

# Ra-Mah Koreh?

ר-מה קורה?

קוראני  
קוראני



A WORD  
FROM YOUR  
ROSH!



**SAMPLE DAILY  
SCHEDULE**

**PACKING LIST**

*Inside!*





**Ramah  
Day Camp**  
GREATER DC



הרובים ההאים  
**Welcome**

## **Shalom Ramah Families,**

Welcome to Ramah Day Camp Greater DC! We have never been so excited to open our doors as we are for this summer. It has been a long two years since we last had in person camp and we cannot wait to create a fun, outdoor, creative community with your children.

When your child steps off the bus, or gets out of the car, at our site in Germantown, MD they will immediately feel like they are “at camp” in our gorgeous, wooded property. 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, call or email Linor Shemesh in our office at (301) 500-8251 or [linor@campramahne.org](mailto:linor@campramahne.org). 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, please contact Sharon Rosenberg Safra at (301) 500-8251 ext. 102 or [sharons@campramahne.org](mailto:sharons@campramahne.org). We can’t wait for a fantastic summer together!

B'Shalom,

**Rabbi Jill & 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 חֲטִיף Chatif (Snack)
- 10:25AM שְׂחִיָּה Schiya (Swim/waterplay)
- 11:25AM פְּעוּלַת עֵדָה Shira/Rikud or Edah Activity
- 12:00PM יְהָדוּת Yahadut  
(Informal Jewish Educational Activity)
- 12:30PM אֲרוּחַת צֹהַרִים Aruchat Tzohorayim (Lunch)
- 1:15PM בְּחִירָה א' Bechira #1 (Elective activity)
- 2:05PM חֲטִיף Chatif (Snack)
- 2:20PM בְּחִירָה ב' Bechira #2 (Elective activity)
- 3:10PM זְמַן קְבוּצָה Kevutzah Time/Pack
- 4:00PM לְהִתְרָאוֹת מָחָר! L'hitraot  
(See you tomorrow!)





# Kayitz 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>WEEK 1</b>	<b>JUNE 28</b> Opening Day Session 1 Camp shirt day! 	<b>JUNE 29</b> 	<b>JUNE 30</b> Wacky Wednesday 	<b>JULY 1</b> 	<b>JULY 2</b> Yom Sport 	<b>JULY 3 / 4</b> Parashat Pinchas
<b>WEEK 2</b>	<b>JULY 5</b> No Camp! July 4 <sup>th</sup> holiday	<b>JULY 6</b> Red, White & Blue Day 	<b>JULY 7</b> Yom Nitzanim	<b>JULY 8</b>	<b>JULY 9</b> Yom Haftaah Camp shirt Fridays! 	<b>JULY 10 / 11</b> Parshiot Matot-Masei
<b>WEEK 3</b>	<b>JULY 12</b> Opening Day Session 2 Camp shirt day! 	<b>JULY 13</b>	<b>JULY 14</b> 	<b>JULY 15</b> Throw Back Thursday Nitzanim Late Night 	<b>JULY 16</b> Yom Bracha 	<b>JULY 17 / 18</b> Tisha B' Av Parashat Devarim
<b>WEEK 4</b>	<b>JULY 19</b> 	<b>JULY 20</b>	<b>JULY 21</b> Pajama Day Yom Nitzanim 	<b>JULY 22</b> 	<b>JULY 23</b> Yom Mada Camp shirt Fridays! 	<b>JULY 24 / 25</b> Parashat Vaetchanan
<b>WEEK 5</b>	<b>JULY 26</b> Opening Day Session 3 Camp shirt day! 	<b>JULY 27</b>	<b>JULY 28</b> Crazy hat day 	<b>JULY 29</b> Garinim Late Night 	<b>JULY 30</b> Yom Show 	<b>JULY 31 / AUG 1</b> Parashat Eikev
<b>WEEK 6</b>	<b>AUGUST 2</b>	<b>AUGUST 3</b> 	<b>AUGUST 4</b> Wear favorite sports apparel 	<b>AUGUST 5</b> Virtual Family Night	<b>AUGUST 6</b> Yom Yisrael Camp shirt Fridays! 	<b>AUGUST 7 / 8</b> Parashat Re'eh
<b>WEEK 7</b>	<b>AUGUST 9</b> Camp shirt day! 	<b>AUGUST 10</b> Tye Dye Tuesday 	<b>AUGUST 11</b> 	<b>AUGUST 12</b>	<b>AUGUST 13</b> Last Day of Camp! Yom Mesibah Camp shirt Fridays! 	<b>AUGUST 14 / 15</b> Parashat Shoftim





# 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.

Campers will be required to wear face masks during the day. Please pack at least three. Campers should come to camp wearing their bathing suit, unless we notify you that swim/water play will not be taking place that day.

