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# IMPORTANT DATES AND FORMS

All forms, including the signed Parent Authorization form, are due no later than Wednesday, May 31, 2023. Campers will not be permitted to enter camp if they have not turned in all required forms. The following checklist should assist you in keeping track of the necessary forms.

- Health History Form, completed online
- Parent Authorization Form (available online)
- Immunization Form
- Bar/ Bat Mitzvah Training Form(available online - only if requesting tutoring)
- Transportation Form (even if driving to camp)
- We highly recommend travel insurance for our international campers
- Canadian campers must provide signed border crossing consent form (available online)
- Tuition payment of any remaining balance, due by May 15th, 2023
- Camper Code of Conduct (available online)
- New Camper Intake Form (available online - only if a first time camper)

All forms must be uploaded directly to your CampMinder account. We will not be accepting forms sent to us by email or scan.



# SESSION OVERVIEWS

## **One Week Rookie Session (grades 1-7):**

Our week-long session is a wonderful introduction for younger or first-time campers, as well as a great way for busy families to fit CSS into complex summer schedules. Campers sample the wide variety of daily activities offered in our longer sessions and have the special experience of spending a Shabbat at camp. All of our counselors are specially trained to understand the needs of first-time campers. Sign up for one, or multiple week-long sessions! Note: Campers who have previously attended a one-week session are strongly encouraged to attend a combo or three-week session.

## **Two Week Combo (grades 4-7):**

Combo sessions pack an entire summer of fun into two weeks! This option is perfect for new and returning campers alike. Combo sessions lay the foundation for many years of enriching camp experiences at Schechter! Sign up for one or multiple Combo sessions.

## **Three Week Session (grades 4-10):**

Experience everything Schechter has to offer in this exciting 3-week session! Campers enjoy a variety of daily activities, innovative evening programs, fine arts instruction, sports, an overnight camping adventure, and so much more! Through interactive and creative Judaic programming, campers explore their own Jewish identity, while building their commitment to *tikkun olam* (repairing the world) and *kehilla* (community). Sign up for one or multiple 3-week sessions!



# SESSION OVERVIEWS

## **Oded Session (grade 11):**

Oded means to encourage or invigorate, and our highly acclaimed leadership program is designed to do just that. As Odedim, teens are given the tools and opportunities to challenge themselves, inspire their peers, and earn the love and admiration of their campers. The program offers a balance of camper experiences and counselor experiences. As participants are guided through this important transition, they gain the skills needed to become future Jewish role models and leaders. Many Odedim return to camp to work as staff in subsequent summers. To promote a close-knit team, the Odedim live together in the Huppin Oded Village, sleeping in yurts. They also spend four days on an outdoor adventure at Mt. Rainier National Park. The Oded program is truly a hands-on training program, as the participants plan programs, lead services and activities, create an Oded Project, and share responsibility for a cabin of campers. As Odedim, these teens learn to look at leadership and life through a Jewish lens. Upon completion, participants receive a certificate of community service hours.

Note: Acceptance into the Oded program is not automatic. Candidates must complete an application and interview prior to formal acceptance.

## **Gesher Israel Trip (grade 12):**

The CSS Gesher Israel Trip will be run in partnership with Roots Israel ; a joint program of Alexander Muss High School in Israel (AMHSI) and Jewish National Fund (JNF). CSS campers will learn all about the history, land, and peoples of Israel, take *tiyyulim* (day trips) throughout the country, earn community service hours, work with refugee children, plant trees, herd sheep, spend time at the beach, and more! You won't believe how much excitement and adventure can fit into a month! Gesherim will enjoy a few days at CSS before heading off to Israel. They will end the program with one last Shabbat at CSS!

# LIFE AT CAMP

## **Staff**

Camp Solomon Schechter is proud to have highly qualified staff. The majority of our staff members are former Schechter campers themselves. Their enthusiasm, energy, and spirit are what help keep camp traditions alive. These staff members want to give back what they got from their years at camp; this is the Camp Solomon Schechter cycle of giving that we hope will continue for years to come. Our counselors are all CPR and First Aid certified. They participate in our week-long intensive Staff Training Program and receive additional training and support throughout the summer. The Camp staff is supported by career camp professionals and educators. All of our waterfront staff are certified lifeguards. We maintain an extremely low counselor-to-camper ratio of, at most, 1:5 in the cabins.

## **Services and Shabbat**

Each day contains a time for prayer and reflection. For our younger campers, the services focus on key prayers and concepts; the services become more involved as campers get older. We strive to make our services a meaningful, musical, and spiritual time for campers to reflect in a way that moves them. Shabbat begins with Kabbalat Shabbat, a traditional Friday night meal, and a spirited ruach or song session. We encourage all campers to wear white clothing at Kabbalat Shabbat to promote a sense of community and togetherness and to create a separation from the rest of the week. Saturday begins with a beautiful age-appropriate interactive service, including the much-loved tradition of a Schechter Parsha Players Torah skit. Shabbat ends with a moving Havdalah service when there are three stars in the sky on Saturday evening. Campers are encouraged to wear kippot during services and meals. Campers of Bar or Bat Mitzvah age are also encouraged to wear tallit and tefillin during services.

