

2 January 2025

Dear Parents/Guardians of Secondary 1 Students,

WELCOME TO TERM 1 2025

1. On behalf of the school and staff, we extend a very warm welcome to you in 2025! We hope that you have spent a meaningful and restful year-end holiday with your teen.
2. Bowen has been recognised for our Culture of Care for Students and Staff, Holistic Development of Students, and Curriculum Customisation. Leveraging these strengths, we have refreshed our strategic plan to take us into the future of education. Going forward, we will seize growth opportunities to further enhance the distinctiveness of the Bowen Experience. Our team looks forward to providing active learning experiences enabled by technology, promoting interdisciplinary thinking, as well as enabling student voice and agency.
3. 2024 was another good year, with Bowenians achieving success in various ways. Highlights included celebrating continued excellence for national examinations, but more importantly, our students have been Doing Well for themselves by Doing Good for others, and were recognised at various platforms such as Channel NewsAsia and Schoolbag.sg. We are most proud of them. Your continued strong support for school directions and initiatives will enable us to sustain these positive student outcomes, and is much appreciated.
4. As we embark on the new school year, we would like to provide you with key updates for Term 1 for our Sec 1 students.

A. Update on Health Matters, Temperature-taking Exercise & First Week of School

5. The school continues to prioritise student health and remains vigilant in checking in on student well-being. Your support is also crucial towards keeping Bowen a safe environment for students. Please remind your teen to practice good personal hygiene (e.g. washing/sanitising hands) and exercise personal and social responsibility. While mask-wearing is no longer required in a school setting, it remains an effective way to minimise the risk of infectious disease transmission. Students who prefer wearing masks are welcome to continue doing so.
6. If your teen is unwell, please ensure he/she stays at home and seeks medical attention if necessary. Do also inform his/her Form Teachers (FTs). If your teen is recovering from respiratory-related illness, please encourage him/her to exercise social responsibility (e.g. by wearing a mask, minimising social interactions). Social responsibility will be crucial in preventing any infectious disease outbreak in schools. In the event your teen has to miss school, his/her learning will be supported. FTs will assign a buddy to update your teen on lessons and collect his/her learning materials. Please encourage your teen to be proactive in finding out on what he/she has missed from his/her buddy.
7. In Term 1, all schools will be conducting a temperature-taking exercise on **Wed 15 Jan**. We would appreciate it if you could help remind your teen to bring a working thermometer on **Tue 14 Jan** for checking, and for use on **Wed 15 Jan**. Do also encourage your teen to continue bringing a thermometer to school so that he/she can monitor his/her health whenever necessary.

8. To ease your teen into secondary school, please take note that the reporting and dismissal time for Secondary 1 students for the first week of school will be follows:

Time	Thu 2 Jan	Fri 3 Jan
Reporting Time	8:50am	7:25am
Dismissal Time	1.00pm	12.30pm

B. Back Gate Access for Secondary 1 Students

9. Please take note of the following gate access arrangements for Secondary 1 students at the start of the school year:
- For **Term 1 Week 0, Thu 2 Jan** and **Fri 3 Jan**, all Secondary 1 students may only enter and leave the school via the main school gate at Lorong Napiri.
 - From **Term 1 Week 1 Mon 6 Jan**, students will be able to enter the school via the back gate along Hougang Ave 2 from 6.30am to 7.29am and use the back gate during dismissal as well.

This arrangement is necessary as students' EZ Link cards need to be programmed for back gate access which we will strive to complete by end of Week 0.

We appreciate your understanding. If you have any questions, please feel free to contact the General Office at 6385 9466.

C. Secondary 1 Form Teachers

10. To forge stronger school-home partnerships, we are pleased to introduce our team of Sec 1 FTs and share their email contacts below. If you wish to contact FTs by telephone, you may call the school General Office (6385 9466) and request for their extension number.

