

Please scan the QR  
code for Attendance

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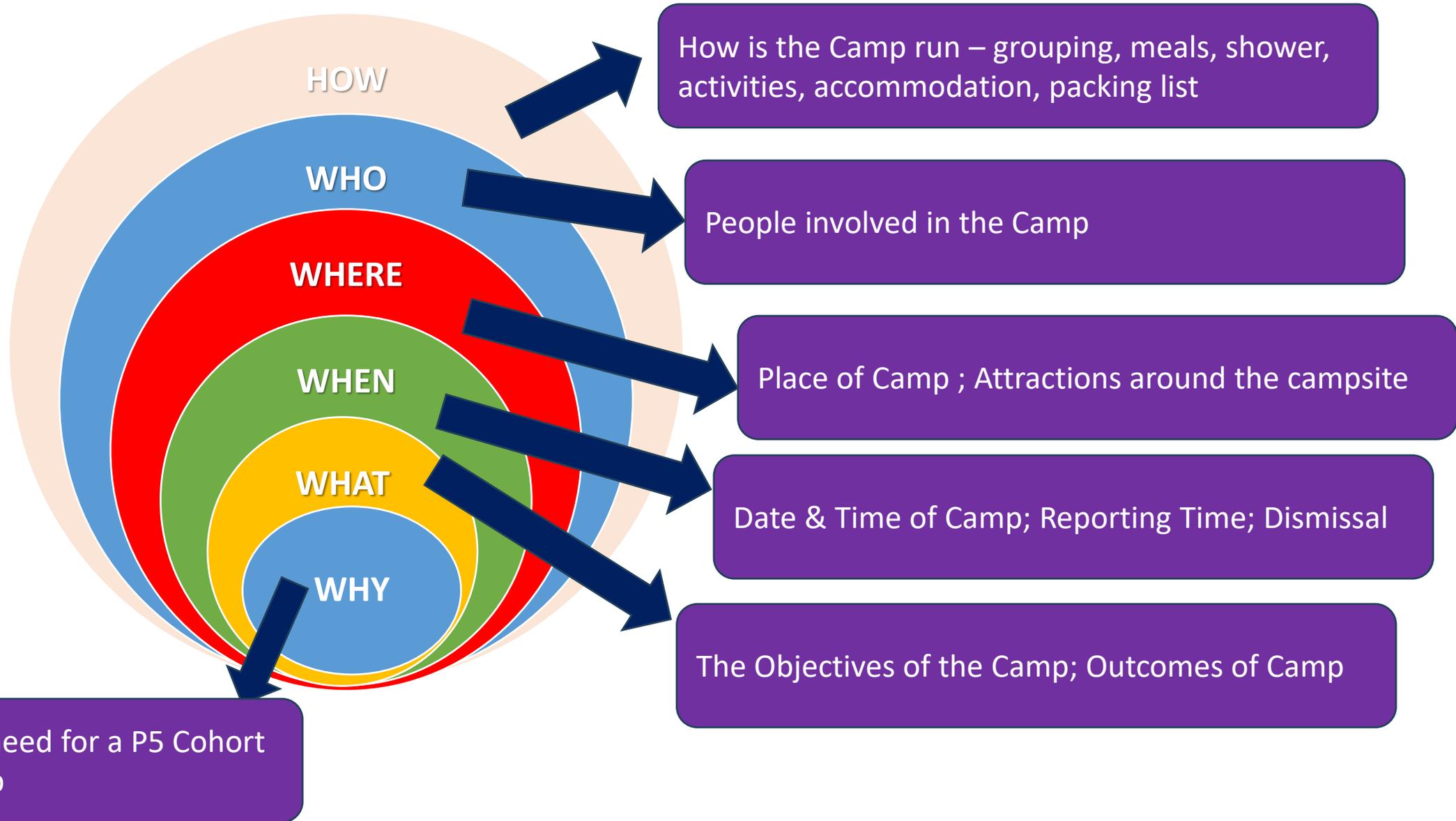


