



FAMILY GUIDE

SUMMER

2015

**Mandel Jewish Community Center of the
Greater Palm Beaches**

website: www.JCOnline.com

www.CampShalom.org

Welcome to the Mandel JCC Camp Shalom!

On behalf of our entire staff, it is our pleasure to welcome you and your child to Camp Shalom. We know you have many choices when it comes to summer camp for your child. Thank you for choosing the Mandel JCC Camp Shalom. At Camp Shalom, ensuring each camper's health and safety is always our top priority. Our goal is to provide a fun environment that ensures every camper's physical, mental, spiritual, social and developmental needs. Please know that your child is in great hands.

Camp gives kids unparalleled opportunities to develop a range of skills and abilities, and instills a greater level of self-confidence, personal independence and awareness of their role in their community. We are very confident that over the summer, your child will be learning new skills, strengthening old ones all while renewing old friendships and making new friends. We teach our counselors that camp gives kids the tools which they can use in everyday life.

We feel that it is our mission to teach kids Jewish values. With our philosophy of "*Shalom Bayit*": a peaceful home, we create an atmosphere that teaches kids to care for one another and the environment. We teach the campers of Camp Shalom to be the ones that find the child who is sitting by themselves and include them. We are extremely proud of our program and our experienced, enthusiastic staff who will lead our campers through this summer's dynamic camp experience

This guide is designed to answer most of your questions prior to your camper's arrival at Camp Shalom. Please use it as a resource before and during your child's camp experience. If you have any questions or concerns about your child's camp experience, please do not hesitate to call. We look forward to spending many summers with you!

We are looking forward to seeing everyone on Friday, June 5 from 3:30 – 5:30 PM for The Camp Shalom Open House at the JCC. You will receive your child's daily schedule, your carpool placard and your Camp Shalom wet bag as well as meet your counselors. If you have any questions, please feel free to call the camp office at 561-259-3000.

Elinor

Elinor Josephson
Director, Camp Shalom Boynton Beach

Joshua

Joshua Ackman
Asst. Director, Camp Shalom Boynton Beach

Contact with Camp

We are extremely interested in hearing parents' comments both complimentary and constructive. You will find that problems brought to our attention are dealt with immediately and corrected when possible. We want every camper to have the best camp experience possible, so if you have something that you think will make camp better, please do not hesitate to contact us. Most importantly, it does not matter how trivial the matter may appear, we want to know about it. We welcome your calls and comments. The most important person at Camp Shalom is your child and we **NEVER** lose sight of that.

In case of an emergency please call Vicki Putter, Camp Shalom Manager at 561-259-3000. We will ensure the professional and discreet handling of any situation and will be your partners in the process.

In the event that the Palm Beach County area experiences an occurrence during which a "state of emergency" is declared, you can get up-to-date information by calling our camp office or visit our website at www.jcconline.com.

WEATHER EMERGENCIES

(If the weather emergency occurs prior to the JCC opening, overnight, early morning)

Listen to the TV stations WPEC (channel 12) or WPTV (channel 5) or radio stations WRMF (97.9 FM) or WJNO (1230 AM) to learn about the Center closing. Stay tuned to these stations as conditions and our response may change overnight. There will also be a recorded message on 689-7700 as to the status of the JCC Camp opening/closing. If power, an email will be sent notifying of a closing as well.

(If the weather emergency occurs during operating hours)

The Mandel JCC will initiate established weather emergency procedures.

Telephone: (561) 259-3000

Fax: (561) 736-7532

Address: 8500 Jog Road, Boynton Beach, Florida 33418

Elinor Josephson, Camp Director: (561) 736-4753 ElinorJ@JCOnline.com

Josh Ackman, Asst. Camp Director: (561) 740-9000 x270 JoshuaA@JCOnline.com

Vicki Putter, Camp Manager: (561) 259-3000 VictoriaP@JCOnline.com

On Facebook request to be a member of **Camp JCA Shalom Day Camp Group – THIS IS A CLOSED GROUP** – only parents and staff will be allowed to join, see posts and pictures.

