08

**Fall**

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**Herzl Camp**

**2014 Family Guide**

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**Note:** All times listed throughout this Family Guide are in Central Time (CT)

info@herzlcamp.org www.herzlcamp.org

**Summer Office – June 1-August 7**

7260 Mickey Smith Parkway

Webster, WI 54893

Phone (715) 866-8177

**Business Office – Until May 31**

7204 West 27th Street, Suite 226

St. Louis Park, MN 55426

Phone (952) 927-4002

***Getting to Camp***

Taking the bus from Minneapolis

The bus ride is the beginning of your child’s camp experience. It gives them time to transition from home to camp.

Buses leave from and arrive at Beth El Synagogue in St. Louis Park (5224 West 26th Street, St. Louis Park, MN 55416).

For safety, all campers are pre-assigned to specific buses before their arrival. We make assignments by grade and/or gender. Changes will not be made on site.

Check-in begins at 12:00 pm CT on the first day of your child’s session. You must check your child in at our Check-in Table when you arrive.

Campers begin boarding the bus at 12:40 pm. Parents are not permitted on the bus.

Most sessions have an early-luggage drop-off on the day before departure. Use this service whenever possible. Your camper’s departure will be much easier and less chaotic if you drop off the bags the day before.

**IMPORTANT:**

* **Medical forms must be completed before boarding the bus**
* **Tuition must be paid in full by May 1 unless there is an approved payment plan in place in order to attend camp.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Program Name/Grade** | **Early Luggage Drop-off** | **Bus Departure**  | **Bus Return**  |
| **Taste** (entering 3-4) | Sunday, June 15 from 3:00-5:00 pm | Monday, June 16 1:00 pm CT | Sunday, June 224:00 pm CT |
| **Noar** (entering 4-5) | Sunday, June 15 from 3:00-5:00 pm | Monday, June 16 1:00 pm CT | Sunday, June 294:00 pm CT |
| **Tzofim** (entering 7-8)**Teva Trek** (entering 10-11) | Sunday, June 15 from 3:00-5:00 pm | Monday, June 16 1:00 pm CT | Monday, July 1411:00 am CT  |
| **Ha’atid** **Aleph** (entering 5-6) | Monday, June 23 from 5:00-7:00 pm | Tuesday, June 24 1:00 pm CT | Monday, July 1411:00 am CT |
| **B’yachad** (entering 10) | Monday, June 23 from 5:00-7:00 pm | Tuesday, June 241:00 pm CT | Wednesday, August 711:00 am CT |
| **Kadimah** (entering 9) | No early drop-off. Bring bags to bus. | Tuesday, July 11:00 pm CT | Thursday, August 711:00 am CT |
| **Ha’atid** **Bet**(entering 5-6)**Yesod** (entering 7)**Habonim** (entering 8) | Tuesday, July 15 from 5:00-7:00 pm | Wednesday, July 161:00 pm CT | Thursday, August 711:00 am CT |

Flying into MSP Airport

Flights to the Twin Cities should arrive at the Minneapolis/St. Paul International Airport (MSP) the morning of the first day of their session, **no later than and as close as possible to 12:00 pm CT**.

Campers will be met at their arrival gate by Herzl Camp staff or volunteers, wearing Herzl T-shirts, who will escort them onto the bus to camp. If the airline needs a name of the person meeting an unaccompanied minor, please list: “Drea Lear, Associate Camp Director.”

Return flights should be scheduled on the last day of the session, to depart **as close to, but no earlier than 1:00 pm CT.** The closer the flight is to 1:00 CT, the less time your child will have to wait in the airport. **Flights must depart before 4:00 pm CT.**

Campers take a bus or camp van to the airport and are chaperoned by Herzl staff or volunteers until their flight departs.

Most airlines charge an “unaccompanied minor fee” which is generally charged on the outbound flight. To avoid confusion, please be sure to pay this fee for the return trip as well. Enclose your receipt with your child’s travel information.

If you are unable to find a flight that meets these time requirements, please call us at the Herzl Camp office **before** booking your flight.