# **P5 COHORT CAMP 2025**

**PARENTS WEBINAR**

**27 FEBRUARY 2025**

# CONTENTS OF BRIEFING



# WHY THE P5 COHORT CAMP?

- A programme under the MOE Outdoor Education Master Plan
- Provides rich learning experiences through the outdoors
- Activities are purposeful and students learn valuable lessons that cannot be duplicated in a classroom setting.
- Encourages cohesion - the 'kampung' spirit
- Builds resilience and ruggedness

# WHAT IS THE P5 COHORT CAMP?

- An overnight outdoor adventure camp (stay-in)

## Objectives:

- Aims to develop well rounded individuals
  - \* build confidence and resilience
  - \* provides interaction opportunities (SSR & TSR)
  - \* forges camaraderie with teammates
  - \* lays a foundation for active and healthy living.

# OUR LEARNING GOALS

By the end of the 3-day camp, our P5 students would:

- be a **responsible and resilient camper** who is ready for any challenges
- appreciate and respect** the surrounding environment
- foster bonding, camaraderie and inclusivity** within and beyond groups
- show empathy and concern** for other fellow campers, giving **encouragement and support**



# WHEN IS THE CAMP?

**Date: 1 Apr to 3 Apr 2025 (Tue – Thu)**

**Time : 9.00am to 8.30pm (1 & 2 Apr)**



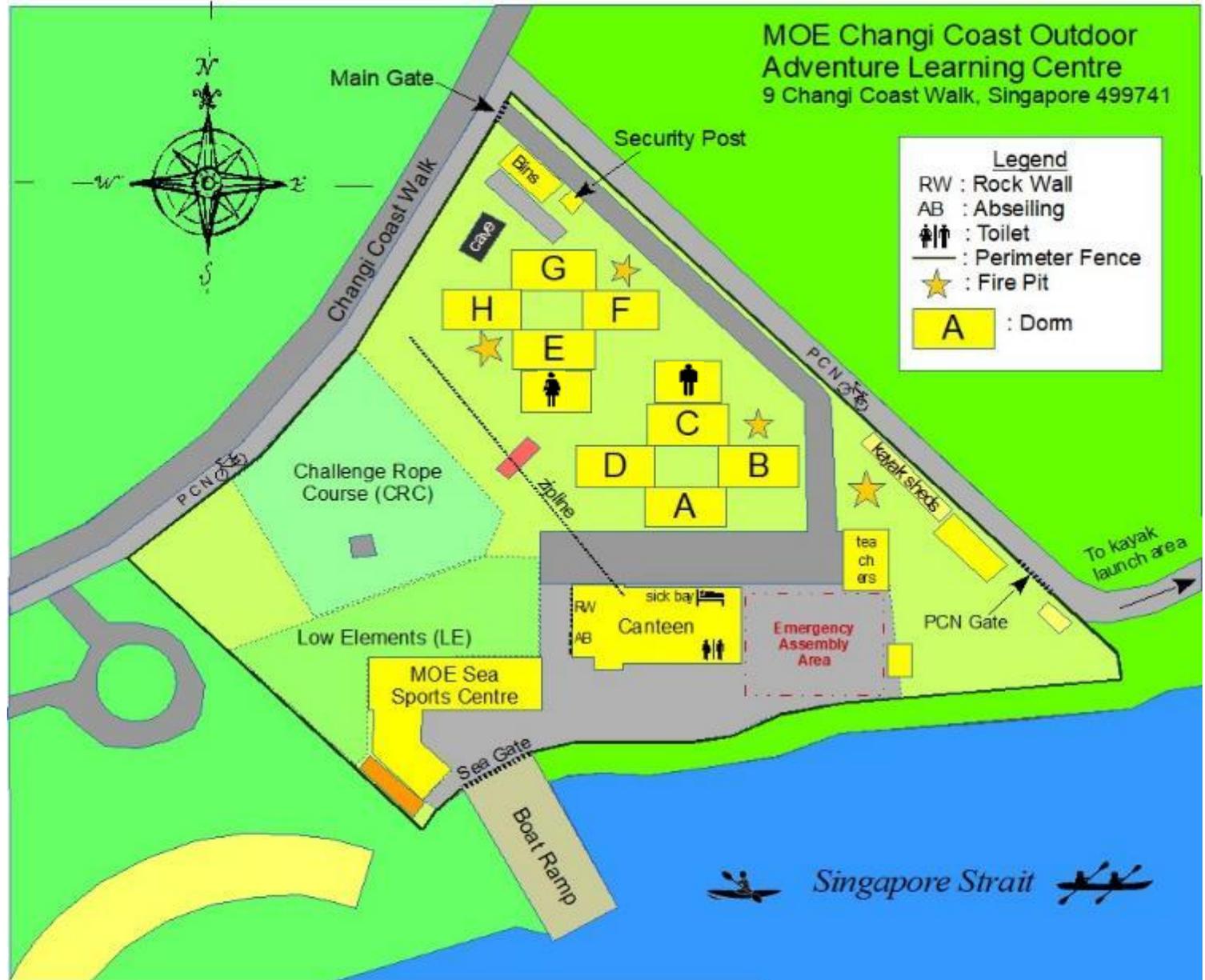
**: 9.00am-11.30am (3 Apr)**



**Reporting time to school on 1 Apr: by 715am**

**Dismissal time from school on 3 Apr : by 1230pm**

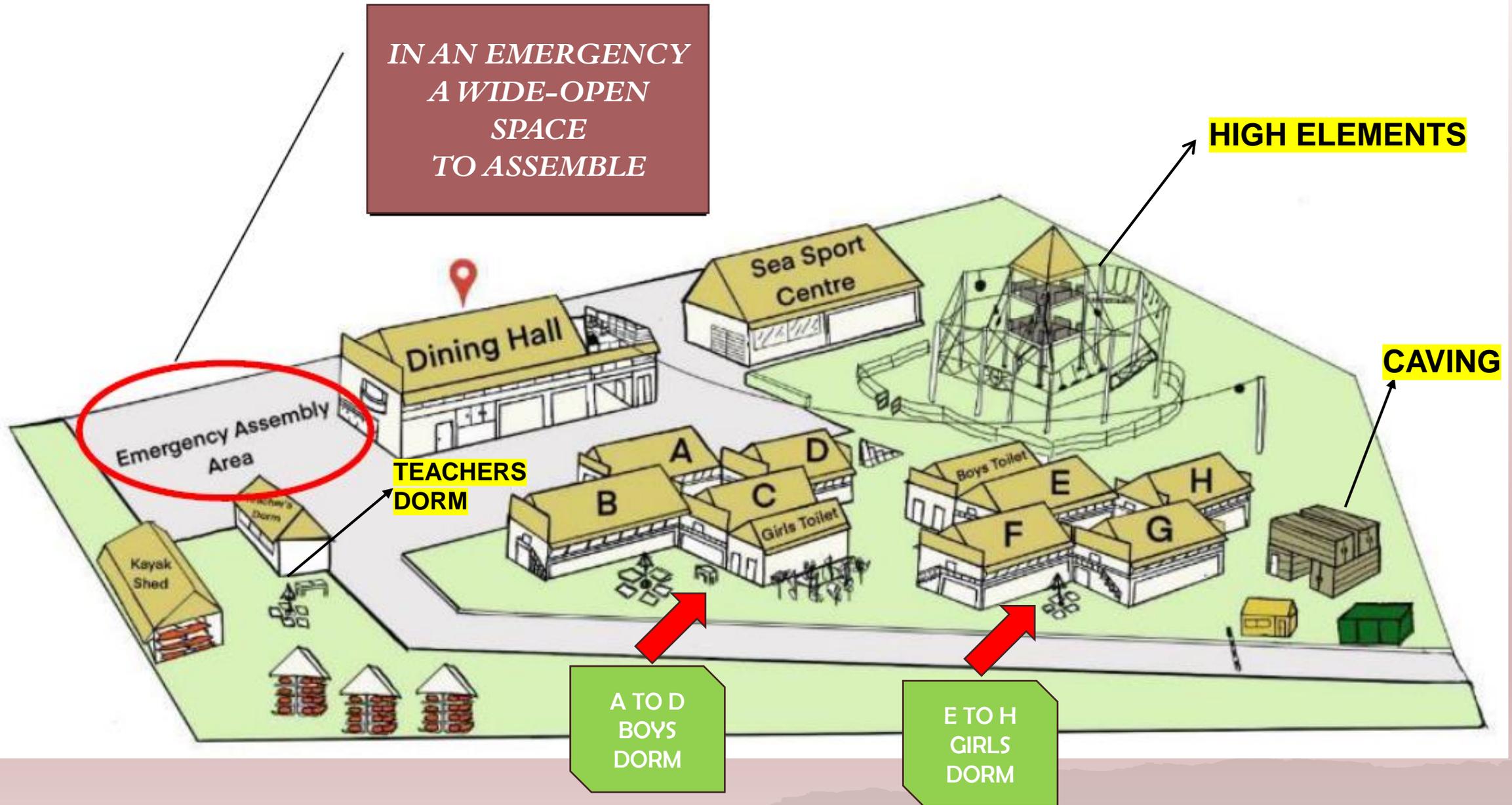
# WHERE IS THE CAMP?





