<table>
<thead>
<tr>
<th>Event</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health History, Camper Photo, Sunscreen, &amp; Parent Authorization due</td>
<td>Monday, April 1</td>
<td></td>
</tr>
<tr>
<td>Immunization Form &amp; Physician’s Exam Form</td>
<td>Wednesday, May 1</td>
<td></td>
</tr>
<tr>
<td>Transportation Forms due</td>
<td>Wednesday, May 1</td>
<td></td>
</tr>
<tr>
<td>Full and First Session and Kochavim Aleph Campers Arrive</td>
<td>Tuesday June 25, 11 a.m. – 1 p.m.</td>
<td></td>
</tr>
<tr>
<td>Kochavim Aleph Campers Depart</td>
<td>Sunday, July 7, 10 a.m. - 11 a.m.</td>
<td></td>
</tr>
<tr>
<td>Kochavim Bet Campers Arrive</td>
<td>Tuesday, July 9, 11 a.m. - Noon</td>
<td></td>
</tr>
<tr>
<td>First Session and Kochavim Bet Campers Depart</td>
<td>Sunday, July 21, 10 a.m. - 11 a.m.</td>
<td></td>
</tr>
<tr>
<td>Visiting Day</td>
<td>Sunday, July 21, 11 a.m. – 3:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Second Session and Kochavim Gimel Campers Arrive</td>
<td>Tuesday, July 23, 11 a.m. – 1 p.m.</td>
<td></td>
</tr>
<tr>
<td>Kochavim Gimel Campers Depart</td>
<td>Sunday, August 4, 10 a.m. - 11 a.m.</td>
<td></td>
</tr>
<tr>
<td>Kochavim Daled Campers Arrive</td>
<td>Tuesday, August 6, 11 a.m. - Noon</td>
<td></td>
</tr>
<tr>
<td>Full and Second Session and Kochavim Daled Campers Depart</td>
<td>Sunday, August 18, 10 a.m. - 11 a.m.</td>
<td></td>
</tr>
</tbody>
</table>
## TABLE OF CONTENTS

### I. PACKING INFORMATION
- LUGGAGE 6
- LUGGAGE TRUCKS 6
- WHAT TO PACK: CLOTHING & EQUIPMENT 7
- RAMAH-WEAR 8
- תלית ותפילין (TALLIT AND TEFILLIN) 9
- SPENDING MONEY 9
- WHAT TO LEAVE AT HOME 9
- FOOD AT CAMP 10
- LAUNDRY 11
- LOST & FOUND 11

### II. HEALTH CARE AT CAMP
- GENERAL INFORMATION 13
- VACCINATIONA 14
- HEALTH CARE POLICIES AND PROCEDURES 15
- HEAD LICE 16
- MEDICATIONS 16
- XRAYS / LAB TESTS 17
- DENTAL WORK 17
- EYEGlasses 18
- SPECIAL DIET 18
- HEALTH INSURANCE 18
- ACCIDENT INSURANCE 18
- MENINGOCOCCAL DISEASE & CAMP ATTENDEES 19

### III. OUR COMMUNITY & THE CAMP EXPERIENCE
- INCLUSION AT CAMP 20
- BUNK REQUESTS 20
- CLEANLINESS & CLEAN-UP 21
- BEHAVIOR IN THE TZRIF (BUNK) 21
- מכולת (MAKOLET/CANTEEN) 22
- CAMPER BIRTHDAYS 22
- שבת (SHABBAT) 22
- תפילות (T'FILLOT) 22
- עברית (IVRIT/HEBREW) 24
- בר בת מציון (BAR/BAT MITZVAH) PREPARATION 25
- CURFEWS 25
- LIVING IN NATURE 25
- אנגר (ETGAR) OUTDOOR ADVENTURE PROGRAM 27
- GRATUITIES 28
- VISITING POLICY AND VISITING DAY 28
- INTERSESSION 30
- GUESTHOUSE 30

### IV. CAMP COMMUNICATION
- YOATZOT: OUR PARENT LIAISONS 31
- CAMPER MAIL 32
I. PACKING INFORMATION

LUGGAGE

Please limit your packing to two moderately-sized duffle bags or soft trunks. Some people also pack items like towels and sheets in a flat plastic container that can fit underneath a bed. The luggage for all חניכים (hanichim/campers), including חניך (hanich/camper), who arrive by car, should be labeled with the חניק (tzrif/bunk) number.

For חניכים (hanichim/campers) who will be flying to camp and/or sending luggage on the luggage truck from Washington, DC, Boston, or CT or on the bus from NJ, NY, & CT, we will mail bunk tags in June for first-month חניכים (hanichim/campers) and in July for second-month חניכים (hanichim/campers). You must label your חניך (hanich/camper)’s luggage with those tags.

LUGGAGE TRUCKS

We are pleased to once again offer the following luggage truck services this summer. We ask our families to please use these luggage trucks, as this allows our staff to focus on the campers on opening day (as opposed to helping deliver luggage).

DC Area

Luggage drop-off will be available for opening day at B’nai Israel Congregation in Rockville, MD. For the end of first session, the opening of second session and closing day, luggage drop-offs and pick-ups will be available at B’nai Israel Congregation and Congregation Olam Tikvah in Fairfax, VA.

*Please note that the 2019 luggage truck service is required for any חניכים (hanichim/campers) flying to/from camp on 6/25, 7/21, 7/23 and 8/18, whether they are on a chaperoned flight or flying individually.
**Boston Area**
There will be luggage drop-offs and pick-ups at Temple Israel in Sharon, MA and Temple Reyim in Newton, MA.

**Connecticut**
There will be luggage drop-offs and pick-ups at Beth El Temple in West Hartford.

**For complete information about the Luggage Trucks**, log-in to your Campminder account: [https://ramahne.campintouch.com/v2/login/login.aspx](https://ramahne.campintouch.com/v2/login/login.aspx). Go to your “forms and documents” page and refer to the luggage truck information document that applies to you. You must reserve this service as part of completing your online transportation form, which is due May 1st.

**WHAT TO PACK: CLOTHING & EQUIPMENT**

A suggested clothing and equipment list is enclosed. (See pg. 54.) Recommendations are based on laundry being done on a nine-day cycle at camp.

When planning your child’s clothing needs, please take into consideration variations in temperature. It can be warm during the afternoons, and quite cool sometimes at night and in the morning.

It will rain sometimes at camp, so please don’t forget to pack a raincoat or poncho for your child. Some campers like to bring rainboots as well.

Clothing with alcohol, tobacco, drugs, sexual content or inappropriate language or content is not permitted.

Please be aware that, in keeping with our values of **tzniut** (modesty), all **hanichim** (campers) are required to wear a shirt at all times, when in public outside of their **tzrif** (bunk). This includes male **hanichim** (campers), except for when swimming or at our **agam** (lake). We encourage male campers to wear swim-shirts.
We ask that חניכים (hanichim/campers) wear appropriate swimwear at camp. Please bring one piece swimsuits or tankinis. Bikinis of any kind are not allowed. Bikinis with a t-shirt on top are also not acceptable swimwear at camp.

Closed toe shoes are required for active camp programs.

Simple, modest, nicer-than-everyday clothing is appropriate dress for שבוע (Shabbat). We recommend nice pants, shorts or a skirt, with a nice shirt, or a dress. Campers and staff wear שבוע (Shabbat) clothing on Friday night and Saturday morning, so please pack a few different שבוע (Shabbat) options for your child.

Limited electrical outlets are available. Please limit the number of fans, lamps and clocks brought to camp. Hair dryers are allowed as long as they are unplugged immediately after use.

PLEASE LABEL EVERYTHING! Please identify each item of clothing, shoes, outerwear, and all belongings with your child’s full name. Labeling with initials is not sufficient in helping us determine to whom a lost item belongs. For your convenience, there is a link in your Campminder account to order self-sticking, waterproof labels through Oliver’s labels.

Please put the bunk tags provided by camp on your child’s luggage.

**RAMAH-WEAR**

Each חניך (hanich/camper) will receive a camp t-shirt when they arrive at camp on the first day. Each חניך (hanich/camper) will also receive a special עדה (edah/division) t-shirt created by their צוות (tzevet/staff-members) at the end of each מחזור (machzor/session). Additionally, צד ב’ (Tzad Bet/B-Side) חניכים (hanichim/campers) will receive a jersey or t-shirt for their “Yom Roo” sports team during the מחזור (machzor/session) in which they compete.
Our on-line camp store will be open between April-May. Additionally, some Camp Ramah clothing can be purchased at camp on the opening and closing day of each session, and on Visiting Day.

טלית ותפילין  

(TALLIT AND TEFILLIN).

Female בַּת מְצָוָה (Bat Mitzvah) תָלִית (tallit) and תְפִלֵין (tefillin) to camp. Male בָּר מְצָוָה (Bar Mitzvah) תָלִית (tallit) or תָלִית קָטָן (tallit katan) and תְפִלֵין (tefillin) to camp and use them during morning תְפִלָּה (t’fillah/prayer services). Please make sure your male young adult packs them.

Please make an extra effort to label your child’s תָלִית (tallit) or תָלִית קָטָן (tallit katan) and תְפִלֵין (tefillin), and תָלִית (tallit) bag, so we can identify them if they are misplaced at camp.

