



# CAMP AHAVA

Serving the community since 1971

1401 Arcola Avenue  
Silver Spring, MD 20902  
(301) 649-4425

## Parent Handbook

### Camp Ahava

1401 Arcola Avenue, Silver Spring, MD 20902

Phone: 301-649-4425

Website: [www.camp-ahava.com](http://www.camp-ahava.com)

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## **Welcome**

Welcome to Camp Ahava! Thank you for choosing our day camp. Your children are in for a treat this summer! On staff, we have experienced counselors, dedicated administrators and talented specialists. We will be going on trips, hosting entertaining programs, engaging in stimulating activities, and participating in many other fun events. Whether you have chosen one or eight weeks of camp, or anywhere in between, we expect your children to have a wonderful time. Whether your child enjoys sports, swimming, science, icekating, arts and crafts, gymnastics, baking, Shabbat celebrations, dance, music, or soccer, we've got their interests covered!

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## **Camp Dates and Hours – June 22 – August 14, 2015**

Camp begins on Monday, June 22 and lasts for 8 weeks until August 14. There is no camp on Friday, July 3<sup>rd</sup> in observance of Independence Day. The core camp hours are 9:00 a.m. to 3:30 p.m. Extended Day is available from 7:30 a.m. to 9:00 a.m. and 3:30 p.m. to 6:00 p.m. You may sign up for daily and weekly sessions.

## **Office Staff**

Chaya Kranz, has been a part of Camp Ahava for many years. She earned her B.A. in Early Childhood Education from Long Island University in 1992 and directed an English immersion preschool in Israel for eleven years. She taught Physical Education at the Leo Bernstein Jewish Academy last year and was the head Judaic Instructor in the 4 yr. old preschool class at the Silver Spring Learning Center for two years. Currently, Chaya is the Executive Director at the Silver Spring Jewish Center. She coordinates many activities, events and programs for the synagogue and community.

We are thrilled to have such a fantastic staff this summer! We have very talented and experienced specialists that will be instructing activities. Many of our counselors have been at Camp Ahava as campers themselves and look forward to sharing their enthusiasm about Camp Ahava with this year's campers.

Chaya's door is always open for your questions and concerns. We will work to the best of our ability to help meet the needs of parents and campers and to make this summer a success.

## **Swimming**

Camp Ahava will go swimming twice a week in the afternoon at Parkland Pool. The counselors supervise the children at the pool in addition to the certified life guards employed by the pool.

Please take note of our **supply list** (see page 6) for items needed at the pool. These items should be brought in a separate, labeled, easy to carry swim bag on pool days.

## **Camp Arrival and Dismissal**

Tefillah (prayer) begins at 9:05 a.m.

Counselors will be out to greet the campers at your car between 9:00 a.m. and 9:10 a.m. at the pick up and drop off location by the parking lot. After 9:10, please park, get buzzed in the door, and bring your child to his or her bunk. If you would like to walk your child into camp at any time, please park in the spaces that are opposite the facility. Please do not block any cars and do not leave any children in the car. If you need assistance, please call the camp office at 301 649-4425.

## **Calendar and Schedule**

We encourage all campers to participate in all activities. The specialists have taken extra time to plan fun, structured, educational activities for the campers. If a child does not want to participate in a particular activity, he/she can sit quietly and observe so long as he/she is not disrupting the rest of the group.

On Wednesdays, we go to a variety of locations that should stimulate and engage your child. You will receive information about these trips as the summer goes on.

On Fridays, Camp Ahava has a spirited Shabbat celebration with music and dance, challah and grape juice, words of wisdom, and Sabbath rituals.

Please pick up your child by 3:30 p.m. Children who are not picked up by 3:35 p.m. will be escorted to the After Care room. Parents will be charged an After Care fee at the drop-in rate for that day.

## **Lunches**

Camp Ahava follows Kosher dietary laws. We require all campers to bring a dairy or pareve (not meat) lunch to camp each day. Fish is permitted but not shellfish or other seafood.

All fruits, vegetables, snacks and crackers are acceptable to bring to camp. If you have any questions regarding lunches, please contact the camp office. If we find that a lunch does not meet the basic kosher guidelines, we will provide a kosher main dish for the camper that day. We require that all lunch boxes have a frozen cool pack if they contain perishable food.

Camp Ahava offers an optional hot lunch program, "Pizza Mondays and Pizza Fridays" along with "Hot Dog Wednesdays".