## **B'nei Mitzvah**

Tutoring by staff members trained in B'nei Mitzvah preparation is available to campers preparing for their Bar or Bat Mitzvah. For additional information please contact the camp office and complete the Bar/Bat Mitzvah tutoring form online.



# LIFE AT CAMP

## Activities

At Camp Solomon Schechter we have a wide variety of *chuggim* (activities) throughout the day. 1-3 grade campers will experience all of the classic camp activities as a cabin while at camp. 4-10 grade campers have the privilege of choosing their *chuggim* (activities). 4-10 grade campers get to try out a number of different *chuggim* and participate with campers from other cabins.\* Our staff work hard throughout the year and during staff week to prep and pre-plan activities that will be fun and dynamic. New *chuggim* are created each summer, according to the talents of various staff members. Sample *chuggim* include:

9 Square in the Air	Challenge Course	Fishing	Soccer
Archery	Croquet	Field Sports	Softball
Arts & Crafts	Dance	Floor Hockey	Tennis
Band	Digital Photography	Israeli Scouts	Videography
Basketball	Disc Golf	Lacrosse	Volleyball
Boating	Drama	Paddle Boards	Mountain Biking
Swimming	Cooking	STEM	Podcasting

## Cabins

Each camper must bring their own bedding. We recommend your child bring the following:

- A sleeping bag
- A fitted twin sheet
- A pillow with a pillowcase

Your child will share a cabin with approximately 8-14 peers. Cabin assignments are based on a camper's grade. There are bathrooms and at least one shower in each cabin. The ideal cabin is one with a healthy mix of new and returning campers from numerous locations. As such, we attempt to avoid creating entire cabins from one city or synagogue. There are ample opportunities for children from ALL cabins to socialize throughout the day. Please encourage your child not to get "hung up" on cabin placement as a prerequisite for a great summer camp experience. Cabins also include brand new cubbies and hooks for campers to unpack.

# LIFE AT CAMP

## **Quiet Time (*Menucha*)**

Rest and downtime are an important part of staying healthy and energized at Camp. Please send your child with quiet time activities such as books, stationery, crossword puzzles, etc.

## **Laundry**

Campers staying three weeks will receive one complimentary laundry service per session. Laundry is sorted by cabin and returned the following day. Camp assumes no responsibility for lost or damaged laundry items. Please only send items that are easily laundered, non-bleeding, and well-marked with your child's first and last names. Please ensure all clothing items are clearly labeled.

## **Sample Daily Schedule**

8:00am Kima (Wake Up)

8:30am Degel (Flag Raising)

8:45am Aruchat Boker (Breakfast)

9:30am Shacharit (Morning Prayers)--We begin each morning at Schechter with an abbreviated, short, interactive, and lively service.

10:00am Nikayon (Cabin Clean-Up)

10:30am Chug Rishon (First Activity)--Campers can participate in any of our engaging and fun activities

11:30am Chug Sheni (Second Activity)

12:30pm Wash up in cabins

1:00pm Aruchat Tzoharayim (Lunch)

2:00pm Menucha (Rest Time)

3:00pm Chug Shlishi (Third Activity)

4:00pm Chug Shlishi (Third Activity)

5:00pm Chofesh (Free Time)

7:00pm Aruchat Erev (Dinner)

8:00pm Wash Up--Campers have time to shower and change for evening program.

8:30pm Peulat Erev (Evening Program)--For Peulat Erev we transform the camp into a magical alternate reality every night of the week!

9:30pm Tzrif (Cabin) Time

10:00pm Lila Tov! (Lights out — 9:00 pm for Garinim and Shorashim campers)



# FOOD

## **Kashrut**

Camp Solomon Schechter is a kosher facility. We serve both *milchig* (dairy) and *fleishig* (meat) meals; vegetarian, and additional specialty diet options are always available. Please do NOT send ANY food to camp with your child.

In addition to concerns regarding the integrity of our kosher facility, food in cabins leads to animals and pests, and theft and jealousy among children. In addition, many campers have life-threatening allergies to food products. Cabins must be kept safe for ALL campers.

We serve three wholesome, nutritious meals every day, as well as snacks and canteen. Your child does NOT need to bring money for the canteen. It is included!!

We also love to celebrate birthdays at camp and will provide a cake or cupcakes for the birthday person and their cabin mates.

Please note that all food packages sent to camp will be confiscated.

## **Dehydration**

Water is available at Camp ALL day and night at various cooler stations, in cabins, at drinking fountains, and in the dining hall. Counselors and Camp personnel encourage hydration and take your child's water intake seriously. Your child will be running, jumping, playing, boating, and having the time of their lives from sun up to sundown. Please speak to them about the importance of drinking water throughout the day and monitoring themselves for signs of dehydration. We strongly encourage your child to bring a water bottle to camp.