Male חניכים (hanichim/campers) of all ages need to make sure to bring enough כִּפּוֹת (kippot) for use throughout the summer. (We suggest at least four.)

For more information, please see our תפילה (t’fillot/prayer services) section on pg. 22.

SPENDING MONEY

Camp is a cash-free environment. We include “spending money” for use on camp trips, etc., in our tuition. The cost of a camp ת-רא-מ-ה ת-שִׂירֵי (Ramah-Wear) ת-שִׂירֵי (t-shirts/jerseys) as described in the “Ramah-Wear” section on the previous page, are also included in our tuition. Camp Ramah cannot be responsible for any money that a camper brings to camp and loses.

WHAT TO LEAVE AT HOME

Camp Ramah cannot guarantee, and is not responsible for, the safe
return of expensive or breakable items. Please leave those items at home:

The following items are NOT PERMITTED at camp:

- Computers or tablets
- Cell phones
- Smart watches
- Video cameras
- Electronic gaming devices
- Bicycles, skateboards, and scooters
- Fireworks (including sparklers)
- Water pistols, water guns, laser-pens, air guns (or similar items)
- Balloons or other latex items
- Weapons, including knives (of any size or purpose)
- Alcohol, cigarettes, e-cigarettes, marijuana or any marijuana paraphernalia, vaping equipment, and any illegal drugs or controlled substances

Please note that any device that can access the internet is not allowed at camp, even if the internet function is turned off. (This includes most iPods, MP3 players, and Kindles.) MP3 players that do not have internet capability are allowed. Kindles or other e-readers that can access the internet only to download e-books are allowed; if they have any additional web-surfing functionality they are not allowed.

If any of the above items are found in a 핼יכ (hanich/camper)’s possession, they will be confiscated and returned at the end of the session.

**FOOD AT CAMP**

Hanichim (campers) eat meals communally in the תדבר אוכל (Hadar Ochel/Dining Hall). **There is absolutely no outside food allowed at camp.** We provide delicious and healthy between-meal snacks for any 핼יכים (hanichim/campers) who want them. Every 핼יכ (hanich/camper) has plenty to eat at camp.
In addition to concerns about קשורת (kashrut), we have חניכים (hanichim/campers) and צוות (tzve/Staff-members) at camp with serious food allergies, and so we must have complete control of all food items served at camp. We ask all parents to help us abide by this important policy.

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

Any food sent to camp will be confiscated.

LAUNDRY

We recommend that you pack clothing for your child for nine (9) days. Laundry is done weekly off-site and is returned within 2-3 days. Your child will not be washing his/her own clothes. Please pre-wash all new clothing prior to sending it to camp, and please be sure to label all clothing with your child’s first and last name. Labeling clothes is critical to ensuring that lost clothes can be returned to your child. Please do not send your child with any clothing that can’t be laundered normally (ex. dry-clean-only).

LOST & FOUND

It is essential that all belongings are labeled with your child’s first and last name so that they can be returned if they are misplaced for any reason. Our Lost and Found is located in the מרכז (mercaz). Throughout the summer, we make exhaustive attempts to return lost items to their owners. However, it seems no matter how hard we try, we are left with heaps of campers’ possessions on our hands after camp ends. After the summer, we will return items deemed valuable if they are labeled with a child’s name to you by mail, at your expense. Please encourage your child to take responsibility for her/his possessions, and to participate actively in identifying personal items during the packing up process at the end of the session.

Please note that Camp Ramah assumes no responsibility for wear
and tear or for loss or damage to a ḥanîh (hanich/camper)’s clothing, other personal equipment, or baggage.
II. HEALTH CARE AT CAMP

GENERAL INFORMATION

The מֵרֶפֶּאָה (mirpa’ah/health center) is staffed 24 hours-a-day during camp sessions. Camp physicians staff sick-call hours daily and are always on-call.

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 complete our medical forms fully, and to list all the medications your child is taking, or any special conditions of health, diet or personal habits that affect your child. The more complete information you provide, the better we can care for your child’s physical and mental health.

If your child requires an EpiPen and/or has significant food or environmental allergies, we require that you send a copy of your physician’s Allergy Action Plan to camp by the May 1st deadline.

Should the state of your child’s health change, or should your child be exposed to any communicable diseases during the three weeks prior to camp, please inform the camp office.

A physician’s report is required attesting to your child’s health, based on a complete examination during the 12 months preceding the camp season. Please make certain that a parent/guardian fills out and signs the appropriate part of the form and that the physician completes the remainder. NOTE: The vaccines that are required by Massachusetts regulations are listed on the camp medical form.

No חניך (hanich/camper) will be accepted into camp without a completed medical form (including immunization records). If a חניך (hanich/camper) arrives at camp without a medical form and/or all required immunizations, s/he will be sent home.

Click here to read a letter from Rabbi Gelb, Talya Kalender, and our camp doctor that reviews all of our allergy protocols and
VACCINATIONS

Camp Ramah in New England has always been careful about checking immunizations for campers and staff. We have always required all of our campers and staff to be fully immunized according to the standards of the American Academy of Pediatrics and the CDC.

In general, for Israeli campers: if your child has received all recommended vaccines according to the Israeli schedule, then they are compliant with Camp Ramah’s requirements. There are some exceptions, listed below.

**Required for campers in Kochavim, Ilanot, and Solelim (rising 2nd grade through rising 6th grade):**

- Dtap vaccine: 5 doses. (In Israel, 4 doses are given by 12 months and then a Tdap at age 7. The only time this is a problem is for rising 2nd graders (kochavim) who haven’t yet received the 2nd grade dose in Israel.)
- Polio vaccine: 4 doses, final dose after age 4. (In Israel, 4 doses are given at by 12 months and another is given in 2nd grade. The only time this is a problem is for rising 2nd graders (Kochavim) who haven’t yet received the 2nd grade dose in Israel.)
- Hep B: 3 doses. (In Israel this is routine.)
- MMR: 2 doses, 1st one after 12 months. (In Israel this is routine.)
- Varicella: 2 doses, 1st one after 12 months. (In Israel this is routine.)

**Required for campers in Shoafim through Nivonim (rising 7th grade through rising 11th grade):**

- ALL OF THE ABOVE IMMUNIZATIONS. (If you have followed the Israeli schedule, you are all set.)
- Tdap: 1 dose by age 12. (In Israel one dose is given in 2nd grade...
and one in 8th grade, you’re all set.)

- MENINGOCOCCAL vaccine (Menactra or Menveo). (In Israel this vaccination is currently NOT routine until entering the IDF. Parents of campers in Shoafim and above will need to schedule a special appointment with their doctor to receive this vaccination. It only needs to be done ONCE as a camper.) (If your camper returns as staff, they will need a second dose after age 16.)

HEALTH CARE POLICIES AND PROCEDURES

Our medical and nursing staff is trained to focus on the health of all our חניכים (hanichim/campers). Our staff responds to any identified medical or emotional issues, provides excellent care and communicates promptly with parents and guardians as appropriate. Upon their return home, we suggest you check in with your child and, if there are any changes in, or concerns about, their health, you contact your personal medical professionals and also communicate with us. We look forward to continuing the caring partnership we value as caretakers of your children.

The מרפאה (mirpa’ah/health center) staff will contact families if:
- your child spends the night at the health center (example: with fever)
- your child has to leave camp for any medical reason (example: to get an x-ray)
- your child needs to start a prescription medication (example: antibiotic)
- your child is diagnosed with a concussion
- your child needs stitches

If your child is checked into our health center prior to 10:00 PM, you will be contacted that evening. If your child is checked into our health center late at night, you will be contacted as soon as possible the next day. If there is an emergency on שבת (Shabbat), we will contact you; non-urgent communication will take place after שבת (Shabbat).

If your child needs immediate medical attention, the local
emergency medical services will be contacted, and/or transportation will be provided to a local hospital. A Camp Ramah staff member will always accompany children to the hospital.

HEAD LICE

It is important that your child be screened for head lice by medical professionals, or by you if you know how, prior to coming to camp. hanichim/campers are checked for lice on the first day of camp. If a hanich (hanich/camper) arrives at camp with nits or a live infestation, they will either be sent home (if they live close-by) or isolated in the mirpa’ah/health center until no nits are found on the hanich (hanich/camper). hanichim/campers will not be allowed into the tzrifim/bunks with nits or a live infestation. Camp may hire a nit-picker to care for campers with lice. Any hanichim/campers who arrive at camp with lice, requiring treatment by our tzevet/staff-members, will be charged a $300 treatment fee.

For more information on head lice, including preventative measures, you can log on to WWW.HEADLICE.ORG, the official website of the National Pediculosis Association.

MEDICATIONS

All hanich/camper medications and vitamins must be stored at and dispensed from our mirpa’ah/health center. In our on-going commitment to meet the needs of our hanichim/campers who require medications or vitamins at camp and comply with strict state regulations regarding medication dispensing for summer camps, we will once again be working with CampMeds Inc., a pre-packaging medication program founded by a former camp nurse. CampMeds has been serving the camping industry for many years, and provides the convenient service of dispensing, packaging and shipping medications directly to summer camps.

The use of CampMeds is for the safety of your children. We use CampMeds to ensure that your child gets the correct medication
and gets the right dose at the right time.

