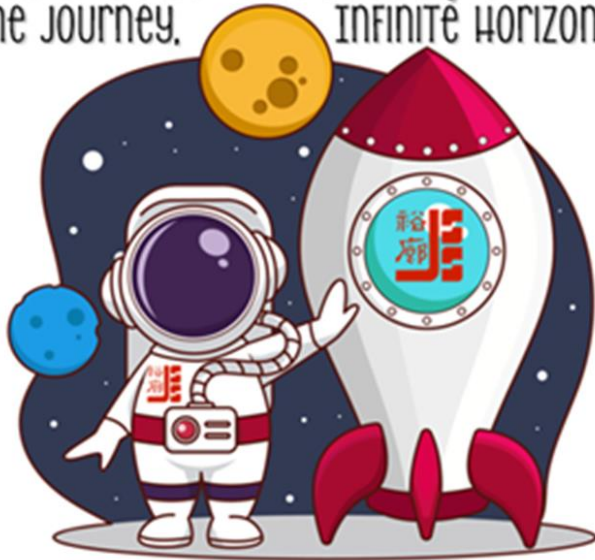


Sec 1 Outdoor Adventure Learning Camp 2026

EVERY STEP FORWARD, TOGETHER
one journey. INFINITE HORIZONS



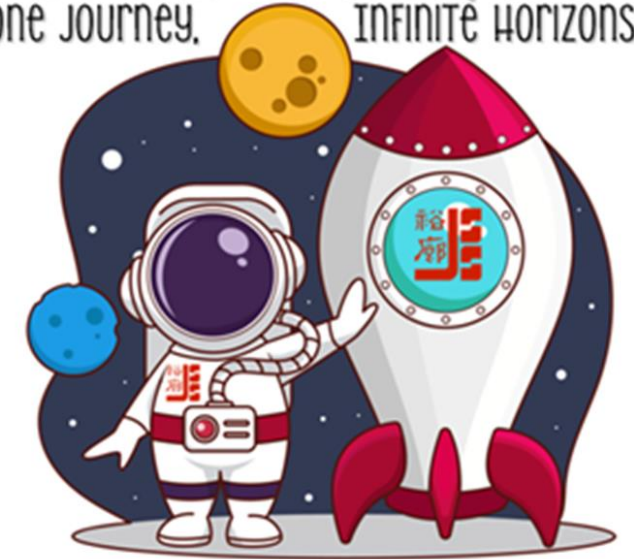
 **JURONG SECONDARY SCHOOL**
LOYALTY • INDUSTRY • SINCERITY • LOVE
Secondary One Cohort 2026



Outline of Briefing:

1. Camp Personnel
2. Outdoor Adventure Learning Camp Objective
3. Camp Programme and Activities
4. Medical Issues
5. Preparing the child for the camp
6. FAQs

EVERY STEP FORWARD, TOGETHER
one journey. INFINITE HORIZONS



 **JURONG SECONDARY SCHOOL**
LOYALTY • INDUSTRY • SINCERITY • LOVE
Secondary One Cohort 2026



Camp Personnel



Camp Personnel

Camp Commandant

Ms Ong Wei Chen (HOD PE & CCA)

Asst Camp Commandant

Ms Norliyana (Secondary One AYH)

Secondary One Form Teachers and Class Mentors



‘Not All Classrooms Have Walls’

Outdoor education provides opportunities and benefits that **cannot be replicated or achieved in the classroom**

Under the National Outdoor Adventure Masterplan, every student is given the opportunity to experience outdoor education as part of the school curriculum through the Programme for Active Living, physical education lessons and cohort camps, to **build confidence, resilience, ruggedness, and social cohesion**



