

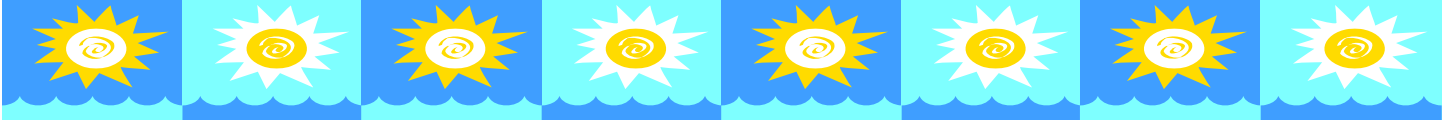
Parent Manual Summer 2010



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Bruchim Habaim

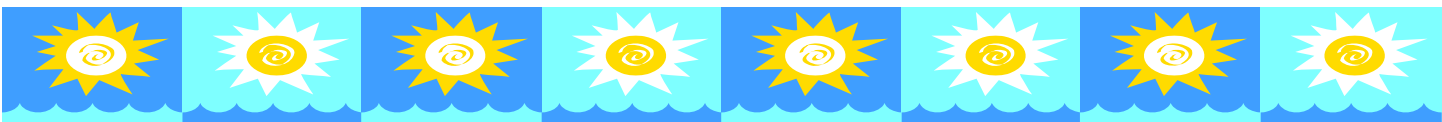
Welcome to Ramah Day Camp! We are delighted to have your child with us this summer. At Ramah, we provide the very finest in summer camping in a warm Jewish atmosphere. The combination of these secular and Judaic components enables us to create an environment that challenges the body, enriches the mind, and releases the Jewish spirit within each of us.

Ramah Day Camp is a unique community where creative informal Jewish education and exciting recreational activities are integrated to provide campers with a summer of friends, fun and memories. Whether it is softball, swimming, or arts and crafts, your child will experience companionship and cooperation as well as individual achievement. Our program encourages the personal development of each camper—group process and building cooperative social skills are paramount.

If there is anything that you need, please feel free to contact us at any time. Any special needs or concerns should be brought to our attention.

Lori Stark
Director

Rachel Siegal
Operations Manager



Directions To Camp

Ramah Day Camp
98 W Hintz Rd
Wheeling, IL 60090

Camp Phone Number: (847) 537-9700

From East, Lake Cook Road: Lake Cook Road west. Take Milwaukee Ave exit and make a left (south) at the traffic light onto Milwaukee. Turn right onto Wolf Road, cross Dundee, turn right (west) onto Hintz Road, pass Chaddick Road. Ramah is on the right side of the street.

From South, Edens Expressway heading North: Exit Willow Road west. Follow Willow until Milwaukee Ave exit on right. Turn right onto Milwaukee Ave, left onto Hintz Road, cross Wolf and Chaddick Roads. Ramah is on the right side of the street.

From West: 83 South to Hintz Road. Left (east) on Hintz Road. Ramah is on the left (north) side of street.

From North Tollway (294): South on I-294. Exit Lake Cook Road west and follow directions from east (above).

From South Tollway (294): North on I-294. Exit Willow Road west and follow directions from the south (above).

Visiting Policy

We extend a warm welcome to all parents who may wish to visit their children at camp. There is no formal Visitors' Day or Parents' Night. We invite you to come and join your child's group during weeks **two through seven**.

In order to maintain a safe and secure environment, we request that upon arrival at the camp you sign in at the office and put on a visitor ID badge. Prior to leaving our property, please stop in the office to sign out and return the badge. The office may be reached through the front door of the house.

Plan your visit to avoid drop-off and pick-up times (8:45 - 9:30 a.m. and 2:30 - 3:30 p.m.), when buses are loading and unloading. No cars are allowed in our lot at those times. At all other times, feel free to park in our lot. If the lot is full, parking is also available on Chaddick Rd., one block east of the camp. Please be considerate of our neighbors and do not park in their lots.

We want you to see us in action. Your visit is a wonderful opportunity to participate in your child's camp experience and we welcome your feedback and comments.

Re-Enrollment

Parents of first-month campers wishing to enroll their children for the second session will be welcome to do so, providing there is space available in the group and on the bus.

Gratuities

Ramah is a vehicle for Jewish education, and members of our staff are professionals. As such, we do not permit our staff members to accept any monetary or store-bought gifts. To do so would undermine the very essence of our program. A meaningful way to express your appreciation is to make a donation to the Ramah Day Camp in honor of any of our staff members.

After Care

Ramah Day Camp is pleased to provide an optional after care program for our campers.

Hours:	Monday - Friday until 5:30 p.m.
Full Season:	\$275.00 per camper
One Session:	\$150.00 per camper

For those campers staying for after care at the Day Camp Facility please send an additional bathing suit.



