



# QUEENSTOWN SECONDARY SCHOOL SEC 1 COHORT CAMP

25-28 Mar 2026

AT  
*DAIRY FARM*  
**OUTDOOR  
ADVENTURE**  
*LEARNING CENTER*

Ministry of Education  
**Dairy Farm Outdoor Adventure  
Learning Centre**  
30 Dairy Farm Road 8679058

# 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 have every child experience a holistic education so as to **develop well-rounded individuals**.
- Outdoor Education (OE) provides **rich learning experiences** outside the classroom that can help our students develop **resilience and ruggedness**.
- **Authentic learning experiences** help our students **develop 21st century competencies** as well as competencies for **sustainable active and healthy living**.



# Outdoor Adventure Learning Experiences for ALL



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Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
<b>Outdoor Education in Physical Education Curriculum</b> Outdoor skills   Outdoor safety   Sense of Place			
Programme for Active Learning (PAL)	<b>3D2N Cohort Camp</b>	<b>4D3N Cohort Camp</b>	5D4N Multi-school Cohort Camp in OBS
<div data-bbox="326 953 759 1001"><b>Cohort Camp Goals</b></div> <ul data-bbox="326 1048 1406 1286" 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> <div data-bbox="1819 905 2109 1343">A photograph of a young woman wearing a white helmet and a white t-shirt with 'BALI' written on the sleeve. She is participating in a ziplining activity, holding onto a blue rope and looking upwards. The background shows lush green foliage.</div>			

# 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

## **SEC 1 Camp Activities**

- Dragonboat
- Urban Hike to Fort Canning
- Navigation around DF landmarks
- Low and High Tier Challenge Rope Course
- High Elements
- Outdoor Cooking
- Nike Walk
- Night Light Sharing
- Appreciation Cards

