

# CAMP METAMORPHOSIS 2023

(9-11<sup>th</sup> Jan, Mon-Wed)

CAMP ics: Woon Sin, Lokhman, Halim

## Camp Objectives

- ✧ Learn to embrace change
- ✧ Acquire knowledge & skills to improve your personal effectiveness
- ✧ Foster closer relationship and strengthen team dynamics to embrace challenges as a collective
- ✧ Cultivate a sense of belonging and pride to the school

Day 1: 9 Jan (Mon)				
Time	Programme/Activity	Purpose	Deployment	Venue
0800-0920	<b>Camp Briefing, Context setting &amp; Class Engagement</b>	Admin & Setting of Expectations	Woon Sin / Lokhman / Halim /HTs	Classroom
0920-1000	<b>Personal Effectiveness Session 1</b> (Habit 2: End in mind)	Personal Effectiveness	Vendor HTs	Classroom
1000-1040	<b>Recess</b>	Bonding / Social	Nil	
1040-1120	<b>Personal Effectiveness Session 1</b> (Habit 3:Prioritizing)	Team building & Change Management	Vendor HTs	Classroom
1120-1220	<b>Lunch</b>	Bonding / Social	Nil	
1220-1400	<b>Amazing Race</b>	Team building & Change Management	Halim	Lower ISH
1400-1530	<b>Personal Effectiveness Session 2</b> (Habit 4:Think Win-Win)	Personal Effectiveness	Vendor HTs	Classroom
1530-1600	<b>Consolidation and Reflection</b>	Consolidation of learning	HTs	Classroom
1600	<b>End of Day 1</b>			

Day 2: 10 Jan (Tue)				
Time	Programme/Activity	Purpose	Deployment	Venue
0800-0920	<b>Personal Effectiveness Session 3</b> (Habit 5: Understand to be understood & Habit 6: Synergizing)	Personal Effectiveness	Vendor HTs	Classroom
0920-1040	<b>Cultural fusion 3.0 (Part 1)</b>	Team building & Change Management	LLP / HTs	Classroom / Music Room
1040-1120	<b>Recess</b>	Bonding / Social	Nil	
1120-1300	<b>Cultural fusion 3.0 (Part 1)</b>	Team building & Change Management	LLP / HTs	Classroom / Music Room
1300-1400	<b>Lunch</b>	Bonding / Social	Nil	
1400-1530	<b>Class Visioning Exercise Consolidation and Reflection</b>	Consolidation of learning	HTs	Classroom
1530	<b>End of Day 2</b>			

Day 3: 11 Jan (Wed)				
Time	Programme/Activity	Purpose	Deployment	Venue
0800 – 0920	<b>Personal Effectiveness Session 4 – Nagomi Art</b> (Habit 7: Sharpening the Saw: Wellness)	Personal Effectiveness	Vendor HTs	Classroom
0920-1040	<b>Cultural fusion 3.0 (Part 2)</b>	Team building & Change Management	LLP HTs	Classroom / Music Room
1040-1120	<b>Recess</b>	Bonding / Social	Nil	
1120 – 1240	<b>Cultural fusion 3.0 (Part 2)</b>	Team building & Change Management	LLP HTs	Hall / Other venues
1240-1320	<b>Showcase (Hall)</b>	Team building & Change Management	LLP HTs	Hall
1320-1420	<b>Lunch</b>	Bonding / Social	Nil	
1420-1440	<b>Prize Presentation + Screening of Class Videos</b>	Recognition	Woon Sin / Lokhman / Halim /HTs	Classroom / Hall
1440-1520	<b>Consolidation and Reflection</b>	Consolidation of learning	HTs	Classroom / Hall
1520	<b>End of Camp</b>			

**Things to note:**

- Students to bring their charged PLDs for camp; HTs to share e-camp booklet with the class via GC for students to take notes and to do their reflections
- Students to be in half-U during the camp; They will don the camp T-shirt on the last day of the camp for the Cultural Fusion performance
- At least one HT to be with the class at all times; It will be good if HTs were present for the Personal Effectiveness Sessions so that you can reinforce their use during (post activity debriefs and reflections) and after the camp.
- Create a 1-2min class video on Class spirit demonstrated during Camp Metamorphosis to be showcased on 11 Jan.