We are a "nut-sensitive camp." Some children have severe nut allergies and we need to ensure the safety of all campers. Packed lunches may contain nuts unless otherwise notified. If there is a camper in a particular bunk that has a severe nut allergy, the entire bunk will not be able to pack nut products. **Please be sure to alert the camp office to any food allergies.**

## **Snacks**

Camp Ahava encourages wholesome food for campers and we try to provide a high quality of food. Please send snacks with your child. There may be occasional treats (like the infamous “Crazy Chocolate Day”) provided by the Camp, but overall, snacks are provided by the home.

Snacks will be provided in After Care. Campers drink water from their water-bottles (brought clean daily to camp) during snack and lunch time and throughout the day to keep hydrated. Please clearly label your child’s water bottle!

## **Extended Day**

Great for working parents! Camp Ahava provides Early Care from 7:30 a.m. to 9:00 a.m. and After Care from 3:30 p.m. to 6:00 p.m.

The experienced and devoted staff takes extra care to provide fun activities along with free-play.

Campers are welcome to bring breakfast to be eaten during Early Care. (All food must comply with the lunch policy explained above.). Please press the buzzer at the courtyard door to gain access to the building to pick up or drop off your child. If you would like your child to do occasional “drop-in” Early or After Care, please contact the camp office. The paid-in-advance price is \$10 for Early Care and \$15 for After Care.

## **Health Information**

Your child must have all health forms completed on file in order to attend camp. If your child attends a school in the State of Maryland, we only need the date of the last Tetanus or DTP vaccination. If your child does not attend a Maryland school, we need the full immunization record.

If you are aware of any allergies or potential allergies, please make sure you make the camp office aware as soon as possible so we can take extra precautions.

If your child needs to take any medication, it must be in its original bottle and there must be a prescription with instructions from the prescribing physician for both prescription and non-prescription drugs in addition to a note of consent from the parent or legal guardian. Due to State regulations, we are unable to distribute medication to your child. The child must be able to self-administer any medication. If your child is unable to self-administer the medication, then the parent or guardian must administer the medication. If you have any questions regarding medication at camp, please contact the camp office.

We are unable to use ANY medication at camp that is not prescribed by a physician. If your child is ill, we will call you immediately. In case of an emergency, we will call 911 and notify the parents or guardians.

If your child has any health issue, your doctor’s office must provide an individualized health plan for your child.

Many of our staff members are trained in CPR and First Aid. We have a registered nurse on our staff that is on-call during camp hours.

We make an extra effort to make sure hands are washed with soap or cleaned with sanitizer prior to eating to help keep everyone clean.

### **Illness/SICK CHILD POLICY :**

If your child is sick and is unable to attend camp, please contact the camp office to inform us.

If your child has been diagnosed with ANY communicable infections such as strep throat or lice, please notify the camp office/ director immediately so we can alert other parents to be on the lookout for symptoms in their own child. The name of the sick child will be kept confidential.

A child with a fever of 100 degrees or above must stay at home. If a child develops a fever of 100 degrees or above during the day, he/she will be sent home.

A child who has vomited within the last 24 hours must stay at home. A child who becomes sick and vomits during the camp day will be sent home.

A child may return to camp after they have been free from fever for 24 hours without the use of Tylenol or Motrin or any other antipyretics along with a doctor's note permitting the child to return to camp.

A child with uncontrollable diarrhea must stay at home.

A child diagnosed with Strep Throat must have been treated with antibiotics for 24 hours prior to returning to camp.

A child diagnosed with bacterial conjunctivitis (pink eye) must have been treated with medication for 24 prior to returning to camp. Children with viral conjunctivitis must have a doctor's release/report before returning to camp.

Camp Ahava has a nit free policy. A child with head lice must have been treated with a medicated lice removal shampoo and be checked before returning to camp.

A child must feel well enough to participate in camp activities.

A sick child will remain in the Director's office until he or she is picked up by a parent or legal guardian when he or she has a condition that may be considered contagious and easily passed from child to child. Decision is left up to the discretion of the Director.

### **Ticks**

Please be aware that ticks are very common in Montgomery County, Maryland, and that tick bites can cause Lyme disease, a debilitating illness. Since we will be spending a lot of time outdoors at camp, make sure to perform a thorough check for ticks on your child, head to toe (including the scalp), every night before bedtime. The following is a website from the Centers for Disease Control and Prevention that gives more information about ticks, how to find and remove them, and Lyme disease: [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)

### **Trips**

Camp Ahava's staff has worked diligently to plan a safe and fun itinerary for all of our trip days. Please see our calendar for more information about our trips. Please send extra snacks with your child on trip days. Campers are free to bring spending money on trips to buy trinkets or souvenirs or for playing arcade games. Parents are invited to attend the field trips, space permitting.