Driving to Camp

If driving your child to camp, you should arrive at Herzl Camp at 2:45 pm CT. Do not arrive earlier. To drive your child home from camp:

* For Noar and Taste campers, arrive at Herzl Camp by 1:45 pm CT.
* For all other programs, arrive at Herzl Camp by 9:15 am CT.

What if …

*My child is only riding the bus one-way?*

If your child will be riding the bus only one way, please detail your alternate plans on the transportation form online.

*The buses will be arriving late or other information needs to be communicated to us?*

If there is a delay or change in any transportation, an email will be sent to affected families.

***Staying in touch***

Letters!

Herzl Camp is unplugged! Campers have a rare and precious break from technology and the Internet while at camp. We encourage campers to keep in touch with you and other family and friends by writing letters or postcards. Campers are encouraged to write letters a few times throughout their session. To make it easier for them, send pre-stamped and pre-addressed envelopes or postcards. Keep in mind, the more fun they are having, the less time they have to send a letter. When it comes to letters home, no news is good news! Your child’s counselor will also send you a note during the session to let you know how they are doing.

While they may not have time to write, campers love to receive letters from you! Mail is delivered during minucha (rest time) every day except Shabbat. Many parents send a letter to camp before their camp session so that it’s waiting for them when they arrive. Please keep in mind that mail takes a little longer to get to and from Webster.

Cabin numbers and cabinmates are not given out before the campers’ arrival at camp, but your camper’s cabin information will be online around dinner time on arrival day. Once you have the cabin number, include it in the address. Address your letters and packages like this:

Camper’s Full Name

 Cabin #

 Herzl Camp

7260 Mickey Smith Parkway

Webster, WI 54893

Care Packages

Do not feel obligated to send your child a care package – they are having plenty of fun at camp and don’t need it. It’s not a competition and you don’t need to send a package to keep up with other parents. Instead, tuck a surprise note or two into their luggage for them to find throughout their session.

If you do send a package, our staff will open all packages and large envelopes with your child.

Some things are not allowed at camp so don’t include them in your care package. **Gum or food of any kind is not allowed, including sunflower seeds.** All food, gum, or other prohibited items will be donated to a local food shelf or charity. Check the Packing List to see if something belongs at camp. When in doubt, call and ask. Just remember, we make the final decision and we don’t return the items to you. Tell your friends and family what can and can’t be sent to camp.

Here are some ideas of things that are okay to include: pens and paper, markers and crayons, coloring books, reading materials, puzzle books, stuffed animals, autograph albums, small games and toys.

Emails from Home

If you’d like to send an email, rather than good old-fashioned snail mail, you can do so through our website (refer to Online Instructions sheet) after your child has arrived at camp. Each email you send will cost $1. Your message will be printed and delivered with the regular mail. So, since stamps are cheaper and they’ll love seeing your handwritten note, send a letter instead. Letters are better!

Camp Photos

We provide an array of photos to paint a picture of camp life and foster good conversations with your child when they return home. You may not see your child on any given day. If you don’t see them, it does not mean they are sick, injured, unhappy, or missing.

While this is your child’s time to grow and become independent, this is *your* time to rest, relax and recharge as a parent – don’t spend your day in front of the computer waiting for a glimpse of your camper. We’ll call you if they need you.

Wise, old camp parents tell us that the best way to use the photo site is to sit down with your camper when they get home and look through the photos with them. They will be thrilled to see the photos and they will tell you ALL about every moment of their camp experience! Take our advice: don’t get carried away with photos, unplug and enjoy your time off!

Photos will be uploaded according to the schedule below. We plan for photos to be uploaded on time, but we run on “country internet” and there may be delays.

* Photos from the previous day will be uploaded the next day.
* Shabbat Caravan photos will be posted on Sunday morning.
* “Photo of the Day” will be posted on Facebook.

Communication During Camp

To keep you updated on your camper’s experience, you will receive the following communications from Herzl Camp during your child’s stay at camp.