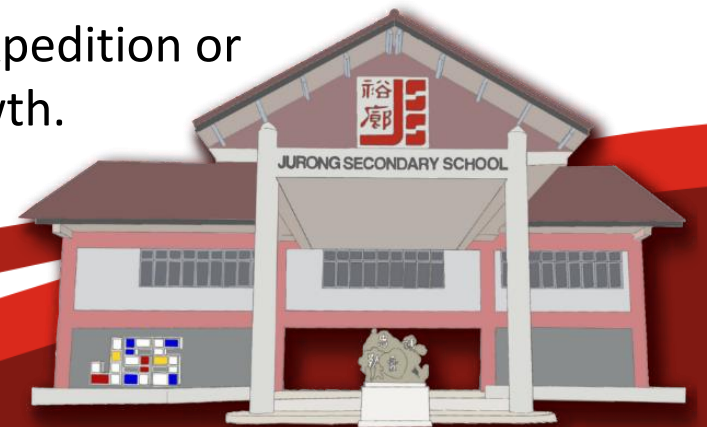
Secondary 1: Every Step Forward Together

Stepping Out of Comfort Zones – Engaging in challenging activities (e.g., a kayaking, bouldering) fosters self-assurance by pushing personal limits. Emphasizing "*challenge by choice*" ensures individuals grow at their own pace while building resilience.

Building Confident Persons and Persevering Learners

Positive Reinforcement – Encouragement from peers, teachers, and mentors helps individuals recognize and believe in their own strengths and potential.

Small Wins – Celebrating incremental achievements (e.g., completing an expedition or mastering a new skill) reinforces self-esteem and motivates continued growth.





STUDENT OUTCOMES

Every Student A Success Story



Adaptive Thinker



- **Curious**, open to diverse perspectives and contexts
- **Cognitively flexible**, responds nimbly

Confident Person

- Keen **awareness** of one's own strengths and potential
- **Courageous**, voicing and exchanging ideas spontaneously, **responsibly** and **respectfully**

Persevering Learner

- **Determined**, takes calculated risks and persists through failure
- **Reflective**, has the will to act and to strive for excellence

Concerned Citizen



- **Empathetic and caring**, committed to the betterment of our community
- **Rooted** to Singapore, when engaging with global and social issues

Camp Programme



Programme Overview

Dates	28 April to 30 April 2026 <i>Report to school at 7.30am on 28 April 2026</i> <i>Dismissed from school 12.40pm on 30 April 2026</i>
Venue	Camp Christine (71 Jalan Bahtera, Singapore 719922)
Programme Highlights	Kayaking, Bouldering, Orienteering, Low Elements, Team Building & Campfire

DAY 1								
Time / Class	A 1-1	B 1-8	C 1-2	D 1-7	E 1-3	F 1-6	G 1-4	H 1-5
730	Morning Assembly & Camp Chief's Opening							
800	Trainers Take over / Give out Tea Break							
830	Bus to Campsite		Bus to Boulder+		Ice Breakers		Ice Breakers	
900	Drop off Bags		Safety Briefing		Bus to Sentosa		Bus to Sentosa	
930	BPEC Low Elements	Trekking Challenge	Bouldering		Kayaking		Drop off Bags @ OLA	
1000							Orienteering	
1030								
1100	Trekking Challenge	BPEC Low Elements	Head back to Campsite		Wash Up		Orienteering	
1130								
1200	Lunch @ Campsite		Lunch @ Campsite		Lunch @ OLA		Lunch @ OLA	
1230	Lunch @ Campsite		Drop off Bags		Lunch @ OLA		Lunch @ OLA	
1300	Bus to Boulder+		Trekking Challenge		Orienteering		Kayaking	
1330	Bouldering		BPEC Low Elements		Head back to campsite		Shower	
1400			Trekking Challenge					
1430								
1500	Head back to Campsite		BPEC Low Elements		Shower		Shower	
1530			Trekking Challenge					
1600	Head back to Campsite		BPEC Low Elements		Head back to campsite		Shower	
1630	Tent Pitching & Allocation				Shower		Head back to campsite	
1700	Tent Pitching & Allocation				Shower		Head back to campsite	
1730	Dinner				Tent Pitching & Allocation			
1800	Dinner				Tent Pitching & Allocation			
1830	Shower				Dinner			
1900	Shower				Dinner			
1930	Campfire Prep				Night Activity: BMT			
2015	Night Activity: BMT				Campfire Prep			
2100	Night Reflection & Supper							
2145	Wash Up							
2230	Lights Out							