## Swimming Attire

With both Jewish values and camper safety in mind, we ask that campers wear swimsuits that protect them from the sun as much as possible. For boys, we prefer long shorts and a swim shirt and for girls, a one-piece or tankini. While items like swim shirts and hats are not required, they are highly encouraged. We are outside a lot during the day and the pool is no exception. Flip flops are only allowed at the pool. At all other times, campers must wear closed-toed shoes. Thank you for being our partner in camper safety.

## 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
- Towel
- 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!) – Please note that lunches are not refrigerated at camp, but are kept in an air-conditioned space.
- A minimum of three clean facemasks for each day, one your child is wearing and two in a clean, dry and LABELED ziploc bag
- One additional LABELED Ziploc bag for dirty masks





# Additional Information for Parents

## Food

Campers should bring their own dairy or *pareve* lunch to eat each day with nonperishable items as the camp does not provide refrigeration. Ice packs are encouraged. Please remember that lunch should also be nut free!

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 27 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.





## Illnesses *continued*

**A child may return to camp when they have permission from our nurse or camp director.**

Camp will follow the Maryland State Flowchart for “Exclusion and Return for Laboratory Confirmed COVID-19 Cases and Persons with COVID-19-like Illness in Schools, Child Care Programs, and Youth Camps.” ([https://phpa.health.maryland.gov/Documents/Response%20to%20a%20case%20schools%20with%20Decision%20aid\\_Update%204\\_5.17.21\\_final.pdf](https://phpa.health.maryland.gov/Documents/Response%20to%20a%20case%20schools%20with%20Decision%20aid_Update%204_5.17.21_final.pdf))

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 [dccdaycamp@campramahne.org](mailto:dccdaycamp@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

Please have your MyMedBot health screener complete and ready to show the carpool or bus staff each morning.

### **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 27 or on the first day of each session. If you are unable to pickup 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 on the field immediately to the right after entering Wellspring 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.





## Transportation Information *continued*



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), 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](mailto: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 at least 5 minutes prior to the scheduled departure time 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 form on Campminder, indicating which bus stop your child will be taking to and from camp. 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](mailto:dcdaycamp@campramahne.org) **by 1:00 p.m.** For security, these notices must be received in writing. Please note, this summer, we will not be able to make any daily changes to your child's selected bus route unless the child's parents do not live in the same household.

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, please email our Camp Office at [dcdaycamp@campramahne.org](mailto: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 call the office at 301-500-8251. We want to be able to let your child know that you are running late, so they do not get worried or upset!

## Aftercare

Unfortunately, we are unable to provide aftercare this year. If something changes, we will notify parents as soon as possible.

## Religious Practice

Ramah Day Camp Greater 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 Social Media

We will be posting regular updates, including photos, on our website, Facebook and Instagram. We encourage parents to "Like" our Facebook page, which can be found at: <https://www.facebook.com/ramahdaycampofgreaterwashington>, to be part of this online community. Please also follow us on Instagram at [www.instagram.com/ramahdcdaycamp](http://www.instagram.com/ramahdcdaycamp).

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.







## Camp Ramah T-Shirts

Ramah Day Camp T-shirts will be given to each camper at the Welcome Event on June 27 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 28, July 12, July 26 and August 9). We also encourage campers to wear their T-shirts on the last day of each session (Fridays, July 9, July 23, August 6, and August 13). 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.

## 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 at our *aseifat boker*. 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, Registrar & Program Coordinator, at (301) 500-8251 or [linor@campramahne.org](mailto:linor@campramahne.org).