Backpack Basics

What to WEAR to camp:

Bathing suit- if you have AM swim for on campus days

Shirt and shorts / Socks and sneakers

Sunblock

What to WEAR to camp on Field Trip Days:

Bathing suit- if you have a water based field trip

Camp Shirt and shorts / Socks and sneakers

Sunblock

What to BRING to camp in your backpack:

Water Bottle- Hydration is important!

Camp Shalom Wet Bag for wet items

Lunch with an ice pack (unless buying camp lunches!)

Undergarments or bathing suit / Towel

Flip Flops / Sandals / Water shoes

Additional Sunblock / Bug spray (optional)

Hat or cap for sun protection

What to LEAVE at home:

Toys, Trading Cards, Games, Stuffed Animals

ALL electronics including portable gaming systems, Ipods, Cell Phones*

Money (unless on a trip - where specified)

*if you need to get in touch with your child during the camp day, please contact the camp office.
Campers will not be permitted to use their cell phones during camp hours.

What to bring to Camp

Clothing & Footwear

WHAT SHOULD MY CHILD WEAR TO CAMP?

Footwear: Shoes suitable for walking and/playing sports on grass and in the gym are required. Appropriate closed-toe and closed –heel shoes include sturdy tennis shoes or some other type of sport shoe. Sandals will only be allowed for wearing to and from the pool.

Campers should be dressed comfortably each day. We will be both inside and outside throughout the day and campers should be dressed appropriately for the weather. Please only send your child to camp in clothes that you are okay with getting dirty. All campers should have some sort of hat that they can keep at camp for the summer. Hats will help prevent sunburns when we are outside and on our field trips.

We ask that campers wear their camp T-shirt on field trip days. This will help us to easily identify our Camp Shalom campers. If you would like to purchase additional t-shirts, they are available in the camp office.

Parents should use their best judgment when dressing children for camp, sending sweatshirts, rain ponchos, etc. when the weather is cold or rainy. Regardless of morning weather, please send your child to camp with a swim suit and a towel

Valuable items such as expensive cameras, designer clothes and jewelry can be easily lost or broken at camp and we recommend that these items stay at home.

WHAT SHOULD I LABEL?

PLEASE CLEARLY MARK EVERYTHING YOUR CHILD BRINGS OR WEARS TO CAMP WITH FIRST AND LAST NAME! Names are easiest to spot if they are marked on neckbands, waistbands or towel corners. Every attempt will be made to return LABELED clothing to your camper. If an item has been lost at camp and your child needs assistance finding it, please send an email to VictoriaP@JCOnline.com. If your item is not returned promptly you may want to stop by and check out our Lost and Found.

DO I NEED EQUIPMENT FROM HOME?

We provide everything needed for each day of camp. We ask that kids don't bring: personal toys, animals, or sports equipment. Actually, we can't even allow them at camp. We want to make sure that your child does not lose something precious to them and camp is a way to introduce them to a new experience.

UNPLUG

CAMP SHALOM IS AN "UNPLUGGED" CAMP. The time campers and staff spend here is focused on learning, interacting, building relationships and making friends. Taking a break from mp3 players,

cell phones, gaming devices and computers allows campers to focus on these important face to face interactions. We ask that all electronics are left at home. Any electronics that are brought to camp will be held in the director's office until the end of the day.

SUNTAN LOTION AND WATER

Summer days can be excruciating and the sun is very strong. Please apply sunscreen to your child in the morning before he or she arrives at camp and send a bottle of sunscreen in his or her camp bag to be applied additionally. Please remember to label the sunscreen bottle. Campers are encouraged to drink plenty of water during each day.

LUNCHES & SNACKS

BAG IT OR BUY IT!

