



FILL OUT FORMS
All forms due May 1

GET A PHYSICAL
Schedule a check-up

START PACKING
Use our Packing List to
prepare (page 35)

PARENT HANDBOOK KAYITZ 2024



We're here to help!
845-832-6622
info@ramahberkshires.org

CONTACT US

SUMMER OFFICE HOURS:

Sunday – Thursday: 9:00 AM to 5:00 PM EDT

Friday: 9:00 AM to 4:00 PM EDT

The office is closed on Shabbat.

GENERAL INQUIRIES:

845-832-6622

info@ramahberkshires.org

DIRECTOR – Rabbi Eytan Kenter

ekenter@ramahberkshires.org

CAMPER CARE TEAM (for anything related to your child over the summer):

campercare@ramahberkshires.org

INFIRMARY, MEDICAL FORMS AND MEDICATION INQUIRIES:

marp@ramahberkshires.org

BUNKING QUESTIONS:

campercare@ramahberkshires.org

TRANSPORTATION INQUIRIES:

transportation@ramahberkshires.org

IF YOU WOULD LIKE TO MAKE A DONATION TO RAMAH BERKSHIRES:

<https://www.ramahberkshires.org/donate/>

SUMMER EMERGENCY NUMBER: 845-431-6571

This number should only be used for family emergencies after normal office hours. Your call will be handled as quickly as possible.

SUMMER

Camp Ramah in the Berkshires
P.O. Box 515
Wingdale, NY 12594

WINTER

Camp Ramah in the Berkshires
1086 Teaneck Road, Suite 5B
Teaneck, NJ 07666

CONNECT WITH US! www.ramahberkshires.org



Camp Ramah in the Berkshires is a proud member of the American Camp Association and the Ramah Camping Movement.

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IMPORTANT DATES

KAYITZ (SUMMER) '24 SESSION DATES

Opening Day: Wednesday, June 26

Visiting Day/End of First Session: Sunday, July 21

Start of Second Session: Wednesday, July 24

Closing Day: Thursday, August 15

2-Week Option (for Cochavim): Wednesday, June 26 - Wednesday, July 10

Ta'am 1: Monday, July 22 - Sunday, July 28

Ta'am 2: Monday, July 29 - Sunday, August 4

Tikvah:

- **Pilot Program for Girls, 11-14:** Sunday, June 30 - Thursday, July 11
- **Full Session for Boys, 12-15:** Tuesday, July 23 - Wednesday, August 14

FORMS AND DUE DATES

All forms are available on your [CampInTouch dashboard](#). To access your account:

- Go to www.ramahberkshires.org
- Click "Login"
- Log-in using your email and password
- Click on "Forms & Documents" to access all forms on your dashboard

The Kayitz 2024 packing list is available in this handbook on page 35 and on your dashboard.

March 1, 2024

Mandatory Forms & Documents DUE

- Camper Care Intake
- Camper Photo

Optional / If Applicable DUE

- Camper Connections

IMPORTANT DATES

FORMS AND DUE DATES (continued)

April 15, 2024

- Full tuition DUE

May 1, 2024

Mandatory Forms & Documents DUE

- Medical Forms*
- B-Side: Code of Sexual Conduct
- B-Side: Behavioral Agreement
- Door-to-Door Luggage Delivery Registration
- Permissions Form

*Mandatory medical forms include: Physician Exam, Medication/Vitamin/Supplement Sheet, Health History, Immunization Form, Health Insurance Information

Optional / If Applicable DUE

- Allergy Action Plan
- Asthma Action Plan
- Pack My Rx
- Bunk Request
- Ham Radio
- Lifeguard Training Certification

Middle of June 2024

- Bunking information provided

Bunking information will only be provided to those that have submitted all mandatory Kayitz 2024 forms and have completed tuition payment.

CANCELLATIONS AND REFUNDS

For enrollment cancellations before a Camper's arrival at Camp, a fee will be charged:

- February through April: 20% of tuition
- May through June 25: 50% of tuition

Camper Withdrawals: Refunds will not be offered after the start of Camp for withdrawals initiated by parents or if a camper is sent home due to behavioral misconduct. For other withdrawals, a prorated portion of the tuition will be refunded after deducting a withdrawal fee of half the tuition.

TRANSPORTATION & LUGGAGE

All campers are required to take the bus to and from camp. Campers will be assigned to a regional bus stop. Drop offs and pick ups will not be allowed at camp.

All luggage is required to go through a delivery service. Our preferred vendor is Door-va-Door Trucking. You may also use FedEx or UPS. Drop-offs and pick-ups of luggage will not be allowed at Camp.

We recommend using 1-2 soft trunks or duffle bags.

Please refer to the Door-va-Door Trucking form on your [CampInTouch dashboard](#) for further details.

FEES & TRIPS

CANTEEN

The canteen fee is included in your camp fees. Campers visit the canteen – known as the chanutiyah – twice a week and can select two food/beverage items each visit.

SWAG

Our [Swag Store](#) sells sweatshirts, jerseys, vintage t's, water bottles, hats, and more. A Ramah Berkshires Kayitz (Summer) 2024 shirt is included in your fees and will be distributed to all campers at Camp.

TIPPING & GRATUITIES POLICY

Staff members at Camp Ramah are engaged in an important educational enterprise and they are very dedicated to their task. As professional educators who are expected to do their utmost at all times for each individual, they may not accept gratuities.

Parents wishing to honor staff members are invited to donate to the Staff Appreciation Fund which supports staff programming during the summer.

Donations may be made [online](#).

TRIPS

Every camper at Ramah Berkshires participates in an out-of-camp, edah trip. Campers in our 4-8 grade programs take day trips that may include visits to water parks, zoos, and aquariums. Campers in our high school program (grades 9-11) have multi-day trips to destinations like Philadelphia, New England, and Toronto (please note the exact locations and itineraries of these trips vary year to year). You will receive separate emails about special outdoor overnight trips.

All expenses are covered by Camp during the trips. Campers may take money for discretionary items; we recommend the following amounts:

- Campers going in to grade 7-8: \$10-20 per session
- Campers going in to grade 9: \$50 per session
- Campers going in to grade 10: \$50 per session
- Campers going in to grade 11: \$50 per session

MEDICAL INFORMATION

MEDICAL FORMS

To comply with the requirements of the New York State Department of Health, and for the health and safety of your child, fellow campers, and staff, we require new medical forms to be completed each year that your child is at Camp. The required documents are the Physician's Examination, Medication Sheet, Immunization Record, and Insurance Form, as well as the online Health History. Forms must be uploaded to your [CampInTouch dashboard](#) by April 12, 2024. Your child will not be assigned to a bunk until we receive all of your child's completed forms.

The National Ramah Commission and the CRB Medical Committee endorse the requirement that all campers must be current with all routine childhood immunizations according to the standards of the American Academy of Pediatrics.

Please note, in particular, that all campers are required to have received a tetanus booster vaccine, commonly known as the Tdap vaccine (trade names, Boostrix, or Adacel), by 12 years of age.

- If your child uses a nebulizer, please be sure that your physician has indicated this on the medication sheet, and please send it with your child on the first day of Camp, marked with your child's full name.
- If your child wears glasses, please send the prescription and an extra pair of glasses with your child on the first day of Camp. Please write your child's full name on their glasses case.
- If your child wears contact lenses, please send the prescription and enough lenses for their stay with your child on the first day of Camp. Please write your child's full name on their lens packages.

If there are any specific medical concerns before or during the summer, please email marp@ramahberkshires.org. Communication will be held in the strictest confidence.

