



Camp Gan Shalom Manheegim (6-8) Parent Handbook Summer 2019

Camp Philosophy

Camp Gan Shalom recognizes and welcomes diversity in all of our programs. We welcome children of all faiths, all backgrounds, all abilities and all genders, including trans and gender non-conforming people. Camp Gan Shalom is an all-inclusive program that provides children with a superior day-camp experience in a safe and warm Jewish environment that works to strengthen a child's Jewish identity. We strive for campers to develop confidence, pride, cooperation, as well as respect for themselves and others. We believe that a positive camp experience provides for a child's social, physical, and intellectual development through a variety of programs and activities.

Manheegim Overview

Manheegim is a leadership-training program for campers entering the 6th, 7th, and 8th grades, and is appropriately named after the Hebrew word for "leaders." The program develops campers' leadership skills and Jewish values through transactional and transformational activities – in transactional leadership activities, campers will accomplish traditional leadership tasks, such as moderating a group or leading a camp program for Kehilla (K-5) campers; in transformational leadership activities, campers will accomplish tasks that build self-confidence while considering how they affect the group or community, such as learning new skills (like horseback riding or stained glass) and solving challenges as a team. Manheegim includes an overnight camping trip that incorporates the skills and values cultivated throughout the session. Through all this, campers create lifelong memories and leadership experiences from which they can draw throughout their life; this benefits them in personal, professional, and religious settings.

The Connection Between Leadership Skills and Jewish Values

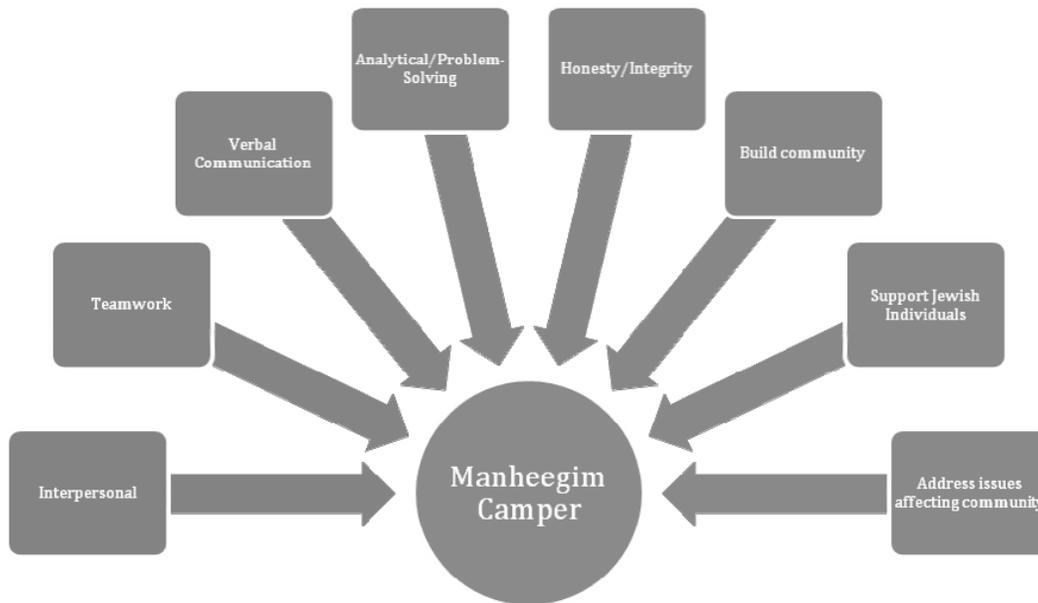
Through engaging, exciting, challenging, and fun activities, campers will develop leadership qualities that are highly desirable for success in social, professional and personal settings. In the long-term, these skills will not only benefit the individual, but also the Jewish community; campers will remain involved because they feel more connected to their successes at Jewish day camp, they will communicate the fun and value of camp and involvement in Jewish youth activities, and they will understand the value of supporting the Jewish community as they continue growing as a leader. Therefore, Manheegim is built on the following skills and values:

Leadership Skills

- * Interpersonal
- * Teamwork
- * Verbal Communication
- * Analytical/Problem-Solving
- * Honesty/Integrity

Jewish Values

- * Build Community
- * Support Jewish Individuals
- * Address Issues Affecting Community



These 5 leadership skills and 3 Jewish values are interrelated, and will inform one another during various experiences in a camper's life. Each scheduled activity cultivates one or more of these values and skills. At the end of every day's activities, Manheegim campers will debrief through discussions that focus on these skills and values. This will occur during the Rewind Wrap-up time, facilitated by the counselor and/or site director.

Camp Location, Dates and Times

Camp is held in two locations. On most days, Manheegim campers leave for off-site activities immediately after arrival at camp.