Campers have the option to bring in their own lunch each day or participate in purchasing Camp Lunches. Children who bring their lunch should bring a dairy or vegetarian lunch. Lunch should be brought in a bag with the **child's name and group** clearly printed on the bag upon arrival at camp. There is **no refrigeration of lunches**, so an insulated lunch bag and ice pack is advised. **If your child has any allergies, please let camp know in writing.**

Camp Shalom days are fun-filled and action packed! By the time lunch rolls around, campers have worked up an appetite! We suggest packing a filling, healthy lunch, avoiding excessively sugary foods and drinks. A hearty, healthy meal will help your camper avoid afternoon crash and allow them to fully enjoy the camp day.

NEW THIS SUMMER – Gourmet Deli House of Lake Worth is catering a KOSHER lunch option. Campers will have the option of buying lunch for \$6.00 per day for orders prior to June 5, and \$8 per day after June 5. The lunch order form can be found on the camp website. Camp lunches must be ordered and paid for by the Thursday of the prior week.

Mondays:	Pasta Day
Tuesdays:	Cheese Quesadilla (available for field trips too!)
Wednesday s:	BBQ – Kosher Hamburger or Kosher Hot Dog
Thursday s:	Bagel & cream cheese (available for field trips too!)
Fridays:	Cheese Pizza and Ice Cream

SNACKS

Snacks such as ice cream, fruit, ices, and chips are provided each afternoon for all campers. When your child is on an overnight, dinner & breakfast will be provided.

Campers must bring a reusable water bottle, clearly marked with their first and last name, to camp every day. Mandatory water breaks are scheduled every 20 minutes during outdoor activities. Water is always available during lunch and throughout the day both inside the building and outside at the pool and on our fields.

Health and Medical Info

HEALTH

It is important that all children at camp are healthy and free from infection. The following is the Camp Shalom Health and Medication Policy:

Mild Illness: If your child shows the slightest indication that they are not well, you must keep your child home. This includes: fever, cold, coughing, green/runny nose, vomiting, diarrhea, fatigue, irritability, unusual skin rash, etc. If your child shows any of these signs or should develop any illness symptoms during his/her day at camp, the following steps will be taken:

- a. The counselor will bring your child to the camp nurse.
- b. The following will be noted:
 1. Symptoms
 2. How often
 3. When it began
 4. How long it lasted
 5. Behavior Change
 6. Temperature Change
 7. Any other important information
- c. Parent/Guardian will be contacted immediately. Together they will determine if it is in the child's and the group's best interest to remain at camp.
- d. The parent asked to pick up the child. If the parent is unable to come for the child, the parent will need to arrange for the child to be picked up.

Potential Infections: We reserve the right to protect our camp environment from potential infections. Therefore, the Camp Director will determine if a child can attend camp. Even with a note from the physician, we still reserve the right to make the final decision if your child can remain in camp.

Contagious Illness: (conjunctivitis, chicken pox, etc.)

We will follow the same procedures as above. If your child contracts a contagious illness at home, you are required to report this information to our camp so we can notify the other families in that group/unit.

When Should My Child Stay Home? **WHEN IN DOUBT, STAY OUT!**

If your child is too sick to participate in ANY of our scheduled activities, or requires individualized or special attention due to their present health condition, the child should stay home until they are well enough to fully participate. Included in those parameters are conditions such as diarrhea, vomiting, fever, etc...

Re-entering the Program:

If a child is absent due to an illness, they are accepted back into the program after 24 hours on an antibiotic (if applicable); they must be symptom free for 24 hours; and

may be required to have a written note from the child's physician. A written note from the physician must be brought to camp if the child is absent for more than one week due to illness. Please note that the above requirements do not guarantee your child will feel up to participating in the camp activities.

Head Lice (Pediculosis):

If your child is found to have head lice, you will be called and asked to pick up your child. Your child will only be readmitted to camp after effective treatment and removal of all lice and nits. Upon re-entering camp, your child must first report to the camp nurse for a lice check.

