

Ra-Mah Koreh?

ר-מה קורה?



A WORD
FROM YOUR
ROSH!

**SAMPLE DAILY
SCHEDULE**

PACKING LIST

Inside!



RAMAH DAY CAMP OF
GREATER WASHINGTON, DC



הרובים ההאים
Welcome

Shalom Ramah Families,

Welcome to Ramah Day Camp of Greater Washington, DC! We are so excited to be gearing up for our summer together at the beautiful Wellspring Conference Center in Germantown, MD.

Ramah Day Camp offers creative and innovative programming for children entering kindergarten through 5th grade. At Ramah we value quality programming that fosters growth and independence in our campers. Our highly trained staff will create a warm and caring Jewish community and a fun experience for all our participants! Our campers' physical, mental, and emotional well-being is our number one priority.

Enclosed is information about our program that will help you and your child best prepare for camp. If you need to contact us during the day, you can email a message to dcdaycamp@campramahne.org or call (301) 500-8251. If your call is not answered immediately, please leave a message and your call will be returned as soon as possible.

For camper concerns prior to the summer, contact, please contact Sharon Rosenberg Safra at (301) 500-8251 ext. 102 or sharons@campramahne.org. We can't wait for a fantastic summer together!

B'Shalom,

Rabbi Rami & Sharon

Director and Assistant Director

Inspired by Camp Ramah in California

The National Ramah Commission acknowledges with thanks the generous support of The AVI CHAI Foundation and the Zell Family Foundation in making the OpenDoor program possible.





Sample Daily Schedule

- 9:00AM בְּרוּכִים הַבָּאִים Bruchim Ha'Baim!
Arrival & Welcome
- 9:20AM תְּפִילָּה Tefillah (prayer and song)
- 9:50AM חֶטֶיף Chatif (Snack)
- 10:25AM שְׂחִיָּה Schiya (Swimming)
- 11:25AM פְּעוּלַת עֵדָה Shira/Rikud or Edah Activity
- 12:00PM יַהֲדוּת Yahadut
(Informal Jewish Educational Activity)
- 12:30PM אֲרוּחַת צֹהַרִים Aruchat Tzohorayim (Lunch)
- 1:10PM חוּג א' Chug #1 (Elective activity)
- 2:00PM חוּג ב' Chug #2 (Elective activity)
- 2:35PM חֶטֶיף Chatif (Snack)
- 3:00PM חוּג ג' Chug #3 (Elective activity)
- 4:00PM לְהִתְרַאוֹת מָחָר! L'hitraot
(See you tomorrow!)



Kayitz 2018

Sunday Yom Rishon	Monday Yom Sheni	Tuesday Yom Shlishi	Wednesday Yom Revi'i	Thursday Yom Chamishi	Friday Yom Shishi	Saturday Yom Shabbat
JUNE 24 Open House 2:00–4:00 p.m.	JUNE 25 FIRST DAY OF CAMP! (Swim evaluation)	JUNE 26 Swim Lessons	JUNE 27 YOM TRIP	JUNE 28 Dress-Up Day: Tropical/ Hawaiian Day Swim lessons	JUNE 29 Free Swim Candle Lighting: 8:21p.m.*	JUNE 30 Parashat Balak
JULY 1 17 Tammuz Observed	JULY 2 Swim Lessons	JULY 3 Dress-Up Day: Wear Red, White & Blue Swim lessons	JULY 4 NO CAMP – Happy 4th of July!	JULY 5 Swim lessons Garinim Late Night	JULY 6 Free Swim END SESSION 1 Candle Lighting: 8:20 p.m.*	JULY 7 Parshat Pinchas
JULY 8	JULY 9 BEGIN SESSION 2 (Swim evaluation)	JULY 10 Dress-Up Day: Disney Day Swim Lessons	JULY 11 YOM ISRAEL PJ Library Night at Ramah	JULY 12 Swim Lessons Family Night: <i>Bible Players</i> – 5:00–7:00 p.m.	JULY 13 Free Swim Candle Lighting: 8:17p.m.*	JULY 14 Parashat Matot-Masei
JULY 15	JULY 16 Swim Lessons PJ Library Night Rain Date	JULY 17 Swim Lessons	JULY 18 YOM TRIP	JULY 19 Dress-Up Day: Throwback Thursday Swim lessons Nitzanim Overnight	JULY 20 Free Swim END SESSION 2 Candle Lighting: 8:13 p.m.*	JULY 21 Parshat Devarim
JULY 22 Tisha B'Av Observed	JULY 23 BEGIN SESSION 3 (Swim evaluation)	JULY 24 Dress-Up Day: Wear Your Favorite Team Shirt! Swim lessons	JULY 25 YOM SPORT	JULY 26 Swim Lessons Family Night: <i>Zimkudiyah</i> – 5:00–7:00 p.m.	JULY 27 Free Swim Candle Lighting: 8:09 p.m.*	JULY 28 Parshat Vaetchanan
JULY 29	JULY 30 Swim Lessons	JULY 31 Swim Lessons	AUGUST 1 Swim Lessons YOM TRIP – Adjusted morning bus routes	AUGUST 2 Dress-Up Day: Pajama Day Swim lessons	AUGUST 3 LAST DAY OF CAMP! Free Swim Candle Lighting: 8:01 p.m.*	AUGUST 4 Parshat Eikev