For complete information, please log-in to your CampMinder account: https://ramahne.campintouch.com/v2/login/login.aspx, go to your “forms and documents” page and refer to the “CampMeds Information Packet.” Please see page 2 of the CampMeds packet for a list of exceptions when CampMeds is not required. You must register for this service 30 days before your child arrives at camp. **We will charge families a $100 fee if a Hanich (hanich/camper) who takes medication is not registered with CampMeds.**

If your child needs medication not previously prescribed, the camp will purchase it for your child, and we will charge your credit card on file in CampMinder so that we many be reimbursed.

If your child will take medications or vitamins at camp, please also complete the online allergy medication review that will be activated in your CampMinder account in April.

**X-RAYS / LAB TESTS**

Children who need x-rays or lab tests will be taken to a local hospital (usually Baystate Wing Hospital in Palmer, an affiliate of Baystate Medical Center). The hospital will be given the parents’ insurance information to cover the cost of the procedures.

**DENTAL WORK**

Please attend to your child’s dental needs before camp. We do not have a dentist in camp. In the event your child needs dental treatment, we will arrange a visit and transport them to a local dentist. Camp Ramah will pay for the cost of the work at the time of the visit, and we will charge your credit card on file in CampMinder so that we may be reimbursed. It is your responsibility to reimburse camp for this expense upon receipt of the bill. Camp accident insurance does not cover dental work.
EYEGLASSES

Children who wear eyeglasses should bring an extra pair with them to camp, labeled with their full name. Please include a copy of your child’s eyeglass prescription with his/her medical form. We recommend eyeglasses with shatter-resistant lenses. In the event your child requires the services of an eye doctor, we shall arrange transportation to a local practitioner. Camp Ramah will pay this bill for the work done at the time of the visit, and we will charge your credit card on file in CampMinder so that we may be reimbursed. Camp accident insurance does not cover the repair or replacement of eyeglasses.

SPECIAL DIET

If your child has medically confirmed dietary restrictions or allergies, please note this on their Medical Form and on the הָנִיכִים (hanich/camper)’s application. Requests for vegetarian entrees must also be noted on the Medical Form. הָנִיכִים (hanichim/campers) must understand that this request is for the entire time s/he is at camp, and not an alternative for individual meals.

HEALTH INSURANCE

It is required that you submit a photocopy of the front and back of your insurance card to the camp on the signed Parent Authorization form. If your prescription card is separate from your insurance card, please be sure to submit a photocopy of both.

Families will be billed directly by Camp Ramah for medical treatment, prescriptions, and for visits to an optometrist, dentist or orthodontist.

ACCIDENT INSURANCE

Camp Ramah carries accident insurance, which covers all הָנִיכִים (hanichim/campers). This is SECONDARY, supplemental insurance coverage only. It pays for those expenses or portions
of expenses NOT covered by health insurance carried by the Hanich (hanich/camper)’s own family. The insurance carried by the Hanich (hanich/camper)’s family is applied to any medical expenses before the camp’s insurance. Our insurance does not cover eyeglass repair/replacement or dental work. In the case of an accident, the following steps must be taken to ensure proper handling of insurance payments:

1. All doctor bills will be mailed to you directly. Hospital bills may be sent either to you or your insurance company.
2. Please process all bills through your insurance company first.
3. After you have heard from your insurance company, please forward a copy of the original bill and a copy of either the official payment statement stating the portion of the bill your insurance company has paid, or a copy of the denial of the claim, to the camp office. Do not pay the unpaid difference yourself. Our insurance company will only reimburse the health care provider.
4. Our insurance company will pay the unpaid difference (up to $1,000.00 per occurrence).

Please take care of all bills promptly and keep accurate records. The deadline for submitting bills to our insurance company for reimbursement is December 15th. In the case of illness, you are responsible and must look to your health insurance coverage for payment since Camp Ramah’s policy only covers accidents.

MENINGOCOCCAL DISEASE AND CAMP ATTENDEES

The Commonwealth of Massachusetts requires all summer camps to share this document, “Meningococcal Disease and Camp Attendees: Commonly Asked Questions,” with all parents. You may click here to access the document.
III. OUR COMMUNITY & THE CAMP EXPERIENCE

INCLUSION AT CAMP

Camp Ramah in New England is committed to the value of inclusion, founded in the Jewish ideal that teaches that we were all created B’tzelem Elohim, in God’s image. At Ramah, we work hard to ensure that each member of our community is respected, supported, valued, and empowered to participate in all aspects of camp life. All חניכים (hanichim/campers) and צוות (tzevet/staff members) at Ramah learn the importance of inclusion, and are asked to uphold these values by respecting and valuing all members of our community, regardless of ability or disability.

We are supportive of our חניכים (hanichim/campers), no matter their sexual orientation or preference. Our intention is to make sure that everybody feels comfortable within the camp community including those who identify as LGBTQIA+. Camp can sometimes assume hetero- and gender-normative behavior and identity which may make some חניכים (hanichim/campers) and צוות (tzevet/staff-members) uncomfortable. To minimize this as much as possible, we emphasize sensitivity to the diversity of our community in everything that we do.

At Ramah, we work together to create an inclusive, accessible community for all.

BUNK REQUESTS

The bunk request form is activated in your CampMinder account once your child is fully enrolled. This form is due on April 1, 2019. Please note that חניכים (hanichim/campers) in Nivonim, Kochavim (Mini-Sessions), Amitzim, and participants in Tochnit Avodah (Voc-Ed) do not complete bunk request forms.

Please click here to read our bunking letter which explains our procedures in great detail, and also includes important suggestions to consider when completing your child’s bunk request form.

Pg. 20
CLEANLINESS & CLEAN-UP

Every member of the Ramah community is responsible for the cleanliness of our camp. (hanichim/campers) and  (tzvevet/staff-members) are encouraged to be conscious of their personal impact on the environment – for example, to be conscious of litter and pick it up. It is up to the entire camp community to keep Camp Ramah clean and beautiful.

In order to assist our (hanichim/campers) and  (tzvevet/staff-members), bathrooms will be cleaned twice a week by staff from an outside company hired by camp.

Inspections of camper (tzrifim/bunks) will be made daily. Emphasis is placed on the cleanliness of the (tzrifim/bunks) and our kids’ belongings.

Respecting and protecting the natural environment is one of the primary educational goals of Ramah. On several occasions during the summer, staff and campers participate in  (Nikayon Hakikar), a cleaning of all of our fields and outdoor locations.

BEHAVIOR IN THE (TZRIF/BUNK)

The (tzrif/bunk) is a place where all of its members must feel safe and comfortable. (hanichim/campers) must act in a friendly and respectful manner at all times with their friends and bunk-mates, as well as with their  (madrichim/counselors).

(hanichim/campers) should be mindful of each other’s privacy and behave with modesty and respect. (hanichim/campers) are not allowed to lie or sleep in each other’s beds or shower together in the same stall. (hanichim/campers) are not allowed to disrupt someone who is sleeping or to invade someone’s privacy in the bathroom or shower.

No photographs are permitted to be taken inside a (Tzrif/bunk).
(MAKOLET/CANTEEN)

מכולת (makolet/canteen) food and drinks, included in camp tuition, are distributed to חניכים (hanichim/campers) twice a week.

CAMPER BIRTHDAYS

Every חניך (hanich/camper) with a birthday during the camp season will receive a cake for a צריף (tzrif/bunk) party. חניכים (hanich/camper) birthdays are in our database and this is taken care of automatically. Parents are encouraged to contact their child’s יוזט (Yoetzet/Parent Liaison) to schedule a phone call with their child on his/her birthday.

 Shibat (SHABBAT)

שבת (Shabbat) at Ramah has a magical intensity that can only come from an entire community engaged in the beauty of the day. When we ask campers why they keep coming back to camp, שבת (Shabbat) is always one of the first things they mention. The רוח (spirit) of שבת (Shabbat) is one of the most indelible memories of the Ramah experience.

We are a Shomer Shabbat camp. In their personal space, on their own bed, a child may chose to use a flashlight or headphones.

In addition to שבת (Shabbat) meals, services, and singing, sports and swimming are permitted.

Turning on or off lights, listening to MP3 players, writing, drawing, painting, building, playing musical instruments are are prohibited on שבת (Shabbat).

T'fillot (T’FILLOT)

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

All תפילה (t’fillot/prayer services) are egalitarian.

At Camp Ramah in New England, everyone is treated equally in all Jewish ritual matters. Women are counted for a מניין (Minyan) and are eligible to read התורה (Torah) and חפאת (Haftarah), and to lead all religious services and rituals. Women are encouraged to bring תפילה טליט (tallit) and תפילה תפילין (tefillin) to camp.

Males are obligated to wear כיפה (Kippah) or head-covering during meals, study and prayer. Females may elect to cover their heads during those times, but they are not obligated to do so. During תפילה (t’fillot/prayer services) on שבת (Shabbat), we require a כיפה (Kippah) rather than a hat. Out of respect, when wearing תפילין (tefillin), one must wear a כיפה (Kippah).

Males over the age of בר מצווה (Bar Mitzvah) must wear a טליט (tallit) and תפילין (tefillin) during תפילה (t’fillot/prayer services) on weekday and Sunday mornings, and a טליט (tallit) on שבת (Shabbat) morning. Females over the age of בת מצווה (Bat Mitzvah) are encouraged to do so.

