

Ramah Day Camp
מחנה רמה יומי



2023

SUMMER HANDBOOK

98 W Hintz Road | Wheeling, IL 60090 | (847) 537-9700
www.ramahday.com



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CORE PILLARS



JOY
אושר



GROWTH
צמיחה



INCLUSION
שילוב



CONNECTION
קשרים

THE VALUES THAT SHAPE OUR CAMP

And our campers.

Joy

What this means at Ramah Day Camp:

Fun, Pride, Happiness, Excitement, Ruach (spirit), Love of camp

Growth

What this means at Ramah Day Camp:

Educational growth, Skill development, Confidence / identity development, Creating a Jewish toolkit of knowledge, Leadership, Independence

Inclusion

What this means at Ramah Day Camp:

Safe spaces, Meeting every camper where they're at, Open-mindedness, Respect, Creating a welcoming environment

Connections

What this means at Ramah Day Camp:

Community, New friendships, Year-round connection to camp and friends, Mentorship, Relationship to Jewish practices

GENERAL INFORMATION



SESSION DATES*

Full Summer: June 19 - August 11

First Session: June 19 - July 14

Second Session: July 17 - August 11

*Ramah Day Camp is closed on July 4th in observance of Independence Day.

SUMMER HOURS


Camp Hours: 9:00AM - 3:15PM Monday - Friday

Camp Office Hours: 7:30AM - 5:00PM Monday - Friday

FOOD & NUTRITION

Lunch

We alternate between dairy and meat days at camp, as shown in the chart. Campers bring their own lunches every day except Friday when camp provides a kosher pizza lunch. Campers will receive a Ramah Day Camp lunch bag and these bags will be collected each morning and placed in the camp refrigerators. All lunches must be kosher and may include nut products.

M	Dairy/Pareve
T	Meat/Pareve
W	Dairy/Pareve
TH	Meat/Pareve
F	Pizza! 

Snacks

We provide two healthy, kosher, nut-free snacks a day. Generally, we offer packaged snacks in the morning (such as pretzels and Pirate's Booty) and fruit in the afternoon. Campers also get a special treat to cool off before the bus ride home each day — Popsicles! On Fridays we serve ice cream sandwiches for a sweet taste of Shabbat. Gluten-free and dairy-free snack options are provided for those who require it.

Pizza Friday

Every Friday we serve kosher pizza for lunch. If your child doesn't like pizza, they can still bring their own lunch. Gluten-free and dairy-free pizza is provided for those who require it.

GENERAL INFORMATION

Allergies

Ramah Day Camp will do its best to accommodate any camper with allergies. Ramah Day Camp is a nut-aware campus. We do not serve any snacks or food that contain nuts or are processed in a facility with nuts. Campers may bring nut products in their lunches. All staff will go through training during orientation week on how to manage allergies and administer emergency medication. If you have allergy related questions, please contact the camp office.

FEES

Deposits

\$800 per camper is required. The deposit is fully refundable until December 31.

Balance of Tuition

Balance of tuition fees are due on or before March 31. Ramah Day Camp reserves the right to cancel enrollment if fees are not paid by the above date. Payment plans are available.

Refund Policy

If cancellation occurs prior to December 31, the deposit is 100% refundable. Deposits are non-refundable and non-transferable after that date.

Absence Policy

Tuition may be prorated at time of enrollment or prior to the start of the camp session. For less than a week of absence, there are no refunds or make up days.

Session changes

All session change requests must be submitted in writing and are subject to availability. Campers may also extend their time at camp if space is available. Please email the camp office (office@ramahday.com) with session change or extension requests.

Camper Participation

In the event that Ramah Day Camp determines a camper's enrollment is no longer appropriate, Ramah Day Camp reserves the right to discontinue service. In such a circumstance, any unused portion of tuition paid will be refunded.

TRANSPORTATION



Door-to-door transportation is provided for families that live within Ramah Day Camp's bus boundaries and are accessible by school bus. Many of the northern suburbs of Chicago fall within these boundaries, which are subject to change. For questions, email the Transportation Coordinator at bus@ramahday.com. Families that are outside of bus service areas are welcome to meet at central pickup/drop off points. Campers will not be able to ride any bus other than their assigned bus.

CENTRAL PICK-UP/DROP-OFF POINTS

- City of Chicago
- Skokie/Evanston
- Oak Park/River Forest

Bus Routes

Approximate pickup times are located in the bus information emails to be sent in June. In the afternoon, buses depart from camp by 3:15pm.

Bus Absences

In the event of an absence, call the camp office at (847) 537-9700 as soon as possible.

