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**Poway, California  
Summer Day Camp**

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**Parent's Handbook**



**CGI - Made from the best STAFF on earth!**

## **A Letter from Your Directors**

Dear Camp Gan Israel Parents,

We are so excited to offer you the best summer experience for your child. Camp Gan Israel, part of the largest network of Jewish camps in the world, is proud to provide the best in fun and safety in a warm and caring Jewish environment. We are entering our 7th summer and we strive to uphold high standards of fun and safety in every aspect of our camp.

In Gan Izzy, we view our staff and the parents as two integral partners of a team. We work together to bring out the best in your child's development and growth; physically, socially and spiritually.

Using our website, [www.myjewishdaycamp.com](http://www.myjewishdaycamp.com); regular email communication and weekly newsletters, we hope to stay in touch with you about your child's progress and activities.

Please review this handbook so you will be familiar with the procedures and policies of our camp. If you have any questions or concerns you can call the camp office at (858) 451-0455 x15, or email [myjewishdaycamp@gmail.com](mailto:myjewishdaycamp@gmail.com)

We're looking forward to another amazing Camp Gan Izzy summer!

Yours Truly,

*Rabbi Mendy & Bluma Rubenfeld*

Directors

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## Your Child's Safety



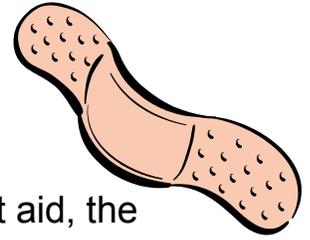
### Attendance/Child Absence:

1. Children are to be brought by the parents to be signed in at the front entry way.
2. Attendance is taken by our staff every morning.
3. If you know your child will be absent from camp, please notify the camp office at (858)451-0455 or email [myjewishdaycamp@gmail.com](mailto:myjewishdaycamp@gmail.com).

### Arrival and Departure

1. The front doors will be opened 10 minutes before camp begins until 25 minutes after camp begins. The doors will likewise be open 10 minutes before camp ends until 25 minutes after camp is over.
2. Parents should park in the parking lot and walk their children into camp.
3. At the end of the day, parents must pick up their children from the Social Hall.  
Staff members will supervise the children until parents pick them up.
4. THERE IS NO PARKING IN THE FIRE LANE! All cars MUST be parked across the street or in the parking lot across the way.
5. Please drive slowly when children are present.
6. If the parent or guardian will not be picking up the child, the alternate driver must be added as an authorized pickup person please make sure to sign the release form available in the camp office. No child will be released to an unauthorized driver without permission from the Director.
7. Campers find it hard to adjust when they come late, and they worry when their parents don't pick them up on time. Please be prompt. Camp begins at 8:30am and ends at 3:30pm. After 3:45 pm, after-care charges will be applied.
8. Early Care is offered Monday-Friday from 7:00 (**by request ONLY**).  
After-care is available Monday-Friday from 3:30-5:30pm. Fees apply.

## Emergencies



1. In case of any medical emergency requiring more than basic first aid, the parents/guardians will be immediately notified. If we cannot reach the parents, the emergency contact on file will be notified.
2. Our staff are certified to provide CPR/First Aid if G-d forbid, this is necessary.
3. After any incident or injury, parents will receive an ouch or incident report.
4. Parents may be asked to pick up their child from camp if our camp nurse deems it necessary. Reasons may include fever, rash, suspected contagious disease, lice, or any injury that requires more than first aid.
5. For ways to contact camp in case of an emergency, please see the “Contact Camp” section in this handbook.

## Contact Camp



1. [www.myjewishdaycamp.com](http://www.myjewishdaycamp.com) has our calendar, newsletters, pictures and a blog of current news and announcements.
2. Counselors and other staff may be reached by emailing [myjewishdaycamp@gmail.com](mailto:myjewishdaycamp@gmail.com).

Place the name of the staff member in the subject of the email.

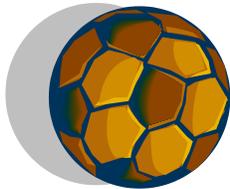
3. Camp’s phone number is (858)451-0455. Staff will not be available to talk during camp hours as they are supervising the children. The Directors should be called in case of an emergency. Rabbi Mendy’s cell phone is (858) 212-2292. Bluma’s cell phone is (858) 243-3911. Text Messaging either Rabbi Mendy or Bluma is an effective mode of communication.