## **Nutrition**

Our chef has many years of experience serving healthy and nutritious food. We have healthy snacks in the dining hall for anyone who is hungry between meals. Your child's health is important to us. If your child has some special dietary restrictions we will do our best to accommodate your concerns. Please get in touch with The CSS Team to discuss this if you have concerns for your camper(s).

# TRANSPORTATION

CSS will be providing transportation to and from camp from the following areas: Seattle, Mercer Island, BC, Bellingham, Spokane, and Portland. Here is some important information to note about transportation:

- Buses to and from camp are only accessible for 3 week campers, combo (2 week) campers and as a return journey option for Rookie Campers.
- If your camper is a Rookie Camper, you are responsible for providing transportation to get to camp. You will have the option to choose a bus option for your camper to get home once their session ends, though a car pick-up is also an option.
- Odedim are not eligible for bus transportation to and from camp. You are responsible for arranging transportation for Odedim to get to and from camp.
- If you require transportation to and from Bellingham, please choose the BC/Canada bus option as this bus will make a stop in Bellingham en route.
- If you are flying to camp and require an airport shuttle, you can let us know this by choosing the 'flying' option on the transportation form. The airport shuttle will cost \$50 each way.
- If you do not require a bus for camp, there is also an option on the transportation form to select driving to camp.

## **To Camp:**

- Mercer Island (Herzl Ner-Tamid)—Gather at 12:30pm, leaves at 1pm. \$60.
- Seattle (Billings MS)—Gather at 12:30pm, leaves at 1pm. \$60.
- Portland (CNS)—Gather at 12pm, leaves at 12:30pm. \$80.
- Spokane (TBS)—Gather at 7am, leaves at 7:30am. \$95.
- BC (CBT)—Gather at 8:30am, leaves at 9am. \$95.

## **From Camp:**

- Mercer Island (Herzl Ner-Tamid) – Leaves camp at 9am, arrives at 11am. \$60.
- Seattle (Billings MS) – Leaves camp at 9am, arrives at 11am. \$60.
- Portland (CNS) – Leaves camp at 9am, arrives at 11am. \$80.
- Spokane (TBS) – Leaves camp at 8am, arrives at 2pm. \$95.
- BC (CBT) – Leaves camp at 8am, arrives at 1pm. \$95.

# TRANSPORTATION

**Pick up from camp every Session will be from 9:00 am to 10:00 am on the last day of your child's session.**

## **Directions to Camp**

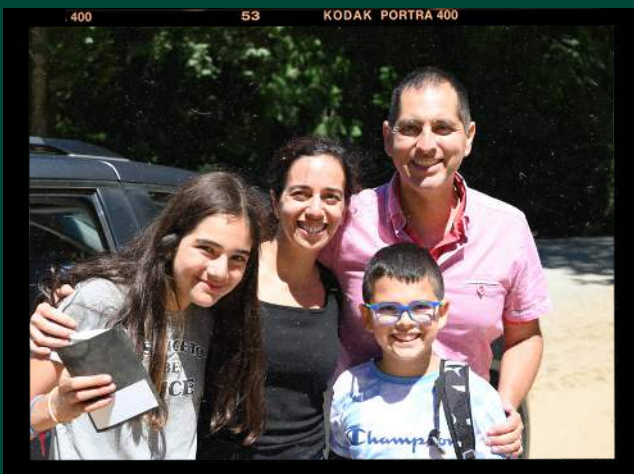
Camp's Address: 1627a 73rd Ave. SE, Tumwater, WA 98501

## **From the North**

Take I-5 South to exit 101, Tumwater Boulevard. Turn left onto Tumwater Blvd. and drive east until you come to a stoplight and a “T” at Henderson Road. Turn right onto Henderson, and then take the second left onto 73rd Avenue SE. Follow this until you arrive at the Camp gate on your right.

## **From the South**

Take I-5 North to exit 101, Tumwater Boulevard. Turn right onto Tumwater Blvd. and drive east until you come to a stoplight and a “T”, at Henderson Road. Turn right onto Henderson, and then take the second left onto 73rd Avenue SE. Follow this until you arrive at the Camp gate on your right.





# CANCELLATION

- All cancellations and changes must be made in writing.
- The \$250 deposit is fully refundable until January 15th, 2023. Deposits are non-refundable after January 15th, 2023.
- If an applicant signs up for camp after the deposit is non-refundable, the applicant will get 30 days to obtain a full refund following the application date.
- Families can receive a full refund, minus the deposit for cancellations made before March 15th. Cancellations made after March 15th will result in a loss of 50% of the total camp fee. All fees are non-refundable for cancellations made after May 15th, 2023 unless the camp cancels due to Covid-19.
- Families who apply for camp after May 15th, 2023 will have ten business days to pay their balance in full. A \$250 deposit will be required upon registering. Deposits paid after May 15th, 2023 are non-refundable.
- Exceptions may be available for medical or family emergencies.
- Camp Solomon Schechter reserves the right to dismiss a camper without a refund because of his or her refusal to adhere to the rules and policies outlined in the Parent Handbook.
- CSS will issue a full refund to international campers who are not permitted to travel to the US due to COVID-19 restrictions.