Late Arrivals

A camper not riding the morning bus may be dropped off at camp after 9:00am.

Early Departures

Parents can make arrangements to pick up a camper by sending an email to the Transportation Coordinator (bus@ramahday.com) or calling the camp office at (847) 537-9700 before 12:00pm the day of the change. In most cases, your camper will be ready in the camp office at the time requested. Pickups must be completed by 3:30pm Monday–Friday.

TRANSPORTATION

BUS EXPECTATIONS – PLEASE REVIEW WITH YOUR CAMPER.

Campers should:

- Be ready and waiting outside five minutes prior to pickup time.
- Stay seated on the bus.
- Be kind and friendly to others.
- Participate in bus activities.
- Refrain from screaming or yelling.
- Keep the bus clean and free of debris.
- Be ready to exit at their stop.

HEALTH AND WELLNESS



HEALTH FORMS

Families must submit the following medical forms by May 1st or ASAP after enrollment past that date.

Health History Form

Physician's Examination Form

Immunization Records

Copy of Camper's Health Insurance Card

Camper Care Intake Form

Medication at Camp

If your camper needs any medication administered at camp, email the camp nurse at nurse@ramahday.com by June 1 and send your child with the medication on the first day of camp. All medication should have clear directions of dosage and the time it is needed included with the medication itself or emailed to the infirmary. The nursing staff will administer medications to your camper. Feel free to call the camp office to discuss any specific needs.

Allergies

Notify camp of any allergies your camper may have in order to prepare our staff to handle any special dietary needs, medications, EpiPens and Auvi-Qs. Ramah Day Camp will do its best to accommodate any camper with allergies. The severity of a camper's allergy may require individual meetings and action plans. All staff will go through training during orientation week on how to manage allergies and administer emergency medication. If you need an EpiPen, Auvi-Q, etc. to travel on the bus, please let the camp office know.

HEALTH AND WELLNESS

Infirmary

Ramah Day Camp has a registered nurse on staff at all times. Nurses will handle all infirmary needs and dispense all medications.

Sick Campers

If your camper is sick and needs to be sent home, the nurse will contact you. Families are expected to pick up their camper within one hour from the time they are contacted. Any camper with a fever, vomiting, diarrhea, or unexplained severe symptoms will be sent home and will not be able to return until they are fever and symptom free for 24 hours.

Camper Care

Your child's well-being is our most important consideration. We work to ensure that each camper is safe, happy and secure and that summer will be a time of joyful play, discovery of new interests and appreciation for our beautiful outdoor setting.

Our camper care team, made up of a full-time registered nurse and mental health professionals, ensures that our campers have an enjoyable, successful summer. Members of the camper care team spend time leading staff training sessions, speaking with parents, as well as consulting with staff members as needed. For more information, please review our Ramah Day Camp Child Safety Policy found in the Family Dashboard at ramahday.com.

PREPARING FOR CAMP



WHAT TO BRING TO CAMP:

- Backpack**
- Lunch/Lunch bag**
- Water bottle**
- Bathing Suit**
(send on Monday, we will rinse/dry and send it home on Friday)
- Weather Appropriate Gear** (sweatshirt/rain jacket)
- Sunscreen** (send on the first day and it will be kept in camper's locker room cubby):
Note: We recommend applying sunscreen prior to camp each day. Campers will reapply sunscreen after swimming. If you have any additional requests or instructions, please send a note to the Ramah Day Camp office (office@ramahday.com).
- Bug Repellent**
Ramah Day Camp has a professional mosquito abatement service that sprays the camp throughout the summer. If you find that your child is still being bitten, we recommend that you apply mosquito repellent at home. If you would like your camper's counselor to reapply repellent after swimming, send it in your camper's bag.
- Flip Flops or Sandals** (optional for the pool only)
- Change of Clothes** (Chaverim and Amitzim only):
Pack a complete change of clothes — shirt, shorts/pants, socks, and underwear — in a clearly labeled gallon sized Ziploc bag. All campers are required to be potty trained by the start of camp, however we realize that accidents do occur. Should accidents become frequent and/or regular, we will call home and discuss a plan with you.

PREPARING FOR CAMP

WHAT NOT TO BRING TO CAMP:

Personal valuables

iPod/iPad

Cell phones

Any gaming devices (DS, Switch, etc.)

Glass containers

Gum

Alcohol or drugs

Weapons

Ramah Day Camp is not responsible for personal items or valuables brought to camp.

COMMUNICATION WITH CAMP



We welcome communication from our camper families and are happy to speak anytime before, during or after the summer. There are a few ways you can get in touch with the Ramah Day Camp leadership team.

