Year 3 Residential Trip
Camp Challenge

Sembawang, Singapore
Thursday 26 to Friday 27 September 2019
On Thursday, 26 September, learners from Year 3 will be going on a one night residential trip to ‘Camp Challenge’ at Sembawang Campsite (near Woodlands), Singapore. We will return on Friday, 27 September around 2.30pm. Details of the trip are provided in this booklet. For ease of use the booklet is divided into three parts:

- Information about the trip for you to read (this is located in the ‘Trips’ section of the Parent Zone on our Nexus Website).
- Packing list for you to follow (at the end of this information booklet).
- Consent form and Learner Information Form for you to check, complete, sign and return to the main reception. This will be a hard copy brought home by your child.

There will be a short briefing session on Friday, 23 August at 8.40am in the Multi-purpose Room (Level 2) where we will explain the details of the trip. If you have any queries or concerns that are not covered in this booklet or at the briefing session, please do not hesitate to contact us.

Please ensure the consent form is completed and signed and all your child’s particulars are checked. This completed form should be returned to the main reception and your payment to the cashier no later than Monday, 9 September.

The total cost for the residential trip is $225.00.

PURPOSE
The purpose of the Year 3 residential trip is for learners to build their self confidence, to support others during challenging tasks and to work as a team.

They will have fun with their peers, while experiencing the independence of being away from their familiar surroundings and routines.
DATE
Thursday, 26 to Friday, 27 September 2019

VENUE
Camp Challenge, Sembawang, Singapore.

COST
$225

PAYMENT DETAILS
Please complete and return paperwork to Student Services and payment by Monday, 9 September.

ACCOMMODATION
Camp Challenge, Sembawang is located west of Woodlands. Children will stay in single gender dormitories. These dormitories are air conditioned. The toilets and showers are basic and situated a short distance from the dormitories. Children will be escorted to the bathroom by an adult during the night, if required. Your child needs to bring a lightweight sleeping bag or cover sheet. A mattress, bottom sheet and pillows are provided.

TRANSPORTATION
Travel by coach from school to Sembawang Camp. Coaches will be fitted with seatbelts.

MEALS
Children will be provided with the following meals:

Day 1: Mid-morning Snack, Lunch, Afternoon Snack, Dinner and Supper

Day 2: Breakfast and Early Lunch

Example of Menu:
Snack: Fruit
Lunch: Fish, Potato Wedges, Salad and Coleslaw
Snack: Brownie or biscuits
Dinner: Hamburger, Chicken Nuggets and Salad
Breakfast: Cereals, Toast, Fruit
Lunch: Spaghetti Bolognese and Broccoli

All food at Camp Challenge is Halal Food.
MONEY AND SNACKS ARE NOT REQUIRED
There is no need for learners to bring any money. There will be no opportunity for them to make any purchases whilst on camp.

Learners are asked to **not** bring any snacks, candies, soft drinks or food of any kind. As the facility is set amongst nature, doing so could attract pests. Also, some learners have serious allergies and it is important that supervisory staff are aware of all food that is consumed on camp to avoid allergic reactions to the best of our ability.

SAFETY & SUPERVISION

12 Nexus staff will be accompanying the children on the trip and the learners will be split into smaller groups for all activities and will always be accompanied by our staff.

Trained and experienced instructors from ‘Camp Challenge’ will lead each group during the activity sessions. There will be an adult:child ratio of approximately 1:5 for all activities (12 Nexus staff and 6 instructors).

There will be a First Aid Supervisor provided by Camp Challenge. A number of Nexus staff are also qualified to administer First Aid. In case of emergency, the nearest hospital is approximately 20 minutes drive away.

Children will be individually insured through their school insurance. If you would like details of this policy, please ask Student Services.

ACTIVITIES

Experienced outdoor instructors will assist in the briefing and reflection times for each activity.

Learners will participate in the following activities:
- Rock Climbing on a climbing wall
- Raft Building
- Small group strategy games
- Large group team games
- Reflection activities
- Campfire activities
- Learners will be involved in washing up their cutlery and plates, making their own bed, and keeping the camp tidy.
FRIDAY, 23 AUGUST 2019
8.40am - Year 3 Camp Challenge Residential Trip Information Meeting for Parents held in the MPR Room on Level 2.

BY MONDAY, 9 SEPTEMBER 2019
Please return the signed consent form and checked particulars to Student Services and the full payment to the Cashier.

LEADING UP TO THE TRIP
In the lead up to this trip please ensure that you talk to your child about the adventure of this overnight trip and what they should expect. Check the packing list in advance to ensure your child has the items required. Make sure your child is involved in packing his or her overnight bag/rucksack - they will have to pack it themselves for the return journey. Remind them that they will be involved in exciting new activities they are all encouraged to exhibit our Learner Profile by being Open Minded and Risk Takers. Continue to motivate and encourage your child and be positive about this exciting experience they will have.