# SCREEN-FREE TECHNOLOGY POLICY

## Why Screen-Free

On average, North American children spend more than 7.5 hours each day using electronic devices. Also, the increase of built-in wireless technology has made it increasingly difficult for CSS to find a line permitting some electronics and banning others. We believe that camp provides kids with an invaluable opportunity to unplug for an extended period of time. As such, it is our policy that campers will not be allowed to have cell phones or any devices with video screens at camp. If campers are found to have personal video screens at camp, the camp will hold onto the devices for the remainder of the session. Do not send your children with phones or other video players to camp. The camp does allow digital cameras. Campers that need cell phones for airport transportation can arrive at camp with their phones and CSS will store them in a safe until their departure.

*\*For information on communication with your campers during the summer, please refer to pages 16-17.*

## Goals:

- Allow campers to embrace the connections they make with other campers and promote socialization between campers.
- Provide campers a break from the world of technology.
- Reduce the stress associated with the damage to and theft of electronics.
- Ensure that our campers are not exposed to age-inappropriate material.
- Remove the divide between "the haves and the have-nots" in each bunk.

The only electronics allowed will be screen-less music players (e.g. iPod shuffles, mp3 players, CD players) and digital cameras. All other music players, eBook readers, portable game devices, and video players are prohibited.

# SCREEN-FREE TECHNOLOGY POLICY

## Approved Devices

- Digital Camera
- Discman
- Pod (older generations of Classic, Nano and Shuffle)
- Kindle (only ones with no wifi connection)

## Unapproved Devices

- Cell Phone
- iPod (models with video players)
- Video Game Devices
- Movie Players
- Kindle/Nook (models with wifi)
- Tablets

## Music

Music is a big part of life at CSS. We will be providing each cabin with a speaker dock so all campers in each bunk can enjoy music together.

## Photos

Our staff photographers capture thousands of photos each summer for our Parent Center photo albums and social media, and we encourage campers to bring a camera to capture their own memories as well.

## Games

Our staff has been trained in dozens of small group games and is always on hand during rest time to engage with campers. We also have an array of card and board games for bunks to use during bunk-time and at nighttime. These "golden hours" are fantastic opportunities for campers to socialize, interact with each other, and build community within the bunk. We also encourage campers to use these times to write letters home!

## Tablets/Notebooks/Laptops

Leave them at home. No iPads, Kindles, Nooks, Notebooks, portable DVD players, etc., will be allowed at camp.

## Phones

Campers are not permitted to have a cell phone at camp.



# STAYING IN TOUCH

## Contact Camp

### During the off season (mid-August through mid-June):

117 East Louisa Street, #110  
Seattle, WA 98102  
info@campschechter.org  
(206) 447-1967  
(206) 447-2629 fax

### During the summer months (mid-June through mid-August):

1627a 73rd Avenue SE  
Tumwater, WA 98501  
summer@campschechter.org  
(360) 352-1019  
(206) 447-2629 fax  
(360)-890-0245  
(Emergency Number-- please only use after hours for emergencies)

Your concerns about your child's welfare are important to us, and we will happily answer any questions you may have throughout the summer. If you contact Camp, you can expect that your call will be returned by our Camper Care Team or a member of our Head Staff within 24 hours with honest, up-to-date information.

Note: Phone messages are screened regularly for emergencies during Shabbat and after hours. If you have a family emergency, please indicate that on the message.

For the safety of your children, Camp Solomon Schechter is a closed community. You must contact the Camp office prior to visiting Camp. Please do not make an unannounced visit during Camp.

Summer Office Hours:

### **Sunday - Thursday**

9:00am - 5:00pm

### **Friday**

9:00am - 1:00pm

### **Saturday**

Closed

# CAMPMINDER

We want you to know that through CampMinder, you have the ability to send emails to your camper! The emails from your camper are delivered conveniently to your existing online Parent Account through the CampMinder portal on our camp website.

## **It's Easy, Here's How. . .**

1. Go to our camp website: [www.campschechter.org](http://www.campschechter.org)
2. Click on the “CampMinder Login” button on the right-hand side.
3. Log in to your online Parent Account using your email and password.
4. Once logged in to your account, from the main page you can scroll down to find our Online Community. Be sure to familiarize yourself with the Online Community tools before the start of the summer, so when Camp is in full swing, you won't miss a beat!

## **Help is at your Fingertips**

Within each of the CampMinder sections, there is a “Help” link in the top right area. The Help Center has answers to many of the most common issues. If you are unable to find an answer to your question, select the “HelpTicket” option and type in your question/issue to have a customer service representative respond.

## **The Companion App**

We're excited to introduce you to Companion, the new mobile app we're using to share your child's camp experience at camp with you this summer. With Companion you can view photos, receive regular updates from camp, email your camper, and access and submit required forms.