*All candle lighting times are for Germantown, MD. Shabbat Shalom!



Getting Ready for the Camp Day

When getting dressed each morning, please ask your child to follow these important guidelines:

What to wear

At camp, clothing should be casual and comfortable. We will be playing outside, cooking, exploring our natural wooded environment, and doing art projects. Please do not send your child wearing his/her favorite clothes. Closed toe shoes are **required** for active camp programs. Please send your child with sneakers and socks for our outside activities.

Swimming attire

In accordance with our Jewish values, we ask that campers wear modest and appropriate swimwear at camp. Please send campers in one piece swimsuits or tankinis. Bikinis of any kind are not allowed to be worn at camp. Bikinis with a t-shirt on top are also not acceptable swimwear at camp.

Sunscreen and Bug Repellent

Please apply sunscreen and insect repellent to your child each morning before camp. Campers will reapply sunscreen and insect repellent throughout the day!

Labeling your belongings

Please remember to label EVERYTHING, including shoes and what your child wears to camp, with the camper's full name, so that we can return all lost items! Initials may not be sufficient for us to return lost items around camp.

Kippot

As has been our community's custom, all boys are required to wear a *kippah* during *tefilah*, and a *kippah* or hat during *hinuch* (learning) and meals. We encourage girls to do so as well.

Lost and Found

There is a lost and found box located in the *mercaz* (central building). We will do our best to distribute lost items at the end of each camp day.



What to Pack: Clothing & Equipment



Your camper should come each day wearing and/or packed with:

- Comfortable clothing
- Bathing suit (campers should come wearing bathing suits every day except on special program days which will be announced in advance)
- Towel (on swim days)
- Plastic bag for wet bathing suit
- Sandals or crocs (optional, to wear around the pool)
- Sneakers and socks
- Extra change of clothing
- Sunscreen (please make sure you have filled out the Supplemental Information Form)
- Bug spray
- Water bottle
- Hat
- Kippot – As has been our community's custom, all boys are required to wear a *kippah* during *tefilah*, and a *kippah* or hat during *hinuch* (learning) and meals. We encourage girls to do so as well.
- A dairy lunch (NUT FREE!)
- Specialized program gear (e.g. a softball glove if your child has signed up for softball, goggles for the pool if your child prefers, etc.)



Additional Information for Parents

Food

Campers should bring their own dairy or pareve lunch to eat each day. Lunches will remain inside, in our air-conditioned facility. Refrigerator space is limited. Please send your child with food that does not need refrigeration. Ice packs are encouraged.

Ramah Day Camp will provide kosher, healthy, nut-free snacks twice each day. Parents of campers with specific dietary needs should consult with our staff so that we can store and provide any special items.



Nuts / Allergies

In an effort to make camp a safe space for all, please **do not send your child with peanut or tree-nut based products**, as we have campers who are severely allergic. To this end, sharing and swapping of lunches will not be permitted at camp to make sure all of our children are safe.

