

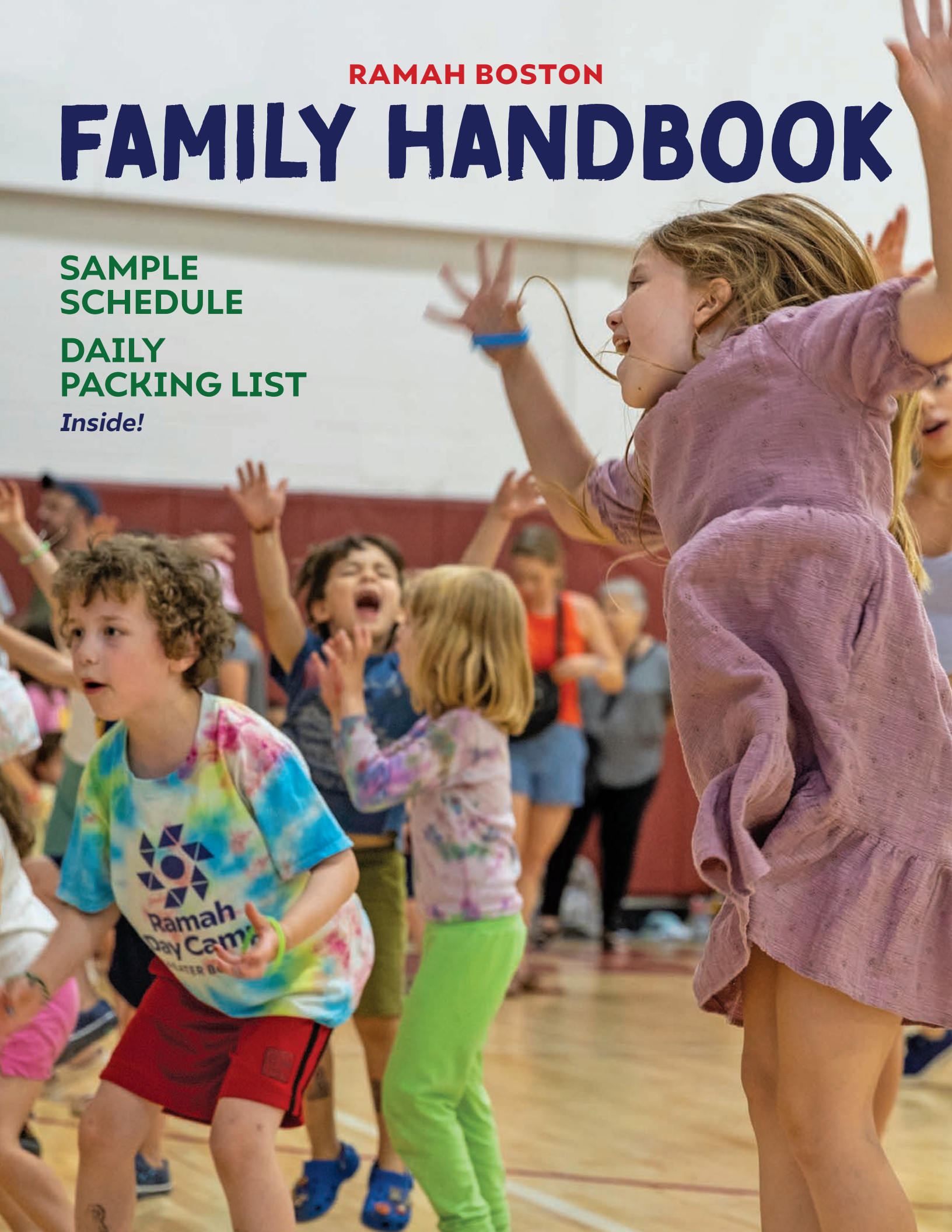
RAMAH BOSTON

FAMILY HANDBOOK

SAMPLE
SCHEDULE

DAILY
PACKING LIST

Inside!





הרובים ההאים

WELCOME



Welcome to Ramah Boston!

Here at Ramah Boston, we strive to provide a nurturing and inclusive environment where campers can explore their Jewish identity, build lifelong friendships, and create lasting memories. Our dedicated staff is committed to fostering a sense of belonging and helping each child thrive in our supportive and engaging setting.

Throughout the summer, your child will have the opportunity to participate in a wide range of activities, from *Omanut* (arts and crafts) to sports, music, and *Teva* (nature) exploration. Our dynamic programming is designed to inspire creativity, curiosity, and a love for learning, all while instilling the values of kindness, compassion, and community.