* On the first day, you will get an email from the Associate Director letting you know that your child has arrived safely at camp.
* Depending on the length of your child’s program, you will receive 1, 2, or 3 emails from the directors of your child’s program with a general update on the program’s activities and accomplishments.
* Your child’s counselor will send you a note during the session to let you know how they are doing.
* You will receive logistical emails from our summer office with travel updates, bus details, etc.
* You will receive an email a few days after your child returns home asking for you feedback on your Herzl Camp experience. We are always looking to improve and rely on your ideas and suggestions to make camp better each year.

Phone Calls

Campers are not allowed to make or receive phone calls. Phone calls home do not help children who have a difficult time adjusting to camp and can create more homesickness for a camper. If there is a family emergency, call the camp office and we will help you make plans.

If you or your camper is worried that they may be homesick, do not tell your child to call you if they want to go home.See our advice below for preventing and handling homesickness.

Cell Phones

**Cell phones are not allowed at camp.** Herzl Camp is not responsible for cell phones on the premises. When found, they will be confiscated and returned at the end of the session.

Music Players & Handheld Games

At camp, we encourage positive interaction with cabinmates and camp friends. Internet enabled products significantly detract from that interaction. Ipod minis/shuffles and other non-internet enabled music players are an excellent alternative and fit well into camp life.

Small electronics may be kept in the camper’s bunk only, and only used during minucha (rest time), early morning, or just before bedtime. Camp is not responsible for lost or broken electronics. **Electronic devices that connect to the Internet or provide a wireless internet access point are not allowed at camp and will be confiscated**, including cell phones with the Sim Card removed.

Birthdays

Birthdays at camp are great! Every child celebrating a birthday at camp gets a special recognition from the entire camp and a birthday cake to share with his/her cabinmates.

If you would like to send special decorations or small gifts for your birthday camper and his/her cabinmates, please call the camp office. We’ll make arrangements to facilitate your special birthday wishes. Birthday items must follow care package rules and cannot include food.

***Homesickness at Camp***

You are the most important influence in your child’s life. What you do and say before camp can increase or decrease the likelihood and severity of your camper’s homesickness. Read this section and think carefully about how you will prepare yourself and your camper to succeed at camp.

While Herzl Camp is a wonderful and exciting place to spend your summer, all children get homesick at times. In fact, about 90-95% of children attending camp say they feel some level of homesickness. It is normal to feel homesick and it usually doesn’t interfere with camp life, nor the amount of fun your child will have at camp. Rarely is homesickness severe enough to interfere with a child’s ability to enjoy their camp experience.

Homesickness has a silver lining. It means kids have a home they love and miss! Sometimes just knowing that what they feel is a reflection of love makes campers feel better. Tolerating separation from their primary, loving caregivers is part of normal development. Summer camp separations can be great experiences for children and teens. It builds independence, self-reliance, and social skills they will use throughout their lives.

If your child is displaying significant signs of homesickness, one of our senior staff members will be in contact with you. We will work together to help your child feel better and overcome their homesickness.

There are some simple things you can do before camp to prevent homesickness. There are also things that you can do to support your camper if they should experience significant homesickness while at camp.

Before camp starts, talk with your child about homesickness. Talking about homesickness won’t cause it or make it worse. Tell your child that they may feel a little homesickness even though they are having a great time at camp. It is perfectly normal to feel both emotions. Tell your child that there are things they can do and think about to feel better.

**If you feel homesick at camp, you should:**

* Stay busy by participating in activities.
* Write letters home or read letters from home.
* Look at photos from home.
* Think about or list the fun parts of camp and being away from home.
* Talk with a staff member to help and support you – they were campers themselves and are experts in making campers feel better!
* Before camp, learn as much about Herzl Camp as possible, learn the names of buildings and the daily schedule. Watch our camp video and talk about the activities you see. The more familiar they are with camp, the less homesickness they will have.

It is normal to feel both nervous and excited as camp approaches. Here’s some advice to prepare your camper and yourself to manage homesickness.

***Don’t make pick up deals***

Do not make deals about early pick-ups. It may seem like a good way to reduce pre-camp anxiety but it is a bad strategy that will significantly increase the likelihood that your child will fail at camp and have to leave early. We don’t want that and neither do you.