To get started, follow these three simple steps:

1. Download the Companion app from the app store on your phone
2. Login to the app using your Camper Account login and password
3. Upload a reference photo of your child

## **Guest Accounts**

You are able to create Guest Accounts for family members and friends, so they too can view photos, watch videos and email your camper. Detailed set-up instructions are provided when you select this feature from the Online Community menu. Guest accounts are not available for the Companion App.

# CAMPMINDER

## Email Your Camper

Easily send your camper emails whenever you'd like. Emails you send will be printed in the morning and sorted by bunk, assuring each camper gets his or her email without confusion. The first two plain text emails you send each week will be sent to your campers at no cost. Additional text emails or enhanced emails may be sent using CampStamps. To send an email to your camper, you can either log in and send it directly from your CampMinder account, or you can send it to them at a special email address directly from your own email account. That address is `campername@solomonschechter.campminder.com`. Of course, you need to replace "campername" in that address with your camper's first and last name without a space between them.

## What are CampStamps?

CampStamps are credits you can purchase to enhance communication with your camper. To add CampStamps to your account, select Email, and then click the "CampStamps" link at the top of the page. CampStamps are offered in the following packages: 10 for \$10, 15 for \$14, 20 for \$18, and 30 for \$25. If you create Guest Accounts for friends or family, you can also give CampStamps to them.

## Email Enhancements - Add Extra Fun

In the Email center, you will also be able to add optional games and stationery to your email such as:

- SmartWords: Add age-appropriate vocabulary words to your email (options: elementary, middle, SAT prep)
- Sudoku: Add a Sudoku game to your email (three levels of difficulty to choose from)
- Email Stationery: Choose from a variety of fun, digital stationery to personalize your email.

## Cost in CampStamps

- Plain text email to camper = 0 CampStamps for the first two emails per week per Camper; 1 CampStamp for each email thereafter
- SmartWords or Sudoku = 1 CampStamp
- Email Stationery = 1 CampStamp
- eLetter Reply Request = 0 CampStamps (1 CampStamp to read a received eLetter; details below.)



# CAMPMINDER

## Tips

- Stationery and other enhancements will not appear until you preview the email.
- Emails are limited to 50 printed lines. Stationery and word games further limit the number of lines you can type. Please make sure to add any stationery or word games BEFORE you start writing your email; if you do so after, you may have to shorten your message.
- CampStamps carry over from season to season, so any unused stamps will be available for future use.

## Camper to Parent - eLetters

eLetters offer an easy way for your child to send letters from camp. Each page of eLetter stationery has a unique, printed barcode. When your camper writes home on this stationery, we fax it to a system that routes the handwritten letter directly to your CampMinder email inbox as a PDF file - ready to read and enjoy! Please note, camper emails can only be viewed in your CampInTouch account online, not through the Companion App.

### eLetter Stationery

*You can give your camper eLetter stationery in two ways:*

- Send an “eLetter stack” with your camper before they leaves home.
- You can print a stack of eLetter stationery (up to 20 individual pages at a time) within your CampMinder account. Navigate to My Account>Email to print. There is no cost to print eLetter stationery.

*Attach eLetter stationery to emails you send your camper.*

When composing an email, you will be able to select this option before sending. Some tips:

- Send your camper with blue or black ink pens to ensure the eLetter PDF is legible.
- You will receive an email notification as each eLetter is returned.
- You are not charged for eLetters until you read them.
- The first time you view an eLetter, it will cost 1 CampStamp. Once viewed, an eLetter may be opened, saved, or forwarded by email an unlimited number of times at no additional cost.

# STAYING IN TOUCH

## No Package Policy

CSS will not accept care packages for campers. This includes boxes of any size and large/oversized mailing envelopes. Camp will only accept letters up to a standard size envelope or a standard size greeting card envelope. No padded or oversized envelopes.

We believe this decision is truly in the best interests of our campers. Here's why:

- The volume of packages that arrives in camp each day creates a community of “have and have-nots,” undermining our efforts to create a Jewish community in which each camper feels that they are valued and treated equally.
- Parents have told us that it is expensive and burdensome to fill and mail packages, and that they often feel pressure to do so.
- Some campers receive so many packages they literally cannot manage all the “stuff” in their cabins.
- These packages are not eco-friendly as delivery trucks enter Camp several times a day, bringing boxes which just turn into waste, filling a dumpster every three days!
- Our staff spends hours organizing and sorting dozens of packages daily, giving them less time to spend with campers.
- Sadly, many parents do not respect our no-food policy, and others forget to share that policy with extended family members. The food, candy and gum that arrives in these packages (hidden or otherwise) must be taken away, disappointing the camper.
- This new policy puts us in line with the policies of many other camps.

Other Jewish overnight camps which have instituted similar no-package policies report that the burden it lifted from parents, campers, and camp staff has been positively received. We believe the Camp Solomon Schechter community is ready to have this burden lifted.

# STAYING IN TOUCH

Of course, we understand that sometimes sending items to camp will be necessary. If your camper has forgotten something important or needs something new (e.g. more sunscreen), please contact us at [summer@campschechter.org](mailto:summer@campschechter.org) before mailing the package. Please remember that this is for forgotten essentials only! Unless we know a package is coming, we will refuse to accept it at camp.