Anyone, male or female, who is leading תפילה (t’fillot/prayer services) or participating in the תורה (Torah) Service, must wear a טליט (tallit) and a כיפה (Kippah) or head-covering, which camp will provide.

On Friday afternoons, the entire camp community gathers together to welcome שבת (Shabbat) through song and prayer as we daven כבצלת שבת (Kabbalat Shabbat) together. This is a particularly special experience, as it is one of the few times during the week that the entire camp is gathered together.
At Camp Ramah, we take seriously our commitment to **עברית** (Ivrit/Hebrew) language, and expect all **צוות** (tzevet/staff members), regardless of position, to actively further the mission of making camp a place where **עברית** (Ivrit/Hebrew) is commonplace. We achieve our goals in **עברית** (Ivrit/Hebrew) not only through our formal curriculum, as implemented in our **לימוד** (limud/education) **פרק** (perek/period) each day, but also through singing in **עברית** (Ivrit/Hebrew), dancing to **עברית** (Ivrit/Hebrew) and Israeli music, and taking extra care that certain words and phrases only be said in **עברית** (Ivrit/Hebrew). We make announcements in the **חדר אוכל** (Hadar Ochel/Dining Hall) and during **תפילת** (t’fillot/prayer services) exclusively in **עברית** (Ivrit/Hebrew).

**Meah Milim**: We’ve put together a list of the 100 most common **מילים** (milim/words) that we strive to use only in **עברית** (Ivrit/Hebrew) at camp. Throughout the summer, our **싼** (hanichim/campers) and **מדריכים** (madrichim/counselors) encourage one another to use the **מילים** (milim/words) on this list exclusively in **עברית** (Ivrit/Hebrew). And the **Meah Milim** initiative doesn’t stop with specific words — we use this program as a catalyst for including more **עברית** (Ivrit/Hebrew) in our everyday lives at camp.

We do not expect that anyone come to camp with these **מילים** (milim/words) already learned or memorized. We do not want any **싼** (hanichim/campers) to feel pressured to “study” before coming to camp! We will all be learning and working on these **מילים** (milim/words) together at camp this **קיץ** (kayitz/summer).

And who knows, we might just have some special swag to give to **싼** (hanichim/campers) who make great use of these **Meah Milim** this **קיץ** (kayitz/summer) at camp…!

Please click here to read more about our **Meah Milim** (Meah Milim) program and to see the complete list of **מילים** (milim/words).
If your child will become a Bar/Bat Mitzvah this upcoming fall (September through December), we will be happy to provide a tutor to help aid in his/her preparations. If you would like your child to receive this tutoring, you must indicate so on your child’s Education Form. Simon Luxemburg, from our Program Staff, will be in touch before the summer begins to help coordinate our tutoring with your child’s preparations at home. If you would like to be in touch with Simon before then, please e-mail him at SimonL@campramahne.org.

Please make sure that your child brings a recording (on an MP3 player that cannot access the internet) and and a copy of the Torah portion with him/her and any special instructions from the Bar/Bat Mitzvah teacher. Alternatively, please feel free to e-mail the recording and any additional materials to Simon at SimonL@campramahne.org.

Please note that we can only review what your child has already learned; we will not have the time at camp to teach new material.

**CURFEWS**

Hanichim (campers) have a full day of activities and programs, and a good night’s sleep is essential for their enjoying camp. Therefore, it is imperative that your child understands that when lights are out at night, it is time to go to sleep and they are to remain in their זריפ (tzrif/bunk). Night excursions and raids are not allowed at Camp Ramah. This policy is very strictly enforced -- both for the safety of your children and the צוות (tzevet/staff-members). Hanichim (hanichim/campers) who are not able to abide by this rule will not be allowed to remain in camp.

**LIVING IN NATURE**

We are blessed to have a beautiful hundred-plus acre facility with a forest, river and lakes. Living in nature brings some possible
situations about which we want to make sure you are aware. We cannot list every scenario, but here are a few things that we think are important to share.

**Bats** -- Bats are a normal part of nature and eat many mosquitos. There are specific guidelines from the Commonwealth of Massachusetts in regard to bat exposure.

Here are the three scenarios in which the Massachusetts state epidemiology office (using CDC guidelines) routinely recommends rabies post-exposure prophylaxis (PEP):

1. When someone sees a bat bite or scratch on him/her.
2. When someone wakes up and finds a bat flying in his/her room, since bites can be “silent” and the presence of a bat in the room is not theoretical.
3. When a bat is found in a room with an infant/young child/person with a disability, since that individual cannot give a reliable history regarding possible exposure.

Therefore, in the event a bat is discovered in a תזרиф (tzrif/bunk), the madrichim (counselors) have been trained to remove all הנים (hanichim/campers) immediately and to contact senior צוות (tzevet/staff-members) without delay. If there is a bat discovered in your child’s תזרиф (tzrif/bunk), we will contact you directly.

We continue to contract with Braman Pest Control, a southern New England company in business for over 120 years, and their bat specialists, to inspect our תזריפים (tzrifim/bunks) in the fall and spring to ensure as best as possible that there are no nests in the תזריפים (tzrifim/bunks) and that there are no holes into which bats might be able to enter.

**Trees** -- There are many trees on our property. We take seriously the risk of a tree falling and each spring bring a tree-care specialist to inspect the trees in the inhabited footprint of camp. We remove any trees that are identified as being at risk.
Wildlife -- There are raccoons, skunks, occasional foxes and a rare bear among other wildlife that we can see at camp. Almost always these animals are only seen well after חניכים (hanichim/campers) are in bed and pose no threat. When any of these animals (except bears) try to take up residence in or around our buildings, we trap them and relocate them. If a bear is sighted, we immediately contact the police and move everyone inside.

Insects and bugs -- There are mosquitoes and ticks in our environment. Please send plenty of bug spray with your child. Our מדריכים (madrichim/counselors) will remind them to apply the repellent daily. Additionally, our מדריכים (madrichim/counselors) will remind the campers to self-check for ticks when they shower. Please teach your children how to do a tick self-check and encourage them to do so daily. Each צריף (tzrif/bunk) has a card hanging in the bathroom reminding campers how to do the checks.

Sun -- Please send your children with hats and sunscreen to prevent sunburns. Our מדריכים (madrichim/counselors) will remind the חניכים (hanichim/campers) to put on sunscreen daily and to reapply as necessary.

Tornadoes -- In case of a tornado warning, we have a detailed procedure to shelter everyone in camp in one of our basements. We drill this procedure during staff week.

אטגר (ETGAR) OUTDOOR ADVENTURE PROGRAM

אטגר (Etgar) is the Hebrew word for “challenge.” Our Etgar Program is a series of adventures that are designed to give our oldest חניכים (hanichim/campers) new experiences in the great outdoors and to challenge them both mentally and physically. The Etgar Program is also designed to teach our חניכים (hanichim/campers) about environmentalism and Judaism’s connection to תבל (teva/nature).

Here is a summary of the אטגר (Etgar) program at Camp Ramah in New England for הקיץ (kayitz/summer) 2019:


**Magshimim** (חניכים/campers) entering 8th grade) will participate in a raft-building and team-building exercise at camp run by Adventure In Adventure Out, a wonderful outdoor adventure company, during the **second session** only.

**Bogrim** (חניכים/campers) entering 9th grade) will go Funyaking on the Deerfield River during the **second session** only. Waivers will be sent to parents directly.

**Machon** (חניכים/campers) entering 10th grade) will go on a two-day/one-night overnight camping trip during the **first session**. **Nivonim** (חניכים/campers) entering 11th grade) will participate in a three day/two night overnight camping trip. The **Tzafonim** (edah/division) will camp out in tents. Each day is being planned to challenge our **Hanichim** (hanichim/campers), build **Edah** (edah/division) unity and provide adventure. Waivers for kayaking, one of the planned trip activities, will be sent to parents directly.

**GRATUITIES**

We do not accept tipping for our staff. **Tzevet** (staff-members) at Camp Ramah are engaged in an important educational enterprise. They are dedicated to this task. If you appreciate the service your child receives at Camp Ramah, we encourage you to make a contribution to the CRNE Scholarship Fund or **Tikvah** Fund in honor of a staff member. All staff-members are notified of such contributions.

**VISITING POLICY AND VISITING DAY**

We have one Visiting Day for full-summer (8-week) **Hanichim** (hanichim/campers). There is no Visiting Day for single-session (4-week) **Hanichim** (hanichim/campers). Visiting Day is **Sunday**,

On Visiting Day, pick-up time for first-session (hanichim/campers) will be from 10 AM-11 AM. You will be asked to sign out your child with his/her madrich (madrich/counselor).

Visiting Day will begin at 11 AM and will last until 3:30 PM. Parents of full-summer (hanichim/campers) are asked to arrive at camp at 11 AM or later. (Parents of both first-session and full-summer (hanichim/campers) are welcome to arrive at 10 AM.) You will be asked to sign out your child with his/her madrich (madrich/counselor), and we require that you to sign in when you return your child before 3:30 p.m.

