



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

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 staff 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, ice skating, arts and crafts, baking and roller skating. Shabbat celebrations, dance or music, we've got their interests covered!

Camp runs for 8 weeks during the summer months beginning at the end of June until mid August. There is no camp on July 4th 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/or weekly sessions.

Chaya Kranz, the Director, 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 and was the head Judaic Instructor in the 4 yr. old preschool class at the Silver Spring Learning Center for several 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. She is also the Manager of the Hebrew Sheltering Home. Chaya's door is always open for your questions and concerns.

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 incoming campers.

Swimming

Camp Ahava goes swimming two times a week at Parkland Pool. Our camp has a swimming safety plan in place. The counselors and staff supervise the campers in addition to the certified life guards employed by the pool.

Please take note of our **supply list** (see page 6) for items recommended for the pool. Please bring these items in a separate, labeled, easy to carry swim bag (preferably back pack) on pool days.

Camp Arrival and Dismissal

Assembly & tefillah begins at 9:30 a.m.

Counselors will be at the courtyard entrance to greet the campers between 9:00 a.m. and 9:15 a.m. After 9:15, 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 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.

During the summer, 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 Sabbath celebration with music and dance, challah and grape juice, words of wisdom, and Sabbath rituals.

Please pick up your child between 3:20 and 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.

We require that all lunch boxes have a frozen cool pack if they contain perishable food.

Camp Ahava offers an optional hot lunch program on Mondays, Wednesdays & Fridays.

We are a “nut-sensitive camp.” Some children have severe nut allergies and we need to ensure the safety of all campers.

If there is a camper in a particular bunk that has a severe nut allergy, the entire bunk will not be able to bring nut products.

Please be sure to alert the camp office to any food allergies.

Snacks

Camp Ahava encourages wholesome food for campers. Please send extra snacks with your child each day. 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 \$15 for Early Care and \$20 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.

If your child is ill, we will call you immediately. In case of an emergency, we will call 911 and notify the parents and/or guardians.

If your child has any health issue, please have your child's doctor provide an individualized health plan for your child.

We have staff members that 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. Please bring a doctor's note that the child is not contagious anymore.

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.

Ticks

Please be aware that ticks are very common in Montgomery County, Maryland, and that tickbites can cause Lyme disease, a debilitating illness. Since we will be spending 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

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 and souvenirs or for playing arcade games.

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

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

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.

For camper's safety, *campers should wear sneakers with socks every day.*

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. At the end of summer, remaining, unclaimed items will be given away.

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
- **Director:** 301 316-8838

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.

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 unless special payment arrangements are made prior to the start of camp. There is a 3% processing fee for credit card payments. Bounced checks incur a fee of \$30.00 each.

Communication:

You can call the camp office or email us at 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!

Camp Ahava Camper Code of Conduct Form

You and your child are expected to read this Camper Code of Conduct TOGETHER in order to help your child behave appropriately while at camp. Camp Ahava is dedicated to providing an outstanding summer camp experience for your child. Campers are expected to behave appropriately and promote a safe, fun and healthy environment through productive participation. Our staff will use a positive approach to discipline and will seek parental support, if necessary, to resolve behavioral issues and to encourage positive behavior. Campers who remain disruptive after consultation with parents will be dismissed from Camp. Our camp has a zero tolerance for bullying.

Please read and go over this Code of Conduct with your child so that he/she fully understands the expectations while at Camp Ahava.

Camp Ahava Camper Code of Conduct:

As a camper, I will:

- ♣ Show respect to other campers, and treat them as I would like to be treated.
- ♣ Show respect to staff, and cooperate fully with their instructions.
- ♣ Know and follow the rules of the camp.
- ♣ Respect the rights and beliefs of others, and treat others with courtesy and consideration.
- ♣ Communicate in an appropriate manner, which means I must not use foul language or gestures, harsh words or tone of voice.
- ♣ Conduct myself responsibly. I understand that horseplay, bullying, unwelcome teasing or other unkind behaviors are completely prohibited.

- ♣ Refrain from deliberately causing bodily harm to other participants or staff. I understand that pushing, kicking, hitting or fighting are not acceptable and will not be tolerated.

- ♣ Use program equipment, supplies, and facilities properly.

- ♣ Respect the property of others.