Health Care at Camp

The camp nurse is on-site and available throughout the camp day. Our aim at camp is to provide your child with a continuation of the consistent care s/he receives at home. Please be certain to keep us informed of any medications your child is taking, or any special conditions your child may have. Please remember to submit a MD Medication Administration Authorization form for each applicable medication. See your CampMinder account for details.

If your child requires an epi-pen or has significant food or environmental allergies, we require that you send a copy of your physician's allergy action plan to camp **BEFORE** your child's arrival (if applicable).

If your child needs to take medication during the day, or has an emergency inhaler or epi-pen, please bring these items with you to our Welcome Event on Sunday, June 24 to hand over to our medical staff.

Please do not suspend medication for the camp session, including medication for ADD/ADHD.

Should the state of your child's health change or should s/he be exposed to any communicable disease during the three weeks prior to camp, please inform the camp office by calling (301) 500-8251.

Illnesses

We are concerned about the health of every camper. We do our best to prevent and/or contain the spread of contagious diseases and employ thorough hand-washing practices throughout camp. A sick or overly tired child has a hard time participating in camp. Remember that our days are full and active.

Please keep a sick child home. This protects the health of your child and other campers and staff. In the event that your child becomes sick during the day, our camp nurse will call you to come and pick up your child. If you are unreachable, we will use the emergency contacts listed in your Campminder account.





After being sick, a child may return to camp when:

- No fever has been present for at least 24 hours
- Diarrhea and vomiting has cleared for at least 24 hours
- Antibiotics, if prescribed, have been used for at least 24 hours
- Frequent coughing and nasal discharge are resolved
- Pain (earache, cramps, headache, etc.) are resolved
- Mood, appetite, behavior and activity are normal again

Please notify the camp office of any communicable disease (such as strep throat, head lice, conjunctivitis, ringworm, chicken pox, fifth disease, flu, coxsackievirus etc.) so we can protect other children and staff as well as their family members. We may require a physician's signature before welcoming your child back to camp.

Lice Policy

If you discover that your child has head lice, please notify us in the office as soon as possible. In order for your child to return to camp, we require them to be cleared by a healthcare professional. Please send us a note at dcdycamp@campramahne.org.

Security

Our campers' safety and security are our top priority. Ramah Day Camp is protected by on-site, unarmed uniformed security personnel for the duration of the camp day. All visitors must be announced and must check in with security at the front gate. Please call ahead if you need to pick up your child early or come to camp for any reason. Unidentified personnel will be escorted off site immediately. Ramah Day Camp has a close relationship with the Montgomery County Police Department and is in contact with emergency first responders.

Transportation Information

For those picking up/dropping off at camp:

Families that plan to drive their campers to and from camp will receive a carpool tag to display in their windshield upon entering camp each morning and afternoon. These will be available for pick-up at the Welcome Event on Sunday, June 24 or on the first day of each session. If you are unable to pick up your tag at our Welcome Event, please email us and we will be happy to send you a printable version. Please let us know if you will need multiple tags to keep in multiple vehicles.

Campers should be dropped off at 9:00 a.m. at the Wellspring Conference Center in Germantown, MD. There will be staff located outside the Mercaz (central building) within the camp facility ready to welcome your child(ren) each morning. If your child will be late on any given morning, please let us know so that we may have a staff member ready to welcome your child when they arrive.

Please plan to pick your child up promptly at 4:00 p.m. We will have your child ready at the Mercaz building, so that we can facilitate smooth pick-up. If your child will be picked up by someone other than a previously authorized adult (indicated in the Day Camp Authorized Pick-Up List form),

Transportation Information continued

written permission is required in order to guarantee your child's safety. Please send notification with your child in the morning; call us at (301) 500-8251, or email dcdaycamp@campramahne.org.



For those traveling to camp by bus:

Most campers will be traveling to camp by bus. Please plan to arrive with your child at your chosen bus stop a few minutes early so that we can get them settled on the bus before heading off to camp. Staff members will be located at each bus stop 15 minutes prior to departure, ready to greet your child.

By now you should have filled out the Ramah Day Camp Travel and Aftercare Selection form on Campminder, indicating which bus stop your child will be taking to and from camp. We know that plans change and that campers sometimes have play-dates in the afternoon. If you need to notify us of a change in travel plans during the camp day, please email our Camp Office at dcdaycamp@campramahne.org **by 1:00 p.m.** For security, these notices must be received in writing.

