

## **Secondary 1 GESS Camp** **8<sup>th</sup> and 9<sup>th</sup> January 2025**

### **Day 1 (8 January, Wednesday)**

| <b>Time</b> | <b>Activity</b>   |
|-------------|---|
| 0730        | Report to school for morning assembly<br>Reading / FT Time                  |
| 0815        | Start of GESS Camp<br>Ice breakers and Breakfast<br>Team Bonding Activity I |
| 1245        | Lunch   |
| 1345        | Let's Start Right!  |
| 1500        | Reflection and debrief  |
| 1545        | Form Teachers' Time   |
| 1615        | Dismissal   |

### **Day 2 (9 January, Thursday)**

| <b>Time</b> | <b>Activity</b>  |
|-------------|--|
| 0730        | Report to school for morning assembly<br>Reading / FT Time |
| 0815        | Ice Breakers and Breakfast<br>Team Bonding Activity II     |
| 1230        | Lunch  |
| 1330        | Relay games<br>Peer Support Segment                        |
| 1600        | Closing ceremony   |
| 1630        | Form Teachers' Time  |
| 1700        | Dismissal  |

### **Attire**

GESS PE Attire (T Shirt and Shorts) Or Primary School PE Attire with school shoes and socks. No sports shoes allowed.

### **Things to bring**

***Small day pack consisting of the following:***

1. Reading book
2. Thermometer
3. Writing material (stationery & small notebook)
4. Water bottle
5. Personal medication (as needed)
6. Hand sanitiser
7. Insect repellent (as needed)

Note: All meals are provided for. Students who are vegetarian are encouraged to bring their own food during lunch as the food will be catered from our school canteen. All students will be issued \$6 food vouchers for both days during the camp.