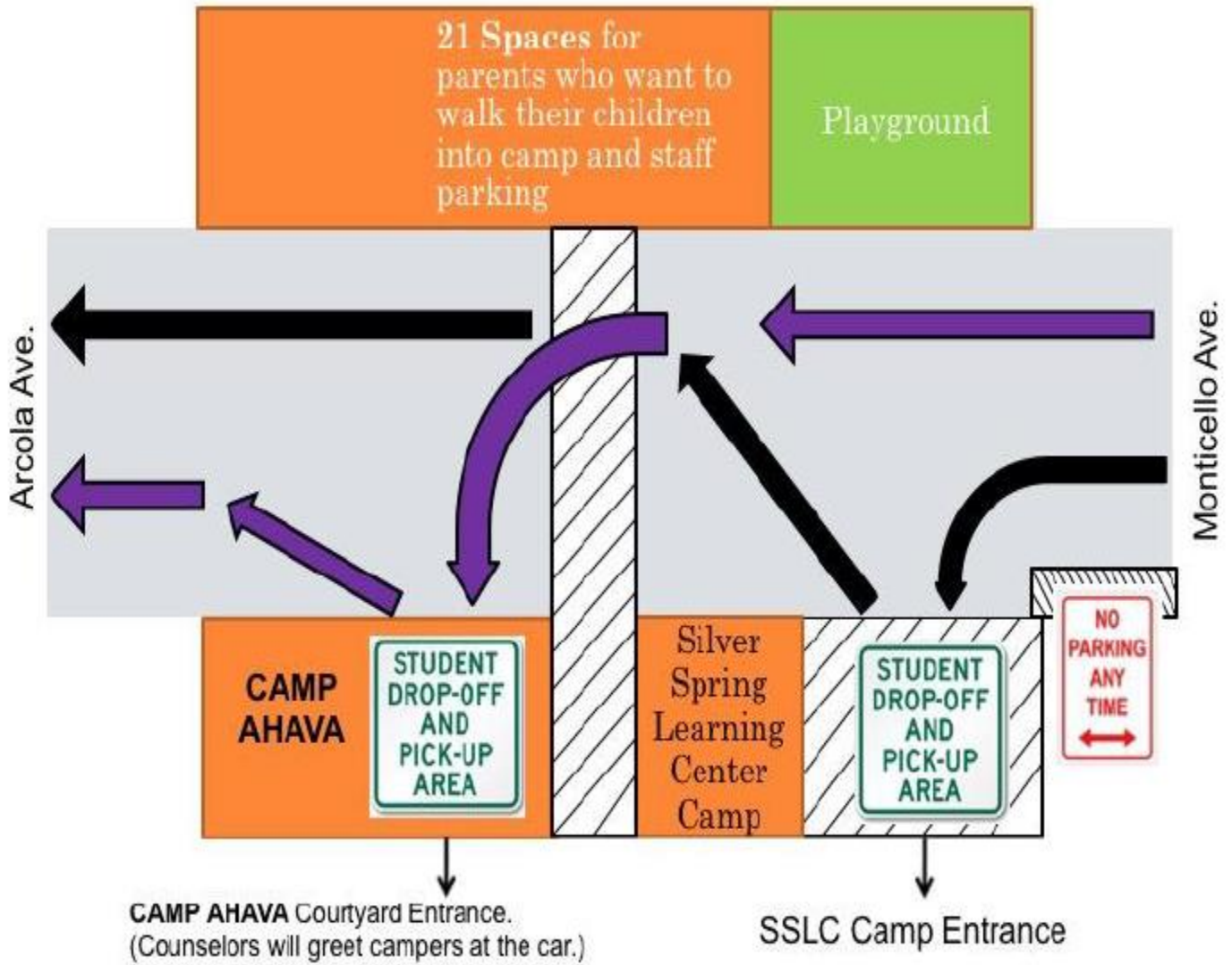
- ♣ Be fully responsible for my actions and understand that irresponsible behavior will result in disciplinary action.

- ♣ Respect other people's boundaries and not enter someone else's "personal space" (pretend that each camper has a bubble around them)

I have read the Camp Ahava Code of Conduct Form and my child and I understand the rules of how to behave while at Camp.

Thank you for entrusting us with your children this summer. Please feel free to contact us with any questions or concerns. Our staff is looking forward to a great summer with your children!

CAMP PARKING LOT LAYOUT





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.