Enclosed is information about our program that will help you and your child best prepare for camp. We are always available to speak with you about your camper. Any special needs or concerns should be brought to our attention so we can assist and accommodate you.

Here's to a summer filled with laughter, learning, and endless possibilities!

B'Shalom,

Rabbi Silverman

Camp Director

Inspired by Camp Ramah in California

The National Ramah Commission acknowledges with thanks the generous support of the Zell Family Foundation in making the Open Door program possible.





SAMPLE DAILY SCHEDULE

- 9:00AM ריקוד על המגרש Dancing on the Migrash
9:15AM תפילות T'fillot (prayers)
9:50AM חוג ב' Chug Bet (Electives B)
10:25AM חטיף Chatif (snack)
10:35AM לימוד Limud (learning)
11:15AM ארוחת צהרים Aruchat Tzohorayim (lunch)
12:10PM חוג א' Chug Alef (Electives A)
1:00PM זמן עדה וחטיף Edah time & Chatif (snack)
1:30PM שחיה Schi'ah (swim)
2:15PM זמן עדה Edah time
2:50PM חוג ג' Chug Gimel (Electives C)
3:45PM מעגל Ma'agal (closing circle)
3:50PM אוטובוסים Autobusim (buses)



WORD SEARCH

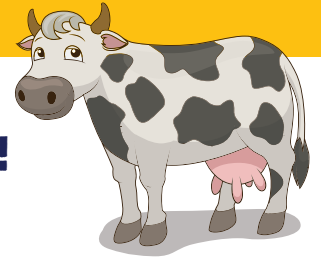
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FRIENDS
 ISRAEL
 CHATIF
 CHADER OCHEL

SWIM
 FUN
 SHIRA
 RIKUD

BOSTON
 SUMMER
 KAYITZ
 JEWISH

FUN & GAMES



CONNECT THE DOTS!



WHO WILL TAKE CARE OF MY KIDS?



Director – Rabbi Rachel Silverman
Assistant Director – Ianne Sherry



Director of Camper Care – Dina Saks



Tikvah Director
 Kelly Kossar



Roshei Edah
 Division Leaders

Madrichim
 Counselors

The Marp
 Nurse

KEEPING IN TOUCH



Need to speak to us about your camper? (No problem!) 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 emails:

Camp Office:

RamahBoston@campramahne.org.

Camp Director, Rabbi Silverman:

rachels@campramahne.org

Assistant Director, Ianne Sherry:

iannes@campramahne.org

Registrar, Becky Sherman:

beckys@campramahne.org

Nurse:

bostonnurse@campramahne.org



Download our app!

We're excited that all three Ramah New England camps use CampMinder's **Campanion App**! Please download the app today from your phone's app store.

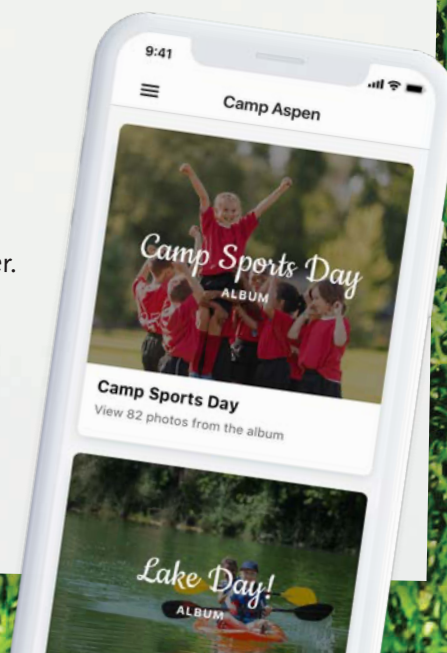


CAMPANION

Great things about the app:

- It's easier to complete all your camp forms! You can complete forms online and upload completed forms right in the app.
- You'll get fun summer updates and photos of your camper right on your phone.
- If you choose to, you can opt-in to the app's Face Finder function, which will automatically deliver photos of your child(ren) this summer.
- Our day camp families will receive text and push notifications with bus transportation and program updates.

The vast majority of our communications this summer will be through the app. You do not want to miss out!





GETTING READY FOR THE CAMP DAY

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 their favorite clothes. Closed toe shoes are **required** for active camp programs. Please send your child with sneakers and socks for our outside activities.

