



2023 Parent Handbook



314-692-5362

Camp

Website.....www.campemeth.org

CampInTouch

Parent

Portal.....campemeth.campintouch.com

CARPOOL PROCEDURES

Carpool signs will be available on the first day of camp. These signs should be displayed in your car windshield at carpool time. Each carpool will be identified by the family's last name. If your carpool is made up of more than one family, we suggest that you choose the last name of the youngest camper since they may have the hardest time remembering the name of the carpool.

All children will be dropped off and picked up in the Camp Emeth Carpool Bay, located in the northeast corner of the parking lot. As you enter the lot from the Ballas Rd. entrance follow the signs for Camp Emeth and continue to snake through the bays following the orange cones. Please do not drive around the cones... we use them to maintain a smooth traffic flow, keep our staff and campers safe and allow carpool to move quickly without causing changes in the carpool list.

When you approach the drop off/pick up area with the numbered dots, please pull all the way up to the next painted carpool dot where the staff member is standing. This will allow us to easily unload/load 6 cars at a time. We will load/unload from the passenger side of your vehicle. If we need to load/unload from the driver's side, please let our staff do this and **please remain in your car at all times.**

If someone other than the regular carpool will pick up your child, please send a note or email to campemeth1@gmail.com. NO CHILD WILL BE ALLOWED TO LEAVE WITH ANYONE OTHER THAN HIS OR HER REGULAR CARPOOL WITHOUT WRITTEN PERMISSION. (We will check the identification of people picking up campers if they are unfamiliar to us.)

Morning Drop-off

Morning carpool unloading will begin at 8:45 am. Please help us ensure the safety of our campers by keeping their seat belts on until our staff can unload them from the car. Please do not allow your child to get out of the car on their own for safety reasons. If you need to speak with Senior Staff during carpool please let us know by pulling over to the left side and out of the carpool line, one of us will come over to you. **We ask that you remain in your car while you are in carpool line.** At 9:00 am, we will stop carpool to allow all campers/staff to cross the bay for morning flagpole. Once everyone is out of the carpool bay, a Senior Staff member will remain to help with late arrivals.

Afternoon Pick-up

Afternoon carpool will begin loading at 3:30 pm. We will load into the passenger side of your vehicle. If you request to load into the driver's side, our staff member will walk your

child around and load them into the car. **We ask that you remain in your car while you are in carpool line.** If you have young campers requiring help with seat belts, please pull out of the line to the left and you may then assist them. Camp Emeth staff are not allowed to buckle campers into car seats at any time.

Late Drop-offs and Early Pick-ups

For your child's protection, all children need to be signed in/out if arriving late or leaving early. Please do not go to your child's camp group to pick him/her up. Our counselors have been directed not to release any camper directly to parents. We do not use the Main Office or the Religious School office for camper pickup/drop off.

Please pull into the Camper Curbside Pickup/Drop off Spot located at the south end of Bay 5. Call the camp phone number on the sign and a senior staff member will see that your camper is brought to/picked up from your car and get your signature.

Last Minute or Unexpected Changes

If you need to make last minute changes to your carpool pickup, you must speak directly to the Assistant Director by calling the camp cell phone (found on pg. 2). Please do not leave a voicemail or email to notify us of last minute changes.

Inclement Weather Arrival/Dismissal

If it starts raining during morning/afternoon carpool, we will take the children to the pavilion and reroute the drop off carpool line to the last bay nearest the pavilion office.

If the rain is heavy, accompanied by thunder and lightning, cars will unload/load at the north entrance of Shaare Emeth. Please follow staff direction in the parking lot. Staff will be stationed along the sidewalk and will unload/load as many cars as possible depending on the severity of the weather. Please pull all the way up to the first staff member. Please stay in line to help us move carpool along in an efficient and timely manner. Your cooperation and patience is greatly appreciated.

We will not release campers if there is a tornado warning. Please be patient! Remember, this is being done for the children's safety! We'll work to make the line go as fast as possible!

VISITORS

In keeping with American Camping Association (ACA) regulations and the safety of the campers, we cannot allow drop-in visitors. PLEASE help us by following this policy. It is also our policy not to allow friends of our campers to visit camp any day. We cannot be responsible for any child who is not enrolled in camp. Therefore, please do not send guests to camp with your child.

