



# 2016 Day Camp Parent Handbook

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## Dear Camp Shoreshim Parents:

Thank you for the opportunity to be a part of your family's life this summer!

We are thrilled that you are taking a part of Camp Shoreshim's fourth year and supporting the area's only Jewish day camp. Our goals are to create an environment of safety, character building, environmental and Jewish education, and of course, to have fun throughout the summer sessions; as well as help each camper develop in spirit, mind, and body. Camp Shoreshim's core principles include being in nature, fostering community, and connecting with the land in the ways of our ancestors.

In addition to this Handbook, please bookmark our website [www.jccslo.com/camp-shoreshim](http://www.jccslo.com/camp-shoreshim), like the Camp Shoreshim Facebook page, follow us on Instagram, and don't hesitate to call if you have any questions or concerns.

If we can provide you with any additional information or be of service to you, please call or email us.

Sincerely,

**Lauren**

Lauren Bandari  
JCC-Federation Executive Director

**Courtney**

Courtney Mellblom  
Camp Shoreshim Director  
JCC--Federation Associate Director  
Hebrew Roots Founder

Camp Shoreshim is a program of



# WELCOME

## **Mission/Vision:**

A unique Jewish community is growing around San Luis Obispo, and you can become an integral part of the excitement. Reflective of the vibrant lifestyle and values of the Central Coast, the JCC-Federation of SLO remains respectful of our traditions while working to do it in a way that is meaningful, fresh, enriching, and fun for all.

We are proud of JCC-Federation's contribution to our community. As we continue to serve all, we have:

- Provided \$1500 in scholarship money this year for our summer camps.
- Hosted over 300 families with an annual Hanukkah celebration in downtown San Luis Obispo
- Screened a children's selection at our annual SLO Jewish Film Festival – filling a 90-person theatre at the Palm Theatre!
- Organized fun family events at the Krav Maga studio and the Charles Paddock Zoo.
- Educated the community and students at our annual Holocaust Remembrance Program.
- Awarded recipients mini-grants from the Jack Pearl Jewish Family Fund to help with medical bills, school tuitions, and other important matters.
- Given the opportunity to participate in Jewish cultural programs and activities that promote socialization.

We do not turn anyone away because of their inability to pay, and work with our members and families on an individual basis. This would not be possible without your support, as well as that of many other civic minded individuals, organizations, and businesses.

Thank you for your continued support. Please call us at (805) 426-5465 for more information on how you can invest in our community today!

## **CHARACTER DEVELOPMENT**

We plan to provide the best day camp program possible. At the JCC-Federation of SLO, that means more than just activities. We believe character development is an important challenge for all of us – staff, volunteers, members, participants and parents – to accept and demonstrate the positive values of caring, respect, honesty and responsibility.

## **CONDUCT**

Our Code of Conduct states that the JCC-Federation of SLO is committed to providing a safe and welcoming environment for all of our members and guests. To ensure safety and comfort for all, we ask individuals (children and adults) to act appropriately while they are on our property or participating in a JCC-Federation program. We expect persons using our property to behave in a mature and responsible way and to respect the rights and dignity of others.

Our code of conduct does not permit language or action that can hurt or frighten another person or that falls below a generally accepted standard of conduct. Specifically this includes:

- Angry or vulgar language including swearing, name calling, and shouting;
- Physical contact with another person in an angry or threatening way (including hitting, biting, and spitting), and respecting boundaries;
- Any demonstration of sexual activity or sexual contact with another person;
- Harassment or intimidation with words, gestures, body language or other menacing behavior;
- Behavior which intends to or results in the theft or destruction of property;
- Carrying or concealing any weapons or devices that may be used as weapons.

Members and guests are responsible for their own personal comfort and safety and should ask any person whose behavior threatens their personal comfort to refrain. Staff are trained and expected to respond to any reported violation of our code of conduct. Please do not hesitate to notify a staff person if you need assistance. JCC-Federation Management will investigate all reported incidents. Dismissal from a program or termination of JCC-Federation Membership privileges may result from any violation of the code of conduct. No refunds will be given.

## **CAMP SHORESHIM NAME AND GOALS**

The goals of all JCC-Federation of SLO programs are to ***build Jewish community locally and connect globally***. Our camp programs, as a part of the JCC-FEDERATION-Federation, reflect these values and are designed to help our campers grow mentally, physically, and spiritually within a fun camp environment.

“Shoreshim” means *roots* in Hebrew. We chose a camp name and logo that connects the campers to Jewish traditions and to the Earth. Outdoor Education is integral to Camp Shoreshim, as much as Jewish values, Hebrew language development, and a connection to Israel. And, as the camp is run on Jewish values, we embrace diversity and welcome campers of all backgrounds. Through teambuilding, arts & crafts, the legacy project, and simply playing with other campers this summer, our goal is that your child will experience a connection to their “shoreshim,” and continue being a part of camp here in San Luis Obispo.