We encourage you to discuss this with your children and family to prepare them and manage expectations. We are grateful for your cooperation. Thank you in advance for doing your part to ensure that we live per our values and principles.

## **Camper Communication with Parents/Guardians – What to Expect**

We strive to ensure that our campers are communicating regularly with people back at home. While we know that a letter home from a camper is something exciting to receive, we know that our campers have different desires of how often they wish to write home, and how much information they wish to share. Regardless of these differences, Camp Solomon Schechter actively promotes campers writing home to the families and ensure that campers write home on Sunday, Tuesday and Thursday. This is a minimum expectation of when our campers write home. Campers are welcomed and encouraged to send mail outside of these days, though it will not be required.

Your child's counselors will encourage them to write home during Menucha (rest hour). Some days campers prefer to use their Menucha to rest and recharge and not write letters home. If you are not receiving regular letters from your camper, it usually means they are having a great time at camp and letting camp be a good distraction for them. Even in previous years, if your camper was typically one to write home regularly, it does not equate to them having a negative experience at camp if you hear from them less frequently. Nevertheless, if you have concerns about your camper(s), please contact our Camper Care Team who will check-in with your child and offer a gentle 'nudge' for them to write a letter home.



# STAYING IN TOUCH

In some cases, campers will write letters home that are on the topic of “I hate camp!”. If you receive a letter of this type, please do not panic. It is common in the first week of camp, especially for first-time campers, to write letters home saying things like “the food sucks”, “I hate camp”, “My cabin sucks”, etc. For some campers, the initial transition from home to summer camp can take some time. In our years of experience, we know that in most cases, these letters soon turn from “I hate camp” to “I LOVE THIS PLACE”. **If you receive a negative letter and would like us to know about it, please call or email us to alert us.**

You should also be aware this the letter you received may have been written days before you got it. Some letters home capture a specific moment in time that is not truly representative of their whole camp experience. In some cases, campers soon forget about the issues they write home about and move on with their time at camp.

In addition to communicating directly with your camper, CSS will send out 3 x weekly emails on Sunday, Wednesday and Friday. You can also check out videos, photos, blog posts, podcasts, and post on social media, so you can live some of the action from home!



# MEDICAL

We encourage you to make us a full partner in planning for your child's summer by sharing all relevant medical and psychological information. While some parents hesitate to provide Camp with personal information about their child's behavior or past experiences, our only goal in having this information is to better understand your child to ensure that they have a successful summer. Information will only be shared with staff members when medically necessary and only at the Director's discretion.

## **Medical Forms**

The online Health History for your camper must be completed each year. The medical staff needs to have complete, accurate, and updated information at their fingertips should there be a medical emergency involving your child. Previous year's medical records have been archived, therefore, writing "You have on record," "Same as last year," or "No changes" is unacceptable as we will not have those records on hand. Failure to comply will result in your child not being allowed to attend Camp and the loss of all paid Camp fees.

## **Health Center**

We have a professionally staffed health center at Camp that is fully stocked with supplies to handle any routine medical incident. Please do not send any over-the-counter medications, such as Tylenol, Sudafed, or Advil. When necessary, these over-the-counter medications will be dispensed through our health center. Please indicate on your child's medical form if there are any over-the-counter medicines they should not take.

## **COVID-19**

[Click here](#) to view our updated COVID-19 Policy for this summer. Please reach out if you have any questions about the updated policy.

# MEDICAL

## Medications

For safety and simplicity, we require that all medications be prepackaged in unit-dose packaging. This provides a streamlined and uniform medication distribution system, guaranteeing that every camper will get their medication and get it every single time in the right way. We ask that all families have your solid medications unit-dose-packed at a pharmacy near you. Please do not pack medications into zip-loc bags or daily medication containers. Please bring the pre-packed medications with you to camp and hand them to a camp staff member at drop-off. If your campers' medications are sent to camp and are not unit-dose-packed, we will pack them for you and you will be charged \$50 per medication packed.

We do not allow campers—including Odedim—or staff to keep medicines in their cabins for the following reasons:

- Camp counselors cannot legally be responsible for administering medications
- The potential for overdose or sharing medications
- Even the most responsible children can easily forget to take their medications

The only medications allowed to be kept in the cabin and self-administered are inhalers for asthma and epi-pens for severe allergic reactions. If your child is coming with an asthma inhaler, please send -- one for the cabin and one for the infirmary. If your child is coming to camp with a life-threatening allergy, we require that they bring 3 epi-pens: One for the child to keep, one for your child's counselor, and one for the health center.

## Dosage Concerns

Many of the medications used to treat children with ADD (with or without hyperactivity) are water-soluble, (meaning they are not stored in the body but are excreted by sweating and urination.) At Camp in the summer, when children are extremely active in hot weather, they may actually need slightly more medication than they take for school. Please consult your child's physician before Camp.