ATTENDANCE

If your child is sick or will not be at camp for any reason, please call the camp cell phone or email campemeth1@gmail.com. Email is preferred when setting up early pick-ups or late drop-offs.

CAMP EMETH STAFF

Senior Staff – Camp Director, Assistant Director, Unit 1 Director, Unit 2 Director

Specialists – Each of our specialists (Art, Sports, Music, Shiur, Israel, Programming and Inclusion) are outstanding college students or older with experience in their area of activity and in working with children.

Camp Counselors – those who are entering their sophomore year of high school this upcoming fall and older.

Counselors-in-Training (CITs) – those who are entering their freshman year of high school this upcoming fall.

Each camp group will have at least one counselor, may have an inclusion counselor if necessary, based on the number of campers in the group (5:1 ratio for K and 1st grade; up to 8:1 for 2nd grade and above). K through 4th grade groups may also have a CIT.

Camp Emeth policy prohibits counselors from soliciting babysitting jobs; however, you may feel free to initiate any babysitting relationships. Although Camp Emeth and Congregation Shaare Emeth take no responsibility for our staff when they are working outside of the scope of camp, we would be happy to answer any questions you may have about the counselors on our staff.

COMMUNICATION

Newsletters

We value communication at Camp Emeth. Every Friday we will send out a newsletter filled with important information. We realize many of you have very full inboxes but please take the time to read our Friday newsletters thoroughly. We will share events for the upcoming week and highlights of the past week. We will also share the link for the weeks' Photo Gallery.

It is important to stay informed so you know what is going on and what is coming up. We will be sending our first email a week or two before camp begins. If you do not receive an email please check in to make sure we have the correct email address for you.

Other Communication

All camp families will be notified of relevant information via email regarding any reportable illness or communicable disease. The families directly affected may also be informed via phone call. Please do not communicate directly with your child's counselor via their cell phone regarding any camp-related matter. Cell phones are only to be used by camp staff during the camp day in case of emergencies or to take pictures throughout the day.

HEALTH AND SAFETY

All campers must have a completed 2023 Camp Emeth Health and Safety form and an updated record on immunizations on file. This Health & Safety form is found in the online registration forms.

Allergies, Asthma or Other Chronic Health Conditions

If you have a child with food allergies, please complete the Allergy Information Form and the Emergency Medical Action Plan Form.

If you have a child with asthma or other severe or chronic health conditions, you will also be required to complete the Emergency Medical Action Plan with information on allergies, medications, and other pertinent details that will help us better take care of your child.

If you indicate on the health form that your child has life-threatening allergies or requires an asthma action plan, we may send you additional forms as needed. All medical forms must be complete before any child can attend camp on the first day.

Medication

If your child needs to take medication during the camp day, please give the medication, to one of the Senior Staff, in the ORIGINAL bottle with a completed Medication Consent form.

All medications will be kept locked in the pavilion office and given to your child at the appropriate time.

Medications will not be accepted in envelopes or baggies unless accompanied by a scanned picture of the original label including medication name and dosage. Even if your child will only need medication dispensed during an overnight, we will still need the completed Medication Consent form.

We have several over the counter medications that we will only administer to your child if you have given permission on the health & safety form. These medications include pain relievers, cough drops, allergy relief, antacids, etc.

Campers should never have any medications with them at any time.

Illness During Camp

Camp Emeth policy requires you to keep your child home from camp if there is any sign of illness. Children are not allowed to return to camp until they are free of fever (without

the aid of Tylenol, Advil, etc.), vomiting, or diarrhea for 24 hours.

PLEASE CALL THE CAMP CELL PHONE IF YOUR CHILD IS ILL. We appreciate you remembering to do this!

Lice

Lice are a common occurrence in schools and camps. Based upon recommendations by the Missouri Department of Health and the National Pediculosis Association, Camp Emeth adheres to a “no nit” policy. A “no nit” policy prohibits camp attendance if there is evidence of lice or nits. This policy is aimed at reducing the risk of transmission to others in our camp setting. We strongly recommend that parents check their children frequently for the presence of lice or nits.