We love welcoming everyone to our summer home on Visiting Day! Everyone is invited to a free BBQ lunch. Our Tikvah Program will be hosting a tekes (ceremony) at 2:30. Our Nivonim families are invited to a special program in K'far Nivonim at 3:30. Look for more details in a separate email as the day approaches.

Families are permitted to take (hanichim/campers) out of camp. We encourage families to stay to partake in Visiting Day at camp, but if you wish to leave camp you may do so.

We welcome younger siblings, other relatives, and friends to join in the Visiting Day program. Anyone who has recently been exposed to a communicable disease should not visit the camp. Please remember that Visiting Day is for (hanichim/campers); tzevet (tzevet/staff-members) are “on duty” and cannot receive guests until after noon.

If you cannot visit camp on Visiting Day, please make sure that your child’s Yoetzet (Parent Liaison) is aware of this. (hanichim/campers) who will not have guests will be paired with another family or one of our tzevet (tzevet/staff-members) and will be encouraged to call home on Visiting Day. If you cannot visit camp on Visiting Day, and you want your child to go out of
camp with another חניך (hanich/camper), you must contact your child’s יועצת (Yoetzet/Parent Liaison) beforehand in order to give permission.

All visitors to camp on days other than Visiting Day require the approval of the CEO. Our experience has shown that these visits can be disruptive to the camp program and may negatively affect your child (as well as other חניכים (hanichim/campers) who do not have visitors). We will only be able to accommodate a request for a visit under compelling circumstances and well in advance of the visit date. Please do not show up at camp without prior approval. People may not enter or exit camp during שבת (Shabbat).

INTERSESSION

Intersession (the period between visiting day, when our first session campers go home, and the arrival of second session campers) is a special time for our full summer campers! We pack this day and a half full of special programming and bonding activities.

We ask all full summer campers to remain at camp during intersession. Please click here for a letter from Rabbi Gelb detailing our intersession policies.

GUESTHOUSE

On a limited basis, guest rooms at Camp Ramah are available for rent for families and other guests who wish to visit overnight or stay for שבת (Shabbat). Approval of your request is subject to the CEO’s discretion and room availability. Please contact Mindy Goldstein, Director of Annual Campaign and Alumni Relations, at MindyG@campramahne.org to request a reservation.
IV. CAMP COMMUNICATION

YOATZOT: OUR PARENT LIAISONS

The term יאצת (yoetzet) is Hebrew for advisor. At camp we have an adult staff member, the יאצת (yoetzet), who is attached to each עדת (edah/division). The יאצת (yoetzet) spends time with the עדת (edah/division) and gets to know both the תנדび (tzevet/staff members) and חניכים (hanichim/campers) to effectively offer guidance and support. They spend time coaching מדריכים (madrichim/counselors) on a wide variety of topics including, managing homesickness, social dynamics, behavior strategies, hygiene, healthcare etc. The role of the יאצת (yoetzet) is most similar to that of a parent who is looking out for all of our campers’ wellbeing. Our יאצות (Yoatzot/Parent Liaisons) are often parents themselves and they all have a background working with children. While some of our יאצות (Yoatzot/Parent Liaisons) are trained psychologists or social workers during the year, this is not their role at camp. They don’t diagnose or provide therapy. When dealing with issues of mental health at camp, we work with campers’ own mental health care providers as well as our consulting psychologist.

יאצות also function as parent liaisons. You will receive the cell-phone number of your child’s יאצת (yoetzet) in an e-mail from Rabbi Gelb the night before camp begins. Over the summer, if you have any concerns you can call your child’s יאצת (yoetzet) directly regarding your concerns. We ask that you direct any questions or concerns to your child’s יאצת (yoetzet), rather than contacting your child’s מדריכים (madrichim/counselors) or ראש עדת (Rosh Edah/Division Head) directly.

Please always free to contact our CEO Rabbi Ed Gelb or our Director of Camper Care Talya Kalender during the summer, if you feel your child’s יאצת (yoetzet) is not able to help address your concerns. Rabbi Gelb and Talya are always available to help any parent or member of our camp community!
If you have a concern in the spring, before your child’s 요אץ (yoetzet) has been assigned, we encourage you to contact Talya Kalender at TalyaK@campramahne.org.

CAMPER MAIL

Campers love to receive mail! We strongly encourage frequent letter writing as a means of parents and children staying in touch during the summer. Due to our rural setting, please be aware that it can take many days to get mail to and from Camp Ramah.

Send letters to:

Camper’s Name  
Camp Ramah in New England  
Bunk # ___  
39 Bennett Street  
Palmer, MA 01069

Encourage your child to write to you by including self-addressed, stamped envelopes in their luggage. חניכים (hanichim/campers) (up through our entering 9th graders) are required to write to parents twice a week. חניכים (hanichim/campers) should bring at least eight stamped and addressed envelopes to camp (or sixteen, if they will be at camp for the full summer). It’s a good idea to give your child extra stamps, paper, envelopes, and a list of addresses. If you do not hear from your child by the 7th day of camp, please call your child’s 요אץ (yoetzet).

All mail to the camp office between June 4 and August 18 must be addressed to Camp Ramah, Main Office, 39 Bennett Street, Palmer, MA 01069. Mail sent to our Norwood address is subject to lengthy forwarding delays.

PACKAGES

We are asking that families send a maximum of two packages to their camper(s) per session. We want to allow packages while not swamping our מרכז (mercaz/supply-center) staff. Please do not feel obligated to send any packages. If you need to send your child
something, please alert your child’s נועלת (yoetzet).

Please note that we open all packages prior to your child’s receiving it. **No food or drinks of any kind may be mailed to campers.** We will remove all food and items deemed inappropriate (waterguns, etc.). If you have any questions about the appropriateness of an item you wish to send, please be in touch with your child’s נועלת (yoetzet).

**E-MAIL**

Hanichim (hanichim/campers) can receive e-mail but DO NOT have access to the Internet, and therefore, cannot reply via e-mail. E-mailed messages are printed and delivered daily, except on our ימי מיום (Yimei Meyuchad) (special days when our specialty staff are off – usually Tuesdays or Wednesdays) and שבת (Shabbat).

You can e-mail your hanichim (hanichim/campers) through your on-line Campminder account. The e-mail service will be activated on June 25th. Please visit [https://ramahne.campintouch.com/v2/login/login.aspx](https://ramahne.campintouch.com/v2/login/login.aspx), log-in to your CampMinder account and click the “email” link towards the bottom of the page. Each parent who has a Campminder login e-mail may send 5 free e-mails to each child per week. The system will prompt you to purchase additional “camp stamps” to send more e-mails if you desire.

Further instructions regarding e-mail will be e-mailed to you just before the start of camp. This will include information on how to give other people, such as grandparents, access to e-mail your child.

**PHONES IN CAMP**

Camp is an opportunity for hanichim (hanichim/campers) to develop independence and to mature in a supportive environment. We want our hanichim (hanichim/campers) to engage with their fellow חניכים (hanichim/campers) and with their מדריכים (madrichim/
counselors).

**Hanichim (campers)** are not permitted to bring a cellphone to camp.

**This policy also applies to our Nivonim campers.** We ask parents of *Nivonimers* to set expectations with your child on how often you want to receive a letter. If you find that you are not receiving enough communication, please contact your יועצת (yoetzet) who will happily help.

*Hanichim (campers)* are not allowed to call home. If it is urgent that you speak with your child, please call your child’s יועצת (yoetzet) or our main office (413) 283-9771. The יועצת (yoetzet) will contact you to arrange a call with your child, if appropriate. The יועצת (yoetzet) is always present for the return call. The camp will arrange for phone calls to be returned to the caller at the earliest opportunity. (In cases of real emergency, every effort will be made to contact you as soon as possible.)

The camp utilizes an outside emergency answering service on בלעדיות (Shabbat). This lasts from approximately 3:00 p.m. on Friday to 8:30 a.m. on Sunday morning. This answering service is also in effect during the week (Sunday-Thursday) from 7:00 p.m. until 8:30 a.m. when our camp office is closed. During these times, please call only in case of emergency and ask the service to contact the camp immediately. Non-urgent messages left with the answering service are retrieved at 8:30 a.m. daily, except on בלעדיות.

**FAXES**

We will accept incoming personal faxes on our summer fax number: 413-283-6661. Please be sure to put the recipient’s name and bunk number on each fax sheet. Faxes are delivered daily, except on ימי מוחמד (Yemei Meyuchad/special days -- usually Tuesdays or Wednesdays) and בלעדיות (Shabbat).
WEBSITE, BLOG, AND FACEBOOK

We will post photo-galleries on our web-site: www.campramahne.org throughout the summer. (The password is Summer2019.) The direct link to our photo-galleries is: https://campramahne.smugmug.com.

We post photo galleries of every edah (division) on every-other regular day. Our regular pattern is to post photos of A-Side on one day and B-Side the next. Please note that we do not post new photos on Shabbat, and our photographer has one additional day off every week. We do our best to ensure that there are regular photo updates that showcase as many different hanichim (campers), and as many different camp activities, as possible.

We also encourage parents to visit our blog: www.ramahblog.org for daily news of camp peulot (programs), special events, reflections from tzevet (staff-members) around camp, and lots more. Our blog is updated multiple times every regular day, so feel free to check back often for updates on happenings at camp.