Campers will be released only to authorized adults each afternoon at the bus stop or after care. During the first days of camp, you will be asked to show photo identification before leaving with your camper. We do this for the safety and security of each camper. At any point during the summer, if another adult will be picking your child up from camp, the bus stop, or aftercare, please email our Camp Office at dcdaycamp@campramahne.org **by 1:00 p.m.** so that we may add this individual's name to our records.

If you will be late picking up your child from the bus, please alert the proper bus captain. You may find the appropriate contact information on the 'contact us' page. We want to be able to let your child know that you are running late, so they do not get worried or upset!

Aftercare

We are very excited to offer aftercare in two Montgomery County locations: one at Ohr Kodesh Congregation in Chevy Chase, operated by MoEd after school program, and another at B'nai Israel Congregation in Rockville. Aftercare is available at both locations until 6:00 p.m. daily. Please select your aftercare option on the Day Camp Travel and Aftercare Selection form. There is a separate aftercare fee of \$75/week per child, billed through your CampMinder account for Rockville and directly through MoEd for Chevy Chase.

Religious Practice

Ramah Day Camp of Greater Washington, DC is a kosher camp. All food provided by Camp Ramah is kosher and the kitchens at the Wellspring Conference Center are kashered annually by our camp rabbi prior to the start of camp.

Tefilah and educational programs at camp are fully egalitarian.

Gratuities

We do not accept tipping for our staff. Counselors at Ramah Day Camp are engaged in an important educational enterprise and are dedicated to this task. If you appreciate the service your child receives at Ramah Day Camp, we encourage you to make a contribution to our Ramah Day Camp Annual Campaign in honor of a staff member. Contributions can be made online by visiting <https://46767.thankyou4caring.org/pages/dc-day-camp/donate>. All staff members will be notified of such contributions.



Discipline Policy

Camp Ramah's discipline policy is designed to help children develop self-control and assume responsibility for their actions. Clear and consistent age-appropriate rules and limitations are established at camp. Inappropriate behavior by one or two children can spoil an experience for the entire group. Staff will deal with normal day-to-day behavior issues using acceptable techniques and approaches including the following:

- redirecting campers
- rewarding acceptable behavior
- encouraging campers to talk about their feelings
- modeling how to speak and interact with campers in a positive manner
- utilizing time-outs when appropriate

When a child's behavior seriously disrupts group interaction, could result in harm to themselves or others, or involves any physical interaction with campers and/or staff, it may be necessary to separate the child until he/she is able to regain control and rejoin the group.

If a child's behavior is chronically disruptive, even after reasonable measures have been made in order to assist the child in adjusting to the camp setting, parents will be contacted by camp staff to strategize ways to help their child re-integrate into the community and determine if the child is able to continue at camp. Staff will always work toward developing a cooperative plan of action to maximize a camper's chance of success at summer camp.

Website, Blog, and Facebook

We will be posting regular updates, including photos, on our Facebook page and on our website. We encourage parents to "Like" our Facebook page, which can be found at: <https://www.facebook.com/ramahdaycampofgreaterwashington>, to be part of this on-line community.

In addition, we will be updating our blog regularly with photos, videos, and blurbs about day-to-day happenings at camp. Please visit our website to follow our blog.

We will also be sending out a weekly email with photos and reflections from our campers and staff. Please be sure that your Campminder account reflects accurate email information.

Field Trips

Once each session, we will take a field trip. Our camp buses will transport our campers and staff to each location. On field trip days, we ask that all campers wear their camp T-shirt. Specific details, including any special items to bring, will be shared with you about each outing closer to the field trip date. Campers should continue to bring a dairy, nut-free lunch on field trip days.

Trip Dates:

- Wednesday, June 27
- Wednesday, July 18
- Wednesday, August 1*

*Please note that we may adjust bus stop times to accommodate our travel plans, and we will inform you of these changes with plenty of advanced notice.





Camp Ramah T-Shirts

Ramah Day Camp T-shirts will be given to each camper at the Welcome Event on June 24, 2018 or on their first day of camp. We ask that all campers wear their Camp T-shirts on the first day of each session (Mondays, June 25, July 9, and July 23), and on trip days. Reminders will be sent before each of these days.