Parents must have primary health insurance coverage. No child will be accepted into Camp without it. If there is a situation where parents find themselves without coverage, please contact marp@ramahberkshires.org.

MEDICAL INFORMATION

DENTAL AND ORTHODONTIC WORK

Prior to the start of Camp, it is important that you attend to your child's dental needs. If your child needs dental or orthodontic treatment while at Camp, you will be billed directly.

Camp is not responsible for lost or damaged retainers. Please label all retainer containers with your child's full name.

If your child has had orthodontic work, please do not make any significant adjustments immediately before the camp season.

HEALTH CENTER (known as “the Marp” in Camp)

Our health center is well staffed. There is always a doctor and a team of registered nurses on call. The best time to reach a nurse is between the hours of 12:00 – 2:00 PM, Sunday through Friday at (845) 832-6622 ext. 456.

The Marp is stocked with a variety of over-the-counter drugs and specialized equipment. Please note that New York State law and the Board of Health require that all medications be kept in the health center at Camp. No over-the-counter or prescription medications of any kind may be kept in the bunks. Parents are responsible for payment for prescriptions that are prescribed by the Camp doctor and purchased for your child.

When you'll hear from the Marp

The Marp will not call home about minor issues, such as a scraped knee, a minor stomach ache, ice packs, headaches, or bug bites.

If your child writes that they have been to the Marp, please remember that the news is several days old. Camp policy is that parents are notified when:

- an emergency occurs that requires a child to be taken to the hospital or an outside doctor
- a child is in the Marp overnight
- a child needs to be taken for x-rays or lab tests (the Marp will also call after to share results.)
- a child needs to be put on antibiotics

MEDICAL INFORMATION

MEDICATIONS

All of the campers' medications must be pre-packaged and sent to Camp prior to your child's arrival.

Pack My Rx works with Direct Meds of Florida to dispense your child's medications in convenient multi-dose strip pouches, labeled with your child's name, medication, and instructions. If your camper will be taking any medication at Camp this summer, please read the letter from Pack My Rx on your forms and documents page located on your forms dashboard. If you have questions, please do not hesitate to contact us at marp@ramahberkshires.org. This program will help us achieve our primary goal: to maintain the health, well-being, and safety of your child.

MEDICAL INSURANCE

Our camp medical insurance policy is as follows:

You, as the parent, are responsible for all medical expenses, including prescription drugs, that are not covered by your health insurance. We will give your insurance information to health care providers to enable them to submit claims on your behalf. You agree to reimburse Camp Ramah in the Berkshires for co-payments or other expenses that Camp pays to providers on your behalf.

If you have questions regarding the medical care that your child is receiving, please contact marp@ramahberkshires.org.

LICE

Camp Ramah in the Berkshires will check all campers and staff for head lice upon arrival into Camp. To avoid an uncomfortable situation, we ask that you please check your child's head before the start of Camp.

If your child is found to have lice or nits, we will contact you. Your child will need to be treated immediately at Camp. There will be an additional charge of \$500. You will be asked to provide a credit card to cover the treatment charge.

Ramah Berkshires will also check all campers for head lice prior to their departure from Camp.

Head lice are small, wingless insects that feed on human blood. Unfortunately, they are easily spread in environments where people live closely together, like Camp. Sharing towels, beds, barrettes, headphones, hats, kippot, t-shirts, and other personal items (e.g., combs and brushes) contributes to the spread of lice. Please discourage your child from sharing such items while in Camp.

MEDICAL INFORMATION

TICKS

We try to be very diligent at Camp in having our staff and campers check for ticks. If anyone is found with a tick, they are sent to the Marp to have it removed by a professional.

IF YOUR CHILD IS SICK ON THE FIRST DAY OF CAMP

PLEASE, if your child has a fever, strep, or lice on Opening Day, call and let us know so we can make arrangements for them to arrive at Camp on a different day! Thank you.

PACK MY RX INSTRUCTIONS

Please refer to the PackMyRx form on your [CampInTouch dashboard](#) for details.

PARENT LOGISTICS

CAMPER CONNECTIONS

If you are interested in us connecting your camper with another new camper, if possible, in your local area, please complete the New Camper Connections form by March 1. (This form can be found on your [CampInTouch dashboard](#).)

ORIENTATION

Parents of first-year campers are invited to attend a virtual Parent Orientation for adults only. Parents will have the opportunity to meet the Director and/or Director of Community Care and Inclusion, as well as other members of our senior staff. Specific dates for these virtual orientations will be announced in the spring.

Save the Date

June 9, 2024: YOM KEF – family fun day at Camp. Enjoy a pre-summer day at Ramah Berkshires to explore our Camp facilities, try out our programming, and get ready for the incredible summer ahead.

BIRTHDAYS

Campers whose birthdays fall during the camp season have a special opportunity to celebrate with their bunkmates at Camp. A birthday cake will be provided and campers will be permitted a birthday phone call home. Our Camper Care team will reach out to you to schedule the phone call close to the camper's birthday.

CAMPER DIRECTORY

We provide a directory (at the end of the summer) with campers' addresses, phone numbers and email information.

The camper directory will be posted in your [CampInTouch dashboard](#) on your child's dashboard. You will need to sign into the dashboard using your email and password. Once logged in, click on "Forms and Documents" and scroll to the bottom of the page where you will see the directories posted.

PARENT LOGISTICS

LATE ARRIVAL / EARLY DEPARTURE

Arriving late or leaving early can make adjusting to Camp more difficult and lessen the enjoyment of the summer. It is essential that you contact us immediately if you need to make any special arrangements. If your family has received permission from the Director for your child to be absent from Camp for any reason and for any period of time, please make sure that Camp is fully aware of the schedule by contacting our [Director of Community Care and Inclusion](#).

VISITING DAY

Visiting Day is scheduled for this summer on July 21, 2024. First session campers will be bussed home that morning but you can opt out of the bus by emailing transportation@ramahberkshires.org. We will update you with the latest information as we get closer to opening day and throughout the summer.

CAMPER CARE

OUR CAMPER CARE TEAM

Our camper care team includes the Camp Director, Associate Director, our Director of Community Care and Inclusion, senior staff, yoatzim (parent liaisons) and outside professional consultation as needed. Our yoatzim are often educators or mental health practitioners who function as resources to support our campers and staff, helping to understand their needs, guiding them, and providing comfort to promote their well-being. Our Director of Community Care and Inclusion works year-round and helps to evaluate and develop plans for campers, both before and during the summer. Our yoatzim help implement these plans during the summer and provide relevant training to our staff. While yoatzim do not act as therapists, when appropriate, we facilitate connecting campers with therapists at home.

Our counselors are “our hero staff”. They are young adults who primarily grew up at Camp or are emissaries from Israel between the ages of 18-21. They receive training during staff week as well as training each week throughout the summer. They are taught from day one that their primary responsibility is “taking care of other peoples’ children;” however, they are not trained as mental health practitioners.

OUR PHILOSOPHY

The physical and emotional safety and well-being of your children is our number one priority. With this priority in mind, we maintain:

- High standards of care for your children
- High expectations of ourselves and our staff and volunteers
- A value system explained to staff, campers, and families
- Boundaries clearly defined for our campers and staff
- A joyful Jewish environment for our campers, staff, alumni, and guests

We strive to teach all members of our Camp environment:

- To recognize that they have responsibility for themselves and those around them
- To learn to make choices which are good for themselves and others, and to take responsibility for the choices they make
- To respect and celebrate each other’s differences
- To accept accountability for their actions and the consequences for inappropriate behaviors

CAMPER CARE

PLANNING FOR SUMMER AND CAMPER SUPPORT

At Camp Ramah in the Berkshires, safe and successful summers are built on truthful communication and partnership, developed collaboratively in advance of the summer by parents and the Camp professionals who care for your children. It is difficult to appropriately support children who arrive at Camp when critical information about their wellbeing is not disclosed. We value your collaboration, and ask you to please err on the side of over-disclosure with regard to information necessary to keep your child safe and promote success in the Camp environment. Once Camp is underway, and a significant undisclosed issue presents, it is highly unlikely that a camper can be accommodated in a successful manner without a plan in place.