The goals and principles of the Camp Shoreshim program are firmly based on the specific program objectives from which our program operates. These principles relate to self and interactions with others as well as with the environment. The specific principles of the day camp program are:

- The achievement of personal growth in body, mind and spirit.
- The formation and practice of socially constructive habits and attitudes.
- The acquisition of knowledge about and the development of skills in sustainable living.
- The development of an appreciation of nature and a love of the outdoor environment.
- The strengthening of a connection to Israel and one’s Jewish roots.

## **NOTE TO PARENTS**

As a provider of children’s programs, the JCC-Federation of SLO strives to effectively screen and train all staff and volunteers. Our quality programs enrich the lives of hundreds of children each year and the safety of every child is a top priority for us.

To make sure your child remains safe outside of JCC-FEDERATION supervision and to protect our staff and volunteers, the JCC-FEDERATION encourages your cooperation in the following areas:

- It is a violation of JCC-FEDERATION policy for a JCC-FEDERATION employee to babysit, host sleepovers, or spend time one-on-one with your child outside of the JCC-FEDERATION programs.
- Please do not leave your child at the JCC-FEDERATION facility, site, or playing field unless a JCC-FEDERATION staff member or volunteer is there to receive and supervise your child.
- Talk to your child about the importance of telling you if someone does or says something that makes them feel uncomfortable. Emphasize that adults should not ask them to keep secrets from you.
- Explain to your child that s/he has a basic right to privacy and that no one should touch them inappropriately or compel them to touch someone else inappropriately.
- Instruct your child to always remain part of the group. Stress safety in numbers.
- Report any actions by JCC-FEDERATION staff or volunteers that you deem to be inappropriate to the Executive Director of the JCC-FEDERATION. If these actions involve suspected child abuse, contact the Child Protective Services Department of your jurisdiction immediately, or call your local police department.

## **STAFF**

The summer camp staff is comprised primarily of college students, recent graduates, school teachers, and our professional JCC-FEDERATION staff. The day camp staff members are innovative and creative individuals who love working with children. They have attended training to prepare them for the summer camp season.

## **PHONE CALLS TO CAMP**

Please do not call to speak to your child unless it is an emergency. If your child is experiencing problems, we will call you immediately. You may call the day camp director or site director with your questions or concerns at any time. See the listing below if you need to contact a particular person.

### **Camp Phone Directory**

JCC-FEDERATION Main Phone – 805-426-5465

Camp Shoshim Director Direct Line – 714-402-3426

## **PARKING**

Please remember to drive slowly and carefully. Park in spaces provided. Note that no parking will be available beyond the roundabout in the parking lot. During early morning and afternoon pick up please note parking is limited so plan accordingly.

## **PARENT PARTICIPATION**

Parents are an important part of our camp program. **We encourage you to participate on Friday afternoon when the campers will be performing a skit and sharing the goodies your children made during the week.** An email will be sent out regarding the time and place on the property.

# DAILY PROCEDURES

## 2016 CAMP SCHEDULE

### Session I: June 20-24 and Session II: June 27-July 1

#### 9am – 3:30pm

Drop off as early as 8:30am and pick up as late as 4pm. If you intend to do an early drop-off or late pick-up you MUST notify Camp Shoreshim, and should have indicated this on your registration.

#### ARRIVAL

Camp begins 9AM, Monday - Friday.

Parents/Guardians are asked to sign their child into camp each morning.

#### DEPARTURE

Camp concludes at 3:30PM, Monday – Thursday, and on Friday's we ask that parents arrive at 2pm for our End of Session Celebration. Parents/Guardians are asked to sign out their child from camp before removing the child. If you plan on picking up your child early, please inform the staff.

#### EXTENDED HOURS

Please contact our Camp Director, Courtney Mellblom, to see if we can accommodate hours beyond those regularly offered.

#### ABSENCES

If your child is not going to attend camp for the day please report his/her absence by emailing the JCC-FEDERATION Camp Staff at [info@jccslo.com](mailto:info@jccslo.com).

#### RULES & SAFETY

Safety is paramount to the camp program. All children MUST be brought to and picked up from camp by a parent or authorized person.

Camp rules will be established and taught to the children at the beginning of the session and regularly reviewed to ensure the safety of all campers. Please review the following list of rules with your child:

##### General Rules

- 1) Stay with your group at all times.
- 2) Always walk in the parking lot.
- 3) No climbing on gates, fences, or trees.
- 4) No inappropriate or abusive language is permitted.

- 5) No hitting, kicking, or other physical abuse is permitted.
- 6) Listen to and respect the rules and boundaries of any games played in camp.
- 7) Participate and cooperate during activities.
- 8) All campers will be expected to display good teamwork. How we play is more important than whether we win or lose!