Our *tzevet* (staff) will all be dressed in camp T-shirts daily. We do this so that both our campers and you, our parents, can easily recognize staff, whether at a bus stop or at camp.

Join the Fun!

At Ramah we seek to bring the whole family into the fun together. That's why we have designated a few opportunities for parents and families to join us at camp for celebration, learning, prayer, and more.

Camp Events

- **Welcome Event** (Sunday, June 24, 2:00 p.m. – 4:00 p.m.) — Bring the whole family to check out our campsite, meet our dynamic staff, and sample the programs your children will experience during the summer. This is a great time to pick up your child's camp T-shirt and drop off any medications we will keep on site for daytime administration. Come for the whole two hours or drop by for a few minutes. No RSVP required. Open to campers coming for any session dates.
- **Family Nights** (Thursdays, July 6 and July 20, 5:00 p.m. – 7:00 p.m.) — Be our guest for a light family-friendly dinner and taste of Ramah programming. The camp day will be extended until our family event begins and adjusted bus service will be provided for those not joining us. More information to follow. RSVP required. Please mark your calendars.
 - **Thursday, July 12** — The Bible Players
 - **Thursday, July 26** — *Zimkudiyah* (Song and Dance Festival)

Birthdays at Camp

A normal day at camp is fun, but celebrating a birthday at camp makes it even more fun! On the day of a camper's birthday (or the closest day of camp, if it occurs over the weekend), we will have a special "shout-out" during lunch. In addition, during a week when a birthday(s) occur, we will provide a special birthday treat for the entire camp community. If your child has a birthday taking place during our camp season and you have a specific question, please contact Linor Shemesh, Logistics & Communications Coordinator, at (301) 500-8251 or dccamp@campramahne.org.

Dress-Up Days

Throughout the summer, we will have themed dress-up days. We encourage all campers to join the fun!

- Thursday, June 28 – Hawaiian/Tropical Day
- Tuesday, July 3 – Red, White & Blue Day
- Tuesday, July 10 – Disney Day
- Thursday, July 19 – Throwback Thursday
- Tuesday, July 24 – Favorite Sports Team T-shirt Day
- Thursday, August 2 – Pajama Day



Who Will Take Care of My Child?