DAY 2									
Time / Class	A 1-1	B 1-8	C 1-2	D 1-7	E 1-3	F 1-6	G 1-4	H 1-5	
700	Rise & Shine								
730	Breakfast								
800									
830									Strike Tents
900	Bus to Sentosa		Bus to Sentosa		Trekkers Challenge	BPEC Low Elements	Bouldering		
930	Kayaking		Orienteering						
1000	Wash Up		Lunch @ OLA		Lunch @ Campsite		Head back to Campsite		
1030					Lunch @ Campsite				
1100					Head to Boulder +				
1130	Lunch @ OLA		Kayaking		Safety Briefing		BPEC Low Elements	Trekkers Challenge	
1200	Lunch @ OLA				Bouldering		Trekkers Challenge		BPEC Low Elements
1230									
1300	Head back to campsite		Shower		Head back to Campsite		Tent Pitching & Allocation		
1330									
1400									
1430	Shower		Campfire Prep		Dinner				
1500					Dinner				
1530					Dinner				
1600	Campfire								
1630	Night Reflection & Supper								
1700									
1730									
1800	Wash Up								
1830	Lights Out								

Day 3 - 30 April

DAY 3								
Time / Class	A	B	C	D	E	F	G	H
	1-1	1-8	1-2	1-7	1-3	1-6	1-4	1-5
730	Rise & Shine							
800	Breakfast							
900	Area Cleaning				Tent Striking & Area Cleaning			
1000	Final Debrief & Evaluation							
1100								
1130	Closing							
1200	Head back to school							
1245	Dismissal							

Kayaking



Dark coloured top/ Long sleeves preferred/ Arm Sleeves



Long pants/ Shorts worn over long tights (compulsory)



Sunblock/ Cap (strongly encouraged)



Spectacles to be secured



1 litre water bottle



Extra pair of Covered shoes/ water booties (Crocs are not covered shoes)
Shoes will get wet





Orienteering



Sentosa



Small day bag (water bottle, sun protection, poncho etc)



Long sleeves preferred/ Arm Sleeves



Long pants/ Shorts worn over long tights (optional)



Sunblock/ Cap (strongly encouraged)



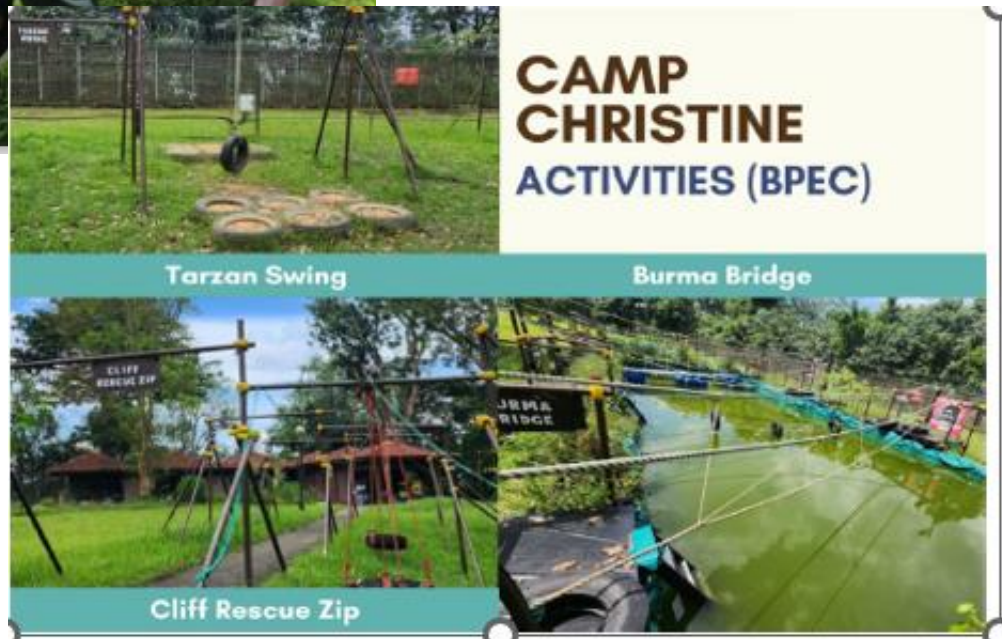
1 litre water bottle

Low Elements

Camp Christine

Long pants/ Shorts worn over long tights
(Compulsory)