# MEDICAL

## Allergies

Camp Solomon Schechter is a nut-free facility. We carefully monitor and work diligently to ensure nut products do not enter Camp. For this and other reasons, please do not send or bring food to Camp. It is imperative that you provide us with complete information for keeping your child safe. If your child has a severe allergy, including nuts, please follow this procedure:

1. Contact the CSS Team well in advance of the summer to create a mutually agreeable protocol, which will be put into writing.
2. Document the specific nature of the allergy or health concern, even if you think we already know about it. Please include a comprehensive description including:
  - a. The condition and any limitations
  - b. The history, nature, and severity of the allergy or conditions Appropriate treatment and medications
  - c. If your child has food allergies, please provide a sample menu and list of acceptable products
  - d. If your child is coming to Camp with a life-threatening allergy, we require that they bring 3 epi-pens: One for the child to keep, one for your child's counselor, and one for the health center

Please understand that our medical staff will review your child's medical forms prior to the start of their Camp session, and may request and/or require additional medical documentation, communication from your doctor, or other documents as a condition of permitting your child to attend Camp. We appreciate your cooperation with our medical team as they provide the highest quality and most informed care for your child. Thank you for your cooperation.

## Emergencies

*Campers with an emergency or illness warranting immediate medical attention will be taken to:*

MultiCare Indigo Urgent Care  
704 Trosper Rd SW #118,  
Tumwater, WA 98512  
Providence St Peter Hospital  
413 Lilly Road NE Olympia, WA  
98506-5166 360-491-9480



# MEDICAL

## **Illness & Injury**

Please do not send your child to Camp on the first day if they have had a fever, cold, or flu within 24 hours. While it may seem devastating to your child to have to arrive a day late, it is all the more devastating for an entire cabin to catch your child's illness and have to leave Camp early. Please notify Camp as soon as possible if this applies to your child.

Treatment at the infirmary will be based on our Camp Solomon Schechter Standing Orders (a documented and detailed plan for the treatment of ailments, injuries, and illnesses), which are reviewed and approved annually by a physician.

Campers with a fever or symptoms of a communicable disease will be restricted to the health center. If your camper has been in the infirmary for 24 hours, has been sent to the hospital or clinic, or has had antibiotics prescribed, you will receive a phone call from our medical staff. If your child has a prolonged illness and is unable to return to their cabin after 24 hours in the infirmary, you may receive a call requesting that you (or a guardian or designee) pick up your child. Once your child has recovered, they will be welcomed back to Camp.

Please note that not all illnesses and injuries warrant a phone call home. Examples of routine medical care include headaches, mild cuts, bruises, sore throats, and upset stomachs. If your camper has an injury that requires outside medical attention, we will contact you as soon as possible.

## **Lice**

Unfortunately, whenever there are large groups of children, lice is a concern. We encourage you to check your child's head several days prior to the start of their session so treatment can begin if there is an issue. In addition, to ensure we minimize risk to all campers, staff will conduct lice checks upon your child's arrival at Camp. You will be contacted by infirmary staff if lice are a concern for your camper.

# MEDICAL

## Insurance

Please be advised that Camp Solomon Schechter does not provide accident or health insurance for campers, and accordingly, you must complete and return the Parent Authorization form demonstrating coverage prior to your child attending Camp.

For accidents, injuries, or illnesses that require off-site medical attention, all charges for physician's services, emergency room fees, and all medications will be billed directly to your insurance carrier as named on the Parent Authorization Form. Camp Solomon Schechter is not responsible for any outstanding balance that results from a medical claim.

If your insurance requires the use of designated facilities, you must make the appropriate arrangements with the local hospital, clinic, and your insurance carrier prior to your child's session. Please advise us in writing of such arrangements.



# MENTAL HEALTH & INCLUSIVITY

## **Mental, Emotional, Social Health and Wellbeing at Camp Solomon Schechter**

In our efforts to create a safe and supportive environment for our entire camp community, we have updated our Mental, Emotional, Social Health and Wellbeing (MESH) policy. This document explains how the camp staff works to support our campers in a variety of different situations that concern their mental, emotional and social health.

## **Camp Solomon Schechter Inclusion Statement**

In preparation for this summer, we have updated Camp Solomon Schechter's Inclusion Statement that was created to reaffirm the efforts our organization goes to in order to support LGBTQ+ identifying people within our camp community. We welcome and encourage all family members to read our new statement. For some this conversation might be new, but this document explicitly states our long-standing commitment to creating an inclusive camp.

[Click here](#) to read both of our new statements.



# WHAT TO BRING TO CAMP

Each camper will receive a Camp Solomon Schechter t-shirt to wear home on the last day of Camp. In addition, we have other optional “Schechterware” available through our website, [www.campschechter.org](http://www.campschechter.org).