If you receive clearance from your doctor that states your child is healthy to return to camp, please obtain a note indicating this.

MEDICATION

If your child must receive medication while at camp (including nebulizers) the following steps must be met:

1. Written permission from both the Parent and Physician.
Parent permission is given using a "Medication Form" which you can obtain on the Camp website.
Physician permission is given via the written prescription on the medication bottle or container. Medication must be in the original prescription bottle - no exceptions. The label must have the name of the child, name of the medicine, dosage, and the name of the doctor. It also must be dated.
2. Medication and forms should be given to the Camp Nurse, Camp Manager, Camp Unit Head or Camp Directors.
3. Do **NOT** put medicine in your child's back pack.
4. Medication will be kept refrigerated if necessary, or in the medication box in the camp infirmary. Please specify when handing over medicine.
5. Inform your child's counselor if your child has been medicated at home, prior to coming to camp, as it may affect your child's day at camp.
6. It is your responsibility to ask the counselor or office for the medicine when you pick-up your child. Do not depend on them to remember to give it to you.
7. Do not send in Tylenol, aspirin or any other non-prescription medicine. This includes cough syrups and cough drops. **We will NOT administer non-prescription medicine.**
8. If your child has a prescription for an Epi-Pen, we recommend that you bring two of them; one to be kept with your child's group and the other to be kept in the medication box in the camp infirmary. Be aware that if you provide the school with only one Epi-Pen, it will be kept in the camp infirmary, and will have to be brought to your child's location in case of an emergency. This might delay the process of medication administration

DROP OFF & PICK UP

MORNING DROP OFF PROCEDURES

Camp begins promptly at 9:00 a.m. daily. Every camper must arrive at camp by 8:45 -9:00 ready to begin the day by 9:00 a.m. Campers must either be part of the carpool at the front of our building or parents can walk their child to their home base rooms on the second floor. No child may be dropped off and enter the building unattended.

AFTERNOON PICKUP PROCEDURES

All campers will meet in the social hall at 3:45 p.m. to begin afternoon dismissal. During Camp Open House, please stop by the Registration Table to pick up a Camp Shalom Carpool Card. You will be assigned a carpool number. This is to be placed in the left hand corner of your windshield. If there is a sibling in Camp Yeladim, they will be dismissed together. Parents must pick up in the car pool lane only. For the safety of our children, no parent will be allowed to walk in for pick up after 3:15 pm.

CARPOOLING

If your camper is going home with another camper, please send a note/call that morning. No child will be permitted to go home with another camper without written/verbal permission to the camp office

EARLY DISMISSAL

If you intend to pick up your camper early, please call the camp office and advise us of the time, who will pick up and a contact phone number where you can be reached. All early dismissals must be before 3:15 pm.

LATE FEES

Camp closes at 6 p.m. If you have not picked up your child by 6:00 p.m., a late **fee of \$1.00** will be charged **for every minute** that the child remains in our care. This will be automatically charged to your account or can be paid in cash to the camp counselor responsible at that time.

CAMP SHALOM POLICIES

CAMPER POLICY AGREEMENT

(Not Applicable to Yeladim. See Discipline Policy Form)

Our Philosophy:

Although it is essential that campers understand the expectations and limits for conduct during the camp day, we believe that children should remain involved in camp activities as much as possible. Kids come to camp to be active, to socialize with other kids, and to have fun; therefore we do not believe in removing a child from an activity unless the child demonstrates behavior that is **unsafe** to him/herself or **unsafe** to others. Of course, it should be noted that our staff takes great care to organize and supervise some activities that involve large groups of children moving around at once in a fun, safe way; we expect our campers to respect the structure of these activities.

We have developed and maintain a Code of Conduct for the members of our community. The code is intended to be a guide for general behavior.