DIRECTORS OF RAMAH DAY CAMP

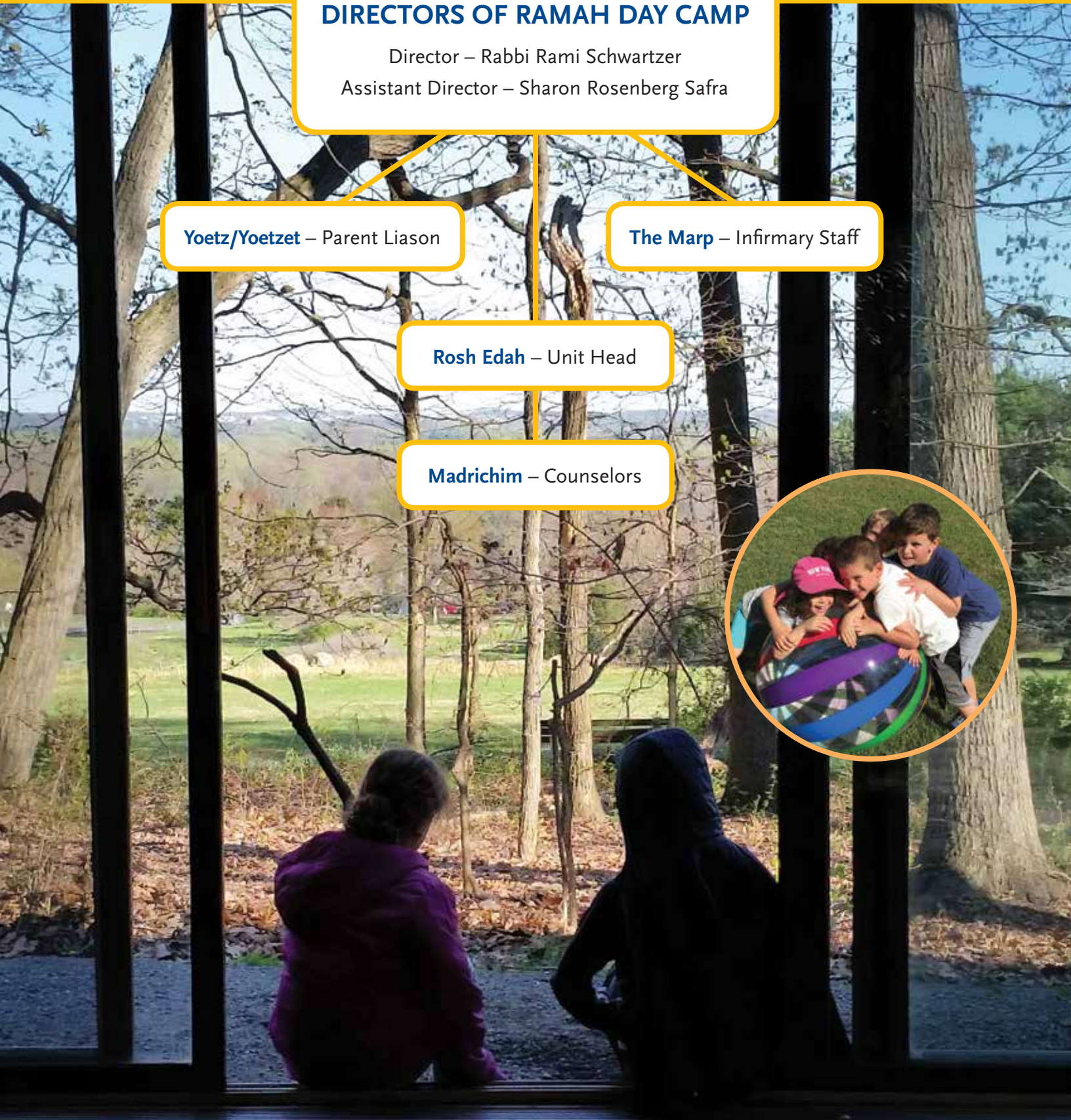
Director – Rabbi Rami Schwartz
Assistant Director – Sharon Rosenberg Safra