Emergencies

Each of us makes every attempt to avoid accidents and injuries, but at times they do occur at Camp. Some of our staff have been trained in CPR for Children as required for certification by the American Camp Association. The camp staff also has at least one member who is certified in comprehensive first aid training.

In case of an accident or injury, a Senior Staff member will assess the seriousness of the injury. Minor scrapes and bruises are handled in the camp office. Cuts will be washed with water and/or antiseptic wash, Neosporin will be applied and covered with a band-aid.

If the injury is more serious, such as large bumps, severe cuts or broken limbs, a member of the senior staff will contact the child’s parents to determine a course of action. If we are unable to reach a parent, and the camp staff believes that the child needs immediate attention, the camp will contact either the child’s doctor or 911 to have the child transported to the nearest hospital.

If a life-threatening emergency occurs at camp, a member of the senior staff will call 911 first and then contact the parent(s) by phone.

All accidents and injuries requiring professional medical treatment will be recorded on an “Accident Report” and be kept on file in the camp office. Minor injuries will be recorded in our online Camp Health Log and parents may be notified via email or phone call depending on the severity.

Please keep the emergency information current! We will not be able to handle emergencies accurately if we do not have up-to-date information.

Life Threatening Food Allergies

We would like you to be aware that we, like many schools, have children at Camp Emeth who have life-threatening allergies to peanuts and tree nuts. These children may not eat, touch or inhale the aroma of peanuts or nuts without life-threatening consequences such as anaphylactic shock. Our policy, explained below, is intended to prevent any unnecessary risks to these children.

Any products that you bring into camp for a birthday celebration must be pre-packaged, individually wrapped, and labeled with all ingredients. These treats must be nut free/school safe...not manufactured in a facility that also manufactured nuts or nut products, may contain nuts, may contain traces of nuts. If you are not sure about the ingredients, please call us.

All snacks given to the campers at Camp Emeth will be peanut and tree nut free; however, campers are allowed to bring lunches that are not peanut/nut free.

PROGRAMMING

Please check our website at www.campemeth.org for the most current calendar which includes our special Friday programming days, field trips, late nights, and more.

Shabbat

At Camp Emeth, we strive to make Fridays special to prepare for Shabbat. Every Friday, the entire camp participates in special all-camp programming. This includes T'filah, Israeli Dancing, special programming, and all-camp song session. These all camp activities are either done via zoom (together/apart) or done in rotations where pods are socially distanced from other pods.

T'filah is led by our Music Specialist along with a story from one of our Shaare Emeth Clergy.

Please make sure to send your camper in their Camp Emeth t-shirt every Friday.

Swimming

Campers swim 4 days each week at Forest Lake Tennis Club's outdoor pool. On Mondays and Wednesdays, they have instructional swim and on Tuesdays and Thursdays they have free swim. Bus transportation to and from the pool is provided and takes place in three "shifts" each morning. We do not swim on Fridays.

Please remember to apply sunscreen at home in the morning. We will reapply it after our return to camp.

The YMCA of Chesterfield manages and staffs our swim program with Camp Emeth staff being in the water or eyes on deck. The National YMCA Aquatic Swim Program is designed to teach personal water safety, stroke development, water sports and games, rescue and personal growth skills to children. Our program is divided by age and skill levels. Advancing to the next level is dependent on the child's completion of required skills. Please remember children learn at their own pace.

Israel

This summer we are excited that Inbar Bloch, shinshin, will be on staff as our Israel Specialist. Inbar has spent this past school year with us here at Shaare Emeth. The Israel Specialist is an integral part of our community. This amazing opportunity enables us to provide authentic Israeli programming for your children. Our campers and their families enjoy first-hand experiences with this special Israeli young adult both at camp and at home. This unique experience will create lifelong memories for all who are

involved.

Late Nights

Enjoy a night out while your campers have fun at camp after hours! Campers have the opportunity to stay until dinner or later (depending on grade) to enjoy some fun evening camp activities! All food and activities are provided. Late Nights for 2023 will take place:

Wednesday, June 21

Tuesday, Aug 1

Camp Emeth Shabbat

On Friday, July 7, 2023, camp will be extended until 5:45 pm (dinner provided for campers), at which time campers and their families are invited to attend a special Camp Emeth-themed Shabbat Service (services begin at 6:00 pm).

