

**KHENG CHENG SCHOOL
PHYSICAL EDUCATION DEPARTMENT**

P5 CAMP 2024

CAMP... IN SUMMARY

FOOD:

- All food served are halal
- No pork & beef meat are served. This is in accordance to camp rules
- Food is non-spicy
- If parents have indicated that their children cannot take eggs, or beans or nuts we will select food items that do not contain these ingredients
- No shelled seafood is served
- **Cannot bring titbits or buns or cakes or chocolates to the campsite. No food from home is allowed.**

MEALS:

- 2 breakfast, 2 lunches and 2 dinners are served
- Day 1 of Camp – no breakfast so students must have a good breakfast either at home or in school. There is no recess or snack break.
- Water is served for all meals
- There is supper – only biscuits and water
- Buffet style of serving
- Bento sets only for vegetarians

TRANSPORT

Buses will school leave for campsite at 745am on Day 1

Buses will leave campsite for school from 1130am on Day 3

REPORTING TIME & DISMISSAL TIME

DAY 1: Be in school by 715am with their camping bags and day bags

DAY 3: Students will return to school from 12.15pm -1230pm.

Students will go home right after coming to school.

MEDICAL / MEDICATION

- If student is unwell on Day 1 before the camp starts, do not send him/her to school. Rest at home. Inform school if he/she is not returning to school on Day 2 & Day 3.
- If student falls ill during the camp, he/she will be brought to the sick bay and monitored. Will call the parents to inform of the illness. Parents will have to come to the campsite to pick the student up.
- If student is injured during the camp, first aid will be rendered and parents notified. For major injuries eg deep cuts, student will be brought to the hospital while for minor injuries eg ankle sprain or twist, parents will fetch the student home.
- Students with eczema and require topical medication like applying cream can bring the cream and apply.
- Students are **NOT ALLOWED** to bring oral medication like Panadol, cough mixture or Vit C tablets.
- Only topical medication are allowed.
- Parents who have indicated their children have asthma must pack the inhaler in their bags.

GROUPING

- Students will be informed of their grouping and the members in their group. The teacher in charge of each group will also be made known to the students.

ACTIVITIES

- Students will also be informed if their group is doing kayaking or caving.
- Students who said no to kayaking will do caving.
- Students who said yes to kayaking may or may not get kayaking. Only 50% of the students can do kayaking. Hence it will be a random selection.
- Height based activities also known as high elements include rock climbing, abseiling, zipline and tower circuit. Students will only do two out of the four activities. The activities will be assigned to the groups.
- All outdoor activities will be conducted during the following times:

9am-12n and 2pm -5pm

All students must apply sunscreen, wear a cap/hat, hydrate themselves and stay in the shade while waiting for their turn. Sunglasses are allowed. Wear arm sleeves to protect from the scorching sun. Students are given enough rest time after lunch and dinner.

- If it rains, indoor activities are planned. These are conducted in the dorms.

FOOTWEAR

- School shoes or sports shoes are allowed. They must be covered shoes. Do not buy a brand new shoe just for the camp. It will be uncomfortable and may cause blisters.
- Water shoes or aqua shoes or water booties are suitable for kayaking but not to be worn throughout the camp.
- Slippers are only allowed during showers/bath time.
- Students must air/dry their shoes used for kayaking before putting them in their shoe bags

BEDDING

- Sleeping bags are a must.
- Teach your child how to fold the sleeping bag after use.
- Pillows are allowed-inflatable or small ones.
- Do not bring unnecessary items to the camp – soft toys, blanket, etc

ITEMS NOT REQUIRED AT THE CAMP

As part of camping, No Hard Objects on the students are allowed – watches, jewellery, hair clips. Spectacles must be strapped.

- Watches – we do not want the watches to be scratched or hit when students do the height based activities or kayaking or low elements. Some are not waterproof so do not wear for kayaking.
- Chains, bracelets, rings – can get lost during the activities. An obstruction especially when you wear the safety helmets and life vests.
- Handphones – we do not want the students to give a call to their parents or to answer calls from parents. Give the students the space to grow to be independent and we want to teach our students to move away from gadgets while focusing on the camp.

VISITS BY PARENTS

We do not allow parents to come to the campsite to visit their children.

PHONECALLS

For urgent calls due to a family member being very ill or due to death of a family member, please call the school at 62552502 during office hours (7am-5pm) to inform the office staff and they will alert the Camp Commandant. After 5pm, we will share a contact number but it can **only be used to contact for emergency** from 5pm-6am.