Pasadena Session

Pasadena Jewish Temple & Center

Week 1 June 17-21

Week 2 June 24-28

Week 3 July 1 -5

Week 4 July 8-12

Pomona Session

Temple Beth Israel

Week 5 July 15-19

Week 6 July 22-26

Week 7 July 29 – August 2

Camp starts promptly at 9:00 am and ends at 3:30 pm. Manheegim has a tight schedule, so late arrivals often cannot be accommodated. Please make sure to contact us by 9:00 am if your camper is arriving late or missing camp that day. Lunchtime varies depending on each day's activity, but it will be taken between 11:30 am and 1 pm. Some field trips may require us to extend the hours of camp. You will be notified in advance of any changes to our daily schedule.

Daily Schedule

7:30 – 8:45	Extended Care (optional; see below)
8:45 – 9:00	Drop Off and Start Time
9:00 – 9:10	Morning Meet-up
9:20 – 3:00	Scheduled Activity
3:00 – 3:30	Rewind Wrap-up
3:30 – 3:45	Pick-up
3:45 – 6:00	Extended Care (optional; see below)

Drop-off and Pick-up

You may drop your child off between 8:45-9:00 am. For the safety of your child, you must sign your camper in and out with a staff member each day. If your child needs to be picked up by a different person, or is going home with a new friend, you are required to send a note to camp with your child. We will not send your child home with another person without written permission from a parent or legal guardian. Parents should not plan to pick up a camper early. (Please see [Attendance Policy](#) section for more information about being absent or late.)

Attendance Policy

Any missed days are **non-refundable**. Most of our daily activities are off-site; therefore, late arrivals cannot be accommodated if our group has already left camp. Due to our tight schedule, we must leave at 9:20 am to make our scheduled activities. Campers must leave camp in the van; they may not meet us at off-site locations.

Participation

Daily activities are intended to build upon previous skills, prepare campers in safe participation and camping, and advance the campers' development as a team and leaders; therefore, it is highly recommended to not miss any day of camp. If it is completely necessary, please speak with the Manheegim Director as soon as possible.

Extended Care

An optional extended care is available for Manheegim campers; it is the same service provided for the Kehilla (K-5) campers. Morning hours are 7:30-8:45 am and afternoon hours are 3:45 to 6:00 pm (there is a 15 minute grace period before and after camp when we do not charge for the extra time). For details, see the Extended Care Application.

Illness

If your camper misses more than 3 days in a row due to illness, a partial refund may be offered, minus the deposit. A physician's statement must accompany a written request for a refund. There are no refunds for other causes of absence.

Staff

Our staff is comprised of responsible and caring individuals. All staff members are trained and certified in First Aid and CPR, have gone through criminal background and reference checks, and have been personally interviewed by the Camp Director. *The Jewish Federation and Camp Gan Shalom are equal opportunity employers and do not discriminate based on a person's race, color, religion, sex (including pregnancy), national origin, age (40 or older), disability or genetic information.* Each staff member is carefully selected, and receives training in working with children. The camp staff works hard to create an exciting and varied program. We very much look forward to spending the summer with your child.

Transportation

The Manheegim Program Director, with a valid driver's license, drives the group to off-site locations for activities every day, in a rented passenger van. The driver performs daily maintenance checks and follows camp driving guidelines. Because Manheegim will be driving off-site daily, the director will always carry a phone, first aid kit, camper health forms, and all required supplies for operating a commercial vehicle in California (including a fire extinguisher, triangles, and transportation log).

Health and Safety

Our primary concern is your child's health and safety. Campers must wear sunscreen; apply it before camp, and we will remind them to re-apply throughout the day. Please ensure that all sunscreen is water resistant. Every off-site group will have a first aid kit and phone. Please see [Important Phone Numbers](#) at the end for contact information.

Absolutely no guests will be permitted in camp without an invitation.

Please keep your camper home when there is any indication of illness. If any child shows signs of ill health at any time during the day, the parent or guardian will be notified and arrangements will be made for the child's prompt return home.

In the case of an emergency, the Camp Director, or Manheegim Director will call 9-1-1 immediately. Parents will be contacted next. If the parents cannot be reached, the emergency contact will be called.

Any and all medication brought to camp must be checked in to the Camp Director, or Manheegim Program Director. Please give any special directions for administering the medication properly, as well as a complete medical history. Medication must be in the original container.

Behavior Expectations

Camp Gan Shalom is dedicated to providing its campers with an outstanding summer camp experience. To achieve this goal, campers are expected to behave appropriately and promote a safe, fun and healthy environment through productive participation. This is outlined in the Camper Code of Conduct. There are no makeup dates or refunds for absences or dismissal from camp.