THURSDAY, 26 SEPTEMBER 2019: DEPARTURE
Arrive at school no earlier that 7.30am and no later than 7.45am. Learners will wear clothes suitable for outdoor activities (shorts, t-shirt and trainers). School uniform is not required. Please help your child to apply sunscreen before arriving at school. Children will be asked to reapply it during the day.
As we will build rafts on the first day, your child’s daypack should contain their:
- cap/hat
- water bottle
- sunscreen and insect repellent
- swimming kit, towel and water shoes, rash top or spare t-shirt.
- pencils
- reusable plate, cup, bowl, fork, spoon and/or chopsticks

Any child bringing medication must hand the medication to a member of staff at the beginning of the trip on arrival at school. Please ensure that all medication is clearly labelled with your child’s name, the dosage to be given and time(s) that medication is required. Place it all in one bag that should also be clearly labelled with your child’s name. On the day of departure, if needed, please ensure that your child has taken any travel sickness tablets before arriving at school. If you would like us to administer travel sickness tablets prior to the return journey please ensure you provide these in your child’s medical bag with instructions.

Your child will need their overnight bag with them for the rest of their clothes and bedding. Your child should not bring electronic games, an expensive camera, or a mobile phone, as these are not allowed at the centre.
FRIDAY, 27 SEPTEMBER 2019: RETURN
We are aiming to leave the centre at 1.00pm on Friday and return to Nexus at approximately 2.00pm. Children may be collected from their homerooms upon return or they may remain at school and be collected as usual at 3:20pm. Please inform the homeroom teacher if your child will be participating in a Friday CCA after school on Friday, 27 September.

HOW TO PAY

Nexus International School (Singapore) accepts fee payments in cash, cheque, credit/debit card, bank transfer and NETS. Cash and credit card payments must be made in person at the Cashier during office hours between 8.00am and 5.00pm from Monday to Friday.

Payments made by debit or credit card are subject to a 2.5% administrative fee (inclusive of GST) to be added to the invoiced amount. Payments made by cheque must be in the form of a crossed cheque made payable to “Nexus International School (Singapore) Pte Ltd” and with the child’s name and year group written on the back. Please do not submit post-dated cheques. For bank transfers, please use the following details:

<table>
<thead>
<tr>
<th>Account Name:</th>
<th>Nexus International School (Singapore) Pte Ltd</th>
<th>Bank Code:</th>
<th>7375</th>
</tr>
</thead>
<tbody>
<tr>
<td>Account Number:</td>
<td>451-309-605-9</td>
<td>Branch Code:</td>
<td>001</td>
</tr>
<tr>
<td>Bank:</td>
<td>UOB</td>
<td>SWIFT Code:</td>
<td>UOVBSGSGXXX</td>
</tr>
<tr>
<td>Bank Address:</td>
<td>80 Raffles Place #29-03, UOB Plaza 1, Singapore 048624</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

PHOTO GALLERY
# PACKING LIST

## Clothing and Footwear

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>QUANTITY</th>
<th>PACKED AT HOME</th>
<th>PACKED AT CAMP</th>
</tr>
</thead>
<tbody>
<tr>
<td>T- Shirts (with sleeves)</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shorts/Bermudas</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long pants/trousers (for evening to avoid mosquito bites)</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long sleeved shirt (optional: for evening to avoid mosquito bites)</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Undergarments</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cap or hat</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Socks</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swim kit</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complete EXTRA set of clothes for water activities.</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sandals or Slippers (for Shower and Night only)</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water Shoes or old trainers (for Wet Activities)</td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trainers</td>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Personal Items

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>PACKED AT HOME</th>
<th>PACKED AT CAMP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water bottle (reusable)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toiletries (toothbrush, toothpaste, soap, shower gel, etc.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Towel (for showering and raft building)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun block/Sunscreen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Insect Repellant</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Light Sleeping Bag or blanket (dormitories have air-con)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pen/Pencil/Notebook</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reading Book or puzzle book</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plastic Bags for dirty and wet clothing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large Reusable Water Bottle (1 Litre)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day Backpack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raincoat/Poncho</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reusable plastic plate, bowl and mug/cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reusable cutlery (fork, spoon and knife or chopsticks)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## ITEMS TO GIVE TO STAFF

### Medication Bag
- All medication must be labelled with child’s name, class and include instructions in English.
- All medication must be put in a labelled and clear resealable bag.

### Please Note:
- No phones, digital equipment of any kind, no money or no snacks.