



Grade 8 Camp



CAMELOT

Centre for Affective Management, Experiential Learning & Outdoor Training

Do it, Learn it, Experience it



Introduction

As part of the Middle School program, there will be a camp for Grade 8 during the week of 21 to 25 January 2019. The camp will be organised by CAMELOT at Pulau Ubin (Jelutong Campsite) and Aloha Loyang (Jalan Loyang Besar). Camp A will take place from Monday to Wednesday, 21 to 23 January 2019. Camp B will take place from Wednesday to Friday, 23 to 25 January 2019.

Camp A (Homebases 8.02, 8.04, 8.06, 8.08) will leave school by school bus at 9:30am on Monday, 21 January, returning to OFS on Wednesday, 23 January 2019 by 3:15pm in the school cafeteria.

Camp B (Homebases 8.01, 8.03, 8.05, 8.07, 8SPP1, 8SPP2 and 8SPP3) will leave school by school bus at 9:30am on Wednesday, 23 January, returning to OFS on Friday, 25 January 2019 by 3:15pm in the school cafeteria.

The camp is an integral part of our program and is an opportunity for Grade 8 students to build relationships with each other. We strongly recommend that all Grade 8 students attend the camp.

The camp is focused on team building and developing individual awareness. Students will spend one night at Pulau Ubin (Jelutong Campsite) and one night at Aloha Loyang (Jalan Loyang Besar). In Pulau Ubin, they will be sleeping in a tent outdoors and in Aloha Loyang, they will be staying in chalets. They will also be challenged to cook their own dinner, where all ingredients and equipment will be supplied to each team. All activities are designed to build the attributes of IB learners, such as risk-taking, communication and caring for each other. Additional camp brochures will be available on the OFS homepage. The camps will be supervised throughout by both OFS staff and our camp providers.

The cost of the trip will be S\$500 (includes GST). The school will bill this to the family account. This includes two nights accommodation, activities, meals, drinks and all transportation. This payment is non-refundable.

We hope the camp will prove to be both enjoyable and educational and that your child/ward will greatly benefit from it. Please return the permission slip to the Homebase teacher by **Wednesday, 28 November 2018**.

Should you have any questions, please contact Mr Aidan Spencer, Student Advisor (aidan_spencer@ofs.edu.sg) who is coordinating this camp program.

Michael Lee
Middle School Principal
Overseas Family School

Arrival at School

Students should wear their camp clothes to school and not school uniform.

Food

All food is supplied at the camp. A variety of food options are available to cater for your child's needs and customs. All food at the camp is Halal.



Camp Objectives

The objectives are to:

- Provide the Grade 8 students with an opportunity to build friendships and work with one another, encouraging accountability to oneself and others.
- Foster team spirit and group unity through team-building activities.
- Offer students an adventure through experiential learning.
- Foster self awareness, social awareness, self management and relationship management.

Camp Activities

- Team-building activities
- High elements
- Outdoor cooking
- Kayaking
- Archery
- Wild Wild Wet



Checklist

- 4 X short sleeve T-shirts
- 2 X long pants / ¾ pants
- 2 X PE shorts
- 6 X undergarments
- 1 X sport shoes
- 4 X socks
- 1 X slippers / sandals
- 1 set x bath towel, shampoo & soap
- 1 set x toothbrush & toothpaste
- 1 x spectacle band for glasses (optional)
- 1 X set of notebook & pen
- 1 X small torch light w/ batteries
- 2 X plastic bags / ziplock bag (for soiled clothing)
- 1 X windbreaker / sweater
- 1 X rain coat / poncho
- 1 X cap / hat (**essential**)
- 1 X insect repellent patch / insect repellent
- 1 X sleeping bag and small pillow
- 1 X sleeping mat or yoga mat
- 1 X sun block lotion (**essential**)
- 1 X day pack (**essential**)
- Eating utensils (plate/bowl, cup, knife, fork and spoon)
- Personal medication (**important** - inform your Homebase teacher)
- Water Bottle (at least 1.5 Litre)**

For Water Activity

- 1 X dark coloured t-shirt (long sleeve recommended)
- 1 X swimwear (to be worn underneath)
- 1 X pants
- 1 X covered shoes / booties / any water sport footwear (**essential**)
- 1 X towel

You are advised to bring only enough money for you to travel to school and back home after the camp. It is advised that students do not bring expensive clothing or equipment they would not wish to be damaged. The school will not accept responsibility for such loss or damage.

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Sample Itinerary

Timing and order of activities may be subject to change.

Day 1

Timing	Activity								
0900	Arrive at school and prepare to leave								
0930	Bus transfer to North Adventure Centre								
1000	Goal Setting and Ice Breakers								
	<table border="1"> <tr> <td>- Teambuilding</td> <td>High Elements</td> </tr> <tr> <td>- Archery Warrior</td> <td>- Rock Walk</td> </tr> <tr> <td>- Tent Pitching</td> <td>- Abseil</td> </tr> <tr> <td></td> <td>- Canopy Sky Walker</td> </tr> </table>	- Teambuilding	High Elements	- Archery Warrior	- Rock Walk	- Tent Pitching	- Abseil		- Canopy Sky Walker
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- Archery Warrior	- Rock Walk								
- Tent Pitching	- Abseil								
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1300	Buffet Style Lunch								
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1700	Bus Transfer to Changi Jetty								
1730	Bum Boat Transfer into Pulau Ubin								
1830	Short Hike to Jelutong Campsite								
1900	Setting up of Base Camp (Tent Pitching)								
2000	Outdoor Cooking Dinner								
2100	Wash Up								
2130	Good Night								



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Day 2

Timing	Activity
0630	Rise and Shine
0700	Bento Breakfast
0800	Safety Briefing for Water Activities/Water confidence test
0830	Start of Kayaking Expedition/Mangrove paddling
1200	Bento Lunch at Jelutong Beach
1300	Kayaking to Pasir Ris Beach
1700	Reach Pasir Ris Beach/Packing of Equipment
1745	Short Walk to Aloha Loyang
1800	Allocation of Rooms/Wash Up
1930	BBQ Dinner
2030	Disco
2130	Good Night



Day 3

Timing	Activity
0700	Rise and Shine
0730	Buffet Breakfast
0830	Check out of Rooms
0930	Team-building Activities
1200	Bento Lunch @ Park
1300	Wild Wild Wet
1500	Home Sweet Home

Emergency contact:

OFS: 6738 0211 Mr Michael Lee (Principal) ext 501
 MS Secretaries ext 511 / 512
 Mr Aidan Spencer (Student Advisor) ext 503

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