



Ramah Programs in Israel • רמח ויזראל

Ramah Jerusalem Day Camp Camp Manual 2009

Camp Director:

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Camp Office:

8A Katznelson Street

Goldstein Youth Village

02-679-0243

Communication

The camp office is open from 7:45 until at least 16:00 each day.

For matters concerning registration or payment, please call the office at 679-0243.

Please feel free to contact us with any concerns, comments or suggestions. We want to work together with you to make your child's camp experience a positive one.

Each week during camp we will send out a newsletter via email to all families registered for the summer. We also send out a camp phone/address list at the beginning of each week with updated information on new campers. We have found that these lists are invaluable in helping campers and families stay in touch throughout the year. If you do not wish to be included in the phone list (name, permanent address/phone, and email only), please be sure check the appropriate box on the registration form.

Camp meets from Sunday-Thursday 8:00 – 15:00 and Friday 8:00 – 13:00.

- Week One Mini: July 1 – 3 (Wednesday-Friday; no trips)
- Week Two: July 5 – 10
- Week Three: July 12 – 17
- Week Four: July 19 – 24
- Week Five: July 26 – July 31 (no camp on July 30: Tisha b'Av)

The Israel Goldstein Youth Village is located in the San Simon neighborhood of Jerusalem on the corner of Rechov Katzenelson and Rechov Shai Agnon. It is accessible by the #22 bus.

Additional information about facilities for the summer of 2009, including entrance, drop-off, and pick-up locations will be available shortly and this document will be updated.

If you arrange for your child to go home with someone else - a friend, relative, babysitter, or another child - please give a written and signed note to your child's counselor when signing in, otherwise we cannot release your child.

If someone else will be signing your child in, please submit a written note prior to the first day of camp. Parents who do not pick their children up by 15:10 (3:10) p.m. may incur a late charge.

If you will be late, you must make alternate arrangements with another parent, friend, babysitter, or relative. We do not have the staff to provide emergency after-care. In case of such **emergency arrangements only**, please call Melissa Ser, the Camp Director at **050 202 5643**.

Camp T-shirts

Each camper will receive one shirt printed with the Ramah Jerusalem Day Camp logo.

Campers must wear their camp shirts on trip days (approx. once per week). If you wish to order additional shirts, please see the registration form. Additional shirts are \$10 each.

Shirts run a bit small for their size, so if in doubt, please order one size up for your child(ren).

Tefillot and Oneg Shabbat

Each morning at camp begins in the Ramah spirit with Tefillah (morning prayer service). Our Tefillah is filled with music and singing, and is a mixed (co-ed) service with a combination of silent and community prayer.

During some years, some campers choose to organize a simultaneous “alternative” minyan that is a bit more traditional. We assist campers in this endeavor if they desire.

Every boy must wear a kippah during tefillah. Campers who have had a bar/bat mitzvah may bring tefillin/tallit. Siddurim are provided.

Each Friday we invite parents and other siblings to join their children at approximately 12:15 as we conclude the week with a special Oneg Shabbat (Joy of Shabbat) program. If you are unable to make it, please let your child(ren) know in advance so that campers know what to expect at the end of the day. You may wish to bring a camera/camcorder.

Packing List: please label all items with the camper's first and last name.

To camp each day, campers should wear:

- Casual, comfortable clothing (no tank tops, please)
Please dress your child in clothing that can get dirty!
- Closed-toe shoes or sandals with backs.
- Hat (preferably with a brim) or bandana. Visors are not acceptable.
- Sunscreen

In a labeled backpack (not a shoulder bag, please), campers should bring:

- Water in a bottle labeled with camper's name.
 - Older campers should be able to carry a 750 ml bottle, while younger campers should carry 500 ml.
 - Important: if your child will not drink tap water, you must send 1.5 liters of bottled water per day.
- 1 bathing suit
- 1 towel
- 1 bathing cap **required** for boys and girls with longer hair (chin-length or longer)
- Water shoes for the pool area and showers, unless wearing crocs.
- Sunscreen
- Kippah is required for boys during Tefillah and Limud (Jewish Learning).
- All campers post bar/bat mitzvah may want to bring a tallit. Boys 13+ should bring tefillin for morning tefillah; girls 12+ may bring tefillin if they desire. Note: Campers who wish to learn how to lay tefillin will be taught at their (or their parents') request.
- Your child may need a white t-shirt to tie-dye or decorate in arts and crafts. We do not yet know when we will be doing this project, so all campers should have access to one.
- At some point during the summer, we will have a Color War. All campers should have access to both blue and white clothing and/or accessories! We place all siblings in the family on the same team for parental convenience and shalom bayit (peace in the home).