In the event of serious violations of this Code of Conduct, the following steps will be followed (keeping in mind the individual camper circumstances):

1. Camp staff speaks to the camper. If this does not affect a change in behavior,
2. Parents are contacted. Should additional measures be needed,
3. A behavior contract is drawn up and implemented. If the contract cannot be met,
4. Camper is dismissed from camp.

What to Wear to Camp

It is **REQUIRED** that campers wear clothes suitable for active play outdoors. Wearing light colored t-shirts will help campers stay cool during the day. Sneakers that can get dirty are strongly recommended, as this footwear will enable full participation in the exciting outdoor activities planned for Manheegim. Campers should wear sensible clothing for outdoor explorations – shoes, clothes and bodies may get wet, muddy, grassy, dusty or sandy. **Sandals and open shoes may NOT be worn to camp.** Campers may bring sandals or pool shoes for use during water activities. A baseball cap or sun hat is recommended. Please label all personal items.

What to Bring to Camp

A checklist of everything to bring each day is below, and a reminder is on the [Manheegim Activity Schedule](#). The following items are **not permitted** at camp: alcohol, drugs, weapons (of any kind), animals, money, toys and electronics.

Daily Checklist

- * Sunscreen (applied on person, and bottle in bag)
- * Swimsuit
- * Towel
- * Closed-toe shoes that can get dirty and are good for physical activities (like hikes)
- * Sack dairy lunch (with a personal snack, if desired)
- * Water bottle (with water in it)

Snacks and Lunch

The laws of Kashrut are observed at camp. A healthy, kosher snack will be provided daily in the morning and afternoon. Please send a dairy lunch with a drink daily. No meat, even kosher meat, may be brought to camp. Some lunch ideas are: tuna fish, egg salad, hummus, or cheese sandwiches. **Lunches are not refrigerated.** Campers are not allowed to trade food. Please talk with your camper about this policy.

Scheduled Activities

Manheegim campers enjoy the exciting privilege of their own transportation van; therefore, every day has the possibility of being a “travel day.” There are specific off-site activities scheduled for almost every day of the Manheegim session. Reference the [Manheegim Activity Schedule](#) for the exact activities and days. Each listed activity is only the central focus for that day – there will be other activities before and/or after the central activity, such as swimming in a public pool or having lunch at a local park. Please be aware that the central focus on the Activity Schedule is subject to change; if this occurs, you will be informed by a director. **For safety and security reasons, parents may not drop off/pick up campers at off-site locations.**

Swimming

Each day has the possibility of a visit to the pool, but it is not guaranteed. Campers must bring a swimsuit and towel every day, just in case. The swimming pools we attend require that ALL campers wear a swimsuit to enter the pool area. **Camp Gan Shalom has a policy to only use pools whose lifeguards are American Red Cross certified, as well as First Aid/CPR certified.** The camp staff assists in facilitating supervision of our campers at the pool. Campers will have the opportunity for free swim and occasional organized water activities. *Manheegim may visit a different pool each day.*

Shabbat

Manheegim campers have Shabbat services with only their group, and do not share services with Kehilla or visitors. Therefore, parents are asked not to come early on Fridays; please follow the regular daily pick-up schedule.

Camping Trip

Once at each location, campers will go on a two night camping trip that celebrates the skills, values and bond they are developing as a group. **All meals and snacks are provided during the trip.** The dates for this year’s camping trips are: June 25-June 27 in Pasadena and July 23-July 25 in Pomona.

Pick-up and Drop-off for the Overnight

Bring campers to the regularly scheduled drop-off at 9:00 am. The van will leave for the camp first thing that morning, and then return to camp two days later in the afternoon. Campers will be ready for pick-up at the regularly scheduled time that afternoon.

Packing List

Make sure you're okay with these getting dirty, just in case!

- * **Wear your Camp Gan Shalom t-shirt on Wednesday**
- * 3 Pairs of socks (above-ankle)
- * Underwear
- * Closed-toe shoes that are good for hiking
- * Long pants/jeans
- * Long sleeved shirt
- * Sweatshirt/jacket
- * Warm Pajamas
- * Sleeping bag (with an extra blanket, if desired)
- * Pillow
- * Towel (for the beach day)
- * Toothbrush & toothpaste
- * Swimsuit (for the beach day)
- * Water shoes/Sandals/Flip-flops (for the beach day)
- * T-shirt or tank top (for the beach day)
- * Shorts (for the beach day)
- * Hat
- * Sunglasses
- * Sunscreen
- * Flashlight
- * Activities/games for beach or camping (optional – check with director first)
- * Small instrument (optional – check with director first)
- * A smile, some courage, and a lot of excitement!



Camp Gan Shalom

Important Phone Numbers

Please keep this in a safe place

Phone: (626) 445-0810

Fax: (626) 445-59777

Camp cell phone: (626) 340-5890

E-mail: ganshalom@jewishsgpv.org

Aaren Heller – Camp Gan Shalom Director