

# P5 ADVENTURE & CHARACTER CAMP 2024



# AGENDA

- Camp venue, reporting/ dismissal timing
- Camp theme & objectives
- Highlights of the camp
- Packing list
- Student's dorm
- Point of contact
- Camp t-shirt
- Q&A



# P5 ADVENTURE & CHARACTER CAMP 2024

**Dates:** 29 – 31 Jan 2024 (Mon to Wed)

Term 1 Week 5

**Location:** Dairy Farm Outdoor Adventure  
Learning Centre (DFOALC)

30 Dairy Farm Rd, Singapore 679058



# First day

Report in PE  
attire

Reporting 7.30am

Flag  
raising

Final  
Briefing 7.40am

Move out 8.15am

Reach  
campsite 9.00am



# LAST DAY

Dismiss in PE

attire

← Reach school

12.15pm

Lunch NOT  
provided

**Theme:** Growing Together, to work and succeed as a team.

**Tagline:** Together We Can Achieve More!

**Objectives:**

- Make new friends (social skills)
- Develop Self Leadership (take charge of own learning, build resilience)
- Develop Team Leadership (Class Leaders, Peer Support Leaders, PE Leaders)



# Camp [Handshake] PE Lesson



This camp is a good opportunity to identify and develop leaders that can help to shape the culture of each class and even the level beyond the camp.



Class  
leaders

PE leaders



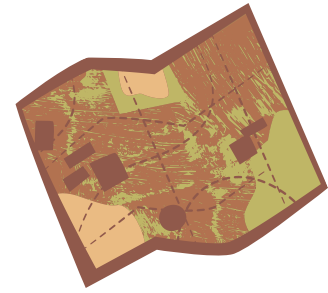
This camp is also an authentic platform to apply what they have learnt

**PEER SUPPORT  
LEADERS**



# What to expect?

Experiential  
Learning



Orienteering



High / Low elements

Teambuilding



Night activity





# HIGH ELEMENTS ABSEILING





# HIGH ELEMENTS ROCK CLIMBING





# **HIGH ELEMENTS**

## **LOW TIER CHALLENGE ROPE COURSE**





Nitro Crossing

Low Wall



Rebirth

Spider Web



# LOW ELEMENTS



# ORIENTEERING



# TEAM BUILDING



# Packing list - important notes

- Sports bag / backpack (avoid wheeled luggage)
  - Track pants (at least ankle length) 1-2 pairs
  - Sleeping bag (try it before the camp)
  - PE bag - to carry their things around during the day
  - plastic bag - carry personal items during shower
  - thermometer (temperature-taking exercise will be conducted daily)
- Packing list will be sent out via PG after this meeting
- PE teachers will be going through the Packing List during PE lesson

**Label all personal**





# Packing list - important notes

- Do not bring valuable items to camp eg, money, laptop, gadgets, handphones.
- Do not wear any accessory on the body eg jewellery, earrings, rings, studs, chains, bracelets etc.



**Student's**

**\*1 adult supervisor per**





# Dining Hall



# Point of contact

**1st**

**Contact FT**

**2nd**

**Camp Commandant**

**Mr Moh Wei Ping**

**97596367**

**Mr Vincet Kwek**

**(call only)**

# Camp t-shirt



# FAQ

## **How is the safety of students ensured? Will they be forced to participate in high elements?**

There will be one Group Facilitator from MOE DFLAC and one teacher following a group of 20 students throughout the camp. During High Elements, additional trained and certified instructors will be there to conduct the activities. Pre-activity and safety briefings will be conducted before the start of each activity.

All activities in the camp are "challenge by choice." Teachers and facilitators will encourage students to take part but will not force them.

## **My child required Ventolin / Epipen what should I do?**

If your child requires Ventolin and/or Epipen, please contact your child's FT ASAP. The FT will collaborate with you to establish an emergency plan.

## **Should I prepare panadol or other oral administered medication for my child?**

No, all medication must be handed over to the teacher following his/her group on the first day before we depart for the campsite. Students can look for their teacher when they require medical attention.

## **In the event of an emergency where I need to contact my child, who can I reach out to?**

Feel free to reach out to your child's form teacher directly; in case of any difficulty, contact Mr. Moh or Mr. Kwek.

If your child needs to contact you, they can approach their form teacher, who will facilitate the communication.

# FAQ

## **My child needs to apply lotion prescribed by the doctor, what should he do?**

On the first day of the camp, your child can pass his/her lotion to the teacher in charge, and the teacher will keep it for him/her. When required, he/she can look for the teacher to retrieve get lotion.

## **Do I need to prepare my child with his/her own personal first aid kit?**

There is no need to. The facilitators will have a first aid kit with them. If your child needs medical attention, they can look for their facilitator or teacher.

## **The thermometer required can it be the same as the one used in school?**

Yes, your child can use the same thermometer they use at school.

## **I want to know how my child is adapting to the camp. Who can I ask?**

During the camp, each FT will closely supervise a group of students, ensuring their safety and well-being. FTs will respond to parents' messages, giving priority to safety-related inquiries. For other questions, FTs will reply as soon as possible when available.

## **Are the students sleeping in tents, outdoor?**

No, students will be sleeping in dorms, segregated by gender. Students are required to use sleeping bags.

## **Will my child's form teacher be sending me pictures of my child's progress?**

The form teacher (FT) will share pictures or videos of the group they are assigned to with parents via the established communication channel between the FT and parents. Teachers will update parents about the group as and when needed.

# FAQ

## **Can my child bring portable fan?**

He/she can bring a portable fan, but charging is not allowed. Students will not be able to plug anything into any electrical sockets at the campsite.

## **Can my child bring hairdryer?**

No, he/she will not be able to plug anything into any electrical socket at the campsite.

## **Can my child bring snacks?**

No, meals will be provided. 4 meals will be provided, breakfast, lunch, dinner, and supper.

## **The packing list only state 3 school t-shirt, can I bring more?**

Yes, you can. The quantity stated serves as a guide; you can choose to bring more based on your discretion.

## **Can my child wear home clothes to sleep?**

Yes

## **If my child does not have a 1 liter water bottle, what can I do?**

Your child can bring two 500ml water bottles if he/she does not have a 1-liter water bottle. The minimum amount of water each child should have is 1 liter.

## **How big should the PE bag/ day bag be?**

It should be big enough to fit the camp booklet, writing materials, and his or her water bottle.

## **What happen when it rains?**

During rainy weather, the wet weather program will be activated, and students will engage in indoor activities. However, if orienteering is scheduled, students will move to the nearest shelter. Students need to pack their poncho for this camp.



If you have any other questions, feel free to add them to the Padlet link provided.



<https://bit.ly/p5campqna>