## **DISCIPLINE**

If your child has received assistance in behavior management during the school year, it is imperative that this information be shared with the camp staff. This will enable us to work more effectively and productively with your child. Good behavior will be elicited in a positive and kind way. Children will be given understandable guidelines for their behavior so that they develop internal control of their actions. The staff will work cooperatively with parents, keeping them informed of behavior problems and methods used to teach and guide the child towards socially acceptable behavior. Behavior problems that cannot be resolved may result in the child's dismissal from camp without a refund. Certain abusive behaviors will result in immediate dismissal.

## **CLOTHING**

Children should wear clothing suitable for an active day at camp. Appropriate items would include shorts, t-shirts, light jackets (for chilly mornings), and athletic shoes (no sandals).

Please label all items sent to camp with the child's first and last name. Staff cannot be held responsible for your camper's personal belongings. Please do not send expensive clothing or toys to camp. While every effort will be made to locate lost items, the JCC-FEDERATION is not responsible for replacing them.

## **LUNCHES & SNACKS**

All campers should bring a lunch, \* beverage, and a water bottle to camp daily unless otherwise notified. Lunches will not be refrigerated; therefore, unless you pack the lunch with a cold-pack, we ask that you send lunches that do not contain mayonnaise or other food items that will spoil if not kept cold. Please mark all lunches with the camper's first and last name.

Please do not provide your camper with food that will need heating or to be microwaved. Camp staff is not responsible for food preparation or pre-heating meals.

We will have two snack periods daily provided by JCC-FEDERATION.

*\*We ask that parents are sensitive to Kashrut policy and campers with food allergies. We ask that lunches are Kosher-style (no pork/shellfish) and should we have a camper with a nut allergy, do not contain peanuts/tree nuts/nut oils.*

## **WEATHER & THE OUTDOORS**

We spend almost all of our time outdoors, in nature. Parents are asked to dress their children appropriately for all possible the weather conditions. It can be windy and cool out there, even in the summer. A light sweater or jacket may be needed in the mornings, and a hat and sunscreen are helpful for the afternoons. A natural, DEET-free insect repellent is also recommended.

## **MONEY AND ELECTRONICS**

Please do not allow your child to bring money to camp. There is nothing to purchase at camp.

Please do not send your child to camp with electronics. Cell phones, electronic games, stereos, iPods, computers, iPads, tablets, Kindles, and e-readers are prohibited. Camp is a place where your child can “unplug.” Also, these devices have a way of getting lost or broken at camp. Camp Shoreshim cannot take responsibility for their loss or damage, nor does our insurance policy cover their replacement.

Phoning and texting is disruptive to the camper’s experience and thus not allowed. Do not promise your child that he/she can call home, as such a promise cannot be fulfilled. Please do not send your child with a cell phone for emergency purposes; in the case of an emergency, all parents will be notified by camp staff. A camper with a cell phone is FAR less likely to fully enjoy everything camp has to offer. Cell phones discovered in your child’s possession will be confiscated. We also reserve the right to send a child home for violating this rule.

## **LOST AND FOUND**

Those items left at camp will be placed in the camp Lost and Found box at the end of each camp day. Ask your child’s counselor for the location of the Lost and Found. All items not claimed by the end of the camp week/session will be donated to a local shelter.

# HEALTH INFORMATION

## EMERGENCY PROCEDURES

All precautions will be taken to prevent serious health risk to all our campers. In the event that a minor injury occurs, a certified staff person will administer first aid at the campsite and a JCC-FEDERATION Incident Report Form will be filled out.

\*The following procedures will be implemented in the event of a major injury or health problem:

- 911 will be called
- A First Aid certified staff person will administer immediate first aid at the campsite until professional services arrive. All efforts will be made by the staff to make your child comfortable.
- The parent will be contacted. If the parent(s) cannot be reached, the emergency contact person will be notified.
- A staff person will accompany the child to the hospital and will remain with the child until the parent or emergency contact person arrives.
- The incident will be recorded on a JCC-FEDERATION Incident Report Form listing all medical care and first aid procedures administered.

\*The emergency procedures for minor injuries are as follows:

- First aid will be provided and the incident will be recorded on both the JCC-FEDERATION incident report and in the camp health log.
- The child will be observed continuously and made as comfortable as possible during and following the treatment period. Parents will be notified.

Special Note:

- The majority of our staff members are trained in First Aid/CPR.
- The JCC-FEDERATION does not pay for treatment due to injury at camp. Health cost/treatment is the sole responsibility of the parent.
- It is imperative that parents indicate their health insurance information on their Camp Participation Emergency Form prior to the start of camp.
- Additionally, when assigning an emergency contact, please list someone who can be easily reached if need be.