Please do not withhold information about the following or other related issues:

- Connection with a therapist (or other mental health provider) to address mental, emotional or behavioral health concerns
- Serious medical problems
- An intention to stop medication for the summer
- Hospitalizations for physical, emotional or behavioral reasons since last summer
- Suicidal gestures or ideation
- History of self-injurious behaviors/self-harm
- Traumatic circumstances including but not limited to family issues, parental separation, divorce, illness or death
- Concerns regarding sexual or gender identity
- Bedwetting

When significant mental health or behavioral issues are disclosed before the summer, we will work with the camper's family, and their existing mental health team, to evaluate if Camp is the right setting for this summer. Our focus will be on the safety of the camper, the impact on the broader community, and whether the parents, mental health team, camper and staff reasonably believe, given our resources, that we can develop a plan that will ensure a successful summer.

Camp Ramah in the Berkshires reserves the right to ask that a child at risk to oneself, or the community, be picked up and removed from Camp immediately.

CAMPER SUPPORT PLANS

There are many factors that we consider when evaluating if our resources can help campers succeed in the Camp environment. Such factors include:

- Information shared by parents during the year, in conversation with the Director of Community Care and Inclusion and through required forms, to best understand camper well-being as well as strengths and challenges

CAMPER CARE

- Information shared by other professionals working closely with the camper
- Recent trends in camper mental or behavioral status, including overall improvement or decline
- Impact of significant events occurring within the past year
- If a Camp setting is similar or dissimilar to other situations which may cause stress
- Impact of the broader community (tzrif, bunk and Camp) including ensuring when possible that the amount of time counselors and other staff may need to provide to a camper is not more than reasonable of what to expect

Accommodations, such as connecting with an outside therapist or limited schedule modifications will be provided as appropriate and as our resources allow. We ask that you share information regarding current therapy in which your child participates. We will make every effort to continue therapy over the summer in cases where appropriate.

****IMPORTANT NOTE**** While Camp is a naturally supportive and nurturing environment, it is important that campers and parents understand that mental health issues that campers present with at home do not suddenly disappear just because the child loves Camp. Please share any and all information with the Director of Community Care and Inclusion in order in an effort to create the safest plan for your child to succeed at Camp.

POTENTIAL RESPONSES TO PARTICULAR SITUATIONS

When assessing if campers are prepared for Camp, we look for indications that an individual camper will be successful in handling the vast majority of the Camp's day to day programming. There is a significant level of independence required for success at Camp and we expect campers to behave in safe and appropriate ways. We are unable to provide 1:1 support at Camp in an ongoing way throughout the summer. If after consultation, it is determined that a camper cannot function in a majority of the Camp program or needs intensive 1:1 support to navigate the basic day, our resources may be unable to accommodate a camper.

Below are mental health situations we may see at Camp as well as an explanation of how Camp Ramah in the Berkshires might approach these situations.

CAMPER CARE

Please reach out, prior to Camp, if you have concerns about the following, or other similar behaviors:

- **HOMESICKNESS:** When homesickness presents, more often than not, it passes within several days. We expect that some campers may need a lot of support in the first few days and hope to see a pattern of improvement. If homesickness is a concern, it is helpful for us to understand bedtime routine as well as strategies that work to comfort your child. Additionally, it can be helpful to prepare your child by letting them know that it is okay to have a great time at Camp AND miss home at the same time. Consider talking with your child about what they can do in the moments when they are missing you and refrain from promising that you will pick up your child if they miss you too much. It is important that campers want to attend Camp. Behaviors at sleepovers as well as how much you are needed to get your child to sleep are good indicators of homesickness.
- **BULLYING:** Bullying is defined as unwanted, aggressive behavior that involves a real or perceived power imbalance and is repeated, or has the potential to be repeated, over time (stopbullying.org.) Bullying behavior is unacceptable at Camp. Children can be mean, have arguments or fight without it being considered bullying. These behaviors will be addressed while keeping in mind that some “mean” behavior can also be age-appropriate misbehavior which will be handled through camper care channels. Clique behavior is a common social pattern with children and we expect that they will want to spend more time with people whom they feel closest with. However, children need to understand that sometimes this can result in mean or exclusionary behavior. Cliques can never target one person for exclusion as that constitutes bullying. We view bunk time as a time for everyone to be together rather than in smaller groups, whereas during “free time,” smaller groups are acceptable. Please remind your child that Camp is an inclusive environment and allows for the opportunity to meet new friends and widen social circles.
- **ANXIETY DISORDERS AND/OR PANIC ATTACKS:** Many cases of campers with anxious behaviors can be successfully managed at Camp. Disclosing these issues prior to the start of Camp is necessary to enable our camper care team to work with our staff and prepare them to respond as successfully as possible. When a camper cannot function in the vast majority of our Camp programs or needs intensive 1:1 support to navigate the basic day, our resources may be unable to accommodate this camper.

CAMPER CARE

- **DEPRESSION:** When campers are successfully managing symptoms of depression prior to Camp, they often have the potential to succeed in the Camp environment. It is necessary to disclose these issues prior to the start of Camp to allow our camper care team to work with our staff and prepare them to respond as successfully as possible. When a camper cannot function in the vast majority of our Camp programs or needs intensive 1:1 support to navigate the basic day, our resources may be unable to accommodate this camper. In any circumstance where a camper's mental health team at home and/or the staff at Camp do not feel that a camper will be safe in the least supervised of times, our resources will be unable to accommodate a camper.
- **SUICIDAL IDEATION:** Campers who express serious and active thoughts about hurting themselves cannot be accommodated at Camp. The camper's mental health team at home and the staff at Camp must feel that a camper will be safe in the least supervised of times, as our counselors do not have their "eyes" on each camper at all times nor are they equipped to provide this level of care. When a camper has history of suicidal ideation or an expression of more general thoughts, it is imperative that this information is shared in order to determine if the camper can be accommodated at Camp. Our evaluation will include our resources and whether the camper is impacting the well-being of other campers in the tzrif or edah.
- **SELF-HARM:** Campers may not engage in self-harm while at Camp. Disclosing any history of self-harm is essential to the camper's success during the summer especially given the evidence that cutting may be "socially contagious" or otherwise impact the well-being of other campers in the tzrif or edah. Recognizing there are different types of self-harm with different risks, close consultation between the camper's mental health team at home and the staff at Camp is essential before Camp to ensure that Camp is a good choice for the camper.
- **DISORDERED EATING:** Disclosing a history of disordered eating is essential to help campers have a successful and healthy Camp experience. While we are unable to monitor individual campers' food consumption on a meal-by-meal basis, we can provide weekly weigh-ins, if prescribed, and some connection with outside support. We must consider the well-being of other Campers in the tzrif or edah, since behaviors associated with disordered eating may at times be "socially contagious" to other campers. Our team works closely with our nutritionist to ensure that campers of concern have a plan in place prior to coming to Camp.