When you make the “deal” you are telling your child that you don’t think they can make it through camp, and that they will be so homesick that leaving will be the only solution.

The “deal” gives campers something to dwell on. They put all their energy into the notion of leaving, instead of getting past the homesick feeling. Your camper will focus on their homesickness, knowing that you will pick them up, rather than develop skills to cope with their feelings. Children will remember the “deal” and hold onto your promise, no matter how wonderful their camp experience.

***Share your optimism, not your anxiety***

It is important that your child not feel guilty about leaving you to go to camp. Try not to say things that will make your camper worry about how you will feel when they are away.

Don’t say things like, “I don’t know how I’ll ever manage without you” or “I’ll cry myself to sleep while you’re gone.”

Instead, talk positively about what will happen while they are gone, making sure it’s nothing significant they won’t want to miss. Make sure she/he knows you will be fine while they are at camp and you will be excited to hear about all of their adventures when you pick them up after camp.

If you are uncertain about your child’s ability to manage, don’t share your doubts with your child. Keep your anxiety about your child, friendship issues or camp itself away from their ears.

***Send a letter before camp begins***

Getting mail at camp helps children feel loved and remembered. Letters from home are great! Emails are fine, but letters are better. Tell your camper you are excited that they are at camp and experiencing new things.

Your support and partnership with us will help make this summer a successful one for your camper.

***Chugim (activities)***

Camp is a place to try new activities. Campers participate in chugim (activities) of their choice every day except Shabbat. Chugim are offered in the following categories: Creative Arts, Outdoor Activities, Sports, Waterfront, and General Camp Fun.

**Important changes this summer:**

* Campers sign up for chugim at camp (not online, before camp.)
* Most programs have 3 chug periods each day.
* Chugim are one week long. At the end of the week, campers sign up for something new (though they can sign up for the same chugs each week if they want.)

***Camp Food***

Herzl Camp’s food is kid-friendly, tasty, and nutritious. While at camp, your child will get plenty of wholesome, well-prepared food, including daily breakfast, lunch, dinner and snack. Fresh fruit and water are available throughout the day.Sandwiches, fresh fruit and veggies, and a vegetarian alternative are available at every meal.

We keep Kosher at camp. All food is prepared in accordance with the Jewish dietary laws of Kashrut. All meals are served family style.

If your child has special nutritional needs or allergies, please contact our office no later than May 1st and make a note on the Parent/Guardian: Tell Us About Your Camper form.

***Your Camper’s Health and Well-being***

We take our campers’ health and well-being seriously.  Our health care policies and procedures have been developed using guidelines from the American Camp Association, the Wisconsin State Health Department, and regular and on-going review from our team of physicians, nurses, parents and camping professionals.

Medical Facilities

Herzl Camp has a well-equipped, fully-staffed Marpeah (Health Center).  Our medical staff includes nurses, physicians or other licensed personnel, on-site and available 24-hours a day.   Campers who become ill or injured while at camp may stay in the Marpeah if necessary.  The air-conditioned facility includes sleeping rooms, exam rooms, bathrooms and showers.

All medical examinations, tests and procedures provided by our Marpeah are free of charge.  We don’t bill you or your insurance for doctor’s exams, treatments or any services provided in camp.

For situations that are beyond the scope of our Marpeah, we use the Burnett County Medical Center, located just 20 minutes from Herzl Camp, or the Webster Clinic for routine, non-emergency tests.  You or your insurance will be billed directly for any care delivered outside of camp.

Medical History Form & Physician Waiver

Your camper will not be allowed onto the bus or into camp without a completed Medical History form and Physician Waiver from his/her physician. The forms must be filled out and signed by a physician every year. However, the physical exam is only required every 2 years. If your camper had an exam within the 24 months before the start of his/her camp session, just provide the Medical History form and have the Physician Waiver signed by their physician.