We will also be posting multiple daily updates, including photos, on our private Facebook page. We encourage parents to “friend” our Facebook page, which can be found at: https://www.facebook.com/RamahPalmer to be a part of this on-line community. For any parent who is not on facebook, feel free to contact the Ramah Office to obtain a generic “Ramah Parents” log-in.

COMMUNICATION FROM CAMP TO FAMILIES

In addition to regular updates on the website, you will get important informational emails and mailings during the summer about Visiting Day, end of session transportation, activities at camp, etc. Please open these immediately and read them. The summer seems to move so fast and we want you to know what’s happening in a timely manner. Many messages will ONLY be sent
via e-mail, so please be sure the camp office has accurate e-mail addresses in order to enable us to communicate with you.
V. SUPPORTING CAMPERS WITH MENTAL HEALTH AND BEHAVIORAL ISSUES

It is the policy of Camp Ramah in New England to support, to the extent possible, campers with mental health and behavioral issues so they may have a successful summer. We aspire to create a camp community that is as inclusive and welcoming. The Torah states the thirteen attributes of God which starts, “Adonai, Adonai El Rachum V’Chanun” – “The Lord, The Lord, God, compassionate and gracious.” This idea of compassion and kindness are qualities that we try to put into practice in our Ramah community. Even though there are times when a camper cannot remain at camp, we do our best to always treat him/her with compassion and kindness.

While we strive to be an inclusive camp, there can be some limiting factors that play a role in our decision-making process as to who we can support: the safety of every camper, the impact on the broader community, and our limited resources. Ultimately, the decision about whether any camper may enroll, and remain, at camp is at the sole discretion of the CEO of Camp Ramah in New England in consultation with the camper care team and medical staff. Below we attempt to outline our approach to these issues which helps to inform our decision making, while recognizing each situation is unique and not all situations can be possibly or comprehensively addressed in a short document such as this.

OUR STAFF

• Our camper care team includes the CEO, our Director of Camper Care, senior staff, יאלצות (Yoatzot/Parent Liaisons) and consulting psychologist. Our yoatzot are often educators or social workers who do not act as therapists, rather as resources to support our campers and staff, helping to understand, guide, support and comfort our campers. Our consulting psychologist has been a part of our team for many years and helps to evaluate and develop plans as needed for campers, both before and during the summer. Our yoatzot help to implement these plans during the summer and
provide appropriate training to our staff. While we do not have a therapist on staff in season, we do facilitate connecting campers with their therapists back home.

- Our counselors are wonderful people who mostly grew up at camp or are emissaries from Israel between the ages of 18-21. They receive much training during staff week and regularly during the summer. While taking care of campers is their primary concern, they are not trained as therapists and do not accompany campers at every moment of the day.

- Understanding the scope of our resources informs our decisions regarding which campers we may successfully support.

**GENERAL CONCERNS**

- In evaluating if our resources may help a camper be successful, we often focus on a camper’s well-being, their history and any recent trends in their mental or behavioral status. Factors such as 1) if overall they are getting “better” or “worse”, 2) if a significant event occurred in the last month, few months or year, or 3) if a camp setting is similar or dissimilar to other situations which may cause them stress. These are all important pieces of information that help us decide whether we can develop a viable plan for the current summer, or if it makes sense to wait a year or longer so that a camper can be successful at camp. In any viable plan we must account for times when a camper is likely to be on their own, unaccompanied by their counselor (as in “free time), which may be the most stressful or least supervised, and where we expect campers to behave safely and appropriately. We are unable to provide 1:1 support at camp in an ongoing way throughout the summer. Campers are mostly supervised, though there are times during the day when they are on their own.

- In evaluating what resources are available and the success of any potential plan, we also balance the impact on the broader community – the tzrif, the edah and entire machane. This of course includes the amount of time and attention a counselor
must give to an individual camper but goes well beyond that. The kehillah we create at CRNE is very close and our campers often want to help or be a confidante for others in times of stress, but there are times when the help provided or sought is more than what is reasonable to expect from a peer.

**PLANNING FOR THE SUMMER**

- In order for CRNE to partner with parents in a collaborative way to evaluate whether a successful plan may be developed, we ask that parents inform the CEO and/or the Director of Camper Care about any significant mental health or behavioral issues as soon as possible, and certainly before the summer begins. We ask that parents always err on the side of disclosure. Once the season has begun, and a significant undisclosed issue presents, it is highly unlikely that a camper can be accommodated in a successful manner without a plan in place.

- When significant mental health or behavioral issues are disclosed before the summer, CRNE will work with the camper’s family, pediatrician, and their existing mental health team to evaluate if camp is the right setting for this summer. Again, our focus will be on the safety of the camper, the impact on the broader community, and whether the parents, mental health team, camper and staff reasonably believe, given our resources, that we can develop a plan that will ensure a successful summer.

- Many plans involve one or more accommodations and here are some examples of common ones that we often provide, depending on our resources:

  - Providing one-on-one support for up to an hour a day for multiple days although not every day of a session. We can also provide more intense support for a shorter period of days if an acute issue is clearly subsiding.

  - Limited schedule modifications of up to an hour a day to increase “down time.”
Camper may speak/video chat with pre-existing therapist during the session.

HOW WE MAY HANDLE PARTICULAR SITUATIONS

Recognizing that each camper’s needs are unique, we look for indications that an individual camper will be successful in handling the vast majority of the camp’s day to day programming. When a camper cannot function in a high percentage of the camp’s programs and/or needs intensive one-on-one support to navigate the basic day, our resources may be unable to accommodate such a camper. Moreover, the way in which a particular situation has been handled in the past will likely inform, but not determine, how a similar situation will be handled today or at some point in the future.

Below you will find some “common” mental health issues and/ symptoms and an explanation of how the CRNE staff has approached them in the past.

• Homesickness: It is important that campers want to come to camp, and we do expect some homesickness that in our experience, mostly passes within a week. We expect that some campers may need a lot of support in the first few days. However, we hope to see a positive arc of improvement. If you are concerned about this, please share with us what your child’s bedtime routine usually entails at home, as well as the things that work well to comfort your child. Additionally, it can be helpful to prepare your child by letting them know that it is okay to have a great time at camp, and also miss home at the same time. One potential indicator of how your child will do being away at camp is how they react to sleepovers with friends or family.

• Bullying: This is never acceptable at camp and we define it as using one’s social and/or physical power to target someone else repeatedly. Children can be mean or have arguments or fight without it being bullying. All of these behaviors will be addressed
while keeping in mind that some “mean” behavior can also be age-appropriate misbehavior. Please let us know before camp if you have concerns regarding this so we may partner with you to develop a successful plan for the summer.

• Cliques: This is a typical way that children socialize, and we expect that they will want to spend more time with people with whom they feel closer to than others. However, children need to understand that sometimes this can cross the line into mean or exclusionary behavior. For example, we view bunk time as a time for everyone to be together rather than in smaller groups, whereas during “free time” smaller groups are acceptable. That being said, cliques can never target one person for exclusion since that constitutes bullying. Please let us know before camp if you have concerns regarding this so we may partner with you to develop a successful plan.

• Anxiety or Panic Attacks: Many, if not most cases of campers with anxiety can be successfully managed at camp. Disclosing these issues to CRNE prior to the start of camp allows our camper care team to work with our staff to prepare them to respond as successfully as possible. When a camper cannot function in the vast majority of our camp programs or needs intensive one-on-one support to navigate the basic day, our resources may be unable to accommodate this camper.

• Depression: Many, if not most, cases of campers with depression can be successfully managed at camp. Disclosing these issues to CRNE prior to the start of camp allows our camper care team to work with our staff to prepare them to respond as successfully as possible. When a camper cannot function in the vast majority of our camp programs or needs intensive one-on-one support to navigate the basic day, our resources may be unable to accommodate this camper. When a camper’s mental health team at home and/or the staff at camp do not feel that a camper will be safe in the least supervised of times, our resources will be unable to accommodate a camper.
• Suicidal Ideation: Campers who express serious thoughts about hurting themselves usually cannot be accommodated at camp. The camper’s mental health team at home and the staff at camp must feel that a camper will be safe in the least supervised of times, as our counselors do not have their “eyes” on each camper at all times. Campers who have some history of suicidal ideation or express more general thoughts, may be able to be accommodated at camp, and our evaluation will depend primarily on our resources and whether the camper is impacting the well-being of other campers in the tzrif or edah.

• Cutting: Campers may not cut at camp. Disclosing any history of cutting to CRNE is essential to the camper’s success during the summer. Recognizing there are different “types” of cutting with different risks, close consultation between the camper’s mental health team at home and the staff at camp is essential before camp to ensure that camp is a good choice for the camper. Although we do not have a zero-tolerance policy regarding cutting behavior, since a camper may not be sent home immediately, we do have a very low tolerance, especially given the evidence that cutting may “spread” or otherwise impact the well-being of other campers in the tzrif or edah.

• Eating Disorders: Disclosing a history of eating disorders before the summer to CRNE is essential to helping campers with eating disorders have a successful camp experience. While we are unable to monitor individual campers’ food consumption on a meal-by-meal basis, we can provide weekly weigh-ins and access to speaking/video chatting with a therapist. As always, we must consider the well-being of other campers in the tzrif or edah, since behaviors associated with eating disorders may at times “spread” to other campers.