# Initiation Activities



Ice-breakers  
& Energisers



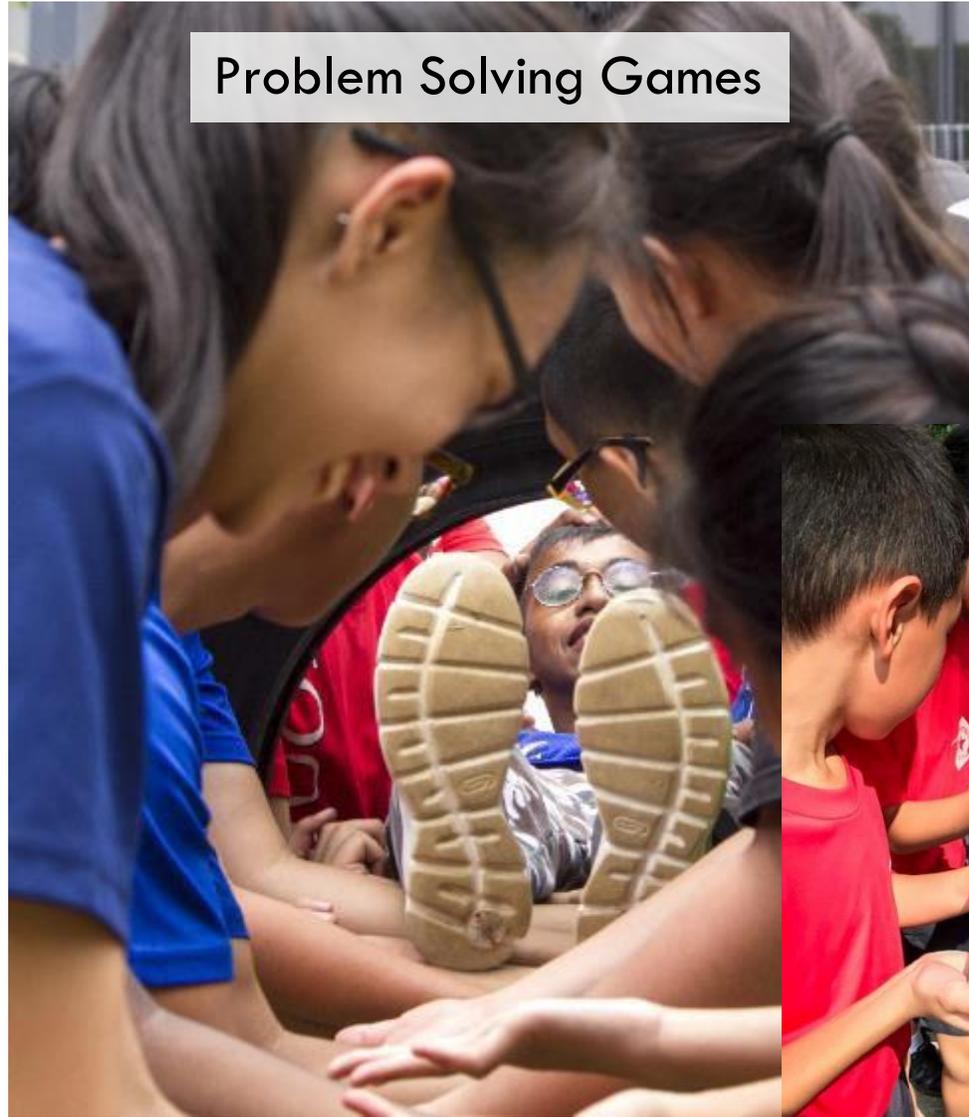
Full Value  
Contract



Goal Setting



Low Elements



Problem Solving Games



Inter-group Challenges



## Team Building Activities



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# Land Expedition - shoes



# SEC 1 Dragonboat – shoes/booties



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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 Outdoor Adventure Educator (OAE) & Teachers**

# MOE Outdoor Adventure Educators (OAEs)



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- Full-time Outdoor Teachers
- Stringent selection criteria and training
- Go through Practicum, Lesson Planning
- Equipped with:

Facilitation skills

Environmental skills

Safety skills

Technical skills

Organisational skills

Instructional skills



# Outdoor Teachers and School Accompanying Teachers



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*“Every student is our student.”*

## OAE

- 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)

## SEC 1 Cohort Camp

**Briefing on 25 Feb, Morning Assembly@LC**

**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 will stay at home.**

Start Date, 25 March 2026, Wednesday  
Day:

Reporting 7:15am, Indoor Sports Hall  
Time, (thorough bag check check  
Venue: conducted by Mr Zuhri

End Date, 28 March 2026, Saturday  
Day:

Dismissal 1130 to 1200 @ QTSS  
Time, *(Dismissal time may change if  
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 Policy**

All mobile phones will be safely collected and kept by the Class Mentors during the camp so that students can be fully present. Mobile phones will be returned at the end of the camp. In case of emergencies, communication between the school and parent/guardian will be coordinated through the school.



## 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 March, Tuesday, 11:00pm.)
- Collection / purchase booth will be set up in the canteen on 5 and 6 Mar, 9:30am to 2.30pm & 9pm to 1pm respectively.

*(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.
- Our Outdoor Adventure Educators (OAEs) 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!

# SOP for HIGH ELEMENTS: MUST wear a tubular headgear

For hygiene purpose, a tubular headgear, ie. **BUFF** should be worn beneath the helmet .

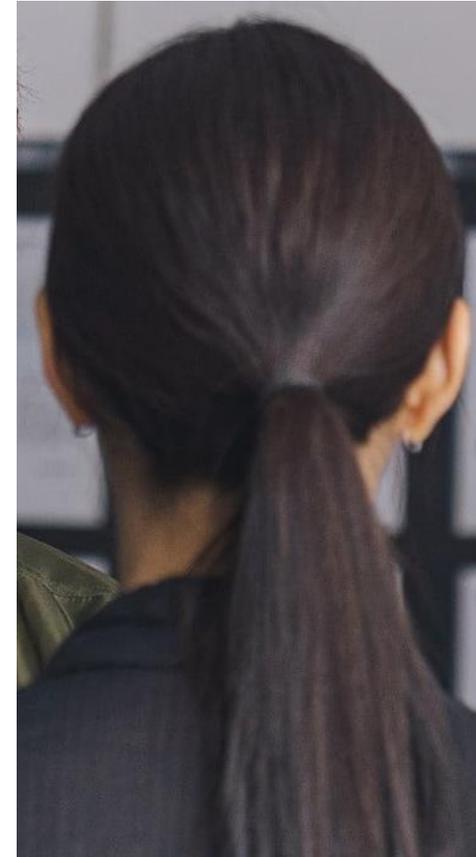
Swim cap, shower cap, towel, handkerchief, beanie, bandana are NOT SUITABLE for use in HIGH Elements.



# HIGH ELEMENTS & LONG HAIR

Students with hair beyond shoulder length, must,

- a) tie up a pony-tail or plait their hair.
- b) tuck their pony-tail / plaited hair into the hollow space of the BUFF.
- c) secure the exposed hair into back of their tee-shirt, should their pony-tail/plaited hair extend beyond the BUFF's length



# OTHER SAFETY CONSIDERATIONS FOR HIGH ELEMENTS

- Sikh boys may put on the PATKA in place of a BUFF (knot to be positioned below the helmet )



- **Participant must not be more than 100kg**

# Attire for Height-based activities

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

- Long trousers
- Sleeved top
- BUFF
- 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 ;p