Proof of Insurance

Primary medical coverage is **required** for every camper. If your child requires medical attention, we will submit your insurance carrier number to the doctor or hospital. Herzl Camp will not pay for medical services for your child outside of Camp. If your child is prescribed medication, you will be required to reimburse camp for this expense.

**Attach a copy of the front and back of your insurance card** to the Physician Form in this packet. Without this copy, you may be charged in full for any medical bills or prescriptions if your child needs medical attention.

Medications at Camp

Our Marpeah has over-the-counter medications such as pain relievers, cough and sore throat medications, eardrops, etc. With your permission, we can provide these medications to your camper when needed. To give us permission, sign the “Standing Order” section of your child’s medical form.

Our medical staff is responsible for storing and administering all medications. **Campers and staff may not keep any medications in their possession.** However, campers with acute asthma may keep inhalers with them as long as a spare inhaler is kept in the Marpeah.

Daily Over-the-Counter (OTC) or Prescription Medication for Campers

To ensure safe and accurate administration of daily over-the-counter (OTC) or prescription medications at camp, we require that you use our designated pre-packaged medication system for all daily medications, supplements, vitamins, or allergy medications in pill form, liquids, and lotions/creams. Injectibles, inhalers and Epi-pens should be brought to the buses with your camper.

Registration for this service is **free of charge if you register 45 days prior** to the start of your camper’s session. If you register after that, you will be charged $50 to register. Prescription copays will be billed to your insurance or credit card, depending on your preference.

**If you choose not to enroll your child** in this safe, efficient service and send medications to camp with your child, **you will be charged a $200 fee.** This fee will offset the extra medical staff time needed to manage your child’s medications.

Be sure to list all medications sent to camp on your campers’ Medical History Form.

Medications will be sent directly to camp in single dose packs. Unused medications will be sent home with your camper.

**Special instructions for Over-the-Counter (OTC) medications:**

If your child takes a daily vitamin or supplement, and your health care provider agrees that 1, 2, or 3 weeks without the supplement will not be detrimental to your child’s overall health and well-being, we ask that you refrain from sending the non-essential supplement to camp.

If your child uses melatonin as a sleep aid, consider a break from this supplement. We have very full and active days at camp and rarely see problems with kids having a hard time falling asleep.  Campers play hard and sleep well at camp!   If you are concerned that your child may need it occasionally, then consider marking it “as needed” so that your child can decide to ask for it when it is needed.

If you determine that your camper should continue supplements or vitamins while at camp, you must utilize the pre-packaged medication service. A prescription or a written physician’s authorization form will be required for the service to package and send the supplement or vitamin. An authorization form is available on their website for you to download and take to your physician to complete.

**Registration Process for Prescription Medication Service**

**To register with our pre-packaged prescription medication service, you will need:**

1. The name of your camper’s program (i.e., Taste, Noar, Kadimah, etc)

2. A scanned copy (PDF) of your insurance card (front and back) to upload to their site

3. All details from your insurance card

4. A credit card

5. Hard copies of your camper’s prescriptions from your physician.

6. A stamped envelope

**Once you have all of the above ready, go to this website and click “register”**

[**www.camperspharmacy.com**](http://www.camperspharmacy.com/)

After entering your name, insurance and credit card information, you will select the camp name “Herzl Camp” from a drop down list.

Next, you will select your camper’s program name from the drop down list (i.e., Taste, Noar, Ha’atid, Yesod, Habonim, Kadimah, B’yachad, or Teva Trek).

When you complete the online portion of the registration, you will receive a confirmation email. It will instruct you to **mail hard copies** of your campers prescription(s). In addition to the prescription, include this identifying information: “Herzl Camp,” your child’s program name, and the enrollment number provided in your confirmation email.

Once the hard copy is received by Campers Pharmacy, you have completed the process.

Parent Notification of Illness or Injury

Most visits to our infirmary are for scrapes, sniffles and just feeling overtired. In that case, our medical staff will provide the TLC necessary and get your camper back in action. We will not call you about those kinds of visits.