# LAYOUT OF CAMPSITE

*IN AN EMERGENCY  
A WIDE-OPEN  
SPACE  
TO ASSEMBLE*



Emergency Assembly Area

TEACHERS DORM

HIGH ELEMENTS

CAVING

A TO D  
BOYS  
DORM

E TO H  
GIRLS  
DORM

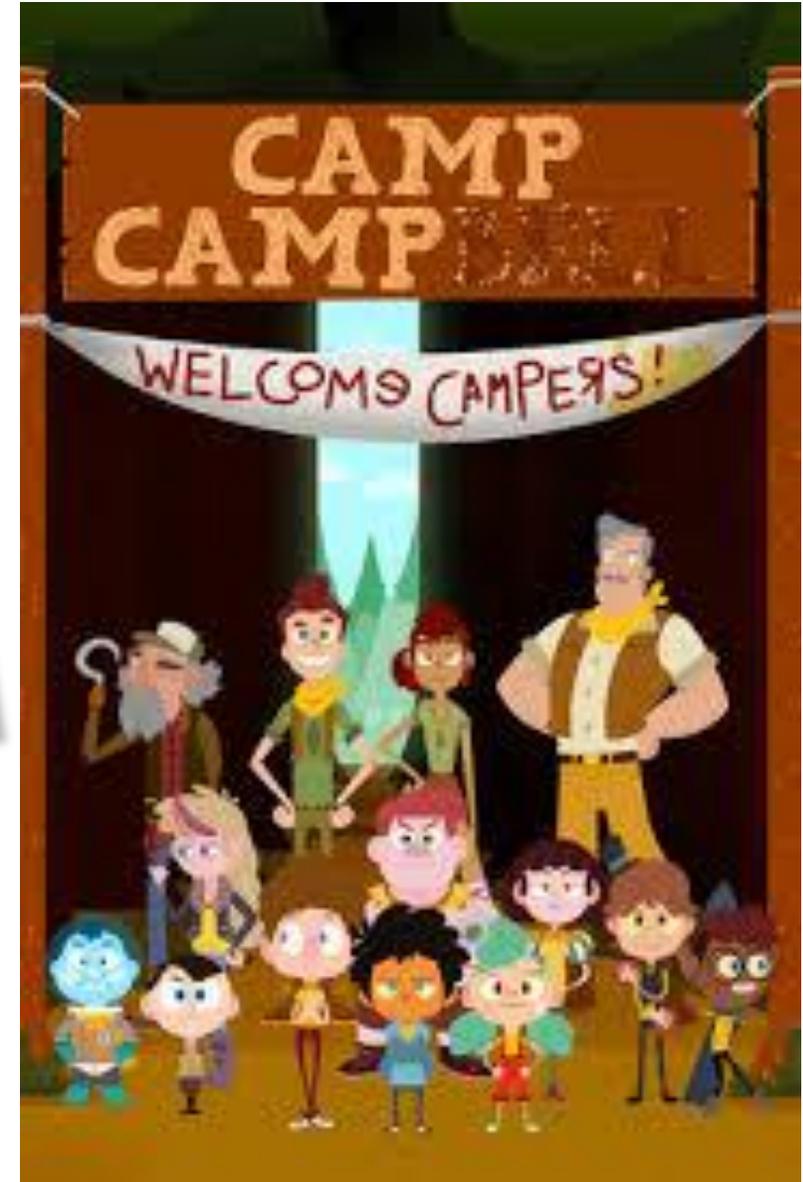
# WHO WILL ATTEND THE CAMP?