Class	Form Teachers	Emails
1 Topaz	Ms Irene Low Ms Ler Kim Har	low_wai_wan@schools.gov.sg ler_kim_har@schools.gov.sg
1 Sapphire	Ms Elliza Tang Ms Shi Mengchen	tang_sook_ee_elliza@schools.gov.sg shi_mengchen@schools.gov.sg
1 Peridot	Ms Siti Norrulhudha Mr Winston Chua	siti_norrulhudha_sonny@schools.gov.sg chua_seng_wei_winston@schools.gov.sg
1 Amethyst	Mrs Angela Tan Mr Lim Kah Kiat	tan_leng_khim@schools.gov.sg lim_kah_kiat@schools.gov.sg
1 Ruby	Mdm Kelly Goh Mdm Sim Sze Hwei	goh_yi_cheng@schools.gov.sg sim_sze_hwei@schools.gov.sg
1 Kunzite	Mrs Janet Wee Mdm Shafiqah Hussain	ow_yong_yuet_leng@schools.gov.sg shafiqah_hadam_hussain@schools.gov.sg

Class	Form Teachers	Emails
1 Larimar	Mrs Andrea Thoo Dr Banumathi	kan_sok_may_andrea@schools.gov.sg pichandi_banumathi@schools.gov.sg
1 Emerald	Mr Jackson Ng Mdm Juriah Wati	ng_chip_khiang_jackson@schools.gov.sg jariah_wati_mohd_shariff@schools.gov.sg

11. The contact details (work email and telephone number) of your teen’s subject teachers are also available on our school website. Teachers will generally be contactable by telephone during office hours. If you email our teachers, they will aim to reply you within 3 working days. We seek parents’/guardians’ understanding that teachers may wish to keep their handphone numbers private.

12. The Year Head for Sec 1 is Mrs Bernice Kuan (tey_puay_leng@schools.gov.sg).

D. Key Parent Engagement Platforms

13. In the course of your teen’s 4-5 years in Bowen, we will be meeting parents/guardians at briefings / Meet-the-Parent Sessions (MPS). Separate letters providing more information on these sessions will be issued at a later date.

Date	Levels
Fri 24 Jan	CCA Carnival and Sec 1 MPS (Evening)
Fri 30 May	Sec 1-5 Full Day MPS (one-to-one meetings with FTs)

E. Bowen FIESTA (Start of Year) 2025

14. Our annual **Bowen FIESTA** (Fun, Interactive, Educational and Structured Activities) will be conducted in Week 1. Bowen FIESTA for Sec 1 students will comprise:

Sec 1 Start Right Camp

The **3D2N school-based camp** will start from **Wed 8 Jan to Fri 10 Jan**. The camp will include two days of overnight stay in school.

The objectives of the Sec 1 Start Right Camp are as follows:

1. To ease the transition for our Sec 1 students by fostering strong peer relationships and teacher-student relationships, and to promote positive school/class culture.
2. Inculcate school values, instil a sense of belonging to the school, and provide experiential opportunities for cohort bonding.
3. Introduce and develop core skills and competencies through basic outdoor activities such as simple outdoor cooking, mini expedition, low elements and team building activities with an emphasis on having a growth mindset and inclusivity.

Parents/ Guardians are invited to join us for the campfire night on **Thu 9 Jan at 7.45pm** at the school parade square / school hall (wet weather). Kindly note that dinner is only provided for students. As parking will not be available within school premises, visitors who are driving are advised to park their vehicles at the public car park along Hougang Avenue 8 (HG41) beside the school. Please refer to Annex A for the camp programme, packing list and other camp related matters.

Overview of Key School Events (January 2025)

Mon		Tue		Wed		Thu		Fri	
30 Dec		31 Dec		1 Jan		2 Jan		3 Jan	
				Public Holiday		Sec 1 Orientation Day 1, 9.00am – 1.00pm S1 students to report by 8.50 am		Sec 1 Orientation Day 2, 7.30am – 12.30pm S1 students to report by 7.25am	
6 Jan		7 Jan		8 Jan		9 Jan		10 Jan	
Lessons as per timetable		Lessons as per timetable		Sec 1 Start Right Camp Day 1		Sec 1 Start Right Camp Day 2 Sec 1 Campfire		Sec 1 Start Right Camp Day 3 Sec 1 CCA Experience Day 1	
13 Jan		14 Jan		15 Jan		16 Jan		17 Jan	
Lessons as per timetable Sec 1 Individual Student Photo-taking		Lessons as per timetable		Lessons as per timetable		Lessons as per timetable		Lessons as per timetable Sec 1 CCA Experience Day 2	
20 Jan		21 Jan		22 Jan		23 Jan		25 Jan	
Lessons as per timetable		Lessons as per timetable		Lessons as per timetable		Lessons as per timetable		Lessons as per timetable CCA Experience Day 3 CCA Carnival and Sec 1 Parents Engagement (evening)	
27 Jan		28 Jan		29 Jan		30 Jan		31 Jan	
Lessons as per timetable Deadline for S1 CCA Option Submission		Chinese New Year Celebration		CNY Public Holiday		CNY Public Holiday		S1-5 Home-Based Learning #1	