If your camper’s visit is more serious in nature, our staff will call or email you, or your designated emergency contact. Some examples where a call or email will be made are:

1. If your camper requires **off-site medical care**, such as a trip to the nearby clinic or hospital
2. If your camper stays **overnight** in our Marpeah
3. Trauma or injury that requires medical intervention
4. Initiation of any **prescription** medicine

***Code of Conduct***

Herzl Camp provides a safe, fun, creative and respectful camping opportunity for our community of campers. To do so, every camper must abide by this Code of Conduct.

Please review this Code of Conduct with your camper. If you have any questions, contact the Herzl Camp office prior to camp. You and your camper must electronically sign this form to indicate that you have read and agree to abide by this Code of Conduct (see Online Instructions sheet for more information on how to fill out online forms).

This Code of Conduct is reviewed with campers and staff on the first night of each session.

Camper Behavior Code of Conduct

The following behaviors are not allowed at camp:

**Bullying:**

* Hitting, kicking, pushing or threatening to do these things
* Stealing, hiding or ruining another’s belongings
* Making or forcing someone to do something they don’t want to do
* Name calling, threatening, teasing, taunting, or insulting someone
* Refusing to speak to someone, spreading lies or rumors about someone

**Disobedience and Disruption:** Including fighting and vandalism and advocating for others to participate in disobedience and disruption.

**Gambling:** No games of chance played for money or in exchange for personal items may be played on the camp property or at any off-site camp function.

**Pornography and Obscenity:**

* The viewing or possession of pornography or other adult-oriented material in any form is not permitted at camp.
* Obscene, profane, or vulgar language and actions either written or verbal is not tolerated at camp.

**Prohibited Items:**

* Alcohol, drugs, cigarettes, and any items commonly thought of as being a weapon are not allowed on camp property or in possession of any camper.

**Social Conduct and Camper Attire:** Camper conduct should reflect concern for others and personal modesty including:

* Public displays of intimacy and sexual contact are not allowed at Camp and will be treated as a disciplinary matter.
* Camper clothing should reflect concern for the values and standards of others. Clothing may not display graphics of alcohol, drugs, tobacco or sexually inappropriate messages or displays of violence.
* Appropriate sleeping attire is expected.
* Nudity is prohibited except when preparing to shower or change clothing. A robe or large towel must be worn between the cabin and the shower house.

If a camper has difficulty meeting any of the above expectations they will be subject to camp disciplinary action, which may include:

* Time out from programming
* Phone calls to parents
* Camper Behavior contract
* Dismissal from Camp

Campers will be dismissed in cases deemed to be extreme by camp leadership or repeated offenses. If your camper is dismissed from camp, you must pick him or her up from camp immediately or your camper will be sent home at your expense.

**Severe Behavior:**

Herzl Camp strives to be inclusive. However, campers with severe emotional disturbances, violent behavior or chemical dependency issues may not be able to participate effectively in our camp program and activities. If your child has severe behavior problems, you must share this information with the Camp Director at least 4 weeks prior to the start of the camp session. This allows us to plan how Herzl Camp may serve you and your child best. If Herzl Camp cannot meet your camper’s needs, we will refer you to facilities and camps that are equipped to handle these special needs.

Parental Code of Conduct

Please read through the following information and indicate your agreement on the online form.

I have read the Camper Code of Conduct with my child, and explained any areas which were confusing or difficult for them to understand.

I understand the rules as laid out for my camper and will abide by Herzl Camp’s rules. I will pick up my camper immediately if they are dismissed from camp and will pay for any damages to physical property they may have caused.

If my camper has a mental health or medical health concern or psychological diagnosis that could affect the way they relate to other campers and staff, I will disclose this to camp completely in the interest of assuring the well-being and safety of my child and the entire camp community. I understand this information will be kept confidential, but will be used to help determine cabin placement and staff training. I understand Herzl Camp takes this very seriously, and that if Herzl Camp learns that I have not disclosed a diagnosis or provided information based on my child’s behaviors, my camper may be sent home from camp.