**\*\*Please label all clothing and belongings\*\***

<b>Daily Supplies</b>	<b>Swimming Supplies</b> (To be packed in a <i>separate swimming bag</i> on swimming days)
<ul style="list-style-type: none"><li>-Clean, Refillable Water Bottle</li><li>-Backpack</li><li>-Insulated Lunch Box/Bag with an Ice Pack (for perishable foods)</li><li>-Extra snacks</li></ul> <p><b>To Leave at Camp:</b></p> <ul style="list-style-type: none"><li>-Sun Hat (labeled)</li><li>-Sunscreen</li><li>-Smock (for art projects)</li></ul>	<ul style="list-style-type: none"><li>-Bathing Suit including a water shirt (Please wear bathing suit under camp clothes if possible and pack undergarments.)</li><li>-Shampoo (for hair after swimming)</li><li>-Sunscreen (Please apply prior to camp if possible.)</li><li>-Plastic Bag (to put wet items in)</li><li>-Bathing Cap and Goggles (if desired)</li><li>-Flip Flops (to wear at the pool)</li><li>-Large Towel</li></ul>

## **Valuables**

Please do not bring any valuables to camp as they might get lost or destroyed. Camp Ahava assumes no liability for any loss or damage to items brought to camp.

## **Dress at Camp**

Please be reminded that the camp is located in a building that is a place of worship and is affiliated with a synagogue (Silver Spring Jewish Center), so campers' dress should be mindful of this fact. Please dress modestly, comfortably, and with safety in mind (i.e., t-shirts and knee high shorts or skirts and sneakers). Cool, light fabric such as cotton should be worn as summers in the D.C. area can be very hot. Also, please make sure that any clothing worn to camp is easily washable.

For the older campers, please refrain from wearing tank tops, short shorts, or other revealing clothing. If a camper is dressed inappropriately, he/she may be sent home to change clothing or be given an alternate garment to wear.

Bathing suits should also be reasonably modest. It is preferable that boys (and girls) wear a rash guard swim shirt to prevent sunburn.

*Campers should wear sneakers with socks every day.* For camper's safety, flip flops are for pool use only.

## **Change in Dismissal Plans**

Children are only allowed to be dismissed to their parents, guardians or anyone that is listed on the application form as an approved person. If there is a change on a particular day (play dates, carpool changes, etc.), please notify the camp in writing.

## **Lost Items**

Please make sure all items brought or worn to camp are clearly labeled with your child's name. If something does get lost, please visit the camp office and look in the Lost and Found box. At the end of summer, remaining items in the Lost and Found box will be given to a shelter.

## **Electronics Policy**

Camp Ahava cannot be responsible for the loss of property.

If there is a need for a camper to have a cell phone for communication with a parent or guardian, the phone should be set to vibrate and only used for this purpose. The parent should send a note to the office allowing for permission for the child to carry a cell phone. Any other electronic devices at camp (and/or a cell phone used inappropriately) will be confiscated and returned to the camper as he/she leaves for the day. This policy is enforced during Early and After Care as well, as there should be stimulating activities for the children to engage in during camp.

## **Contact Information and Emergency Numbers**

- **Camp Ahava office:** 301-649-4425 or 301 346-4428
- **Director:** 240 587-2186

## **Parent Volunteers/Welcome Policy**

Parents are welcome at camp! If you would like to come see our camp in action or see how your child is doing at camp, feel free to come to the camp office first to obtain a visitor's pass and then you are free to explore the camp. If you can give us advance notice of your visit, that is preferable but not necessary. Please let the office know if you would like to visit/volunteer.

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## **Photographs and Videos at Camp**

We like to take photographs and some videos during the camp season. This is a fabulous way to see the action at Camp Ahava, especially with your child engaged in the fun!

## **Communication with Camp Staff**

Check your child's backpack for notes sent by the Camp staff. Please also monitor your email for e-blasts!

## **Payment Information**

All campers must be paid-in-full prior to the start of camp (June 24) unless special payment arrangements are made prior to the start of camp. There may be a small processing fee for all credit card payments. Bounced checks incur a fee of \$50.00 each.