P5 AYH

P5 Form Teachers

PE Teachers



# WHO WILL RUN THE CAMP?

- Full-time Outdoor Teachers
- Stringent selection criteria and process
- Equipped with skills and knowledge:



# HOW IS THE CAMP ORGANISED?



# WHAT ARE THE ACTIVITIES AT THE CAMP?

## 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.

# ACTIVITIES AT THE CAMP

## During Camp

Explore & Experience



INITIATE



BUILD



CHALLENGE



CONSOLIDATE  
& CELEBRATE

# ACTIVITIES AT THE CAMP

## Initiation Activities



# ACTIVITIES AT THE CAMP



Low Elements

Communicative & Collaborative Games



Inter-group Challenges

Team Building Activities

# ACTIVITIES AT THE CAMP

## Hikes



- Preparation before embarking on journey
- Activities along the journey
- Enjoy the place and build relationship

# ACTIVITIES AT THE CAMP

Outdoor  
Living  
Skills



Shelter  
Building



Navigation



Sandwich Making (pri)/  
Outdoor Cooking (sec)



# ACTIVITIES AT THE CAMP

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## Night Activities



Night Consolidation

# HIGHLIGHTS OF THE CAMP

- All students will participate in one High element – zipline, abseil, rockwall or tower circuit.



- Each activity - 2hr long
- Random placement in kayaking & caving.
- No consent to kayaking – will do caving.

Do 2 out  
of 3 key  
events

## **IMPT to note:**

Weight of the child matters for the 3 key events 100kg & above – no participation in key events 20kg & below – no high elements

# ACTIVITIES AT THE CAMP

## Kayaking

- Intro to Kayak programme
- Stay in bay
- 2 safety motor boats



# ACTIVITIES AT THE CAMP



Rock Climbing

## *High Elements*



Abseiling



High Rope Elements- Tower circuit

Long pants (no tights/leggings) and  
no hard objects/accessories.



Ministry of Education  
SINGAPORE



# Artificial Caving



# ACCOMMODATION

Long house

Wooden  
flooring

40 students

Sleep by  
gender



**OPEN  
CONCEPT**

Sleeping bag  
is **A MUST**

Dual Use Facility - Tidy up the place after waking up.

# MEALS

- All food served is halal & non-spicy
- Strictly no beef and no pork
- Food is served in buffet style
- We will take note of dietary requirements
- In this camp:
  - ✓ WATER is served for all meals 😊
  - ✓ Students will serve their groupmates.
  - ✓ Food served follow the healthier choice requirements
  - ✓ No NEED to bring fork, spoon, plate & mug.