Internet, Social Networking, and Blogging Policy

In general, Herzl Camp views social networking sites (e.g. Facebook, Twitter, etc), personal websites and blogs positively and respects the right of campers and staff to use them as a medium of self-expression. If a camper or staff chooses to identify himself or herself as a Herzl Camper on such Internet venues some readers of such websites or blogs may view the camper or staff as a representative or a spokesperson for the camp. In light of this possibility, Herzl Camp requires as a condition of participation in the camp that campers and staff members observe the following guidelines when referring to the camp, its programs or activities with campers and/or staff.

* Campers and staff members must be respectful in all communications and blogs related to or referencing the camp, its staff, and campers
* Campers and staff members must not use obscenities, profanity, or vulgar language in regard to camp.
* Campers and staff members must not use emails, text messages, blogs or personal websites to harass, bully, or intimidate other campers or staff. Behaviors that constitute harassment and bullying include, but are not limited to, derogatory comments regarding race, religion, gender, sexual orientation, or disability, sexually suggestive, humiliating, or demeaning comments and threat to stalk, haze, or physically injure another person.
* Campers and staff members must not use blogs or personal websites to disparage the camp, other campers, or staff.
* Campers and staff members must not use blogs or personal websites to discuss engaging in conduct that is prohibited by Herzl Camp’s policies including, but not limited to, the use of alcohol, drugs, sexual behavior, sexual harassment, and bullying.

Any camper or staff member found to be in violation of any portion of this policy will be subject to disciplinary action, which may include dismissal from camp or denial of registration for the coming camp season.

***Safety at Camp***

The safety and well-being of our campers is our first priority. We work to keep camp secure at all times.

* We are accredited by the American Camp Association and adhere to all ACA guidelines for camper safety and security.
* We have a close relationship with the local police and sheriff’s department, who routinely check our facilities and surrounding areas.
* Herzl Camp has security staff (shomrim) who patrol camp. Our entrance is gated and access points to camp are under video surveillance.
* We reserve the right to check all baggage and packages for objects or substances that could cause harm.

***Chanut (Camp Store)***

Our camp store is stocked with daily items like juice and snacks as well as camp clothing and fun novelties. Campers are limited to one snack and one beverage per day. There is no chanut on Shabbat. We recommend providing **$15 per week** for snacks and incidentals – more if your camper will be purchasing clothing or novelties. If your child runs out of chanut money, we’ll notify you so that you can send more if you choose.

Your camper’s chanut account works much like his/her school lunch account. You put money into the account in advance by depositing money directly into your camper’s chanut account through our website (for instructions, see Online Instructions enclosed) or sending in a check. Send checks to our St. Louis Park office by **May 1, 2014**. **Do not send cash.**

Here is a sample of items and prices to help you plan for how much to provide for your camper to spend in Chanut. If shopping on their own is a new experience for your camper, talk with your camper about their priorities and over-spending. If you would like to place a restriction or limit on your child’s chanut account, please discuss these with your child before camp and include a note with your chanut check.

|  |  |
| --- | --- |
|  Clothing and Novelty Items Available in Chanut | Price |
| Short Sleeve T-Shirt, Baseball Hat, Mesh Basketball Shorts | $10-15/each |
| Long Sleeve T-Shirt, White Shabbat Shorts, Yoga Pants, Sweatpants | $20-25/each |
| Hooded Sweatshirt/Zip Up Hooded Sweatshirt | $25-30 |
| Water bottle | $6 |
| Cameras, Toiletries and Batteries | $2-10 |
| All snacks and beverages | $1 |

If you’d like, you can donate any leftover money in your camper’s chanut account to the Herzl Scholarship Fund by checking the donation box on the Parent/Guardian: Tell Us About Your Camper form. Your donation will help more children come to camp! We can also send you a refund if your child’s Chanut account balance is more than $20. If there is less than $20 in the account, it will be kept as a donation to the Herzl Scholarship Fund. Donation receipts will be provided.

**You can purchase Chanut Online, too!**

If you’d like to purchase Herzl gear in advance of camp or for special occasions throughout the year, our store is now online. You can find it on our website, [www.herzlcamp.org](http://www.herzlcamp.org), click the “camp store” button in the upper right hand corner of the screen.