We recommend that campers come to camp wearing their bathing suit, unless we notify you that swimming will not be taking place that day.

Please refer to the “What to Pack” list on the next page for more details.

SWIMMING ATTIRE

We ask that campers wear swimsuits that allow them to move freely and comfortably during swim lessons. Additionally, while swimming lessons take place at Bentley’s indoor pool, we encourage campers to wear swimsuits that protect them from the sun as much as possible, so that they can safely engage in water play outside during the day. While items like swim shirts and hats are not required, they are highly encouraged. 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! Please send your camper with the sunscreen or bug repellent that you want them to use.

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

All boys are required to wear a *kippah* during *t’fillah*, and a *kippah* or hat during *Limud* (learning) and meals. We encourage all others to do so as well. This is based on gender and not sex assigned at birth.

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 week.



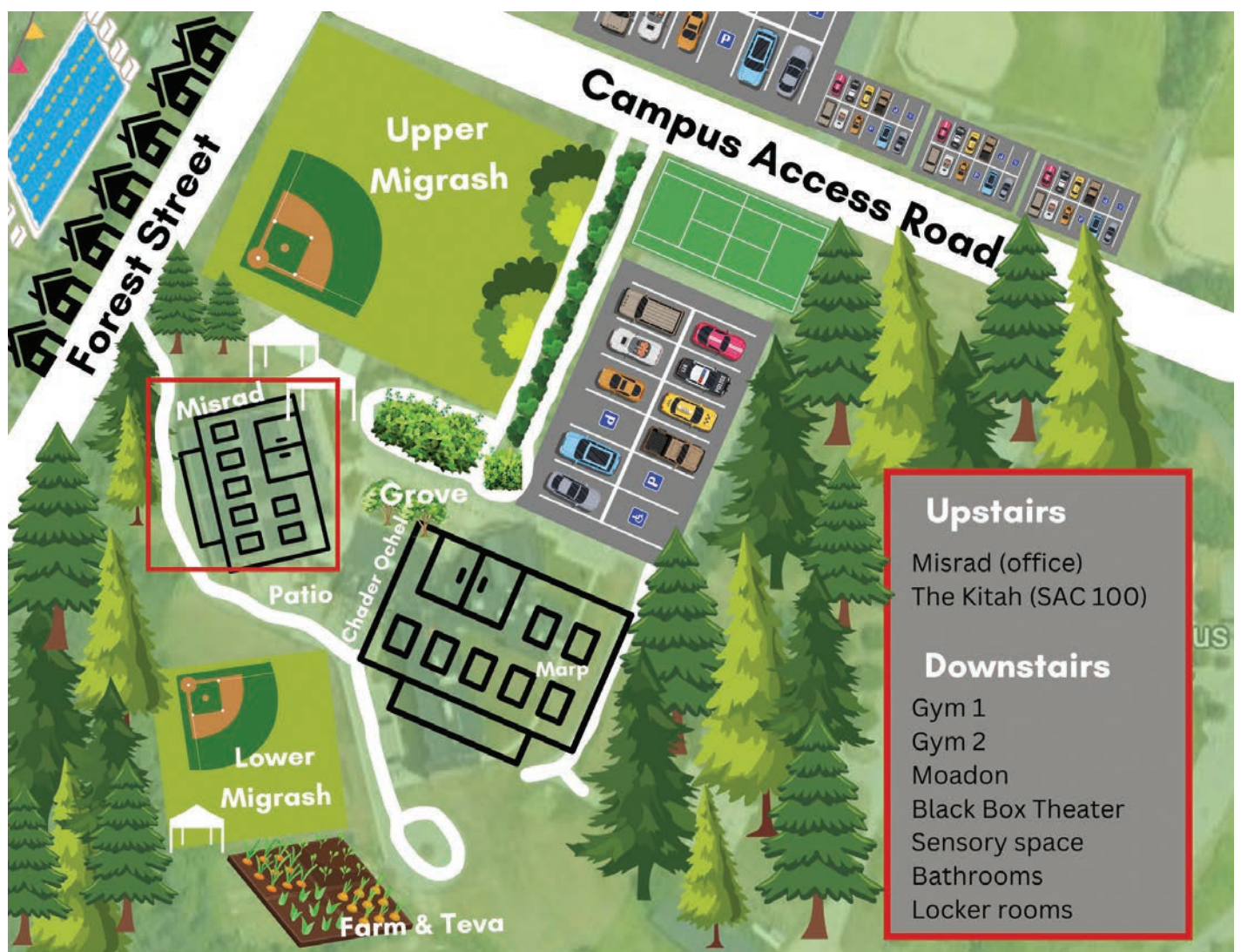
WHAT TO PACK: CLOTHING & EQUIPMENT

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

- | | |
|---|--|
| <input type="checkbox"/> Comfortable clothing | <input type="checkbox"/> Extra change of clothing |
| <input type="checkbox"/> Bathing suit (Campers should come to camp with their bathing suit on unless otherwise notified.) | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Bug spray |
| <input type="checkbox"/> Plastic bag for wet bathing suit | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Sandals or Crocs (optional, to wear around the pool) | <input type="checkbox"/> Hat |
| <input type="checkbox"/> Goggles (optional, to wear in the pool) | <input type="checkbox"/> Kippot (required for male-identifying campers/suggested for others) |
| <input type="checkbox"/> Sneakers and socks | <input type="checkbox"/> OPTIONAL: A dairy (nut-free) lunch, if you anticipate your camper not wanting to eat the camp lunch |



Please do not send toys, electronics, or anything of value that you or your child would be disappointed to lose.



SOME HEBREW WORDS YOU'LL HEAR AT CAMP

מַחֲנֵה רָמָה	Machaneh Ramah – Camp Ramah
מְדַרְיָךְ/מְדַרְיָכָה	Madrich/a – counselor
צִוּוֹת	Tzevet – staff
חֲנִיכִים	Hanichim – campers
מִשְׁלַחַת	Mishlachat – Israeli staff delegation comprised of many <i>shlichim</i>
מֶרְכָּז	Mercaz – central building
מוֹעֵדוֹן	Moadon – edah meeting space
בִּרְכָּה	B'reichah – pool
חֲדָר אוֹכֵל	Chadar Ochel – dining hall
אַרוּחַת צְהוֹרַיִם	Aruchat Tzhohorayim – lunch
חֲטִיף	Chatif – snack
חוּג	Chug – elective activity