Notes:

- S1 DSA CCA students will begin attending their allocated CCA sessions from Tue 7 Jan.
- Sec 1 CCA Allocation Results will be released on Wed 12 Feb.
- Sec 1 students will start CCA from Fri 14 Feb.

15. A Consolidated Notification on Term 1 activities/programmes was sent to you via Parents Gateway (PG) on **Mon 30 Dec**. Please submit your consent via PG by **Fri 3 Jan**. We seek your understanding that your teen may not be able to participate in the abovementioned activities if we do not receive the consent by the given date.

F. 2025 Home-based Learning

16. Since 2021, MOE secondary schools have embarked on Blended Learning (BL), which is a mix of home-based and in-school activities that leverage on both online and offline approaches to learning. The objective of BL is to nurture self-directed, independent and intrinsically motivated learners.

In Bowen, the Blended Learning experience includes a student-initiated learning component called *BowenExplore!* on Home-Based Learning (HBL) Days where students explore their interests and passions and learn beyond the formal curriculum. Many students have found it a meaningful learning experience.

This year, the school will continue to have regular HBL days starting **Fri 31 Jan**. Please refer to the table below for the HBL schedule for 2025. An Info-Sheet with more details on HBL will be sent via PG at a later date.

Term	Levels	Week/Day
1	S1-5	<ul style="list-style-type: none"> W4 Fri 31 Jan W7 Wed 19 Feb W9 Wed 5 Mar
2	S1-5	<ul style="list-style-type: none"> W2 Wed 2 Apr W4 Wed 16 Apr W6 Wed 30 Apr W8 Wed 14 May
3	S1/2/4/5 S1-5	<ul style="list-style-type: none"> W1 Wed 2 July (S3 will be away for Outdoor and Adventure Camp) W3 Tue 15 Jul to Thu 17 Jul <p><i>Note: The GCE N-Level Oral Examinations will take place over three full days. Secondary schools will conduct HBL for all levels.</i></p>
4	S1-3	<ul style="list-style-type: none"> W5 Wed 15 Oct

G. Assessment Matters

17. In recent years, MOE has introduced several policy changes under the Learn for Life movement to nurture our students to be confident and resilient learners. Since 2023, all schools have removed mid-year examinations for all levels as part of ongoing efforts to promote the joy of learning in our students. Sec 1-3 will have Term Assessments (TA) in Term 1 to 3 and End-of-Year Examinations in Term 4. TAs will take the form of either Pen-and-Paper (PP) tests or Alternative Assessments (AA).
18. More information on assessment matters will be sent to parents/guardians via PG at a later date. Information on all academic matters including assessment will also be available in the e-Student Handbook (see Section I below).

19. Under Full Subject-Based Banding, all Sec 1 students will generally progress to Sec 2. Where applicable, teachers will check in with students and parents to discuss the subject levels that best suit the student going forward. This can include offering subjects at a more/less demanding level, based on the student’s interests and learning progress.

H. Updates on School Attire

20. Please refer to the updated guidelines below for the school’s dress code for the various days of the week:

Day	Timing	Attire
Mondays	7.30am – 9.00am	Bowen Smart Formal Attire <u>with</u> school tie
	After 9.00am	1. Smart Casual Attire <u>OR</u> 2. Smart Formal Attire <u>without</u> tie
Tuesdays - Thursdays	7.30am onwards	1. Smart Casual Attire <u>OR</u> 2. Smart Formal Attire <u>without</u> tie
Friday (Dress-Down Day)	7.30am onwards	CCA T-shirt, Class T-shirt, PE T-shirt and formal school bottoms (skirt/shorts/pants)
Daily (Optional)	1.30pm onwards	PE T-shirt and formal school bottoms

21. For more information on school attire (e.g. visual representation on the School Attire guidelines), please refer to the 2025 e-Student Handbook or “School Matters” section on the school website.