CAMPER CARE

- **ADHD:** Many cases of campers with ADHD can be managed at Camp, particularly when successfully managed at home. Disclosing an ADHD diagnosis and discussing it with Camp staff before the summer is essential and will enable us to work with you and your child's support team, to determine if Camp is the right environment and plan for a successful summer at Camp. Timely assessment will also allow us to decide what resources may be available to support your camper, including whether our inclusion program is indicated.
- **A NOTE ABOUT MEDICATION:** We understand that some parents wish to give their child a "vacation" from their regular school-year medication over the summer. Often, this is because Camp is assumed to be a less structured, stress-free environment. While Camp is definitely a time for relaxed fun, there are many different situations to deal with: new social dynamics, changes in routine, and different levels of structure depending on the day. For these reasons, it is imperative for you to discuss the above factors with your physician before taking your child off medication. If your child's medication during the summer is different from during the school year, please notify our Director of Community Care & Inclusion, to help ensure a successful summer for your child.
- **EMOTIONAL DYSREGULATION:** Some children experience emotional reactions that are more intense and last longer than the typical or average emotional response to a situation. When campers are successfully managing emotional responses prior to Camp, they often have the potential to succeed in the Camp environment. It is necessary to disclose any behaviors prior to the start of Camp to allow our campercare team to work with our staff and prepare them to respond as successfully as possible. When a camper cannot function in the vast majority of our Camp programs or needs intensive 1:1 support to navigate the basic day, our resources may be unable to accommodate this Camper. In any circumstance where a camper's mental health team at home and/or the staff at Camp do not feel that a camper will be safe in the least supervised of times, our resources will be unable to accommodate a camper.

CAMPER CARE

In summary

It is difficult to cover every type of potential camper issue given that circumstances are unique. We take the care and safety of our campers very seriously and strongly encourage parents to discuss any issues with our Director of Community Care and Inclusion. It is our goal to make Camp successful for our campers. Situations that present at Camp are personal, private and complicated. While you may hear rumors about a particular circumstance, please realize you may not be hearing an accurate or complete story. When a situation directly impacts your child, we will be in touch to share relevant information. Please feel free to reach out if you have any questions or concerns.

The policies outlined above are not intended to replace any part of the Contract of Enrollment between a camper's parent(s) and Camp Ramah in the Berkshires. Where the above policies conflict with the Contract of Enrollment, the latter shall govern. The policies outlined above should not be considered, in any way, to limit the sole discretion of the Camp Director regarding the enrollment status of any camper.

RULES & REGULATIONS

KEHILLAH KEDOSHAH – A HOLY COMMUNITY

At Camp Ramah in the Berkshires, we exemplify the qualities of kavod (respect) and chesed (kindness) in interactions with everyone both during the summer and during the school year.

- We respect the feelings and emotions of others when in Camp and when at home. We talk with kind words, invite others to join us in play, take care not to exclude, humiliate or show meanness to others and respect each other's bodies.
- We respect the property of others and of our Camp. We do not take, deface, destroy, or alter property that does not belong to us.
- We follow Camp rules and behavior expectations at all times, including full and timely participation in the Camp program. This includes on field trips, as we represent Camp Ramah in the Berkshires and the Jewish community.
- We respect the requests and directions of staff members whose role is to keep us all safe and ensure an enjoyable time for all.
- We continue to treat members of our community with respect and kindness throughout the year, including respectful interactions while texting and using social media.

KAVOD HABRIYOT – RESPECT FOR ALL GOD'S CREATIONS

At Camp Ramah in the Berkshires, our diverse community is an essential part of who we are because every member of the Ramah community is worthy.

- We respect that each of us is a unique individual. We offer compassion and help, without teasing or bullying those who may be different from ourselves.
- We each strive to be the best version of ourselves, focusing on our own growth and learning.
- We accept that we each may make mistakes, but that we can all learn from these experiences, and attempt to give each other the benefit of the doubt when there is a disagreement.
- We are part of an inclusive environment and we do not exclude others or make fun of another's challenges or of those who are different in any way.
- We choose our words carefully and refrain from using language that is offensive, profane or disrespectful in a sexual nature.
- We come to Camp with a positive attitude, we commit to being a role model and bring our curiosity for exploring our Judaism in the Camp community.

RULES & REGULATIONS

CAMPER BEHAVIORAL EXPECTATIONS

The discipline policy of Camp Ramah in the Berkshires is designed to create a safe, healthy and secure environment at Camp, to help children develop self-control and to help children assume responsibility and understand the impact of their actions.

Clear and consistent, age appropriate rules and limits are established at Camp. Any consequences used will relate to the child's specific actions and will be handled in a timely fashion. No physical or corporal punishment, or hitting of any kind, is allowed. No cruel punishment, verbal abuse or humiliation, scare tactics, or other controlling measures are allowed. No methods associated with the deprivation of food, water, or shelter, or extended isolation are allowed. No punishment of any kind for bedwetting is allowed.

If a child's behavior is chronically challenging, even after reasonable measures have been made to assist the child in adjusting to the Camp setting, parents are contacted by Camp staff to determine if the child is able to continue at Camp. Staff always work toward developing a cooperative plan of action to maximize a camper's chances of success at summer Camp. If disruptive behavior continues, the camper may be dismissed from the Camp program.

Camp Ramah reserves the right to immediately dismiss a camper from our program without prior warning. Participation in the following behaviors may result in IMMEDIATE DISMISSAL from the Camp Ramah in the Berkshires community. Camp administration will immediately be in touch with families to discuss such behaviors. Camp administrative fees will not be refunded and future enrollment may be prohibited.

- Possession or consumption of alcohol
- Possession or consumption of illegal drugs
- Possession or consumption of non-prescribed legal drugs
- Possession or consumption of tobacco products
- Possession of illegal substances or related paraphernalia, including but not limited to marijuana in any form
- Possession or use of e-cigarettes, vape pens or similar devices with or without tobacco or marijuana products
- Possession of guns, knives or weapons of any kind
- Leaving Camp property without proper authorization
- Physical, sexual or verbal abuse
- Repeatedly and purposefully harming others at Camp, emotionally or physically
- Sexual activity (including intercourse, oral sex, or other behavior for which the Camp cannot take responsibility)

RULES & REGULATIONS

In other less severe behavioral circumstances, the following course of action is generally followed:

FIRST OFFENSE: Counselors will be the first line of intervention with camper behaviors. They will address camper misbehavior in consultation with senior staff and help the camper understand the impact of their actions.

SECOND OFFENSE: Rosh Edah (Division Head) will meet with the camper and counselor to decide on appropriate logical consequences, such as cleaning an area of Camp or cleaning the dining hall, or writing an apology letter for missing an evening activity. Yoetz/et (advisor) will work with the Rosh Edah in development of the consequence and may also meet with the Camper to develop a behavior plan for success with the Camper. Parents will be called and informed of the misbehavior and behavioral plan.

THIRD OFFENSE: Camper and Rosh Edah will meet with one of the Directors. Parents will be called and included in the consequence plan. Dismissal from Camp may occur by the discretion of the Directors. Some behaviors that put the camper or others at risk may result in immediate dismissal from Camp (see above). Campers who are dismissed from Camp due to behaviors or breaking of Camp rules, result in immediate expulsion from Camp. Expulsion from Camp does not necessarily preclude the camper from returning for future summers

RULES & REGULATIONS

WHEN A CAMPER LEAVES EARLY

There may be circumstances where a camper will be asked to leave Camp and events can occur that necessitate departure without prior process. Camp reserves the right to dismiss any camper whose actions or behavior we determine to be detrimental to the Camp or to themselves. All dismissal decisions are at the discretion of the Directors. We recognize that leaving Camp early is serious and will do everything we can to make it as comfortable and confidential as possible. Our protocol for sending a child home is designed to be as sensitive to the child impacted as possible and to also keep in mind the experience of the other campers and Camp community.