אוֹמָנוּת	Omanut – art
טֵבַע	Teva – nature
בִּשּׁוּל	Bishul – cooking
שִׁירָה	Shirah – singing
רִקּוּד	Rikud – dancing
מַדָּע	Mada – science
מִגְרָשׁ	Migrash – lawn
רֹאשׁ עֵדָה	Rosh Edah – division leader
יוֹם מִיּוּחָד	Yom Meyuchad – special program day
יוֹעֵץ/ת	Yoetz/et – staff liaison to parents
לְמוּד	Limud – informal Jewish education



עֲרָבוֹת	Aravot – Entering Pre-K
שׁוֹרָשִׁים	Shorashim – Entering Kindergarten
עֲנָפִים	Anafim – Entering grade 1
גַּרְעִינִים	Garinim – Entering grade 2
עֲצִים	Etzim – Entering grade 3
נִצָּנִים	Nitzanim – Entering grade 4
תָּמָרִים	Tamarim – Entering grade 5
אֱלוֹנִים	Alonim – Entering grades 6 & 7
מִקּוֹר	MaKoR – Entering grades 8 & 9

ADDITIONAL INFORMATION FOR PARENTS

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 they receive at home. Please be certain to keep us informed of any medications your child is taking, or any conditions your child may have.

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 Visiting Day on Sunday, June 22 to hand over to our medical staff.

Medications should come in their original prescription containers with your child's name. Please reach out to us in advance to let us know you will be bringing medication for your child. We will need you to fill out some additional forms. If you will not be coming to visiting day, please send medications on your child's first day of camp.

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 they be exposed to any communicable disease during the three weeks prior to camp, please inform the camp office by calling 781-547-7747.



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 overtired child has a hard time participating in camp. Remember that our days are full and active.

Please keep a sick child home. Children with a fever should stay home until they have been fever free for 24 hours without medication. 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.

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

In addition, we have an active Ramah Medical Committee who will advise us throughout the summer. Please notify the camp office of any communicable disease (such as strep throat, head lice, COVID, 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 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 RamahBoston@campramahne.org

SECURITY

Our campers' safety and security are our top priority. Ramah Boston Day Camp is protected by on-site, 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 Waltham 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 22 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 333 Forest St. Waltham, MA. There will be staff located on the patio in front of Gann Academy's Student Activity Center.