I. e-Student Handbook

22. All students will receive the 2025 e-Student Handbook by the middle of Term 1 via their Student ICON emails. The Handbook will include important information such as school rules, the school calendar, curriculum hours, and progression criteria.

J. Bowen Device (HP) Policy

23. With the availability of Personal Learning Devices and lockers for all students, they will be required to keep their handphones or any other electronic devices in their lockers during curriculum hours (which includes recess, CCA, etc.). Students can retrieve and use their handphones after curriculum hours/school dismissal at the canteen or foyer only.

24. Given the ubiquitous nature of technology, we hope that this practice will encourage our students to develop self-regulation in using technology wisely, “Disconnect to Connect” with their peers, reduce screen time, as well as prevent damage to, loss or theft of their devices. It will also allow them to better leverage their Personal Learning Devices as the main tool for learning without distractions from social media, game notifications and chats during curriculum time.

25. The school will be reminding students on the device policy and we believe that our students will be able to abide by it. However, there may be consequences (e.g. confiscation of handphone) should students be found flouting the rules.
26. The school seeks parents/guardians' support for the policy and help our students to use technology responsibly and appropriately. Should you need to contact your teen during curriculum hours due to any urgent matters, please contact the General Office at 6385 9466.

K. School Attendance and SMS Notification for Absenteeism

27. Attendance at school and school-related activities (e.g. CCA, Sports Day, enrichment days, etc.) is compulsory to ensure students' holistic development and continuity of learning. Students who are absent must submit a valid medical certificate (MC) or a letter from parents with valid reasons to the relevant teacher(s) immediately upon their return to school after their absence.
28. To ensure regular attendance, parents/guardians are encouraged to excuse their teens from school through parent's/guardian's letters only for valid reasons such as unforeseen family circumstances. Thus, the school will only accept **up to 5 letters per semester**. If the student is unwell, we advise them to seek medical attention and be excused from school through a MC.
29. Students should not be travelling overseas during term time unless due to extenuating reason(s). Ongoing assessments may be impacted if student is absent from school without valid reason (e.g. no MC). For information on "School Terms and Holidays for 2025", please visit <https://www.moe.gov.sg/news/press-releases/20240812-school-terms-and-holidays-for-2025>
30. Parents/guardians (i.e. primary contact person) will receive a SMS notification from school by 10.00am if your teen is absent from school. Kindly ensure your handphone number is updated in the school system through the Student Details Form (see Section K below).
31. Should you need to verify your teen's attendance, please contact the General Office or his/her FTs at 6385 9466.

L. Student Details Form

32. A Student Details Form (SDF) will be sent to parents/guardians via PG. Please confirm that the information is up-to-date and respond online by **Fri 24 Jan**. For parents/guardians not onboard on PG, a hardcopy will be passed to you through your teen for verification. Should there be any changes, please update the form (indicate in red ink) and return it to FTs through your teen. As the form contains sensitive information, please remind your teen to keep the form safe and hand it to his/her FTs as soon as possible.

33. Personal Learning Device (PLD)

Every secondary school student will own a school-prescribed Personal Learning Device (PLD). The PLD will be used together with the national e-learning platform – the Singapore Student Learning Space (SLS) – as well as other educational technology to personalise and enhance students' learning. This will also enable students to acquire digital skills and apply these skills as they navigate an increasingly digitalised world.

A separate letter will be sent to all Sec 1 parents/guardians in Term 1 Week 1 via PG with regards to the purchase of PLDs. For details on the type of device, payment and financial assistance please refer to the "Parental Consent for the Purchase of Personal Learning Device ("PLD")" that will be sent to you.

We seek all parents'/guardians' support to submit your consent by **Mon 13 Jan** so that school will be able to proceed with the purchasing process.