Clothing

What to Wear: Campers are most comfortable in shorts and t-shirts on typical camp days. Because we play outside nearly all day, campers must wear gym shoes and socks. Please do **NOT** send your child to camp wearing crocs, sandals, clogs or any other type of open shoes. On cooler days, long pants and/or a sweatshirt may be more appropriate. Save the new clothes for school! **Remember—it's camp, dress for a mess!**

Sunscreen and Bug Repellent: On the day of camper parent orientation (Sunday, June 13, 2010), bring a bottle each of sunscreen and insect repellent labeled with your camper's name and group number, to be kept in his or her cubbie. Please apply sunscreen and insect repellent to your child each morning before camp. The camp will reapply sunscreen and insect repellent after swimming.

Sports/Swimming: The camp provides all sports equipment, including protective gear where appropriate. Swimsuits that are easy to put on and take off and can be dried in our dryers are the most practical. For girls, one-piece swimsuits are required. Swimsuits will be sent home each Friday for you to wash and should be brought back to camp on Monday. **Remember to label swimsuits with your child's full name and group number.** Clean towels are provided for each swim period.

No Backpacks: It is not necessary for your child to bring backpacks or other bags to camp. A lunch bag and water bottle are all they need. You can place swimsuits inside lunch bags on Mondays.

Kippot: All boys are required to wear a *kippah* during *t'fillot* (services) and at meals and snacks. Girls may wear a *kippah* if they wish. Camp will provide *kippot*. If you send one with your child, make sure to label it!

Lost and Found: There is a lost and found box located in the *chadar ochel* (dining room). If your child is missing something, please send a note to the office (info@ramahday.com) and we will help your child look for the missing item. **Label everything with the camper's full name, including shoes; this includes clothing worn to camp.**



Ivrit B'Ramah

(Hebrew at Ramah)

At Ramah we emphasize the use of Hebrew. Here is a list of some of the activities that your child will participate in, along with their Hebrew names, so that you will also become familiar with our Hebrew vocabulary:

תפילות	<i>Tefillot</i>	Prayers
מדריכה	<i>Madricha</i>	Counselor (female)
מדריך	<i>Madrich</i>	Counselor (male)
שחייה	<i>S'chiyah</i>	Swimming
פעולה	<i>Peulah</i>	Activity
אומנות	<i>Omanut</i>	Arts & Crafts
מוסיקה	<i>Musika</i>	Music
בוקר-טוב	<i>Boker Tov</i>	Good Morning
ספורט	<i>Sport</i>	Sport
מגרש	<i>Migrash</i>	Sports Field
בריכה	<i>Braicha</i>	Pool
דרמה	<i>Drama</i>	Drama
ריקוד	<i>Rikud</i>	Dance
בישול	<i>Bishul</i>	Cooking
טבע	<i>Teva</i>	Nature
ארוחת צהריים	<i>Aruchat Tzohorayim</i>	Lunch
מנוחה	<i>Menucha</i>	Rest
משחק	<i>Mischak</i>	Game
חדר אוכל	<i>Chadar Ochel</i>	Dining Room
שרותים	<i>Shairutim</i>	Bathroom
בגד-ים	<i>Begged Yam</i>	Bathing suit
קבוצה	<i>Kevutzah</i>	Group (of campers)

Communication

Parents and staff work together to provide the best possible experience for each camper. We believe that communication between parents and staff is an important component of a successful summer. Please feel free to call the office any time and leave a message. During the day, our attention is fully focused on the campers. We will return non-urgent phone calls at the end of the day. Your understanding and patience is greatly appreciated.

Another effective way to communicate with us is through e-mail. We will send e-mails regarding *bishulim* (cookouts), upcoming special events and important messages. Make sure we have your current e-mail address so you don't miss any information. In addition, we urge you to communicate with us via e-mail about bus changes, absences, late arrivals and early pickups.

Any way you choose to communicate, we encourage you to ask questions about our program, to discuss how your child is doing, and to share information that you want us to know.

Name	Title	E-mail Address	Phone Ext. (847-537-9700)
Lori Stark	Director	director@ramahday.com	21
Rachel Siegal	Operations Manager	operations@ramahday.com	34
Sarah Rothschild	Office Manager	info@ramahday.com	21
Barbara Belsky	Nurse	nurse@ramahday.com	23
<p>Transportation - email bus@ramahday.com or leave a message at ext. 28. Notify us as soon as you know of a change but no later than 1:00 p.m. on the day of the change.</p>			

Lunches



Please send your child with a kosher dairy or parve lunch on all days except cookout days. All lunches will be refrigerated. Skim, chocolate, and 2% milk are provided. You may send your own beverage in your child's lunch bag if you prefer. Afternoon snacks will be provided every day. Campers in K-2 receive a mid-morning snack daily.

You will receive our special lunch bag at camper parent orientation. We ask that you label the lunch bag with your child's name and group number in the white box under the camp logo. Using the camp lunch bag will facilitate efficiency at lunchtime as well as promote environmental awareness at camp. Do not send notes to camp in the lunch bags. All bus changes, including absences should be e-mailed to bus@ramahday.com. All other communication should be sent to info@ramahday.com.

Cookouts are a highlight of each group's week. The group plans the meal, games, and cookouts together. Please be aware of your child's assigned cookout day and be sure to check your e-mail weekly. You will be notified by e-mail which items your child volunteered to bring for the group cookout.