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 outside the Mercaz building, so that we can facilitate a smooth pick-up. If you need to pick your child up early from camp, please note that we do not allow pick-ups between 3:30 and 4:00 pm. 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 call us at 781-547-7747 or email RamahBoston@campramahne.org to grant permission or change your child's transportation information. All changes must be made by 1:00 p.m. on the day that they are to take place.

For those busing to/from camp:

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 10 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 call email our Camp Office at RamahBoston@campramahne.org **by 1:00 p.m.**

Campers will be released only to authorized adults each afternoon at the bus stop. During the first days of camp, you may 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 or the bus stop, please email our Camp Office at RamahBoston@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 781-547-7747. We want to be able to let your child know that you are running late, so they do not get worried or upset!



REPORTS OF CHILD ABUSE AND NEGLECT

If a camper believes that they have been subjected to child abuse and neglect by staff or another camper, the camper has the right to file a complaint with our organization. This may be done in writing or orally.

State laws mandate that certain persons report suspected incidents of child abuse or neglect to civil authorities. Ramah policy requires all Ramah staff to report any reasonable suspicion that a child is being abused or maltreated. Staff members must directly and immediately notify camp leadership of any suspected incident of child abuse. The Camp Director shall report suspected abuse or neglect to the Massachusetts Department of Children & Families.

All reports facilitated by camp leadership will be held in the strictest of confidence protecting the confidentiality of the information and the individuals involved. Additionally, this policy encourages reporting suspected historical events that are suspicious for child abuse or maltreatment.

If a child reports, or we suspect, abuse or neglect at home, the Camp Director would contact the Massachusetts Department of Children & Families to determine our reporting responsibilities.

This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the Local Board of Health.

You may always feel free to speak with any of the following individuals, based on your level of comfort:

- Camp Director, Rabbi Rachel Silverman: rachels@campramahne.org
- Assistant Director, Ianne Sherry: iannes@campramahne.org
- CEO Ramah New England, Rabbi Ed Gelb: edg@campramahne.org
- COO Ramah New England, Ed Pletman: edpletman@campramahne.org
- President of CRNE Board of Directors, Liz Waksman: president@campramahne.org
- Director, National Ramah Commission, Amy Skopp Cooper: amy@campramah.org or 212-678-8881

PROGRAMS & FACILITIES

Access to programs and facilities will be all-gender wherever possible. In cases where all-gender access is not possible, access will be based on gender and not sex assigned at birth. Gender identity is determined by self-report.



GRATUITIES

Our staff work tirelessly to create the magic of camp and we know they play a special role in the lives of our campers.

Ramah Boston staff are not permitted to accept gratuities, as this contradicts our values and sends the message to staff that campers from families without the means to tip deserve less attention and love. We want our staff to feel equally appreciated and our campers to feel equally supported.

We love that families want to show gratitude to our counselors for their hard work and we invite you to show your appreciation in two ways. When parents write notes of gratitude, we share those letters with the entire staff, including shout-outs to individuals. You may also want to show your appreciation by making a donation to the camp scholarship fund. Contributions can be made online by visiting www.ramahboston.org/give-now. Staff members will be notified of such contributions.

Both of these are a wonderful way to support the mission and values of Ramah Boston while also making our staff feel extra appreciated.

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

At absolutely no time will discipline include depriving a camper of food or restroom privileges, placing a camper alone without supervision, or subjecting a camper to ridicule, shame, threat, humiliation, verbal abuse, corporal punishment (striking, biting, kicking, squeezing), washing out the mouth, or excessive physical exercise or restraint. No child will be punished for soiling, wetting, or not using the toilet.

When a child's behavior seriously disrupts group interactions, 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 they are able to regain control and rejoin the group. In such an instance, camp will be in touch with the child's parents to discuss the incident and strategize how to best support the child going forward.

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.

We view you, our campers' parents, as partners in keeping all of our campers safe, happy, and successful at camp.



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 and camp is a nut-free space. To this end, sharing and swapping of food from home will not be permitted at camp to make sure all of our children are safe.

FOOD

Camp provides our community with a delicious and nutritious dairy or parve lunch, and two snacks, daily. Ramah Boston is a nut-free and allergy friendly community. If your camper would prefer to bring their own lunch, they are welcome to do so. Camp does not provide refrigeration, so ice packs are encouraged. Please remember that any food that you pack should be vegetarian and nut free!