M. Term 1 Key Programmes, Events and Holidays

34. After Bowen FIESTA, lessons will resume as per from **Mon 13 Jan**. Here are 2025 Term 1 highlights for Sec 1 students:

Date	Programmes/ Events	Remarks
Fri 10, 17 & 24 Jan	CCA Experience Days 1, 2 & 3	<ul style="list-style-type: none"> Students can refer to http://linktr.ee/bowenpe for more details.
Mon 13 Jan	Sec 1 Photo Taking	<ul style="list-style-type: none"> Students will pay a discounted rate of \$4 for digital format (cash payment only, to be collected by the vendor Mon 13 Jan). Students will need to be in formal school attire with the school tie for photo-taking.
Mon 13 Jan to Fri 17 Jan	Annual School-based Health Screening (S1-2)	Held during school hours.
Thu 23 Jan	HPV Vaccination for Female Students (S1)	A separate letter will be sent via PG at a later date.
Fri 24 Jan	Sec 1 CCA Carnival and Meet the Parents Session	A separate letter for the CCA carnival and Meet the Parents Session will be sent via PG.
Tue 28 Jan	Chinese New Year Celebration	Dismissal Time at 10.00am.
Wed 29 Jan	CNY Public Holiday	-
Thu 30 Jan	CNY School Holiday	Face-to-Face lessons resume on Mon 3 Feb as Fri 31 Jan will be HBL for Sec 1-5.
Fri 31 Jan	Home-Based Learning (HBL) for Sec 1-5	Students will need to log into SLS by 8.00am for check-in and attendance taking.
Mon 3 Feb to Thu 27 Feb	Sec 1-5 Term Assessment 1	A separate letter on the schedule of the Term Assessments will be issued at a later date.
Mon 10 Feb	Total Defence Day NE Commemoration	Held during school hours.
Wed 19 Feb	Home-Based Learning (HBL) for Sec 1-5	Students will need to log into SLS by 8.00am for check-in and attendance taking.
Thu 27 Feb	Class Committee Workshop (Class Leaders & Peer Support Leaders)	Held in the afternoon. A separate PG notification will be sent to parents/guardians of students involved.
Fri 28 Feb	Mass Run for Sec 1-5 (AM)	A separate letter will be issued at a later date.

Date	Programmes/ Events	Remarks
Mon 3 Mar to Fri 7 Mar	Bowen Care and Inclusion Week	Held during school hours.
Wed 5 Mar	Home-Based Learning (HBL) for S1-5	Students will need to log into SLS by 8.00am for check-in and attendance taking.
Fri 14 Mar	Issuance of T1 Result Slips	Held during school hours.
Sat 15 Mar to Sun 23 Mar	School Holidays	Students may be required to attend CCA activities or other programmes. Parents/guardians will be notified via PG beforehand. Student Protected Time will be on Thu 20 Mar to Fri 21 Mar during which no school activities will be held.

35. The list of Term 1 after-school activities which will be held on Mondays and Thursdays for Sec 1 is provided below. The activities generally end around 5-6 pm (your teen will be informed of the exact timings by the teachers). Most activities will be held in school. Separate letters/consent forms will be issued for activities held outside school.

Week	Monday	Programme	Class	Thursday	Programme	Class
3	20 Jan	Nil		23 Jan	Digital Learner Workshop	1 Topaz 1 Sapphire
5	3 Feb	NIL		6 Feb	Digital Learner Workshop	1 Peridot 1 Amethyst
6	10 Feb	NIL		13 Feb	Digital Learner Workshop	1 Ruby 1 Kunzite
7	17 Feb	NIL		20 Feb	Digital Learner Workshop	1 Larimar 1 Emerald
8	24 Feb	Nil		27 Feb	Applied Learning Programme (ALP) #1	All Sec 1 classes
10	10 Mar	NIL		13 Mar	ALP #2	All Sec 1 classes

36. For regular updates on school programmes and the happenings in and around the school, please feel free to check our school website, and follow us on the school's official Facebook page at <https://www.facebook.com/bowensec> or our official Instagram account @bowensec_official.

Thank you for your support and for partnering us closely as we nurture our students to be future-ready Passionate Learners, Servant Leaders and Champions of Good.

Yours faithfully,



Mr Loh Chih Hui
Principal

Use of photographs and video images

Photographs or video images of students, parents and visitors may be taken during school activities and events such as classroom lessons, enrichment activities, CCA activities, camps, etc. The school may use and publish such photographs or video images in school publications, the school's website, social media channels, or other communication channels.