# MEALS

Bento sets- vegetarians



Supper

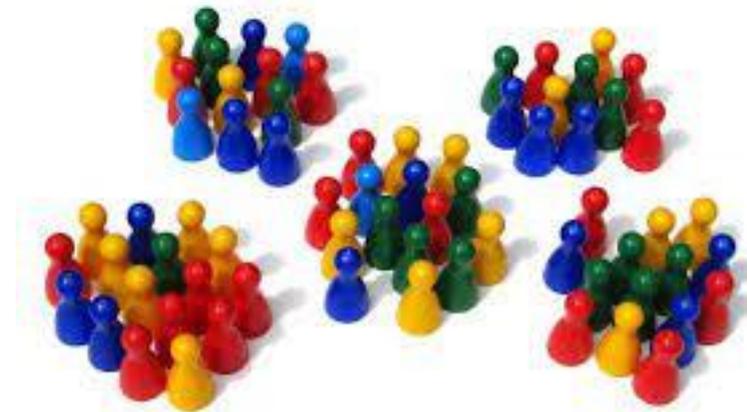


After meal: Desserts/Fruits



# GROUPING -DAY

- ❑ Students are put in groups of 20. Mixture of boys and girls
- ❑ Groups are made up of students from two classes
- ❑ Groups will remain the same throughout the camp during their stay at campsite
- ❑ Each group will have one OAE and one P5 FT



# GROUPING - SLEEP

20 – 40 pax per dormitory

Single gender

From different classes

**DO NOT BRING THE FOLLOWING:**

- ❖ A SOFT TOY TO GO TO SLEEP
- ❖ A LARGE PILLOW
- ❖ A BLANKET
- ❖ A RADIO
- ❖ A BATTERY OPERATED FAN / NECK FAN



# SHOWER / BATHING

- Only at night or early morning
- Shower at the end of the night activity after 830pm
- No hot water for bath
- No hair dryer
- Bring toiletries (refer to packing list)
- Bring small bottles of toiletries



# ATTIRE

\*Refer to Packing List

	Day	Night
Tops (4)	School PE T-shirt / CCA T-shirts / Camp Tee (first day)  T-shirts (dark colour for kayaking)	Pyjamas  T-shirts
Bottoms (4)	long pants (no body-hugging tights)	Shorts/long pants



# FOOTWEAR

\*Refer to Packing List



# FOOTWEAR

\*Refer to Packing List



**WATER  
BOOTIES**



# What not to bring

- Do not bring the following:
  - Handphones
  - Watches
  - Jewellery
  - Snacks
  - too much cash

Bring the following:

1. EZ Link card
  2. Cash (\$4 for bfast /lunch)
- Put them in a wallet and give the wallet to the teachers for safe keeping.



# PACKING LIST

- Detailed packing list(according to their assigned activities) will be given on **5 Mar.**
- Named/labelled all personal items.
- No trolley bags or luggage bags allowed.
- Bring a **haversack**.
- Have a **small bag** for day activities – sanitiser, wet wipes, cap, stationery, spectacles, poncho (raincoat), water bottle etc.



haversack



Small bag



# PACKING LIST

## Kayaking

- MUST HAVE an extra pair of shoes – old shoes /water



## Artificial Caving/High Elements

- MUST HAVE a buff.
- The school will buy for each student



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# **GRANT**

## **MOE PROVIDES FUNDING PER STUDENT FOR CAMPING**

- **Camp tee**
- **All meals at campsite**
- **Buff (worn under the helmet)**

# **SALE & COLLECTION OF CAMPING ITEMS**

**11 - 13 Mar 2025**

**Venue: Outside bookshop**

**9.30am to 10am (during recess)**

**1.30pm to 2.30pm (Online order collection only)**

**Parents (accompanied with child) can come to buy  
after school**

# ADVENTURE WORLD

- BUY WHAT IS NECESSARY
- DO NOT BUY EVERYTHING THAT IS SHOWN ON THE LIST
- IF YOU CAN FIND THESE ITEMS CHEAPER ELESWWHERE
- NO NEED TO BUY FROM ADVENTURE WORLD
- CAN PLACE ONLINE ORDER. COLLECT IN THE AFTERNOON ON
- 11-13 MARCH
- LABEL ITEMS
- WILL BE ISSUED NEXT WEEK WITH SCHOOL'S PACKING LIST



Where your Adventure begins...  
65 Ubi Crescent, #05-03  
Holo Centre, S408559  
[www.adventure-world.com.sg](http://www.adventure-world.com.sg)  
Tel: 6100 0227