Yoetz/Yoetzet – Parent Liason

The Marp – Infirmary Staff

Rosh Edah – Unit Head

Madrichim – Counselors



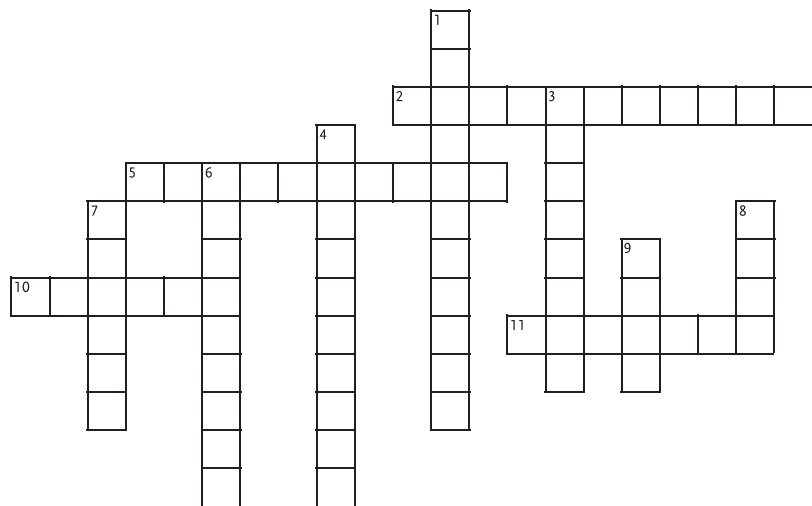
Some Hebrew Words You'll Hear at Camp

מַחֲנֵה רָמָה	Machanei Ramah – Camp Ramah
מְדַרְיָה	Madricha – female counselor
מְדַרְיָךְ	Madrich – male counselor
צְווֹת	Tzevet – staff
חֲנִיכִים	Hanichim – campers
מִשְׁלַחַת	Mishlachta – Israeli staff delegation
מֶרְצֵז	Mercaz – central building
מוֹעֵדוֹן	Moadon – edah meeting space
בְּרֵיחַ	B'reichah – pool
חֲדַר אֹכֵל	Chadar Ochel – dining hall
אַרוּחַת צְהוֹרַיִם	Aruchat Tzhohorayim – lunch
חֲטִיף	Chatif – snack
חוֹג	Chug – elective activity
אוֹמָנוּת	Omanut – art
טֵבַע	Teva – nature
בִּשּׁוּל	Bishul – cooking
שִׁירָה	Shirah – singing
רִקוּד	Rikud – dancing
רֹשׁ עֵדָה	Rosh Edah – division leader
יוֹם מֵיוֹחַד	Yom Meyhuchad – special program day
נְסִיעָה	N'siyah – field trip



שְׂרָשִׁים **Shorashim** – Entering grades K-1
גַּרְעִינִים **Garinim** – Entering grades 2-3
נִצָּנִים **Nitzanim** – Entering grades 4-5

Word Games



RAMAH DAY CAMP CROSSWORD PUZZLE

ACROSS

- 2 Have this with you at all times so you don't get dehydrated or thirsty!
- 5 Awesome staff who come from Israel
- 10 Omanut is the home of arts and _____
- 11 The Hebrew word for counselor
- 8 An age group or unit at camp

DOWN

- 1 The place we eat lunch at camp
- 3 The Hebrew word for division head
- 4 A sport that requires a ball and a hoop
- 6 Don't forget to out this on before coming to camp. It will protect you from the sun!
- 7 The Hebrew word for snack
- 9 The name of our camp infirmary

RAMAH DAY CAMP WORD SEARCH

M G N I M M I W S Q N Y K D
 I F G A R I N I M K Q W D P
 N R M D Q T T T B T D N N T
 A I E T M J R M T Z C L L R
 Z E R R U W B H D H W M J R
 T N C M D N A K A U I G N Q
 I D A B A M A D M H K D L L
 N S Z D A D A M S O Y I M N
 L Y Y R L R R A O Y A Y R L
 X B Q Z O Y R I N G D D G L
 Q R T C Y O Z W C X K T O B
 P P H R H N N W N H N B Q N
 X E X S R X M Z B K I M J D
 L P N B M M B T R G R M G W

CHADAROCHEL	SHORASHIM	RIKUD
FRIENDS	OMANUT	MADRICHIM
NITZANIM	RAMAH	MERCAZ
GARINIM	SWIMMING	MOADON

WORD SCRAMBLE

Try your best to unscramble the words below! *B'hatzlacha!* (good luck)

1. Rhso hdaE

2. aCrdha hlOec

3. ahaRm

4. yDa mpCa

5. aRbib aimR

6. sotSrp



Contact Us



Need to speak to us about your camper? (no problem!) Did your camper forget his/her lunch on the kitchen table? Don't worry, happens to us all the time! Do you miss your children already? (we don't blame you, they're awesome!) Want to ask the meaning of the Hebrew words your child uses after camp? (we love when that happens...) Have a concern about our program? (we are always improving) Or anything else you want to talk to us about, WE WANT TO HEAR FROM YOU!

Important phone numbers, addresses, and emails:

Camp Office: (301) 500-8251, dccdaycamp@campramahne.org

Wellspring Conference Center
11411 Neelsville Church Road
Germantown, MD 20876

Camp Director, Rabbi Rami Schwartzer:
ramis@campramahne.org or ext. 101

Assistant Director, Sharon Rosenberg Safra:
sharons@campramahne.org or ext. 102

**Logistics & Communications Coordinator,
Linor Shemesh:**
dccdaycamp@campramahne.org or ext. 103

**Yoetz Shorashim (K-1 Parent Liaison),
Rabbi Derek Rosenbaum:**
daycampyoetzet@campramahne.org or ext. 201

Yoetzet Garinim & Nitzanim, Sharon Rosenberg Safra:
sharons@campramahne.org or ext. 102

Camp Nurse, Shira Rosenbaum:
daycampnurse@campramahne.org or ext. 202





Ramah Day Camp of Greater Washington, DC
1206 Boston Providence Hwy, Suite 201
Norwood, MA 02062



Thank you for
choosing Ramah Day
Camp of Greater
Washington, DC!

שלום

We can't wait to see you at camp!!