• A.D.H.D.: Many, if not most cases of campers with A.D.H.D. can be successfully managed at camp. Disclosing an A.D.H.D. diagnosis and discussing with camp staff before the summer will enable us to work with you and your child’s support team, to plan for a successful summer at camp. Timely assessment will also
allow us to decide which of our resources to utilize to support your camper including whether our inclusion program is indicated.

FINAL THOUGHT

• Writing a document which addresses our policies for the situations addressed above is very hard, as we cannot possibly address every type of issue that arises or the nuances that exist. We take the care and safety of our campers very seriously as our guiding principles and are always open to discussing any of the above, or other, issues with our families. It is our goal to make camp successful for as many children as possible, and we are always disappointed when we cannot accommodate a camper’s needs. These situations are all highly personal, private and complicated, and while you may hear rumors about a situation(s) at camp, please realize you may not be hearing an accurate or complete story, and CRNE cannot respond as these matters are confidential. Please feel free to reach out if you have any questions or concerns.

The policies outlined above are not intended to form or replace any part of the Contract of Enrollment between a camper’s parent(s) and CRNE, and where the above policies conflict with the Contract of Enrollment, the latter shall govern. The policies outlined above should not be considered, in any way, to limit the sole discretion of the CEO regarding the enrollment status of any camper.
VI. FURTHER INFORMATION ON CAMPER BEHAVIOR, SAFETY AND DISCIPLINE

HOMESICKNESS

Homesickness is a normal part of the adjustment that many children will make while away from their homes and families. At Camp Ramah we are sensitive to both the children who are experiencing homesickness, and to their families who miss them. We work hard to support families through this adjustment. The overwhelming majority of חניכים (hanichim/campers) adjust quickly to camp.

Letters sent home early in a camp session may relay strong feelings of homesickness during this transitional period. This is normal. If you ever receive a letter that you are concerned about, please contact your child’s יועצת (yoetzet).

We encourage parents to read this article on “Managing and Minimizing Homesickness” and to review these strategies with your child.

DISCIPLINE POLICY

Camp Ramah’s discipline policy is designed to create a safe environment at camp, and to help children develop self control and assume responsibility for their actions.

Clear and consistent, age appropriate rules and limits are established at camp. Any disciplinary measure used will relate to the child’s specific actions and will be handled in a timely fashion. No physical or corporal punishment, or hitting of any kind, is allowed. No cruel punishment, verbal abuse or humiliation, scare tactics, or other controlling measures are allowed. No methods associated with the deprivation of food, water, or shelter, or extended isolation are allowed. No punishment of any kind for wetting the bed is allowed.
If a child’s behavior is chronically disruptive, even after reasonable measures have been made to assist the child in adjusting to the camp setting, parents will be contacted by camp staff to 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 chances of success at summer camp. If disruptive behavior continues, the camper may be dismissed from the camp program.

Camp Ramah reserves the right to immediately dismiss a חניך (hanich/camper) from the summer camp program without prior warning.

The following actions may result in immediate dismissal from camp:

- Physical, sexual, or verbal abuse
- Leaving the camp grounds without the permission of the Camp Director
- Smoking (including e-cigarettes) or vaping
- Possessing or using marijuana (or marijuana equipment)
- Possessing weapons or firearms
- Vandalism (including graffiti) or pranks or activities that destroy camp property
- Misuse of fire extinguishers
- Disrupting someone who is sleeping
- Invading someone’s privacy while they are in the bathroom or shower.
- Self-harmful behaviors
- Sexual activity (including intercourse, oral sex, or other behavior for which the camp cannot take responsibility)
- Camp Ramah in New England has zero tolerance for the use by any camper of alcohol, illegal or recreational drugs, or other controlled substances

It is not possible to list all forms of behavior that are considered
unacceptable.

The CEO and/or ḋoetz (yöetz) will be in touch with the parent/guardian directly if there are discipline issues.

WHEN A CAMPER LEAVES CAMP EARLY

We strive to work with each camper to have a healthy, fun and safe experience. On rare occasions, a camper may be asked to leave camp early. This could happen due to behavior or health/mental health issues. Many times a child being sent home happens after multiple efforts to address camper issues and there has been ongoing communication with the parents. Every once in a while an event happens that necessitates departure without prior process. Camp Ramah reserves the right to dismiss any camper whose actions or behavior we determine to be detrimental to the camp or to themselves. All dismissal decisions are at the sole discretion of the CEO. We realize that leaving camp early is serious and will do everything we can to make it as comfortable as possible. We also will do our best to keep the matter confidential. Our protocol for sending a child home is designed to be as sensitive to the child impacted as possible and to also keep in mind the experience of the other campers and camp community.

This is the general protocol we follow when a camper is dismissed from camp:

1. When a decision is made that a camper is leaving camp, we try to limit the amount of time the transition takes for everyone’s benefit. We expect the parents to work with us to ensure that a camper can leave within a few hours.

2. Please be aware that once it is decided a camper is being dismissed from camp, the camper will no longer be able to participate in camp activities. The camper will be supervised and cared for, but the camper will likely be waiting in the office or health center until the camper leaves camp.
3. After being informed that he/she is leaving, the camper will return to his/her bunk to pack with the help from a staff member.

4. When possible, we allow the camper a short amount of time to say goodbye to friends.

5. We will do our best to have a senior staff member (Yoetzet, Director of Camper Care, Assistant Director, Business Manager or CEO) meet the parents when they arrive to pick up their camper. There are times when other events happening at camp may preclude the CEO from being available.

6. Within a week of the camper going home, the camp will reach out by email to the camper family to see how the camper is doing and if there is any follow up needed. Further communication could happen via phone or email. We care about each camper and also realize that sometimes families want follow up and sometimes families prefer privacy.

**REFUNDS**

If a child is expelled due to violating any conditions stipulated in this Family Handbook or due to inappropriate behavior, no refund will be provided. If a child is sent home for medical reasons, tuition will be refunded, pro-rated, for the number of days at camp minus the administrative fee ($1,500 full, $1,000 single, $600 mini-session). Withdrawal due to a medical or mental health condition that was not disclosed may result in expulsion without a refund.

**THERE ARE NO REFUNDS FOR VOLUNTARY WITHDRAWALS OF CAMPERS.** Voluntary withdrawals include, for example: child is homesick, parents are child sick, change in family plans, family vacations and promises made by parents to withdraw the child after a “trial period at camp”.
GRAFFITI & VANDALISM

All campers and staff are responsible for maintaining the physical condition of camp. Any vandalism or destruction of camp property by members of the camp community will result in damages assessed and charged to the camper’s family, and possible expulsion from camp. **Any damage to the property, including graffiti, will be paid for by the campers’ families.** (Repainting bunks and/or bathrooms costs between $200 - $800.)

THE BOUNDARIES OF CAMP

חניכים (hanichim/campers) may not leave the camp grounds at any time except on camp-supervised trips or programs. Violation of this rule is grounds for dismissal. חניכים (hanichim/campers) may not ever go beyond the basic boundaries of the camp grounds: תסד א (Tzad Aleph/A-Side), תסד ב (Tzad Bet/B-Side), and מכן ג (Machaneh Gimel). To be more specific: campers may not ever go beyond the ארוי that surrounds camp, the train tracks, or קפר ניזונים without the express permission of their ארוה (Rosh Edah/Division Head), and accompanied by a counselor. This rule means that חניכים (hanichim/campers) are not permitted to go to the “train bridge” in the woods behind camp.

In order to ensure the observance of שבת (Shabbat), on שבת (Shabbat) campers and staff are not permitted to go beyond the ארוי.

(NOTE: An ארוי is a boundary that allows Jews to carry needed things in public on שבת (Shabbat), marked around much of camp with wooden poles connected with string.)

ABUSE AND NEGLECT POLICY

I. Introduction

It is the goal of Camp Ramah in New England to promote a camp that is free of child abuse and neglect. To achieve our goal, the
conduct that is described in this policy will not be tolerated. We have provided a procedure by which inappropriate conduct will be dealt with if experienced or reported by campers and staff.

Because Camp Ramah in New England takes allegations of child abuse and neglect seriously, we will respond promptly to complaints of child abuse and neglect. Where it is determined that such inappropriate conduct has occurred, we will act promptly to eliminate the conduct and impose such corrective action as is necessary, including disciplinary action where appropriate.

II. Definition of Child Abuse and Neglect

The following are some examples of conduct that may constitute child abuse and neglect:

- Verbal abuse
- Physical abuse
- Psychological/emotional abuse
- Sexual abuse
- Neglect

The striking or other physical or sexual abuse of campers is grounds for immediate dismissal. Verbal abuse or harassment of campers is also grounds for dismissal.

III. Complaints of Child Abuse and Neglect

If a camper believes that s/he has 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 CEO 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 CEO would contact the Massachusetts Department of Children and Families to determine our reporting responsibilities.

IV. State and Federal Remedies

In addition to the above, you may file a formal complaint with either or both of the government agencies set forth below. Using our complaint process does not prohibit you from filing a complaint with these agencies.