## ILLNESS

If your child is sick, please keep him/her at home. If your child is sent to camp with an illness, we will notify you to pick up your child. If your child is sent to camp they will be expected to participate in the daily activities for that day. Children will be sent home from camp for the following reasons: fever, diarrhea, unexplainable rash, lice, upset stomach, and vomiting.

A child, who has vomited, had a fever or diarrhea must be kept home for a minimum of 24 hours after the symptoms have subsided. Children with lice must be nit free before returning to camp. When a child is sent home with a communicable disease, he/she cannot return to camp without a note from a doctor.

## **MEDICINE**

Our camp nurse or doctor will administer prescription and over-the-counter medications to children only when the parent, legal guardian, or physician has completed a written medication form. A doctor's signature will be required for prescription medications. All medication must be in the original container with the child's name on the label. There will be NO EXCEPTIONS! All medications must be turned into the camp office each morning. Please hand the medications to one of the director's personally. Do not put medication in your child's lunch box or backpack. The medicine will be placed in a medication lockbox located in the camp office every day.

Please note the JCC-FEDERATION will offer a non-hypoallergenic sunscreen to be applied to campers while at camp. Please leave special instructions on a medication form if your child will need a specific brand of sunscreen due to allergies. You will also need to provide the JCC-FEDERATION with the specific brand you wish to use.

## **MEDICAL/ EMERGENCY INFORMATION**

### **Insects & Bees**

To reduce the possibility of both bug bites and stings, a few simple precautions can be taken. Bugs and bees are attracted to patterns on clothing that resemble foliage in the outdoors. To reduce this attraction, wear solid, light colored shirts, shorts, or trousers.

Another major attraction occurs from "smell". Sweet smelling soaps and shampoos will attract both bees and bugs so try to use unscented products when showering and bathing and avoid the use of perfumes.

Insect repellent spray is not necessary.

### **Summer Camp Health and Emergency Forms**

A child may not attend camp until these forms are received and on file at the JCC-FEDERATION-Federation office.

## **DISABILITIES**

In order for the JCC-FEDERATION to provide the best day camp experience for your child, we ask that prior to registration, you consult with the camp director regarding any special needs of your child. There are some medical treatments and procedures that the JCC-FEDERATION staff is legally neither trained nor qualified to perform. Children will be enrolled on an individual basis. We will make every attempt to serve all children.

# OFFICE PROCEDURES

## EVALUATIONS

A camp survey will be distributed to parents and children after the summer. Parental assessment of the camp's strengths and weaknesses will aid in the improvement of camp programs and in the facilitation of new ideas. Parents are invited to give regular assessments of the camp program to the site director at any time.

## FEES

There are two ways to pay for summer camp. You may pay in full at time of registration by check or with a credit card. Alternatively, you can arrange for incremental payments with the JCC-FEDERATION Director.

Camp families are encouraged to join the JCC-FEDERATION and stay involved during the year, but it is not required for camp registration. Annual JCC-FEDERATION family membership is free!

## REFUNDS/ WITHDRAWALS/CHANGES

All withdrawals/cancellations from a camp session and/or refund requests must be done in person at the JCC-FEDERATION office with the Executive Director.

Refunds/credits will be issued as follows:

**Refund & Cancellation Policy:** If the JCC-FEDERATION cancels a session of camp for any reason, a full credit or refund will be issued. Camp reserves the right to cancel any camp within two weeks of the program if numbers are below minimum enrollment. If you decide to cancel, and notify us within two weeks of the session(s) you are enrolled in, we will issue a refund, minus a \$50 non-refundable deposit.

**Check/Cash Refund:** If you paid by check/cash, it takes 4-6 weeks from the date requested to receive a refund in the mail.

**Credit Card Refund:** If you paid by credit card, it takes 1-2 weeks from the date requested to receive a refund on your credit card statement.

## TAX INFORMATION

JCC-FEDERATION's tax ID number is 77-0457417.

# JCC-FEDERATION Camp Shoreshim Location

JCC-Federation of San Luis Obispo Campus

875 Laureate Lane

San Luis Obispo, CA 93405

805-426-5465



## **Driving directions to Camp Shoreshim from 101 (headed North)**

1. Exit 101 on Los Osos Valley Road, turn left
2. Take LOVR to Foothill Blvd, turn right
3. Take first left on O'Connor Way
4. Take first right on Laureate Lane
5. Camp Shoreshim entrance is the last driveway on the left

## **Driving directions to Camp Shoreshim from 101 (headed South)**

1. Exit 101 on California Blvd, turn right
2. Turn left on Foothill Blvd
3. Turn right on O'Connor Way
4. Take first right on Laureate Lane
5. Camp Shoreshim entrance is the last driveway on the left