- When a decision is made that a camper is leaving Camp, we try to limit the amount of time for transition. We expect the parents to work with us to ensure that a camper can leave within a few hours.
- Once it is decided a camper is being dismissed from Camp, the camper will no longer participate in Camp activities. The camper will be supervised and cared for and will wait in the office or marp for pick up.
- After being informed that they are leaving, the camper will return to their bunk to pack with the help from a staff member.
- When possible and appropriate, we allow the camper a short amount of time to say goodbye to friends.
- We will do our best to have a senior staff member meet the parents when they arrive to pick up their camper. There are times when other events happening at Camp may preclude this from happening.
- Within a week of the camper going home, Camp will reach out by email to check on the camper and follow up as needed. Further communication may happen via phone or email. We care about each camper and recognize that some families want follow up and others prefer privacy.

RULES & REGULATIONS

REFUNDS

If a child is expelled due to violating any Camp policies or protocols stipulated in this Parent Handbook or due to inappropriate behavior, a pro-rated refund based off of 25% of tuition will be provided. If a child is sent home for medical and/or mental health reasons, 85% of tuition will be refunded, pro-rated for the number of days at Camp minus administrative fees. Withdrawal due to a medical or mental health condition that was not disclosed may result in expulsion without a refund.

THERE ARE NO REFUNDS FOR VOLUNTARY WITHDRAWALS OF CAMPERS. Voluntary withdrawals include: child is homesick, parents are chillsick, unhappy with bunking assignments, change in family plans, family vacations and promises made by parents to withdraw the child after a “trial period at Camp.”

GRAFFITI AND VANDALISM

All campers and staff are responsible for maintaining the physical condition of Camp. Any vandalism or destruction of Camp property by members of the Camp community will result in damages assessed and charged to the camper’s family, and possible expulsion from Camp. Any damage to the property, including graffiti, will be paid for by the camper’s family. (Repainting/repairing bunks, bathrooms and similar structures costs between \$200 – \$800.)

BOUNDARIES OF CAMP

Campers may not leave the Camp grounds at any time except on supervised trips or programs. Violation of this rule is grounds for dismissal. Campers may not go beyond the basic boundaries of Camp.

FOOD

Our Camp is “nut free.” We do not serve or cook with any products containing nuts (e.g., peanut butter) or traces of nuts. For the safety and security of our entire community, please make sure that your child does not bring any nut products to Camp, including foods made in a facility with nuts.

We are a strictly kosher facility and it is imperative that we do everything we can to maintain its integrity.

For these reasons, we ask parents to assist us in enforcing the following policies:

- On Opening Day and Visiting Day you may send your child to Camp with packaged snacks that are nut-free and certified Kosher.

RULES & REGULATIONS

- Parents may not mail food replenishments.
- Any packages sent to campers will be inspected for food and not delivered.
- Please do not send food to our campers with guests or staff members.

In addition to meals, we provide daily snacks to all of our campers, as well as access to our canteen twice a week. If you have any questions or concerns about your child's diet while at Camp, please contact our [Director of Community Care and Inclusion](#).

TECHNOLOGY

Camp is a special place – a chance to unplug and become immersed in the camp experience. At Ramah Berkshires we aim to disconnect (from technology), so we can reconnect (to ourselves and each other). In an effort to promote socialization, enhance communication skills, and give campers a break from the world of technology, Camp Ramah in the Berkshires is UNPLUGGED. Devices that have Wi-Fi or cellular capabilities, including cellphones, iPods, and Apple watches, should be left at home. Devices erroneously brought to Camp will be returned to the camper's family. Appreciating the importance of music, MP3 players (including the original iPod, iPod Shuffle, or Sansa clip) are permissible in Camp.

Below are links to examples of acceptable devices:

[Sandisk 8GB Clip Player](#)

[AGPTEK Shuffle Portable Player](#)

PHONES ON TRIPS: Part of the Ramah summer experience for our older campers in Bogrim, Machon and Gesher is taking trips out of Camp together and exploring new places. When older campers are outside of Camp and travelling independently, they will be allowed to have cellphones so that they are always accessible to us, and we are always accessible to them. We will distribute their phones to them during these times and collect them afterward.

ITEMS NOT PERMITTED AT CAMP

The following items are NOT permitted in Camp:

- Firecrackers (including sparklers)
- Knives
- Cigarette lighters
- Martial arts equipment
- Skateboards, scooters, rollerblades, Segways, bikes
- Hammocks

RULES & REGULATIONS

- Bungee chairs
- Laser-pens
- Guns (including BB guns and water guns)
- Latex balloons
- Any device or appliance used to cook food, including but not limited to blenders, sandwich makers, hotpots, air poppers, soda stream, mini-refrigerators
- Alcohol
- Drugs and any drug paraphernalia
- Cigarettes, Cigars, JUULS, and any other e-cigarette type products or paraphernalia

Please note

Children may not sleep in their sleeping bags for the entire summer, but are required to bring a sleeping bag for overnight trips and/or the last night of Camp as their bedding will be packed in their luggage.

COMMUNICATION

The staff at Ramah Berkshires deeply appreciates the trust you put in us to care for your children during the summer. We take that responsibility seriously, and part of that responsibility is communicating effectively with you.

On the first day of Camp you will receive contact information for your child's edah yoetz/et (division advisor). This person serves as the parent liaison and is your direct line into Camp. You can expect a response within 24 hours of contacting them.

We do not allow campers to call home or receive phone calls during the summer. If our Camper Care team needs to collaborate with you about your child, they will reach out to you.

OUR COMMUNICATION TO YOU

Note from the Rosh Edah (division head)

Each week you will receive a short update about what your children are experiencing, including sports, al hagova (outdoor adventure), the agam (lake), cooking, arts and more.

Friday newsletter

An edah-specific review of the past week's highlights and what's in store for the week ahead. This will also include the weekly Camp-wide recap video.

Social media

Each day we'll post pictures, video clips, and updates to give you a glimpse into the fun and exciting activities happening at Camp. Be sure to visit Ramah Berkshires on [Facebook](#) and [Instagram](#)!

Pictures

Our photographers work hard to capture a variety of campers and activities, and each week we post high-quality pictures by edah which you'll be able to access through your [CampInTouch dashboard](#). Please do not offer rewards to campers for appearing in a certain number of pictures.

Remember that photos snap a moment in time. We encourage families not to draw conclusions from a singular photo or lack thereof. We try to take photos of everyone but we don't want the taking of pictures to replace the actual fun and excitement happening at Camp!

COMMUNICATION

MAIL

Letters From Campers

Campers are encouraged to write home. Please do not be concerned if you have not heard from your child for a few days. Mail is sent from Camp daily, but is occasionally delayed. Please write to your child frequently and express your desire to hear from them. If you do not hear from your child for a long period of time, you may contact our Camper Care team.

For younger campers, we strongly recommend sending pre-addressed, pre-stamped envelopes.

Letters To Campers

Your child will want to hear from you at least as much as you want to hear from your child. It is especially important that younger and first-time campers receive mail from home within the first 24 hours of Camp.

Please write to your child before Camp begins, so they can receive a letter the first day.

Mail to Wingdale takes three days from the New York/New Jersey area, but we recommend sending letters at least one week in advance.

Letters should be addressed to:

(Name of Camper), Bunk ____
Camp Ramah in the Berkshires
P. O. Box 515
Wingdale, NY 12594

Please be sure to place the correct postage on letters. Postage errors may cause letters to be delayed or returned.

Parents can email their child(ren) through their [CampInTouch dashboard](#), but campers cannot email their parents back. Each day, except Shabbat, emails are printed and distributed with the mail delivery. If you have questions about email, please contact our [Director of Community Care and Inclusion](#).