Sales at Kheng Cheng School

Date of Sale: 11<sup>th</sup> to 13<sup>th</sup> March 2025

Time of Sale: 9.30am to 2.30pm



You can order online too!  
Closing: 6<sup>th</sup> Mar @ 11pm

Name:  Class:

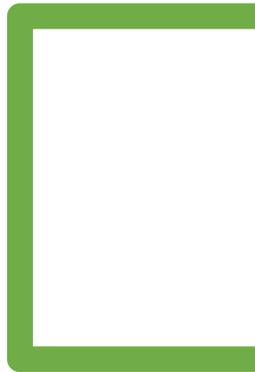
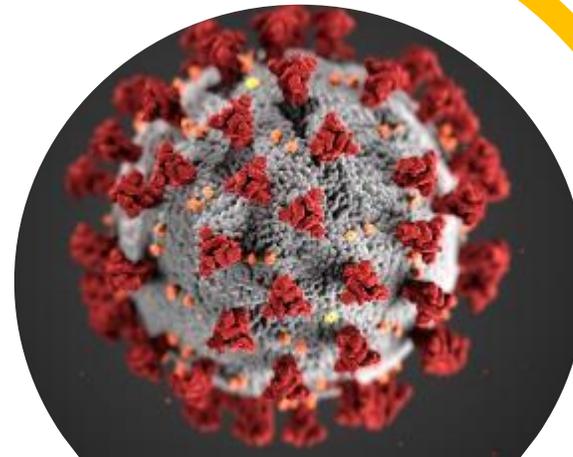
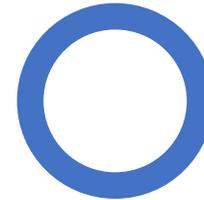
Recommended Items		Price	Qty	Other Available Items		Price	Qty
	Hollow Fibre Sleeping Bag	\$12.90			45L + 5L (extension) Backpack with raincover	\$59.90	
	Inflatable Camping Pillow	\$3.50			5L Waterproof Day Pack (For keeping essentials items dry during outdoor activities)	\$15.90	
	Reusable Poncho	\$3.50			Daypack with Zip Pocket & Netting Pouch	\$2.50	
	Dual Purpose Torchlight Batteries included	\$9.90			Shoebag with Side Pocket & Compartment	\$7.50	
	1L BPA Free Tritan Material Water Bottle	\$10.90			Dri-Fit Long Sleeve Shirt	\$12.90	
	Spectacle Band	\$3.00			Toiletries Pack (Shampoo, Body Wash, Oral Care, Wet Wipes)	\$6.90	
	**Foldable Windbreaker	\$19.90			Carribena	\$0.80	
	**Trackpants	\$11.90			Earplugs (3M)	\$1.20	
	100% Cotton Hat	\$8.00			Blindfold	\$1.20	
	Armsleeve	\$8.00			Waterproof Sticker Labels 1 set of 15pcs	\$1.00	
	Banana Boat Kids Sunscreen SPF 50 (90ml)	\$17.00					
	Tiger Balm Insect Repellent Spray (60ml)	\$7.30					
	Ziplock Bag (1 set of S, M, L)	\$1.50					
	Water Booties (only for pupils doing kayaking)	\$24.00					
<b>Total Price:</b>						<b>Total Qty:</b>	

\*\* Kindly give allowance of 1 size bigger

Cash Payment only

# MEDICAL CONDITIONS

- Submit Medical Declaration via PG
- Provide medication if necessary e.g. inhaler for asthma, cream for eczema.
- **Note** : child is not allowed to take any oral medication without supervision.
- If child is unwell during the camp:
  - We will take care of the student.
  - Monitor his/her condition and inform parents.
  - If fever is high, we will call the parents to fetch him/her home.



# Safety



- Safety of our students is of the highest priority.
- All necessary precautions to ensure the safety of our students will be taken.
- 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 & facilitation skills and are first-aid trained.
- We will provide a handphone number to call for emergency purpose only.

# OPEN TO THE FLOOR FOR QUESTIONS



Please unmute yourself, give us your name and provide us with your question.



**Thank You**