# Who Will Take Care of My Child?

## DIRECTORS OF RAMAH DAY CAMP

Director – Rabbi Jill Levy  
Assistant Director – Sharon Rosenberg Safra

Yoetz/Yoetzet – Parent Liason

Tikvah Director

The Marp – Infirmary Staff

Rosh Edah – Unit Head

Madrichim – Counselors





# Some Hebrew Words You'll Hear at Camp

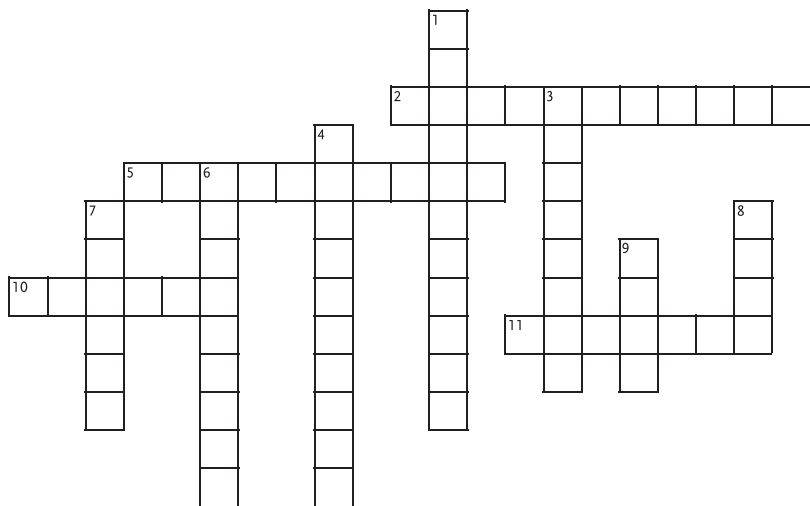
מַחֲנֵה רָמָה	<b>Machanei Ramah</b> – Camp Ramah
מְדַרְיָכָה	<b>Madricha</b> – female counselor
מְדַרְיָךְ	<b>Madrich</b> – male counselor
צְווֹת	<b>Tzevet</b> – staff
חֲנִיכִים	<b>Hanichim</b> – campers
מִשְׁלַחַת	<b>Mishlachta</b> – Israeli staff delegation
מֶרְצֵז	<b>Mercaz</b> – central building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



שְׂרָשִׁים **Shorashim** – Entering Kindergarten  
 אַנְפִּים **Anafim** – Entering grade 1  
 גַּרְעִינִים **Garinim** – Entering grades 2-3  
 נִצְנִים **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 put 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 lijl

\_\_\_\_\_

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, [dcdaycamp@campramahne.org](mailto:dcdaycamp@campramahne.org)

Wellspring Conference Center  
11411 Neelsville Church Road  
Germantown, MD 20876

**Camp Director, Rabbi Jill Levy:**  
[rabbijill@campramahne.org](mailto:rabbijill@campramahne.org) or ext. 101

**Assistant Director, Sharon Rosenberg Safra:**  
[sharons@campramahne.org](mailto:sharons@campramahne.org) or ext. 102

**Registrar & Program Coordinator,  
Linor Shemesh:**  
[linor@campramahne.org](mailto:linor@campramahne.org) or ext. 103

**Tikvah Director, Elisheva Layman:**  
[elisheval@campramahne.org](mailto:elisheval@campramahne.org) or ext. 105

**Yoetz Shorashim (K parent liaison),  
Gideon Weiss:**  
[shorashim@campramahne.org](mailto:shorashim@campramahne.org) or ext. 301

**Yoetzet Anafim (grade 1 parent liaison),  
Rachel Meytin:** [anafim@campramahne.org](mailto:anafim@campramahne.org) or ext. 302

**Yoetz Garinim (grades 2-3 parent liaison),  
Rabbi Derek Rosenbaum:**  
[garinim@campramahne.org](mailto:garinim@campramahne.org) or ext. 303

**Yoetzet Nitzanim (grades 4-5 parent liaison),  
Mira Tash:** [nitzanim@campramahne.org](mailto:nitzanim@campramahne.org) or ext. 304

**Rosh Sha'ar (Hebrew immersion program coordinator),  
Steve Kerbel:** [shaar@campramahne.org](mailto:shaar@campramahne.org) or ext. 305

**Camp Nurse, Eden Whitman Golub:**  
[daycampnurse@campramahne.org](mailto:daycampnurse@campramahne.org) or ext. 202







Thank you  
for choosing  
Ramah Day Camp  
Greater DC



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