PACKAGE POLICY

We encourage you to write or email your child regularly, but on advice from our security consultant and our experience, any packages sent to campers will be inspected to ensure that they contain only those items that have been precleared through the office. Items not precleared will not be delivered to your child.

We only accept FLAT packages.

RELIGIOUS OBSERVANCE

Ramah is the camping arm of the Conservative Movement, and we take seriously the aspects of our mission that are based on Jewish life, learning, and egalitarian tradition. Camp Ramah in the Berkshires encourages campers to explore their own commitment to God, Torah, and Israel. We also recognize that campers come to Camp from many different backgrounds, religious beliefs and types of home observance. We strive to be a nurturing and supportive Jewish environment for all our campers and staff.

At Camp, we believe it necessary to set some religious standards for our community. These standards include, but are not limited to, the general areas that follow.

Kashrut (Kosher certification)

All the food prepared at Camp or brought into Camp must be certified kosher. If you have any questions about what constitutes kosher food for these purposes, please do not hesitate to contact us.

Tefillah (Prayer)

All of our campers and staff are expected to pray each morning. All males are required, and females are encouraged, to wear a Kippah or head covering during tefillah (as well as at meals and throughout the day). All males over Bar-Mitzvah age are required, and females encouraged, to wear Tefillin and a Tallit or Tallit Katan at morning tefillot. Please make sure all Kippot, Tallitot, Tallit Bags, and Tefillin are clearly labeled with your child's full name.

Shabbat

The creation of a sacred and separate Shabbat experience is among the primary goals of Camp Ramah. In order to create what Abraham Joshua Heschel famously called the "Palace in Time," we ask that all campers and staff refrain from writing, using electronics, playing instruments and other activities that have the effect of transforming Shabbat into "normal" time. Shabbat is among the most special experiences at Camp, and our campers and staff consistently tell us that Shabbat is vitally important to them. We ask everyone in our community to help us maintain Shabbat as a beautiful, restful, and meaningfully different sort of time each and every week of the summer.

Beyond Kashrut, Tefillah, and Shabbat there are many other ways in which we seek to infuse our program with Jewish rituals and Jewish ideas. We recite blessings at the beginning and end of meals, we create learning spaces for Jewish texts and traditions, we engage with the State of Israel and the history of our people. We are proud to be a Jewish educational camp, and we hope you will help us fulfill this part of our mission by preparing your camper/s to be a part of the Jewish community and experience we are trying to create.

CLOTHING AT CAMP

DRESS CODE

As a Jewish camp, a kippah or headcovering is encouraged to be worn at all times.

When not at the agam (lake), a shirt must be worn that covers the midriff.

Any clothing with profanity or inappropriate words, phrases, or symbols may not be worn. We also don't permit clothing that advertises alcoholic beverages, cigarettes, drugs, or illegal substances.

Shabbat attire

One of the ways in which we separate Shabbat from the rest of the week is by having an elevated form of dress. During Shabbat services on Friday evening and Saturday morning, campers' shoulders must be covered. For those wearing shirts (as opposed to dresses), an appropriate button-down blouse or collared shirt is required. During service times on Shabbat, jeans, sweatpants and sport shorts are not permitted.

Erev Shabbat (Friday night)

In order to create a communal atmosphere, all members of the Camp community must wear a white shirt, dress, or sweater. T-shirts are not permitted. Please be sure to pack enough appropriate white tops for Shabbat.

Keeping in mind that there is a lot of uneven ground in Camp, choose footwear for Camp carefully. High heels should be avoided, as they can cause serious injury.

LAUNDRY

Laundry is done weekly during the summer. Campers will be provided a laundry bag at the beginning of their session which will be picked up by a service and returned to Camp the next day. All clothing should be clearly labeled with the camper's full name and should be wash and wear. We will not be able to properly launder specialty blouses, shirts, dresses, etc. Do not send any "dry clean only" items. As with any laundry service, occasionally items are lost, discolored, or even ruined.

At the end of their session, campers must return their laundry bag.

LOST AND DAMAGED ITEMS

During the summer, you should expect that your child's clothing will experience normal wear and tear and that there will be occasional losses. Camp stocks several personal items, such as shampoo, hairbrushes, and toothbrushes that will be given to your child as needed. If your child is missing something critical you should contact your yoetz/et (parent liaison) to discuss, and if deemed necessary and appropriate, we will make arrangements with you to send or replace the missing item.

Please do not send expensive items to Camp. Claims for lost items should go to your homeowners' insurance policy or personal property insurance.

ADDITIONAL INFORMATION

RADIO PROGRAM

The camp radio station, Kol Ramah 102.3 FM, broadcasts 24 hours a day, 6 days a week, playing both Israeli and American music. Campers participate throughout the summer in broadcasting and playing music on the air. You can download many Camp podcasts from Apple Podcasts.

SECURITY

Our primary concern, since Camp Ramah was founded, has been keeping our campers and staff safe. Ramah is a place where campers are and have always felt safe. It is a caring and nurturing environment in which all programs, in and out of Camp, are planned with safety as the first priority.

To ensure as secure an environment as possible for our campers, the professional staff and the Board of Trustees have designed the following protocols regarding safety and security:

- The main entrance to Camp is staffed by a security guard 24 hours a day, 7 days a week. All other entrances will be locked.
- All visitors and deliveries will be stopped at the security gate. No unexpected visitors will be allowed into Camp.
- All visitors will be required to wear identification name badges.
- All staff can be identified by a name badge.

DIVISIONS

עדות

Campers are divided by age groups, into divisions called edot.

מחנה א' Machaneh Aleph | A-Side

טעם רמה	Ta'am Ramah	"Taste of Ramah"	Entering 3rd grade
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כוכבים	Cochavim	"Stars"	Entering 4th grade
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ניצנים	Nitzanim	"Flower Buds"	Entering 5th grade
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שורשים	Shorashim	"Roots"	Entering 6th grade
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צעירים	Tzeirim	"Youth"	Entering 7th grade
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מחנה ב' Machaneh Bet | B-Side

סוללים	Solelim	"Trail Blazers"	Entering 8th grade
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בוגרים	Bogrim	"Graduates"	Entering 9th grade
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מכון	Machon	"Institute"	Entering 10th grade
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גשר	Gesher	"Bridge"	Entering 11th grade
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Supporting campers with disabilities

תקווה	Tikvah	"Aspiration"	Ages 11-15
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SAMPLE CAMPER SCHEDULE

A-SIDE

B-SIDE

7:30 AM	Boker Tov! Good Morning!	
8:00 AM	Breakfast	Boker Tov! Good Morning!
8:30 AM	Tefillot (morning prayers) by edah (division)	Tefillot (morning prayers) by edah (division)
9:15 AM	Special A-Side games & competitions	Breakfast (9:00 – 9:30)
10:00 AM	Activity electives – offers include Al Hagova (outdoor education), sports, music, ceramics, painting, crafts, video, drama, boating, hip-hop dance, and more	Nikayon – Clean-up contests
11:00 AM	Yahadut (Jewish Learning)	Activity electives – offers include Al Hagova (outdoor education), sports, music, ceramics, painting, crafts, video, drama, boating, hip-hop dance, and more
12:00 PM	Swim (free, instruction, boating, water toys, etc.)	Yahadut (Jewish Learning)
1:00 PM	Lunch	Swim in Lake Ellis
2:00 PM	Sha'at Menucha – “down” time in the bunk to read, rest, and to write and read mail	Lunch
3:00 PM	Rotating activity – Rockwall, Ninja Course, Cooking, Animal Care, and more	Peulat Tzrif (Bunk Activity)
4:00 PM	Peulat Tzrif (Bunk Activity)	Intramural (and inter-division/edah) athletic leagues
5:00 PM	Sports (basketball, softball, soccer, etc.)	
6:00 PM	Dinner	Shower time
7:00 PM	Peulat Erev (evening activity) by division	Dinner
8:00 PM	Return to bunk for showers	Peulat Erev (evening activity) by division
8:30 PM – 9:15 PM	Lights out	
9:00 PM		Return to bunk for showers
9:45 PM – 10:00 PM		Lights out

NOTE: This is just a sample and is subject to change.

