



## CHIJ Our Lady of the Nativity

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Dear Parents/ Guardian

### PROGRAMME FOR ACTIVE LEARNING (PAL) - OUTDOOR EDUCATION (OE)

1. As part of the Programme for Active Learning (PAL), your child/ward will be undergoing the Outdoor Education (OE) lessons in school and at Punggol Park.
2. Through these Outdoor Education lessons, your child/ward will be able to:
  - show an increased awareness and appreciation for nature and the environment around her,
  - acquire relevant outdoor skills that can be applied to her everyday life,
  - build more self-confidence and resilience, and
  - work and relate well with others.
3. Please help your child/ward prepare for the outdoor lessons by ensuring that she brings/ applies the following essentials on days when your child/ward has PAL OE lessons at Punggol Park:
  - A poncho/umbrella
  - Writing materials (include coloured pencils)
  - Clipboard
  - Water bottle
  - A small packet of snacks
  - A small backpack (to contain all the things)
4. You may also want to ensure that your child brings /applies the following too:
  - Sunblock lotion
  - Insect repellent
  - A cap

Thank you for your support and together we shall work towards developing your child/ward into a confident and resilient person.

Ms Christina Teo  
Principal

### REPLY SLIP PROGRAMME FOR ACTIVE LEARNING (PAL) - OUTDOOR EDUCATION (OE)

<b>Name of pupil:</b>		<b>Class:</b>	
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**I have noted the contents of the letter.**

Name & Signature of Parent / Guardian: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Date: \_\_\_\_\_