## About Our Program



### General Information

1. Camp Gan Israel provides a wide variety of developmentally appropriate activities and games that provide entertainment and education.
2. Activities include sports, arts & crafts, drama, dance, creative games, hunts and water sports. Each activity is designed with creative excitement which engages all participants.
3. Campers are encouraged to participate in all activities to promote unity in the group. Exceptions are made if an activity is medically not advisable.
4. Our specialized activities have trained instructors who orient staff and campers to the specific safety and operating procedures for each specialized activity.



### Divisions

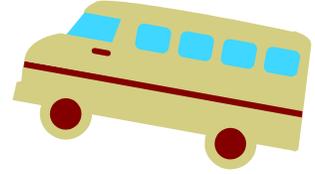
1. Bunk 1: Grades 1 & 2
2. Bunk 2&3: Grades 3 & 4
3. Bunk 4: Grades 5, 6, 7
4. Counselors in Training (C.I.T.'s) Age 12+



### Swimming

1. Camp Gan Israel goes swimming twice a week during the summer at Poway Community Pool, an outdoor, state-of-the-art pool. The pool is located at 13904 Civic Center Dr. Poway.
2. The campers are supervised by experienced American Red Cross certified life guards.
3. During swimming, staff are required to keep all of their campers in their sight and assist with behavior management and rule compliance.

## Transportation & Trips



1. Campers go on trips as indicated in our Camp Calendar available on [www.myjewishdaycamp.com](http://www.myjewishdaycamp.com). Children are transported in our camp shuttle bus, camp vans and mini vans.
2. Campers must wear a camp T-shirt on trip days. Each camper receives one T-shirt upon registration. Additional t-shirts may be purchased for \$7 while supplies last. Campers also wear a wristband with emergency contact information on all field trips.
3. The following rules must be obeyed while travelling on the bus.
  - a. Remain properly seated while on the bus.
  - b. Keep arms and other objects inside the bus
  - c. Always follow the directions of the driver
  - d. Keep games, balls, toys, etc. in a bag or box
  - e. Help keep your bus clean! Put all garbage in the appropriate containers
  - f. Learn emergency drill procedure (taught by driver)
4. Campers cannot:
  - a. Chew gum while riding on the bus
  - b. Stand or change seats while on the bus
  - c. Fight, shout, or throw objects while on the bus
  - d. Leave anything in the center aisle

## Goals & Outcomes

1. To provide opportunities that stimulate the development of each camper's self esteem.
  - a. Each camper will select his/her activity during "free" time.
  - b. Each camper will participate in at least one activity to promote self esteem, which could include arts & crafts, values clarifications, farming, sports or special hunts and activities.
  - c. Campers will participate in getting-to-know you games during the first 24 hours of camp.
  - d. Staff will provide the campers with positive comments and encouragement throughout their stay.
  
2. To help each camper appreciate the natural surroundings and take an active role in the stewardship of our environment.
  - a. Each camper will have the opportunity to participate in some nature activity, which could include one of the following: hiking, environmental activities, or other appropriate activity.
  - b. At the beginning of each day , the campers will discuss the as a group the importance of taking care of their camp and the types of things that they need to do such as picking up litter, not picking flowers, respecting property (no graffiti), and conserving water.
  - c. Campers and staff will participate in recycling of materials such as aluminum cans, cardboard and paper in clearly marked recycling bins.
  - d. Each group will be encouraged to perform a service project at camp to help the environment such as picking up litter and recycling.
  - e. Each group will have a part in taking care of the Rubenfeld farm. They will feed the chickens & goats water and food and keep the coop clean. They will also water & harvest the plants in the vegetable garden
  
3. To provide situations for each camper to set goals and challenge themselves while discovering his or her own skills and abilities.
  - a. Each camper will participate in at least two activities during the week that will personally challenge the camper such as archery, arts and crafts, learning classes and science.
  - b. Campers will have the opportunity to work in small groups during activities and bunk time with each camper taking on different roles.
  - c. campers will learn at least one new skill while at camp.