1. Massachusetts Department of Children & Families:
   Central Office:
   600 Washington Street
   Boston, MA 02111
   (617) 748-2000

2. The Massachusetts Commission Against Discrimination
   Boston Office:
   One Ashburton Place, Suite 601
   Boston, MA 02108
   (617) 994-6000

   Springfield Office:
   436 Dwight St., Room 220
   Springfield, MA 01103
   (413) 739-2145
This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.
VII. THE HISTORY OF THE “ROO”

The Palmer Fighting Roo is our beloved camp mascot. For our ת化合פכ (Tzad Bet/B-Side) הנווכמ (hanichim/campers), we have a Roo בפכ (perek/period) every day, and we celebrate רו חפכ (Yom Roo) twice a summer when we play a day of competitive sports against Camp Ramah in the Berkshires. The Roo appears frequently on t-shirts, jerseys, signs, and other mosaic art projects around camp.

But what is the Roo and why do we have a mascot?

The origins of the Palmer Fighting Roo are completely grassroots. And, as is often the case with history, there are competing accounts of who actually came up with the idea. In the summer of 2013, a few veteran מדריכים (madrichim/counselors) decided that what Camp Ramah in New England needed was a mascot. Although we had been playing sports against other camps for years, we never had an official mascot! After batting around a number of different suggestions, this group of מדריכים (madrichim/counselors) settled on the idea of the Palmer Fighting Roo, both because it was original (how many teams do you know with a kangaroo mascot?), and because of the connection to the Hebrew word רוח (ruach), meaning spirit. Now, we don’t just have tons of רוח (ruach) at Camp Ramah, we have ROO-ach!

The Roo quickly caught on, and before long the Roo had an official design, started appearing on camp clothing, and even had a few different chants and songs. The official Palmer Fight Song is now sung regularly, especially loudly and enthusiastically on Yom Roo.

Here is the song:

When it comes to Ramah camps
    If you ever had to choose
    The choice would be obvious
    We’re the Palmer Fighting Roos (Roo! Roo! Roo!)

Pg. 52
From A-Side to B-Side
Our ROO-ach leads the way
So go! (fight!) go! (fight!) go! (fight!) go!
Roos will win the day!

As with most camp traditions, the Palmer Fighting Roo has quickly grown from an idea by just a few מדריכים (madrichim/counselors) having fun to an integral part of camp culture. More than anything, the Roo demonstrates the tremendous influence that everyone in our camp community, specifically our college-aged צוות (tzevet/staff-members), has to affect culture and change at Camp Ramah.
This list is intended as a suggested packing list. It is not necessarily required to bring every single item on this list. Please feel free to adjust for your child(ren) and contact us with any questions.

PLEASE PACK:
*TALLIT* or *TALLIT KATAN* (required for men past their *Bar Mitzvah*/encouraged for women)
*TEFILLIN* (required for men past their *Bar Mitzvah*/encouraged for women)
12-14 T-shirts
10-12 Pairs of shorts
3 Sweatshirts
4 Long-sleeve or flannel shirts
14 Pairs of socks
5 Pairs of pants/sweatpants/leggings
15 Sets of underwear
4 Pairs of pajamas, including 1 warm pair
3 Swimsuits
2 Baseball caps or sun hats
Raincoat
Warm Jacket
4 Kipot (required for boys)
5-7 Bras / sports bras (if applicable)

**2-4 sets of Shabbat clothes.** This might include:
2 Pairs of khaki pants or nice shorts
4 Collared shirts
4 Dresses or skirts and blouses

**FOOTWEAR:**
1 pair rain boots
1 pair sneakers
1 pair beach shoes / flip-flops
1 pair shower shoes
1 pair *Shabbat* dress shoes or sandals
TOILET ARTICLES:
Toothbrush case
3 toothbrushes
Toothpaste
Deodorant
Sunscreen
Bug spray
Shampoo / conditioner
Soap or body wash
Soap dish
Comb / brush
Drinking cup
Shower caddy
Hair products
Hair ties
Nail clipper
Orthodontic retainer (if applicable)
Feminine hygiene products

BEDDING & LINEN:
4 Bath towels
2 Warm blankets or comforters
2 Wash cloths
3 Hand towels
1 Laundry bag
2 Twin sheet sets
2 Beach towels
1 Pillow

FOR B-SIDE CAMPERS (rising 8th to 11th grades) FOR YOM ROO:
5 Pairs of athletic shorts
Sports bras
Cleats if planning to participate in a field sport
   (soccer, ultimate frisbee or softball)
Swim cap if planning to participate in swimming
FOR FIRST SESSION MACHON CAMPERS (exiting 9th/rising 10th graders) AND ALL NIVONIM CAMPERS (exiting 10th/rising 11th graders), FOR ETGAR (OUTDOOR ADVENTURE) TRIPS (see pg. 27):

Sleeping bag  
*These items are recommended but not required:*
Lightweight sleeping pad
Fleece jacket or heavy sweater
Lightweight hiking pants (fast-drying material)
Long john top & bottom
Warm hat

**MISCELLANEOUS:**
2 WATER BOTTLES labeled with name
STAMPS, PAPER, ENVELOPES & LIST OF ADDRESSES for letter writing
1 Shoe bag
Sleeping bag *(required for Machon & Nivonim/optional for others)*
Flashlight & batteries
Umbrella
Extra eyeglasses
Contact lenses & solution
Books
Inexpensive camera
Athletic equipment (tennis racket, balls, baseball glove)
Musical instruments (non-electric)
Backpack
String bag
iPod Nano or similar*
Kindle Paperwhite or similar*

*NO DEVICE THAT HAS THE CAPABILITY TO CONNECT TO THE INTERNET
SPECIAL NOTES:
1. PLEASE DO NOT SEND ANY FOOD per camp policy.
2. CASH IS NOT NEEDED AT CAMP. Please do not send any with your child. Camp is not responsible for any cash that is sent to camp.
3. Please be sure to label ALL clothing with your child’s first and last name! (Initials are NOT sufficient for us to identify lost items found around camp.)
4. Please be sure to label ALL items, including duffel bags, tallit, tefillin and tallit bags!
5. Please only pack clothing that can be laundered.
6. Please pre-wash ALL new clothing and break in new shoes prior to bringing them to camp.

Please contact us at 781-702-5290 if you have any questions.
Todah rabbah!
CAMP RAMAH IN NEW ENGLAND IS WINTERIZED FOR YEAR-ROUND, KOSHER RETREATS!

Our beautiful site, in the hills of central Massachusetts, sits on a large, clean lake, with 100 acres of fields and woods. The site includes an indoor recreation center and complete sports, waterfront and program facilities. Our facility includes covered and open outdoor assembly areas, informal lounges, seminar/break-out rooms, a new gymnasium, performance and fitness facility, a beautiful state-of-the-art Bet Midrash; (three buildings containing a well-stocked Judaic library, synagogue, classrooms and meeting rooms), and more. As of 2017, we have a brand new winterized and air-conditioned Chadar Ochel (Dining Hall). Overnight winterized accommodations provide lodging for over 150 people. Camp Ramah in New England is the perfect setting for conferences and retreats for Jewish and secular organizations and groups.

Our winterized sleeping accommodations include a 6-room modern guesthouse with private bathrooms; the Tikvah Village, comprised of four large cabins with bathrooms and a lounge; the Tikvah Building, a modern residence with six bedrooms; two new large bunks with bedrooms and restrooms for 80 students; and winterized rooms in our Health Center.

We have comfortably hosted groups from across New England and further away, including university Hillels, Jewish day schools, regional educator assemblies, Federation of Jewish Men’s Clubs, regional USY encampments, alumni meetings; large group family camping, secular professional organization meetings and retreats and synagogue Shabbat weekends.

Camp Ramah in New England is the perfect venue for overnight and weekday conferences, meetings, seminars and training sessions, retreats, and team-building. Let us work with you to create a program that will enhance and promote the goals of your program or institution.

Please contact Ed Pletman for information: edpletman@campramahne.org or (781) 702-5290 x102.
TRAVEL DIRECTIONS TO
CAMP RAMAH IN NEW ENGLAND
PALMER, MASSACHUSETTS

FROM MASSACHUSETTS TURNPIKE: PALMER EXIT #8
Turn left on to Route 32 North. Continue on Route 32 for about 4 miles to Rondeau’s Dairy which is on the left. Make sharp left turn. Continue for about ½ mile past the lake (on your left). Take first right fork to campgrounds.

FROM BOSTON AND WORCESTER:
Massachusetts Turnpike West to Palmer Exit #8. Follow directions above.

FROM ALBANY AND SPRINGFIELD:
Massachusetts Turnpike East to Palmer Exit #8. Follow directions above.

FROM HARTFORD, NEW HAVEN AND SOUTHERN CT:
Interstate 91 North thru Springfield, MA. Exit 8 off of Interstate 91 is Interstate 291 in MA. Take 291 to the Massachusetts Turnpike East (right turn onto the Massachusetts Turnpike). You enter the Mass Turnpike at Exit #6 - continue to the Palmer Exit #8. Follow directions above.
Winter address:
1206 Boston Providence Highway
Suite 201
Norwood, MA 02062
781-702-5290
Fax: 781-702-5239

Summer address:
39 Bennett Street
Palmer, MA 01069
413-283-9771
Fax: 413-283-6661

www.campramahne.org