KAYITZ 2024 PACKING LIST

EVERYDAY CLOTHING

- ☐ 10-15 t-shirts
- ☐ 10 pairs of shorts
- ☐ 2 pairs of pants/jeans
- ☐ 2-3 pairs of athletic pants, sweatpants, or leggings
- ☐ 4 pairs of pajamas or sleepwear
- ☐ 4 long sleeve shirts
- ☐ 3 sweatshirts/sweaters
- ☐ 4-6 kippot with clips (required for boys, encouraged for girls)

SHABBAT CLOTHING

- ☐ 4-6 skirts and tops, or dresses (including 3-4 white tops or cardigans for Friday Night)
- OR**
- ☐ 5-6 dress, collared, or polo shirts (including 4 white for Friday Night)
- ☐ 2-3 pairs of khaki or chino pants or shorts

UNDERWEAR & SWIMWEAR

- ☐ 5-6 bathing suits (two-piece tankinis or rash guard tops worn with a separate bathing suit bottom are permitted, provided they cover the midriff)
- ☐ 15 pairs of underwear
- ☐ Bras (if worn): 2-4 bras and 2-4 everyday bras that can go in Camp laundry

SOCKS & SHOES

- ☐ 20 pairs of socks
- ☐ 2 pairs of sneakers (1 for rainy days)
- ☐ 1-2 pairs of nicer shoes for Shabbat
- ☐ 2 pairs of sandals/flip-flops
- ☐ 1 pair of rainboots

OUTERWEAR

- ☐ 1 medium-weight jacket
- ☐ 1 durable raincoat or poncho

BEDDING & LAUNDRY

- ☐ 2 flat sheets (cot or twin size)
- ☐ 2 fitted sheets (cot or twin size)
- ☐ 1 warm blanket
- ☐ 1 washable comforter
- ☐ 1 pillow
- ☐ 2 pillow cases
- ☐ 1 large laundry bag
- ☐ 1 small mesh/sock laundry bag

TOILETRIES

- ☐ 2 toothbrushes
- ☐ 1 toothpaste
- ☐ 1 plastic drinking cup
- ☐ 1 soap/body wash
- ☐ 1 shampoo
- ☐ 1 conditioner

- ☐ 1 deodorant (if needed)
- ☐ 1 comb/brush
- ☐ 1 box of tissues
- ☐ 1 shower caddy/mesh container
- ☐ 1 razor (if needed)
- ☐ Sanitary pads and/or tampons (if needed)

EQUIPMENT

- ☐ 1 sleeping bag (overnight trips; last night of Camp)
- ☐ 1 pair of cleats (if needed)
- ☐ 1 pair of shin guards (if needed)
- ☐ 1 softball glove (if needed)

BAGS

- ☐ 1-2 soft trunks or duffle bags
- ☐ 1 carry-on/backpack

REQUIRED PERSONAL ITEMS

- ☐ At least 1 orange, 1 yellow, 1 green, 1 blue t-shirt for Yom Sport (Color War - 2nd session)
- ☐ Insect repellent/bug spray
- ☐ 1 baseball/brimmed hat
- ☐ 1 flashlight with extra batteries
- ☐ 2 reusable water bottles
- ☐ Sunscreen
- ☐ Tallit & Tefillin (required for boys above Bar Mitzvah age; encouraged for girls above Bat Mitzvah age)
- ☐ 3 white t-shirts for crafting

BATH

- ☐ 4 wash cloths or a "loofa"
- ☐ 5 bath towels
- ☐ 5 beach towels (rising 8-11 graders ONLY)**
- ☐ 1 bathrobe (if use)

OPTIONAL

- ☐ Family photos
- ☐ Pens, pencils, stationery, stamps (we suggest pre-addressed/pre-stamped envelopes)
- ☐ Sunglasses
- ☐ Hangers
- ☐ Board and card games
- ☐ Books and magazines
- ☐ Personal rug
- ☐ Battery-operated fan
- ☐ Musical instruments
- ☐ Camping folding chair (no bungee chairs)
- ☐ Bed time comfort items/stuffed animal
- ☐ Shoe bag with pockets for storage
- ☐ Water shoes
- ☐ Battery-operated watch

** Beach towel service is provided for rising 3-7 grade campers.

BUS CARRY-ON LIST

CHANGE OF CLOTHES

- ☐ 1 t-shirt
- ☐ 1 pair of shorts
- ☐ 1 undergarment
- ☐ 1 pair of socks
- ☐ 1 pair of sneakers

EXTRA

- ☐ 1 filled water bottle
- ☐ 1 sweatshirt for bus
- ☐ 1 book for bus (optional)
- ☐ 1 MP3 player (optional)

CAMPINTOUCH INSTRUCTIONS

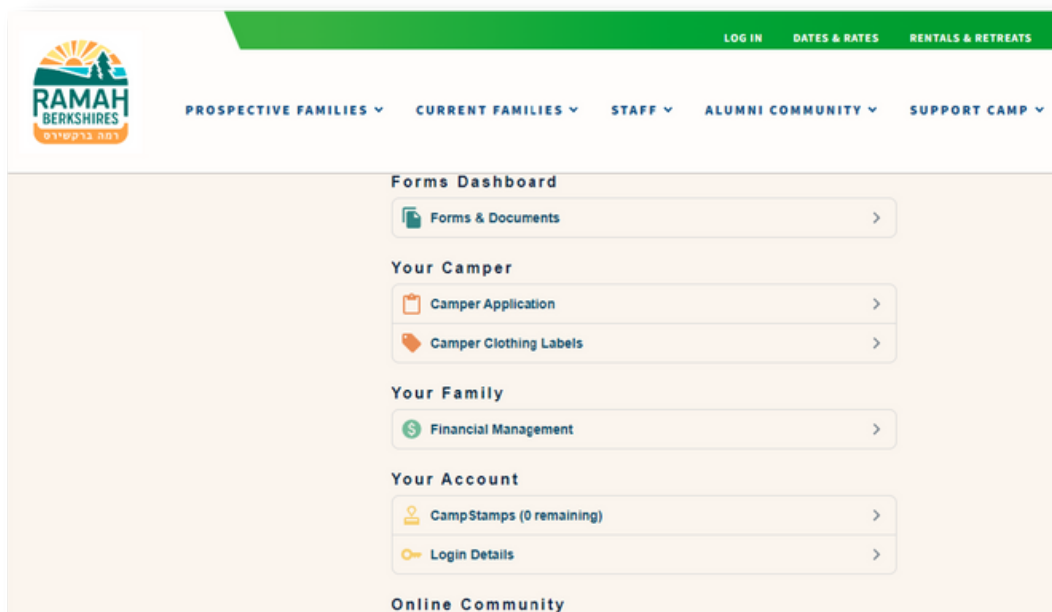
All families are provided with access to the [CampInTouch dashboard](#) for daily uploaded photos and where they can send emails to their campers during the summer.