## **Communication:**

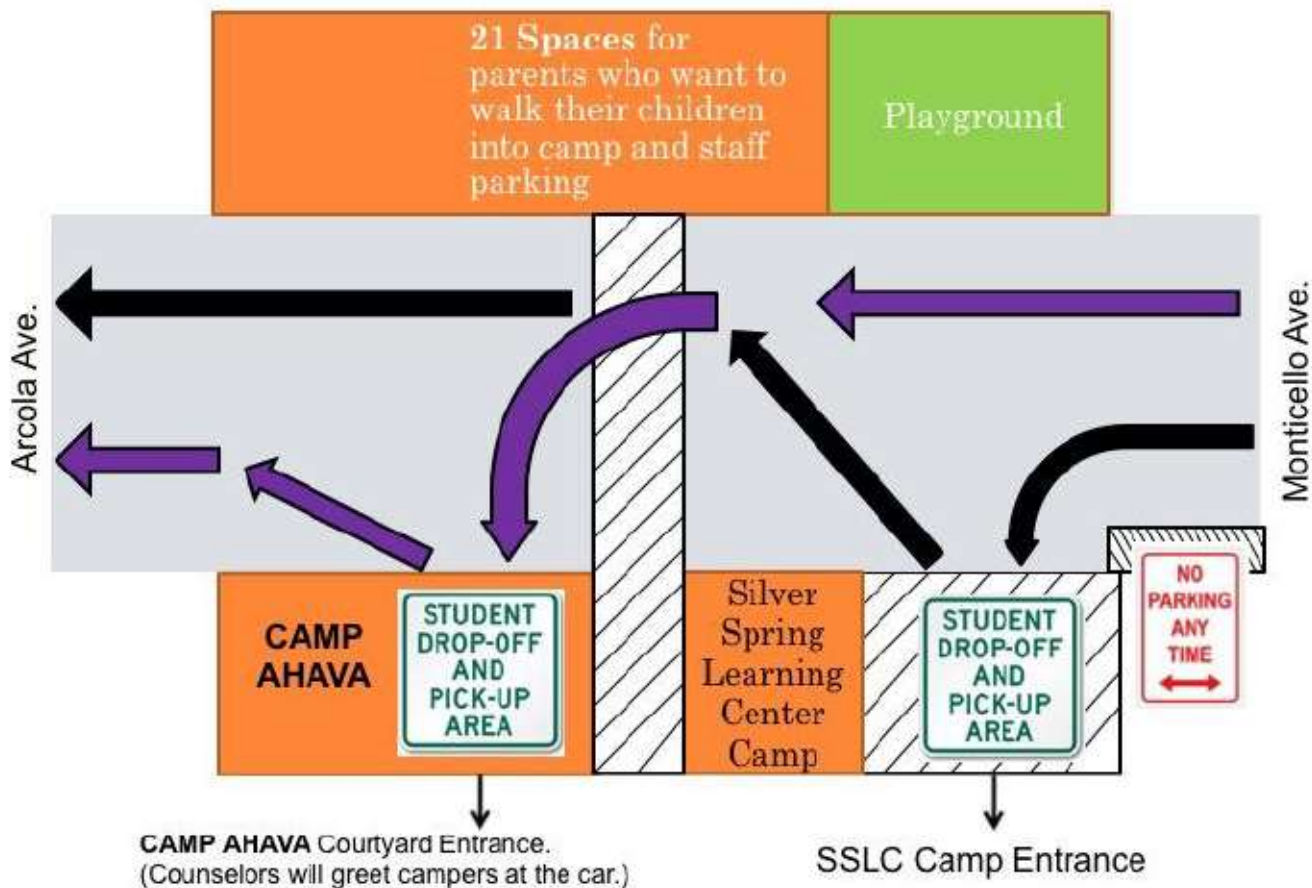
You can call the camp office or email us at [ssjc613@gmail.com](mailto:ssjc613@gmail.com) to contact our office staff.

If you would like to speak with your child's counselor, please leave a message for him or her in the camp office and the counselor will receive a note to call you back at a convenient time. If you arrive at 9:00 a.m. or 3:30 p.m., you may have a chance to speak in person!

**Our staff is looking forward to a great summer with your children!**



# CAMP PARKING LOT LAYOUT



Thank you for entrusting us with your children this summer. Please feel free to contact us with any questions or concerns. We look forward to spending time with your children!



## **Seeking Peace**

Let there be peace on earth, and let it begin with me.  
Let there be peace on earth, the peace that was meant to be.  
With so much to live for, so much that we can be,  
Let us walk with each other in perfect harmony.  
Let peace begin with me; let this be the moment now.  
With every step I take, let this be my solemn vow.  
To take each moment and live each moment in peace eternally,  
Let there be peace on earth and let it begin with me.