GOOD TO KNOW

Clothing and Sunscreen

Our camp program is active and very "hands-on," so please dress your children accordingly. Campers should wear play clothes to camp so they will be comfortable and not be concerned about getting dirty.

We strongly recommend that children wear shoes with closed toes and heel straps. This helps prevent many accidents and avoidable injuries to our camper's feet.

Every day with the exception of Friday, your child will come to camp wearing a swimming suit. Please make sure you put sunscreen on your child before they come to camp in the morning. We will reapply or help them reapply sunscreen after water play. They will also need to bring a towel and flip flops.

First Day of Camp Please send an extra change of clothing (t-shirt, shorts, socks, underwear) and a bottle of sunscreen/face sunscreen in a shoebox or large Ziploc marked with your child's name. This will be kept at camp in the event of an emergency.

Every Friday (unless otherwise specified), please send your child to camp in their Camp Emeth T-Shirt. You will receive this shirt before Friday of your child's first week of camp.

Please mark all your child's belongings - clothing, lunch bags, towels, tote bags, etc. -- with a permanent marker or you can order your own personalized labels.

Lost and Found

We are aware that children lose things. As mentioned, please mark ALL belongings with camper's full name, NOT initials. Lost items that are labeled will be returned to campers. Unlabeled items will go into our lost & found basket. You are welcome to contact us to look through the basket. Two weeks after the end of camp, unclaimed articles will be donated or thrown away.

Tzedakah Project

Each summer we provide our campers the opportunity to learn about a charitable organization. We will then support that organization through a collection of goods or donations that will benefit the chosen agency.

This connects our campers with others in need and reinforces Jewish values. They learn that *tzedakah* (justice) and *gemilut hassidim* (acts of loving-kindness) take place all year long, even through the summer.

FAQ'S

What about sunscreen?

Your child should arrive at camp Monday through Thursday in their swimsuit with a generous layer of sunscreen applied. Please send a bottle of sunscreen with your child's name on it on the first day of camp. We will keep the sunscreen in their room while they are attending camp. Your child's counselor will help them reapply after swimming if needed.

What about water?

We are very vigilant at camp about hydration. Please send a water bottle with your child's name written on it. Your child will be encouraged to drink often throughout the day.

What about lunches?

Your child should bring a lunch and drink every day. We do not refrigerate lunches, but all lunches are kept in air-conditioned rooms. In the event that a lunch is forgotten, we will contact you to bring lunch. The *Motzi* (blessing) is said before the meal and after lunch the campers sing *Birkat Hamazon*, the blessing after the meal.

What is the deadline to sign up for Picky Eaterz?

The deadline to sign up for Picky Eaterz catered lunches for any given week of camp is two Fridays before that week starts. All Picky Eaterz sign-ups take place online in your CampInTouch portal.

How can I make sure my child is in the same group as their friends?

When assigning groups, we will try to honor one friend request per child but this is not something we can guarantee. We make these group assignments based on the size of grades, staff and space availability, and requests from multiple campers.

Can my child bring a cell phone or other personal items to camp?

Campers will be responsible for any personal items that they bring to camp. This includes cell phones, swim goggles and games. We **strongly** discourage bringing cell phones to camp. Camp Emeth is not responsible for the loss or

damage to any personal items that have been brought to camp.

In addition, there are certain card games that are not permissible in camp, we have found that they cause arguments and are a distraction to camp programs.

What does my child need for the first day of camp?

- Swimsuit (please come to camp wearing it)
- Towel, Flip-flops for swimming
- Bottle of Sunscreen (please come to camp with sunscreen applied)
- Lunch and drink (marked with name and identified if it contains peanuts)
- Extra set of clothing in a plastic bag marked with your child's name to be kept at camp for the session
- Any medications needed in original bottles with dosing instructions
- A labeled water bottle each day
- A smile and ready for fun!
- PLEASE LABEL ALL ITEMS WITH YOUR CHILD'S NAME

Who should I contact if I still have questions?

Before Memorial Day: Please reach out to Laura with any further questions

Between Memorial Day and the Last Day of Camp (Aug 4, 2023): Please email campemeth1@gmail.com or call the camp cell phone (found on pg. 2)