## Goals & Outcomes 2

4. To provide exposure to Jewish culture and practices in a fun non - judgmental and hands-on way.
  - a. Campers will participate in daily activities and arts and crafts sessions that educate them in specific Jewish cultural concepts.
  - b. Campers will learn to sing camp songs and hear stories that contain themes of Jewish culture and practice.
  - c. Each bunk will have a Jewish theme of the week around which songs, arts and crafts and activities will be planned.
  - d. Each camper will bring home Challah bread that he/she shapes and bakes.
5. To increase the camper's network of Jewish friends.
  - a. By virtue of the fact that the campers are attending a Jewish camp they meet many new Jewish friends.
  - b. Our counselors and campers keep in contact throughout the year either in person, at school break camps or as pen pals.
  - C. Holiday activities and family Shabbat dinners are scheduled periodically through the year to maintain friendships

## Behavior Management

Campers at CGI are expected to be kind, respectful and cooperative to staff members and fellow campers. Our campers safety and well being are of utmost importance.

If a camper is having a difficult time following camp rules or speaking disrespectfully to a fellow camper or staff member, the camper will be asked to sit out for some of their next activity. If the behavior continues 3 times on any given day a note will go home to the parents.

If a camper is acting in a way that is unsafe for them to be around other campers, parents will be called to pick up their camper. If parents cannot be reached, the camper will sit in the office until camp is over.

## What to Send to Camp



### Lunch

1. Hot lunch is served every day from the camp kitchen. This service is optional fees apply.
2. If not ordering hot lunch, packed lunches should be brought from home in a marked lunchbox/bag with child's first and last name.
3. Lunches should be dairy or pareve; no meat or shellfish is allowed in camp. Please don't send glass jars/bottles.
4. Please send enough snacks with your child. We have a camp snack shop with snacks to purchase which will be open at snack time and before dismissal time.
5. Water is always available for campers to drink.



### Tzedakah

1. Tzedakah (charity) is a concept that is fundamental to Judaism. Our camp attempts to develop a commitment among our campers to share with others less fortunate than themselves by donating a few pennies every day to charity. Parents are asked to send a few coins for Tzedakah every day with your campers.

### Clothing/Bathing Suits

1. All campers should bring a bathing suit and towel on water days. We have many water days planned with many wet activities that the campers enjoy including our Giant Waterslide.
2. **Closed toe shoes or sneakers should be worn.** Flip flops, sandals and Crocs are not appropriate for our playground and sports activities. You may pack them separately in their swim bag for swim/water activity time.



#### Quick Reference

##### **What to Bring to Camp**

1. Smile. It's contagious
2. Parve or dairy lunch & snacks
3. Bathing suit and towel (swim days)
4. Sun Block
5. Tzedakah coin
6. Camp shirt & hat (Trip days)

## Personal Property Regulations



1. Alcohol and drugs may not be brought on camp property.
2. Camp cannot take responsibility for personal property brought to camp.
3. If campers bring iPods, cell phones, digital cameras, or any other expensive item to camp, and they are brought out while camp is in session they will be confiscated and returned to the parents at the end of the day.
4. If campers or staff bring potentially dangerous articles to camp, such as skateboards, slingshots, etc. they will be confiscated by the Director.
5. The Director will either return to camper or staff at the end of the day or call parents.
6. Weapons are prohibited on campus. Any staff member or camper who brings a weapon (including a gun, large knife) onto premises will be immediately dismissed from our program.



## Frequently Asked Questions

### How does my camper find lost items?

1. Please mark all belongings with your child's name. This is very important since shirts are identical and individual items are difficult to identify without a label. Lost & Found items are available each day in a bin near the sign in table.



### How do I arrange to pick up my camper during the camp day?

1. If you have to pick up your camper during the day, please notify our office in the morning so we can arrange to have your camper ready for you. We cannot release campers without parental permission.

### Can my camper bring precious items to camp?

1. Campers should not bring jewelry, cell phones, ipods, head phones, expensive toys, etc. to camp. Camp Gan Israel supplies everything campers will need for each day's activities. See Personal Property Regulations, page 9, for details.



### How can I speak with my child's counselor?

1. A call to the camp office will answer most questions. Since counselors are constantly supervising groups and activities, messages will be taken at the camp office. Please leave your name and evening phone number and the counselor will return your call as soon as possible.
2. Counselors will attempt to be available at the end of each camp day to discuss your child's day. Please understand that pickup time is hectic and the supervision and safety of our campers is our first priority. If you have further questions, please call the camp office and leave a message. Staff can be emailed anytime at [myjewish-daycamp@gmail.com](mailto:myjewish-daycamp@gmail.com). Please leave the name of the staff member/bunk in the subject to help us route the email to the correct staff member.



**Camp Gan Israel Poway**

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**Poway, CA 92064**

**858-451- 0455 x15**

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