Birthdays

If your child has a birthday during the summer, you may send a kosher dairy or parve snack for your child's group to share. Please call the camp several days in advance of your child's birthday. The camp will coordinate the date with you and advise you of any food allergies in the group.

Any snack food sent to camp for sharing purposes must be in an unopened package bearing a symbol certifying that the product is kosher. Below are the various kosher symbols to look for when selecting food to send to camp. Please choose foods with one of the following symbols:

OU 	OK 	Kaf-K 	CRC 	Star-K
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Transportation

Please wait for the bus outside with your child in the morning, and be outside to receive your child in the afternoon. Please have your cell phone on and with you.

If your child is sick and will not be at camp, or will be arriving late, please call the camp office at (847) 537-9700 before 7:45 a.m. and leave a message on bus voicemail, ext. 28, or with the office staff.

If your child needs to be dropped off at a different camper's home, please make arrangements with the camp office a day or two in advance to ensure that transportation space is available. Check with the office before making play dates as there may not be room on the bus for an extra child. Both families must send a permission note (by e-mail to bus@ramahday.com) confirming the arrangements.

All changes for the afternoon bus must be made before 1:00 p.m. on the day of the change.

Please do not send your child with electronic games, books, trading cards or personal items for the bus ride to camp. We will ensure that all children are entertained en route to camp.

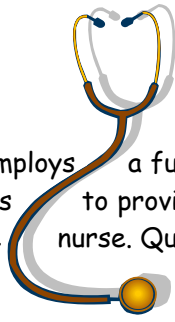
Alternative Pick-Up

We realize that there may be extenuating circumstances that occasionally require you to pick up your child from camp. **Please telephone the camp office at (847) 537-9700 ext. 28 as soon as possible, or e-mail us at bus@ramahday.com to notify us of your plans.** *Please do not place a note in your child's lunch bag because we will not get it.* If someone other than a parent is picking up your child, a parent must notify us in advance, **in writing**. Our staff will notify your child's counselor and bus driver of the revised plans. If possible, please advise your child of the change in schedule and that s/he will be picked up at the camp office.

Upon arrival at camp, we ask that you sign in at the office. The office may be reached through the front door of the house. Your camper will be brought to the camp office to meet you.

NO CHILD MAY BE TAKEN OUT OF CAMP WITHOUT BEING SIGNED OUT.

Remember that no cars are allowed in our lot from 2:30 to 3:30 p.m., while the buses are load-



Health Policy

The Ramah Day Camp employs a full time registered nurse who is certified in both First Aid and CPR, and whose responsibility it is to provide assistance for sick or injured campers. Please report any changes in medical condition to the nurse. Questions regarding health matters may be directed to the nurse and/or director.

If your child has a fever, s/he should be kept home until the temperature has been normal for 24 hours without medication. A child sent home with a fever should not return to camp the next day. Children on antibiotics therapy must have completed a 24-hour cycle of medication before returning to camp. If your child has vomited or experienced nausea during the night, s/he should remain home.

Campers are sent home if they have symptoms of a cold or any other contagious disease, have an oral temperature greater than 100°, have vomited, or have had an accident requiring a physician's attention. It is the parents' responsibility to pick up their child or arrange transportation home as soon as possible.

It is our policy to notify the parents of all children in the same camper group and bus who have been exposed to a contagious disease. In turn, kindly notify the camp if your child contracts any contagious disease, including Strep Infections (Strep Throat, Impetigo, Scarlet Fever), Chicken Pox, Conjunctivitis (pink eye), Hand-Foot-Mouth Disease, Fifth Disease, Head Lice, Scabies, Measles, German Measles, Mumps, Hepatitis, Pin Worms, or any food-borne illness (i.e. Salmonella).

Medication—Please Read Carefully

If your child requires ongoing medication, please bring the medication to camper parent orientation on June 13, 2010 and give it to the nurse. Short-term medication should be given directly to the bus counselor accompanied by all of the required forms. All medications must be accompanied by our medical form. Extra copies can be downloaded from our website. The camp will accept no medications, prescriptions, or over-the-counter, unless accompanied by instructions from your child's physician. The medication must be in the original packaging, labeled with your child's name, and must include specific instructions for its administration. All medications will be kept in the camp office and will only be administered by qualified personnel in accordance with the instructions. If your child does not take ongoing medication, but will require medication during camp for a short-term prescription, please follow the instructions above.



Medical Insurance

The health insurance that the Ramah Day Camp carries is SECONDARY INSURANCE COVERAGE FOR ACCIDENTS ONLY (NOT ILLNESS). It pays for those expenses or portions of expenses not covered by the health insurance carried by your family (deductible portion of hospital bills, laboratory tests, etc). You must look to your health insurance company for primary payment before presentation to camp. The insurance carried by your family is applied to any medical expenses before the camp's insurance. Camp medical coverage does not cover pre-existing conditions and has a total limit of \$1000.00 per season per person. There is no dental insurance.