Annex A

3D2N Sec 1 Start Right Camp Programme (Wed 8 Jan to Fri 10 Jan)

Programme Matrix (*Subject to changes)					
Day 1	1T, 1S, 1P		1A, 1R, 1K		1L, 1E
0745-0845 0845-0915 0915-1100 1100-1230 1230-1430 1430-1500 1500-1700 1700-1800 1800-1900 1900-2030 2030-2130 2130-2200 2200-2230 2230	Day 1 Camp Admin Morning Teabreak Group Formation Lunch Team Challenge Afternoon Teabreak Groundbreaker Trial: Low E Group Time Dinner Blind Man's Trail Shower Campfire Prep Supper Lights Out	0745-0845 0845-0915 0915-1100 1100-1230 1230-1330 1330-1730 1730-1800 1800-1900 1900-2030 2030-2100 2100-2200 2200-2230 2230	Day 1 Camp Admin Morning Teabreak Group Formation Lunch Team Challenge Terra Mission: Path of the Heroes Group Time Dinner Blind Man's Trail Campfire Prep Shower Supper Lights Out	0745-0845 0845-0915 0915-1100 1100-1230 1230-1430 1430-1500 1500-1700 1700-1800 1800-1900 1900-2030 2030-2200 2200-2230 2230	Day 1 Camp Admin Morning Teabreak Group Formation Lunch Team Challenge Afternoon Teabreak Camp Craft: Outdoor Cooking Group Time Dinner Blind Man's Trail Shower / Campfire Prep Supper Lights Out
Day 2	1T, 1S, 1P		1A, 1R, 1K		1L, 1E
0730-0830 0830-0900 0900-1300 1300-1400 1400-1600 1600-1630 1630-1730 1730-1830 1830-1930 1930-2100 2100-2200 2200-2230 2230	Breakfast Day 2 Camp Admin Terra Mission: Path of the Heroes Lunch Camp Craft: Outdoor Cooking Afternoon Teabreak Shower Campfire Prep Dinner Campfire Group Time Supper Lights Out	0730-0830 0830-0900 0900-1030 1030-1100 1100-1300 1300-1400 1400-1500 1500-1530 1530-1630 1630-1830 1830-1930 1930-2100 2100-2200 2200-2230 2230	Breakfast Day 2 Camp Admin Team Challenge Morning Teabreak Camp Craft: Outdoor Cooking Lunch Groundbreaker Trial: Low E Afternoon Teabreak Groundbreaker Trial: Low E Shower / Campfire Prep Dinner Campfire Group Time Supper Lights Out	0730-0830 0830-0900 0900-1000 1000-1030 1030-1230 1230-1330 1330-1730 1730-1830 1830-1930 1930-2100 2100-2200 2200-2230 2230	Breakfast Day 2 Camp Admin Campfire Prep Morning Teabreak Groundbreaker Trial: Low E Afternoon Teabreak Terra Mission: Path of the Heroes Shower Dinner Campfire Group Time Supper Lights Out
Day 3	1T, 1S, 1P		1A, 1R, 1K		1L, 1E
0730-0815 0815-1000 1000-1045 1045-1130 1130-1200 1200	Breakfast Mascot Magic Prize Ceremony Final Group Time Morning Tea break Dismissal				