Long sleeves preferred/ Arm Sleeves
(optional)



Bouldering



Chevrons, Boulder+

Long sleeves preferred/ Arm Sleeves
(optional)

Shorts/ Long pants/ Shorts to be worn over
long tights (**compulsory**)

Mealtimes

- Bento & Fruits
- Biscuits

Responsible behaviour

- Cleaning up after eating
- Spare a thought for other campers



Sleeping Arrangement

1. Grouping by teachers
2. Clear areas for the night will be marked out- **strictly no entering** into the area of the other gender
3. Require a sleeping bag
4. Teachers and Trainers on duty



Medical Matters



Medical Matters

- All students under any form of regular medication prescribed by doctor should bring them along (*labelled with name in ziplock bag with instructions for consumption*)
- To **inform** and **hand over** the medication to Form Teachers
- **Do Not** bring non-prescribed medicine including Panadol
Students need to report to teachers when they are unwell instead of self-medicating
- Students who require immediate and more comprehensive medical attention will be sent home or directed to a clinic. Parents will be informed.



Students who require inhalers must have it with them at all times



Sample of Packing Medication

How to pack your personal Medication?

Placed in a Ziplock bag and label accordingly



Name:

Class:

Group:

Instructions for taking medication:

Time:

Dosage:

Preparing for the Camp



How can parents help the students prepare for Camp?

- Get **involved** in the preparation (packing, go through checklist, encouraging them to take responsibility for their items)
- **Discuss strategies** for common situations (feeling homesick, lost items etc)
- Pack **smart** (label their belongings if possible)
- Prepare for **digital detox** (encourage face to face interaction)
- Encourage a **growth mindset**



The following items are **not allowed** during the camp and will be **safekept by FTs** if brought. They will be returned at the end of the camp.

Prohibited Items:

- **Sharp objects** (e.g., penknives, scissors, blades, tools)
- **Lighters or flammable items**
- **Games** (digital games, card games, etc.)
- **Electronic entertainment devices** (e.g., iPads, gaming consoles)
- **Snacks or outside food**

Restricted Items:

- **Wallet & Mobile phone** (will be stored by FTs and returned after camp)

Recommendation: Students are strongly advised to **leave their phones at home** to avoid loss or damage.

Frequently Asked Questions



Frequently Asked Questions

Qn: Can my child call home every night?

Qn: How can I check on my child's wellbeing during camp?

Encourage the students to be independent in a safe learning environment.

Please be assured that the teachers and camp trainers will take care of the students. We will inform the parents if the child is unwell or injured.

Qn: Can I take part in the camp?
For example, drop by the orienteering
location or the camp site?

Frequently Asked Questions

- **The camp aims to provide a platform for students to learn and grow in an outdoor environment and learn to be independent.**
- **The camp is one such opportunity for parents to ‘let go’ so that your child can grow in a safe environment.**

Qn: If my child does not have sufficient PE T-shirt, can he/she borrow other House T-shirts that are not the same?

Frequently Asked Questions

- **Students are allowed to wear T-shirts with the school crest. (e.g. CCA T-shirts, Any of the 4 house t-shirt)**

Qn: If my child does not have sufficient PE shorts, can he/she bring other shorts?

Frequently Asked Questions

- **Students are allowed to bring additional dark-coloured (e.g. black, blue) shorts that are about the same length as the school PE shorts, this includes shorts worn for sleeping.**
- **Alternatively, students are allowed to wear track pants.**

Frequently Asked
Questions

Qn: How can I contact my
child in event of emergency?

JSS Mobile Phone:
9824 0157

Thank You!