1. Each person is respected and valued.
2. Each person has a responsibility to help make camp a better place.
3. Each person is expected to choose appropriate behaviors and language and encourage others to do so.
4. Each person is expected to think about the results of one's actions and how they affect others.
5. Each person is expected to solve disagreements by talking, listening and compromising.

DISCIPLINE AND BEHAVIOR MANAGEMENT

Behavior management is essential in order to ensure the safety and enjoyment of all campers. Discipline and behavior management helps children to feel secure while building self-control and self-esteem. The objective of discipline and behavior management is to promote behaviors that are beneficial to the child's development and welfare, and to change and/or eliminate behaviors that are harmful or distressing to the child or others.

- These are acceptable behaviors:
 - Complimenting your friends
 - Cleaning up after yourself throughout camp
 - Using your manners
 - Listening to the staff
 - Following the rules of camp
 - Having fun

- These unacceptable behaviors include:
 - Possession or use of any drug or other illegal substances
 - Indecent exposure
 - Inappropriate use of language (i.e. cursing)
 - Defacing and/or interfering with JCC or other people's property
 - Leaving the group without permission
 - Any inappropriate public display of affection
 - Physical aggression (anything unacceptable in public, i.e. fighting)
 - Possession of any destructive objects, i.e. knives, etc.
 - Altering physical appearance (i.e. cutting hair, eyebrows, piercing ears, etc.)

CONSEQUENCES FOR INAPPROPRIATE

If a child is disrespectful of the rules that apply to the bus, a bunk, or an activity or if they are disrespectful to another camper or a staff member the following consequences will be enforced:

1. First time - The child will receive a warning and be asked to explain what they did wrong. This will include a clear understanding of the concern and some alternative behaviors that should be used in the future.
2. Second time - The child will be given a second warning and will meet with the Director. An adult family member will then be called or a written warning will be sent home. At this time, they will discuss ways to reinforce our expectations.
3. Third time - A conference with the child, adult family member and Camp Director will be arranged to discuss a plan of action for resolution of the concern. This could include suspension from camp for a period of time. No refunds will be made for any time camper is suspended due to inappropriate behavior.

In addition, the Directors reserves the right to send any camper home if they determine that certain behavior does not conform to the health, safety or philosophical standards of camp.

TIPPING POLICIES

Each summer, parents ask us about our guidelines for tipping. Our position is that tipping is personal, between parent and staff member. We only ask that the procedure be professional and low-key.

If you do choose to tip, please send clearly labeled, sealed envelopes with your child(ren) during your camper's last week at camp. These envelopes can also be given to the camp office to be delivered.

STAFF

Each Camp Shalom group has a minimum of 2 counselors. Camp Shalom staff are composed of skilled counselors who are carefully screened, interviewed, and trained prior to the beginning of camp. Their strengths lie in their dedication to helping children develop socially, cognitively, and physically. Our team of unit heads, counselors, and specialists are selected for their positive energy, enthusiasm, and commitment to caring for your children. The staff receives ongoing staff training and supervision by the Camp Director

CHECK LIST OF FORMS

Camp Lunch Order Form– Please fill out and return as early as possible. All lunch orders must be received by the Thursday prior to the week of camp attending

Circus Letter – Information for those attending Circus Camp

Discipline policy– To be signed by both camper and parent

Florida Minor Release– To be filled out and signed by Parent

Group Request Form– We will do our best to honor any requests made, but it's not a guarantee

Health Form and Immunization Records– Florida Blue and Yellow forms provided by Pediatrician. ALL campers must have these forms at the camp office in order to attend camp.

Pick-Up Authorization Form– This is provided if you would like to update your authorized people from initial registration

Unit Calendar– Can be downloaded under “Typical Day” explanation for each unit on our Camp Website (www.CampShalom.org)

Waivers for Unit Specific Field Trips– Please consult Unit calendar for correct waivers. If you have any questions, please contact the Camp Office.