible anti-venom treatment)
4. Seek immediate medical attention

Thank You