OFFICE HOURS

Pre-season office hours are 9:00am to 5:00pm

Monday through Thursday and 9:00am to 3:00pm on Friday.

During the camp season the office hours are 7:30am to 5:00pm

Monday through Friday.

Emails

Camp will be emailing important information throughout the season. Additionally, weekly emails from Ramah Day Camp will be sent on Fridays. For any general questions you may email the camp office at office@ramahday.com.

Phone Calls

Ramah Day Camp's Leadership Team welcomes parent phone calls each day. If you need to check in on your camper, call the camp office at (847) 537-9700. Our team will get back to you promptly. Call with any question, concerns or updates.

Website

Visit our website at www.ramahday.com to view your Family Dashboard for resources including our community updates and the camp calendar. Be sure to follow us on Facebook and Instagram.

Ramah Day Camp App

The "Camp Ramah in WI & IL" App provides a one stop shop for staying in touch with Ramah during the summer including:

- Customized news feed for your camper's eidah (age group)
- Transportation updates
- Camp photos
- Calendar to keep track of key dates
- Contact information for the leadership team

To download the app, please scan the QR code and use Registration Code "summer":



Staff Contact Information

For contact information for our leadership team, please scan the QR code:



LEADERSHIP TEAM



The Ramah Day Camp Leadership Team includes many educators and camp professionals with various backgrounds and experience. From planning and participating in activities, supervising and guiding staff and addressing camper needs, the leadership team members are dedicated to providing an incredible summer for every Ramah camper.

TALIA DERMAN

Director

tderman@ramahday.com

Originally from Minneapolis, Talia is a former Camp Ramah in Wisconsin camper, Program Coordinator and a current Ramah Day Camp parent. She is a graduate of the University of Wisconsin-Madison and Harrington College of Design with degrees in Psychology and Interior Design, respectively. During her five summers on staff at Camp Ramah in Wisconsin and for the last thirteen years in the workforce, Talia has worked to deliver beloved products to customers in the most supportive and efficient ways possible, a skill that has prepared her and on which she continues to build as Ramah Day Camp Director. Talia, her husband Ari and their three children live in Deerfield, Illinois.



LEADERSHIP TEAM

DINA GREENBERG

Assistant Director

dgreenberg@ramahday.com

Dina is a former Camp Ramah in Wisconsin camper (Nivo 2013) and staff member. In 2022, she worked as the Ramah Day Camp Site Director of Camper Care. Dina is a graduate of Indiana University with degrees in Special Education and Elementary Education and has worked most recently as a special education teacher in the Chicagoland suburbs. She is currently working on a master's degree in Special Education Leadership. Dina is excited to continue to bring her love of Ramah and passion for education and child development to the Assistant Director role.



LINDSEY ROSENSON HARBER

Program Director

lharber@ramahday.com

Lindsey Rosenson is a former Camp Ramah in Wisconsin camper (Nivo 1999), Camp Ramah in Berkshires counselor (2001) and Ramah Day Camp *rosh eidah* (2022). During the academic year, she works at her alma mater, Solomon Schechter Day School, as a member of both the Student Support and Specialist teams and teaches Sunday/Hebrew School at Makom Solel Lakeside. With degrees from Tulane University (B.A. Psychology and Judaic Studies), Western Governors University (B.A. Elementary Education), and University of Miami (M.S. Ed. Mental Health Counseling), Lindsey's passion is to provide children and young adults of all ages with opportunities for growth, hands-on learning experiences, and fun! As the summer Program Director, she looks forward to making summer magical for campers and staff!



CAMP PROGRAMS



Swimming

Campers receive Red Cross swim instruction from the lifeguard-certified swim staff in the morning and have open swim in the afternoon. Ramah Day Camp's two heated outdoor pools range in depth from 2-9 feet.

Sports

Campers practice good sportsmanship, encourage each other to do their best, and build confidence as they participate in Ramah Day Camp's sports and games programming. Baseball, basketball, tennis, lacrosse, volleyball, gaga and floor hockey are just some of the sports they'll play in addition to games such as noodle tag, capture the flag, knock hockey and human "hungry, hungry hippos"!

Creative Arts

Younger campers are exposed to a variety of different media throughout the summer while our older campers may opt to specialize in one area. Some of the media campers' experience at Ramah Day Camp include painting, printmaking, weaving, and ceramics. Jewish-themed art projects also enhance the overall Judaic content of Ramah Day Camp.