QUESTIONS RAISED DURING THE BRIEFING on 4 APRIL 2024

QUESTION	ANSWER
ForKayaking,how willwe know if my child is selected for that activity? Any requirements? For eg, able to swim	No requirements. Students must wear life vests. Water confidence test will be carried out before getting onto the kayaks. Students will be informed of their grouping and the key activity they will be doing - kayak or cave
What time can I pick my child up from school after camp?	From 1215pm onwards
Can the students choose his/her preferred high element activity	No he can't. The elements are pre-assigned to each group.
What if the weather is very hot,will the outdooractivity stillcontinue	We will continue but ensure there are more water breaks. The students have to apply sunscreen and wear hats and we will keep them in the shade.
Teacherscant administer med. Can my child self administer panadol for example if he has a headache?	No, he cannot self-administer. Do not pack any oral medication. If he needs medication, we will contact the parents.
Will there only be brown riceoralso whiterice?	It will be a mixture of white and brown rice.
Should we need to contact mychildforany urgentissue, how can I go about to contact my child?	Please contact the school providing the details of the need to contact the child. The school will contact the Camp Commandant and share the info. For after school hours, we will share a contact number only for emergency purposes via PG.
Would they have snack breaks?	No they will not. They will be given packed biscuits that they can eat anytime.
Whatif duringthe day of activity,it rains heavily,what aretheactivities thatstudent willgo thru?	Wet weather activities are planned. They will be conducted in the dorms. Most of the activities would be teambuilding games or inter group challenges.
ForKayaking, how far will the kayak goes from the shores?	Kayaking is conducted in a secluded bay in the sea, close to the shore. Hence they will not kayak far from the shore.
Do we have to pack their medications like paracetamol or flu medicine? Or will teachers havemedicationavailable if the child has a need for it?	DO NOT PACK ANY ORAL MEDICATION. The teachers cannot administer. The teachers will not give any oral medication to the students. They can only give plasters and apply antiseptic cream.

what happens if the child has a cough or runny nose on the first day of camp or during the camp?	<p>The child will have to discontinue the camp.</p> <p>We will contact the parent to bring him/her home from the campsite.</p> <p>If the child appears to be unwell before we depart for the campsite, we will contact the parent to fetch her from school.</p>
Are they allowed to bring insect repellent?	<p>They must bring insect repellents to the camp. It is in the packing list. Only sprays are allowed.</p>
Any teacher contact no if parents want to check on child?	<p>Please contact the school and the school will direct to us. Please do not call to check if your child has eaten, or taken his shower or if he is enjoying himself/herself.</p>
Will there be any sharing of activities done or live video shared by the school on FB or Instagram?	<p>No we will not. All the teachers are actively engaged with their groups and will not have the time to upload. Furthermore, safety is our priority. We cannot be using the time looking after our students during the activities to take videos and uploading them.</p>
For students who might be taking part in national track events which will be happening at the same period, does it mean they will miss out on some of these activities?	<p>We have not received the event schedule of the NSG Track & Field. Once we receive, we will work out a way to ensure the students participate in at least a day at the camp.</p>
Do they need to bring raincoat?	<p>Definitely. It is a must. We want to teach our students that when they go camping a raincoat and not an umbrella is required.</p>
Are there any specific brands of insect repellent?	<p>No. Just ensure that it is a spray and not a patch. Get those with DEET.</p>
But my house does not have a haversack	<p>It will be good to buy one as your child will go for many camps in secondary school.</p>
Can parents volunteer?	<p>No, parents cannot volunteer at P5 Camps.</p>
Will there be any teacher sleeping in the same dome with the student? Is it buddy system when the students go toilet?	<p>We have teachers attached to a dorm and teachers on duty at night. But the teachers will not be sleeping with the students.</p> <p>Yes, when they go to the toilets they have to go in pairs.</p>
Can we bring Aqua shoes instead of old shoes?	<p>Yes you can.</p>

My child sometimes has hives and antihistamines will need to be taken, and it resolves with it. Antihistamines are considered prescribed medication yes?	<p>We have decided that no oral medication is to be packed in the camp bag.</p> <p>If your child has hives during the camp, we will contact the parents.</p>
Will you avoid certain timings like 12-2pm for outdoor activities? As recently heat wave quite bad, just concerned about heatstroke will be happen	No activities are conducted from 12n to 2pm.
Any specific types of pyjamas eg. long sleeves? Mosquitoes at night?	No. It is up to the child if she wants to wear long sleeves or short sleeves. The child will be sleeping inside the sleeping bag and it can be rather hot initially but will get colder towards 3am-5am
Will there be campfire?	There will not be a big campfire for the whole cohort. Instead it will be at the group level. But there is no singing of songs or any performance.
Are the students allowed to bring their phone to the campsite	<p>Students will be told not to bring their handphones to the camp.</p> <p>If they do they have to surrender to the teachers before the start of the camp.</p>
Is student allowed to make call if requested?	No we do not allow.
Should the kids pack sunglasses?	Yes, it is in the packing list
How do we know the pairing such as for late night toilets? How can we be assured that our children are doing fine since we can't contact them?	<p>The students will pair up with another child when they get to know who would be in the same dormitory.</p> <p>If you do not receive a call from the teachers, your child is doing fine at the camp.</p>
<p>Follow up on hives.</p> <p>Is parent letter sufficient? Medication only need to be taken if hives break out, 1 dose usually solves it.</p>	<p>Please note we do not want the child to bring any oral medication to the camp.</p> <p>If he is in need of the medication, we will contact the parents.</p>
Can my child bring a duffel bag instead?	No we want everyone to get a haversack.

Can wear sport shoes?	Yes you can.
Can the child wear proper sport shoes for the activities and slippers for non activities	Shoes must be worn at all times when the students are in the camp. Slippers are only worn when the child is going for a shower.
Can i know what is the reason that watches are not allowed? It is used as time management correct? Also some of them needs it as an alarm clock.	<p>Watches are hard objects and they are not allowed in camps.</p> <p>The students will wake one another up as they are sleeping in groups of 20 in a dorm. The instructors will take note of the time and inform the students.</p>
What time is lights out at night?	1030-11pm
Can he/she wear a gps tracking watch-w/o calling feature	No he/she can't. It is considered a hard object.