We encourage all campers to wear white clothing at Kabbalat Shabbat to promote a sense of community and togetherness and to create a separation from the rest of the week. Boys typically wear nicer shorts or pants with a clean, nicer shirt (such as a collared shirt), girls dress in an appropriately modest dress, skirt, or pants. Campers and staff dress informally but modestly the rest of the week. Only pack comfortable and practical shoes and clothing. If you or your child is not comfortable with an item of clothing getting lost or dirty, it should not come to camp. In addition, valuable jewelry should not be brought to camp. The following items are not appropriate for camp and are enforced as part of our dress code:

- Platform or high-heeled shoes
- Fancy or revealing clothes (such as tube tops, short skirts, or sagging pants)
- Valuable jewelry

The same rules for dress apply to Saturday Shabbat services, but this does not mean that a second Shabbat outfit is needed.

## **Eye Care**

If your child wears glasses, please send them with a second pair, as glasses are occasionally broken or misplaced at Camp.

If your child wears contact lenses, please send them with extra lenses, cases, and cleaning solution.



# WHAT (NOT) TO BRING TO CAMP

## Do Not Bring

In addition to the items described in the section titled Code of Conduct, the following items are not allowed at Camp. This is by no means a comprehensive list. If you have questions about the appropriateness of sending an item not on this list, please do not hesitate to contact the Camp office to inquire.

- Alcohol
- Computers
- Animals
- Fireworks
- Candles
- Glitter
- Cell Phones
- Gum/Food
- Cigarettes
- Guns/Weapons
- Illicit Drugs
- Matches/Lighters
- Incense
- Pornography
- Juuls/ Vapes
- Silly String
- Knives
- Skateboards
- Laser Lights
- Vehicles
- Video Devices
- Video Games
- Walkie Talkies
- Water Balloons
- Water Guns

***All of the above will be confiscated from campers. Confiscated items may or may not be returned at the end of the summer. This is left to the discretion of the Director.***

# WHAT TO BRING TO CAMP

## **Bring At Your Own Risk**

- Valuable jewelry
- Portable electronic devices such as iPods, mp3 players, or tablets Items of sentimental value
- Non-essential breakable items
- Personal sports equipment
- Musical instruments

Camp Solomon Schechter is not responsible for lost, stolen, or broken items.

## **Lost and Found**

Camp Solomon Schechter does not assume responsibility for lost or damaged items. We display lost and found items for the campers throughout each session. During the session, every effort will be made to return clearly labeled lost items to their owner. We recommend sending a checklist of everything your camper is bringing to camp so they can be sure to take home everything they brought to camp!

Camp staff is not able to search through items left behind after the sessions have ended. Items left behind will be donated to a local shelter at the end of the summer.

## **Packing List**

The following packing list is based on a 7-14 day Camp session. Please use this as a guide while packing and, regardless of your child's age, please supervise their packing!

Campers are allowed two bags each, one for bedding and one for clothes, plus one small carry-on bag for the bus.

Note: Camp Solomon Schechter is not responsible for lost luggage. We reserve the right to search any bags we consider suspicious and confiscate any items that are not allowed at Camp.

This list is based on a 1- or 2-week session. Campers staying for three weeks will be having laundry service mid-session, so following the recommendations for a 2-week session should be adequate.

# PACKING LIST

Clothing Item	1 Week	2 Weeks
Short Sleeve Shirts or T-Shirt	7	10-12
Long Sleeve Shirts	2	3
Pairs of Shorts	4	7
Pairs of Jeans/Pants	2	5
Sweatshirts	2	3
Sets of Underwear	10	18
Pairs of Socks (One Heavy for Hiking)	10	18
Pairs of Warm Pajamas	2	3
Bathrobe, If Desired	1	1
Warm Jacket or Coat	1	2
Swimsuits	1	2
Raincoat or Poncho	1	1
Baseball Caps or Other Hats (Sun Protection)	2	2
White Shabbat Outfits	1	2
Pairs of Sneakers	2	2
Pair of Sturdy Shoes or Boots	1	1
Pair of Flip-Flops (for Showers ONLY)	1	1

## Linens & Supplies

## All Sessions

Laundry Bag	1
Sheets (Flat)	1
Fitted Single Sheets	1
Pillow Case	1
Pillow	1
Blankets (NOTE: Cabins are heated, Oded yurts are not)	2
Bath Towels	2
Beach Towels	2
Face Towels	2
Sleeping Bag	1
Soap and Dish	1
Combs and Brushes	1-2
Bottle of Shampoo	1
Box of Tissues	1
Pair of Sunglasses	1
Bottle of Sunscreen	1
Bottle of Insect Repellent	1

# PACKING LIST

## Other Items

- Camera
- Baseball glove
- Books
- Journal or diary
- Tennis Racket
- Feminine hygiene supplies, if needed
- Talit/Tefillin
- Kipot (1-3)
- Water bottle
- Lots of eletters or stationery and pre- addressed envelopes
- Stamps
- Pens and pencils
- Swim goggles, if desired
- Bet and Gimmel campers: Canvas bags or equivalent for overnight
- Flashlight
- Stuffed animal or other comfort items
- Checklist of items brought to camp
- Face Masks (optional)

**WE CAN'T WAIT TO SEE YOU AT  
CAMP SOLOMON SCHECHTER THIS  
SUMMER, WHERE JUDAISM AND  
JOY ARE ONE!**