Garden and Cooking

Campers tend our vegetable garden and use their plant knowledge to make delicious treats. Past camper favorites at Ramah Day Camp include mint syrup (from harvested peppermint leaves) drizzled on (homemade) ice cream and smoothies made with strawberries fresh from the garden.

CAMP PROGRAMS

Outdoor Adventures

The low ropes course, nature activities & STEM activities at Ramah Day Camp create an appreciation for nature and the world around us. Campers will work together to complete challenges on our low ropes course, find objects in nature to study or use for craft projects & create and run STEM experiments (and maybe learn a thing or two!)

Specialty Weeks (3rd-8th Grade)

Summer 2023 Ramah Day Camp specialty tracks include:

- Sports clinic focused on skill development with Chai Athletics
- Cake decorating with local baker Rachel Modlin of Modcakes
- Macrame and embroidery with artist Abby Maeir
- Improv with Knuckleball Comedy
- Fashion and design with local clothing and accessory designer Lesley Wynes of DyeGirl
- And more!

FAQ



PREPARING FOR CAMP

What type of clothing should my camper wear?

Send your camper in comfortable clothing appropriate for summer weather and closed-toe shoes. If it's a chilly day, please send a sweatshirt or light jacket.

What does my camper need to bring to camp each day?

The most important items your camper should bring to camp each day include a lunch and water bottle. Please reference page 9 for the full list.

What items can my camper leave at camp?

Additional items your camper can leave in their cubby at camp include sunscreen, insect repellent, a change of clothes and goggles. Please send these items with your camper on the first day of camp and we will send a note home if they need to be refilled/replaced.

Does my camper need to bring lunch/snacks to camp?

Please send lunch everyday — except Friday when we will serve pizza to all campers and staff! Gluten-free and dairy-free pizza options are provided. Lunches are refrigerated. Please use the camp-provided lunch bags labeled with your camper's name so we can ensure they are sorted properly. Camp will provide all (kosher, nut-free) snacks.

TRANSPORTATION

What are the transportation options?

Door-to-door busing from the northern suburbs

Group stops in the following locations:

- Skokie
- Chicago East
- Chicago West
- Oak Park/River Forest

Drop-off and pick-up at Ramah Day Camp

Are there additional fees for the bus option?

We offer coach-style buses from the Chicago East and Chicago West locations so there is an additional fee (\$600 full summer / \$75 per week) for those bus routes.

Is there supervision on the bus?

Our staff rides the buses together with our campers. A bus counselor gets off the bus to greet each camper in the morning, and helps the camper get settled on the bus. The same supervision is provided on the ride home.

HEALTH & SAFETY

What happens if my camper is ill or injured during the camp day?

Minor injuries or illness will be addressed on-site with a phone call or email to the camper's parents/guardians. In the rare event of a serious injury, the camper's parents/guardians will be notified immediately and if they are unavailable, we will contact those on their emergency contact list.

Is there a nurse on-site?

Yes, we have a full-time nurse on-site during camp hours.

What is the procedure for dangerous weather?

All campers are brought to safe, indoor spaces together with their staff members, and they continue the camp day with fun indoor activities.

How do you prepare for other emergencies?

Our camp is protected by two armed security guards at all times while campers are present. In addition, representatives of the Wheeling Police and Fire Departments visit camp to review and assess our site safety and train our staff regarding emergency protocols.

FOOD & ALLERGIES

What is the food allergy policy?

Health and safety are a top priority at Ramah Day Camp and we are committed to being allergy-safe. While we are not allergen-free, we try to make our campus as safe as possible for our campers with allergies by working closely with their families before and during the summer.

Are nuts allowed at camp?

Ramah Day Camp is a nut-aware campus. We do not serve any snacks or food that contain nuts or are processed in a facility with nuts. Camper families may send nut products in their camper's lunches. Counselors are made aware of all allergies and ensure that no campers are sharing food during lunch. Please contact the office for any allergy-related questions.

Is kashrut observed at camp?

All meals and snacks served at camp are certified kosher. Campers bring their own lunches from home, which should be kosher (see General Information for dairy and meat days). Below are the various kosher symbols to look for when selecting food to send to camp. Please choose foods with one of these symbols or check the CRC website for additional acceptable symbols:



Assumption of Risk

I understand that part of the Ramah Day Camp experience involves activities, group arrangements and interactions that may be new to my child, and that they come with certain risks and uncertainties beyond what my child may be used to dealing with at home. I am aware of these risks, and I am assuming them on behalf of my child. I realize that no environment is risk-free, and so I have instructed my child on the importance of abiding by the camp's rules. My child and I are both familiar with these rules and will follow them.



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