Campers are responsible for their own possessions. The camp is not responsible for lost articles. Campers should NOT bring: cell phones, MP3 Players, or other similar articles. In short: don't bring anything valuable to camp!

CELL PHONES:

Israeli campers who travel to camp alone may be used to keeping a cell phone with them. However, at the Ramah Jerusalem Day Camp, the following rules apply. Please make sure your child understands them and is able to follow them before sending him/her with a phone:

- **Phones must be kept off during the camp day and in a zippered compartment of the camper's backpack. You may want to provide a waterproof zippered sandwich bag for extra protection from the elements.**
- **We are not responsible for lost, soggy, or otherwise broken phones.**
- **Your child may check in with you upon arrival and before departing at the end of the day, but the phone must remain off between these calls.**
- **Please do not call your child during the camp day or expect your child to call you.**
- **If you need to reach your child, please contact the Camp Director at 050 202 5643.**
- **If your child needs to reach you, instruct him/her to ask the Camp Director to call home.**

Snacks/Meals at camp

- At about 10:30 we provide campers with a kosher snack of a roll and juice drink (parve). You may choose to supplement this with a granola bar, fruit, or bag of chips. We will alert parents in advance if there are severe peanut allergies in the group.
- Ramah will provide a hot, kosher meat-based lunch each day except Friday. Vegetarian entrees must be requested on the registration form.
- If your child has severe food allergies that we cannot accommodate, we will be in touch with you about what to send. Otherwise, no outside food may be brought into the cafeteria (chadar ochel)
- On trip days, we will pack our morning snack with us and return to camp in time for lunch.

Sample lunch menus:

Breaded chicken shnitzel (cutlet), rice, and green beans.

Veg: potato burekas.

Pasta with meat sauce, peas, and corn.

Veg. Mixed veggie quiche

Hot dogs in a bureka, mashed potatoes, and mixed veggies.

Veg: tofu shnitzel

Field Trips

Once per week campers will go on full or half-day excursions in and around Jerusalem. During the week one minisession (July 1-3), no formal trips will take place.

Ramah strictly adheres to the security policies established by the Jewish Agency, World Zionist Organization and Israel's Ministry of Education governing all field trips for public school children and visiting youth. All day trips are cleared in advance with the appropriate authorities and again prior to each day's program and we follow all security requirements for guards. All travel is by private, chartered, air-conditioned bus.

Campers may bring up to 20 shekels spending money with them on a trip. **If** there is a kiosk at the site and **if** time permits, we will stop. Usually we will *not* have time to visit any gift shops.

Medical Care and Medication at Camp

A certified medic is on duty on the Goldstein campus at all times to provide emergency first aid.

To ensure a safe and healthy summer for your child we must know if s/he has any allergies or conditions that may affect his/her camp experience. If your child suffers from asthma or serious allergies (i.e. bee stings) that may require immediate treatment, contact the director prior to the start of camp to clarify instructions in case of an emergency.

The Ministry of Health and Ministry of Education do not permit camp staff to administer medication to campers. Under no circumstances are staff permitted to administer fever reducers or painkillers, even with parent permission. Whenever possible, parents should administer necessary medication before or after camp hours.

In the exceptional case that a camper requires medication during camp hours, **the camp director ONLY will administer the medication, provided parents supply the following:**

- 1) a written, signed and dated note from parents or guardian, including complete instructions for administering the medication.
- 2) the medication in the original pharmacy container.

The medication and the signed form must be handed to the director by the parent or guardian at morning sign-in. The container will be returned to the parent at the end of the day or week, as per parent requests.