Please follow the directions below to access your [CampInTouch dashboard](#):

- Go to www.ramahberkshires.org
- Click on the “Log In” Button



- Log in with your email and password. If you have forgotten your password or are locked out of your account, please contact the Camp office to assist you.
- This is your dashboard where you can access your forms, review your financial statements, view daily uploaded photos and email your camper during the summer.



If you have any questions about logging in to your account, please contact us at info@ramahberkshires.org or call 845-832-6622.

GLOSSARY

מלון

100 words	Me'ah Milim	מאה מילים
A-Side Fun and Spirit	Makor (Machaneh Aleph Kef V'Ruach)	מקור
Activity	Peulah	פעולה
Advisor (male/female)	Yoetz/et	יועץ/יועצת
Advisors (male/female)	Yoatzim/yoatzot	יועצים/יועצות
Announcement/s	Hoda'ah/hodaot	הודעה/הודעות
Arise (in the morning)	Kima	קימה
Arts and Crafts	Omanut	אומנות
Assistant (to the Head)	S'gan (Rosh)	סגן (ראש)
Auditorium	Beit Am	בית עם
Baseball	Kadur Basis	כדור בסיס
Basketball	Kadur Sal	כדור סל
Bedtime story	Harga'ah	הרגעה
Bicycle	Ofanayim	אופניים
Blessing over bread (at opening of a meal)	Birkat Hamotzi	ברכת המוציא
Blessings after a meal	Birkat Hamazon	ברכת המזון
Breakfast	Aruchat Boker	ארוחת בקר
Broom	Matateh	מטאטה
Bunk activity	Peulat Tzrif	פעולת צרף
Bunk/s	Tzrif/im	צרף/צרפים
Camp	Machaneh	מחנה
Camper (male/female)	Chanich/ah	חניך/חניכה
Campers (male/female)	Chanichim/chanichot	חניכים/חניכות
Campfire	Medurah	מדורה
Campfire circle	Igul	עגול
Canteen	Chanutiyah	חנוטיה
Challenge (backpacking trip)	Etgar	אתגר
Clean-up	Nikayon	ניקיון
Color War (Cochavim - Shorashim)	Maccabiah	מכביה
Committee/s	Va'ad/va'adot	ועד/ועדות
Community	Kehillah	קהילה
Cookie	Ugiah	עוגיה
Cookout / BBQ	Bishul	בישול
Counselor (male/female)	Madrich/ah	מדריך/מדריכה
Counselors (male/female)	Madrichim/madrichot	מדריכים
Dance festival	Rikudiyah	ריקודיה
Dancing	Rikud	ריקוד
Day	Yom	יום
Dining Room	Chadar Ochel	חדר אכל
Dinner	Aruchat Erev	ארוחת ערב
Director (male/female)	Menahel/et	מנהל/מנהלת
Division head/s	Rosh Edah/Rashei Edot	ראש עדה/ראשי עדות
Division/s of campers	Edah/edot	עדה/עדות
Doctor (male/female)	Rofeh/rofah	רופא/רופאה
Drama	Dramah	דרמה
Dust pan	Ya'eh	יעה
Edah activity	Peulat Edah	פעולת עדה
Education	Chinuch	חינוך

GLOSSARY

מלון

Elective/s	Bechirah/bechiroth	בחירה/בחירות
End of Shabbat ceremony	Havdallah	הבדלה
Evening activity	Peulat Erev	פעולת ערב
Example	Dugmah	דוגמה
Family	Mishpachah	משפחה
Farm	Chavah	חוזה
Field	Kikar	כיכר
Football	Kadur regel	כדור רגל
Free Swim	S'chayah Klallit	שחייה כללית
Free Time	Z'man chofshi	זמן חופשי
Friday night	Erev Shabbat	ערב שבת
Gesher lounge ("The Gesh Mo")	Moadon Gesher	מועדון גשר
Good Morning	Boker Tov	בקר טוב
Head of sports	Rosh Sport	ראש ספורט
Head of waterfront	Rosh Agam	ראש אגם
Head/s of a specialty area	Rosh Anaf/Rashei Anaf	ראש ענף/ראשי ענף
Hebrew	Ivrit	עברית
Holy community	Kehillah kedoshah	קהילה קדושה
Infirmity	Mirpe'ah ("Marp")	מרפאה
Instructional Swim	Imun s'chayah	אימון שחייה
International staff	Tzevet binleumi	צוות בינלאומי
Israeli staff	Mishlachah	משלחת
Jewish learning	Yahadut	יהדות
Job/s	Tafkid/im	תפקיד/תפקידים
Kitchen	Mitbe'ach	מטבח
Kitchen program	Mitbachon	מטבחון
Lake	Agam	אגם
Library	Sifiriyah	ספריה
Lunch	Aruchah Tzohorayim	ארוחת צהריים
Mailroom	Merkaz	מרכז
Management	Hanhallah	הנהלה
Meal/s	Aruchah/aruchot	ארוחה/ארוחות
Meeting	Pegishah	פגישה
Nature	Teva	טבע
Night	Lailah	לילה
Nightwatch duty	Shmirah	שמירה
Office	Misrad	משרד
Outdoor adventure	Al Hagovah	על הגובה
Palmer Day (Sport Competiton with Ramah New England)	Yom Palmer	יום פלמר
Performance arts	Hofa'ah	הופעה
Period/s on the schedule	Perek/prakim	פרק/פרקים
Place/s (noun)	Makom/mekomot	מקום/מקומות
Play performance	Hatzagah	הצגה
Porch	Mirpesset	מרפסת
Prayer/s	Tefillah/tefillot	תפילה/תפילות
Preparation	Hachanah	הכנה
Programming Director (male/female)	Merakez/et	מרכז/מרכזת
Proper behavior	Derech erez	דרך ארץ

GLOSSARY

מלון

Rest time	<i>Sha'at menuchah</i>	שעת מנוחה
Rotation/s	<i>Sivuv/sivuvim</i>	סיווב/סיוובים
Schedule/s	<i>Shigrah/shigrot</i>	שיגרה/שיגרות
Singing	<i>Shirah</i>	שירה
Snack	<i>Chatif</i>	חתיף
Song festival	<i>Zimriyah</i>	זמריה
Specialized area	<i>Shetach</i>	שטח
Specialty area	<i>Anaf</i>	ענף
Specialty staff (male/female)	<i>Miktzo'ey/miktzo'it</i>	מקצועי/מקצועית
Specialty staff (plural)	<i>Miktzo'im</i>	מקצועים
Spirit	<i>Ruach</i>	רוח
Sport Competition Day (Color War)	<i>Yom Sport</i>	יום ספורט
Sports	<i>Sport</i>	ספורט
Sports field	<i>Migrash</i>	מגרש
Staff	<i>Tzevet</i>	צוות
Staff lounge ("The Mo")	<i>Moadon tzevet</i>	מועדון צוות
Summer	<i>Kayitz</i>	קיץ
Swimming	<i>S'chiyah</i>	שחייה
Teacher (male/female)	<i>Moreh/morah</i>	מורה/מורה
Teachers	<i>Morim</i>	מורים
Team sport	<i>Chug</i>	חוג
Tennis	<i>Tennis</i>	טניס
Themed programming run by counselors (Thu/Fri)	<i>Yom Hav</i>	יום הב
Tishah B'Av (fast day)	<i>Tishah B'Av</i>	תשעה באב
Training	<i>Hadrachah</i>	הדרכה
Trip (noun)	<i>Tiyul</i>	טיול
Visiting Day	<i>Yom [Hachnasat] Orchim</i>	יום הכנסת אורחים
Volleyball	<i>Kadur Af</i>	כדור עף
Welcome	<i>Bruchim Haba'im</i>	ברוכים הבאים