Parents of campers with specific dietary needs should consult with our staff so that we can store and provide any special items.

LOST AND FOUND

We make every effort to help campers keep track of their belongings, but things still get lost. We recommend labeling with a laundry-safe permanent marker or with iron-on labels. Only clearly labeled items will be saved after camp. Unclaimed items left after the close of our summer season will be donated. Ramah Boston does not assume responsibility for lost or damaged items.

FULL DISCLOSURE

When completing your camper forms, please err on the side of oversharing. Sometimes parents hesitate to share information about their child's behavior or past experiences, out of fear the information may be used to label their child. We understand parents want their child to have a fresh start at camp. AND, knowing about a learning difficulty, a diagnosis, social challenges, a death, or a family change makes a big difference in helping us to be sensitive to your child's needs. Information is confidential and our only goal is to better understand your child and best support them while they are at Ramah Boston.



TOYS, GAMES, & TECHNOLOGY AT CAMP

Please do not send any valuable toys, games, or electronics with your child to camp. We cannot guarantee that they will not get lost or damaged. Cell phones, smart watches, and other devices that connect to the internet are not permitted at camp. If campers are seen using them, the devices will be confiscated and only returned to a parent.

PARTICIPATION

The power of Camp Ramah's impact is rooted in the experiential nature of camp life. Campers and staff engage in a living laboratory of Judaism and share the full range of daily living from meals to social, religious and instructional activities. Although there are choices on which particular activity one might do, like mosaics or soccer, by coming to camp, one commits to participating in the full program.

Why are we telling you this? Because at Ramah Boston we pride ourselves on making necessary accommodations for campers to be able to access our program. These accommodations are discussed and worked out with our camper care team in the off-season. Campers coming to camp with these supports should be able to participate in the vast majority (over 90%) of camp programming.

As a community we want to support the individual while also maintaining that the individual has a responsibility to the community. Everyone participating raises the level of the camp experience, and if individuals choose not to participate that disrupts others and impacts everyone. Additionally, campers who don't participate or aren't where they are supposed to be require individual staff supervision which is an unsustainable model for our camp program.

It is normal for campers to have some activities they don't love. Camp is an all inclusive experience and campers must participate in the full program and cannot opt out of activities.

RELIGIOUS PRACTICE

T'fillah (daily prayer) and educational programs are fully egalitarian and under the educational auspices of the Jewish Theological Seminary. Ramah Day Camp of Greater Boston is a kosher camp. All food provided by Camp Ramah is kosher and the kitchens at Gann Academy are supervised by New England Kosher.

Every morning, every *edah* (division/age group) participates in morning *t'fillot* (prayer services). Our *t'fillot* are molded to fit each age group and are focused on making prayer relevant and meaningful for our *hanichim* (campers). With the ongoing help of *madrachim* (counselors) and other *tzevet* (staff), *hanichim* will leave Ramah with greater abilities for synagogue participation and leadership.

At Ramah Boston everyone, no matter one's gender or gender identity, is treated equally in all Jewish ritual matters. Male identifying *hanichim* are obligated to wear a kippah or head-covering during meals and prayer. Female identifying *hanichot* may elect to cover their heads during those times but are not obligated to do so. Male identifying *hanichim* and *tzevet* over the age of Bar Mitzvah must wear a *tallit* and *tefillin* during *t'fillot* on weekdays. Female identifying *hanichot* are encouraged to do so.

IVRIT (HEBREW)

At Camp Ramah, we take seriously our commitment to *Ivrit* (Hebrew). We help our *hanichim* to expand their *Ivrit* abilities in many different ways, including our formal curriculum and also through singing and dancing to Israeli music, and taking extra care that certain words and phrases only be said in *Ivrit*. We make announcements in the *Chadar Ochel* (Dining Hall) and during *t'fillot* exclusively in *Ivrit*. On Friday afternoons, we celebrate *hanichim* and *tzevet* who have made great strides that week to use Hebrew words with the *Meah Milim* award. For campers who want more *Ivrit*, we offer our Sha'ar program, which offers more exposure and immersion.

VACCINATIONS

As stated in our application, we require campers to be fully vaccinated in accordance with the American Academy of Pediatrics guidelines. Campers who are not fully vaccinated may not attend Ramah Boston.





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



WE CAN'T WAIT TO SEE YOU AT CAMP!

Summer Address: 333 Forest Street • Waltham, MA 02452 • Phone: (781) 547-7747