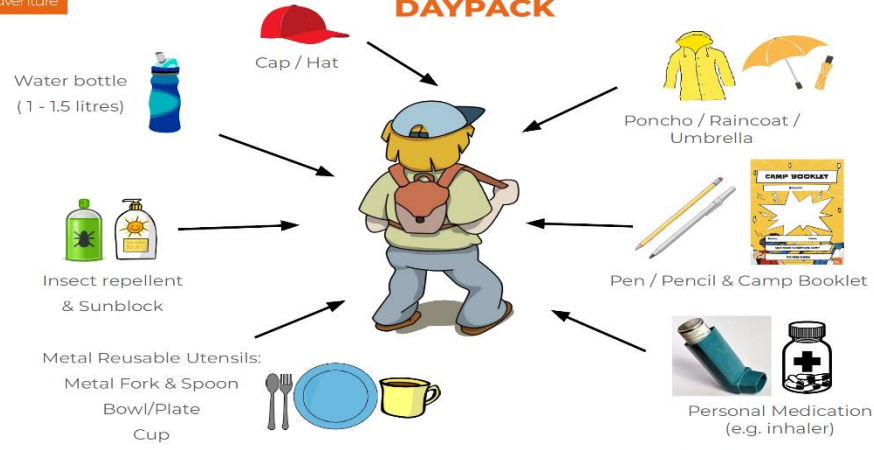
Camp Packing List

Checklist for Daypack			
S/N	Item	Quantity	Packed?
1	Cap / Hat	1	<input type="checkbox"/>
2	Waterbottle (1 - 1.5 litres)	1	<input type="checkbox"/>
3	Insect repellent	1	<input type="checkbox"/>
4	Sunblock	1	<input type="checkbox"/>
5	Poncho / Raincoat / Umbrella	1	<input type="checkbox"/>
6	Pen / Pencil & Camp Booklet	1	<input type="checkbox"/>
7	Personal medication (e.g. inhaler)	sufficient	<input type="checkbox"/>
8	Metal Reusable utensils (Metal fork & spoon, bowl/plate, cup)	1	<input type="checkbox"/>

Checklist for Camp Bag			
S/N	Item	Quantity	Packed?
<i>Clothes</i>			
1	T-shirt (PE / CCA / school-based)	2	<input type="checkbox"/>
2	PE shorts	1	<input type="checkbox"/>
3	Long / Track pants	1	<input type="checkbox"/>
4	Undergarments	2	<input type="checkbox"/>
5	Socks	2	<input type="checkbox"/>
6	Pyjamas	1	<input type="checkbox"/>
7	Jacket (optional)	1	<input type="checkbox"/>
<i>Toiletries</i>			
8	Shampoo	1	<input type="checkbox"/>
9	Body wash	1	<input type="checkbox"/>
10	Toothbrush	1	<input type="checkbox"/>
11	Toothpaste	1	<input type="checkbox"/>
12	Comb	1	<input type="checkbox"/>
13	Towel	1	<input type="checkbox"/>
<i>Others</i>			
14	Slippers / Sandals (<i>for showertime</i>)	1	<input type="checkbox"/>
15	Laundry bag / plastic bag	2	<input type="checkbox"/>
16	Torchlight & Batteries	1	<input type="checkbox"/>
17	Sleeping bag or similar (recommended)	1	<input type="checkbox"/>

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ESSENTIALS IN DAYPACK



Water bottle (1 - 1.5 litres)

Cap / Hat

Poncho / Raincoat / Umbrella

Insect repellent & Sunblock

Pen / Pencil & Camp Booklet

Metal Reusable Utensils:
Metal Fork & Spoon
Bowl/Plate
Cup

Personal Medication (e.g. inhaler)

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ESSENTIALS IN CAMP BAG



Torchlight & Batteries (for night use)

Bath Towel x1

Sleeping Bag x1

Clothes:
*At least T-shirts x2 (PE/CCA/school-based)
PE Shorts x1
*Long / Track Pants x1 (for Low Elements)
Undergarments x2
Pyjamas x1
Socks x2
Jacket x1 (optional)

Toiletries:
Body Wash
Shampoo
Toothpaste
Toothbrush
Comb

Slippers/Sandals (for showertime)

Laundry Bag / Plastic Bag for Dirty Clothes

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NO-NO ITEMS



- ❖ Mobile phones and/or tablets
- ❖ Electronic devices
- ❖ Card and board games
- ❖ Snacks / tidbits
- ❖ Soft toys / pillows
- ❖ Sharp objects (e.g. knives and scissors)
- ❖ Flammable items

THESE ITEMS WILL BE CONFISCATED IF FOUND

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OTHER MATTERS:

TELEPHONE CALLS

To minimize disruption to the programme, all personal calls will not be entertained unless they are of utmost urgency.

Family members who need to contact any student for urgent matters, can call the school General Office at 6385 9466. We will provide parents with a separate number for urgent matters between 7pm and 7am nearer to the camp.

MEDICAL MATTERS

All students under any form of medication should bring their medicines along. They are to **inform their trainers and form teachers about their medication** so that arrangements can be made for them to take their medicines during the programme. There will be a sick bay for students with minor ailments may rest and recuperate. Students who need immediate and more comprehensive medical attention would be sent to the nearest clinic / hospital.