***Donations to Camp***

Herzl is an independent non-profit camp. We are not supported financially by a Jewish agency, synagogue or federation. Our support comes only from camper tuition and donations from individuals. Camper tuition provides the basics and donations provide scholarships, new programs, building and facility improvements, and unique opportunities like our Israeli camper program and organic garden. We are always looking for friends to support camp and these amazing programs. If you want to become a Herzl supporter, donate online or look for our mailed solicitations in the spring and at the end of the year. Thank you for considering taking on this bigger role at Herzl Camp!

***Ways to Get Involved***

There are lots of ways to connect with camp:

Volunteer:

* If you live in the Minneapolis/St Paul area, join our Chaverim and volunteer monthly on various office projects and mailings. In the summer, volunteers are needed for buses, airports, and other services at camp.
* If you live outside the Twin Cities, we need your help in recruiting campers – hold a house party, refer friends, or come to our events in your town and bring a friend.

Keep informed:

* We have an active Facebook page. Like us on Facebook and you’ll stay informed year-round of events, important dates and news, as well as fun camp stories to brighten any day!
* Read the Herzl Blog each Friday. Posts come from campers, camper parents, staff and alumni. They are funny, touching, engaging and informative. Read it each week and if you have something to share, write a blog post for us!

***Frequently Asked Questions***

**What are the buses like?**

The scene at the buses can be overwhelming. Old friends are getting reacquainted. Everyone is excited and nervous. Look for staff and ozrim in Herzl Camp T-shirts to help you through the process. Check in and get nametags right away. Buses are assigned by age group and/or gender. Staff members ride the bus with the campers and work to ensure that each camper gets excited for the great summer ahead.

All buses depart on the first day of your child’s session from Beth El Synagogue in St. Louis Park at 1:00 pm Central Time. If your child is flying to MSP Airport, they will be picked up by a Herzl Camp staff member or volunteer and load a bus at the airport.

Campers begin boarding the bus at 12:40 pm. Parents are not permitted on the bus.

Most buses return to Beth El Synagogue or the MSP Airport at 11:00 am Central Time on the last day of your child’s session. Taste and Noar campers return at 4:00 pm CT.

Campers are allowed to bring snacks on the bus. In order to ensure the safety of every camper, all snacks must be nut free. Any snacks left over from the bus will be finished with your child’s cabin on the first night of the session.

**What will the first day be like?**

Once at camp, everyone will meet and find out which tzrif (cabin) they are in. After a snack, each tzrif group will tour camp – they will visit the Marpeah, waterfront, kitchen – to find out how they work. Campers should eat lunch with you before boarding the buses on the first day of camp. The first meal served at camp will be dinner.

Cabin placements will be posted online, along with a cabin photo, once all cabins have been announced at camp. Cabin placements are typically posted around dinner time on the first day of your camper’s session.

**Should my child bring a Kipah/Tallis/T’fillin?**

Yes! At Herzl Camp, boys must wear kipot for t’fillot (services) and meals. Girls are encouraged to do the same. Clips are very helpful to keep them secure. If your child has a tallis (prayer shawl) or t’fillin, she/he should bring them, too. Camp has a limited supply for children who do not have their own**.**

**Can my child bring personal technology such as cell phones, music players, e-readers, etc?**

Camp is a place to build positive relationships with those around you. Internet enabled technology significantly detracts from personal, face-to-face interactions. **Cell phones and Internet enabled devices are not allow at camp and will be confiscated.**

Ipod minis/shuffles and other non-internet enabled devices are excellent alternatives and fit well into camp life. Small, non-internet enabled electronics can only be used in the camper’s bunk, during minucha (rest time), early morning, or just before bedtime. Camp is not responsible for lost or broken electronics.

**What does camp do in severe weather?**

Herzl Camp staff are well prepared for all situations. In addition to weather radios and radars, we also have an effective communication plan to ensure that all staff are notified when severe weather is on its way. Once notified, campers and staff gather in our state-of-the-art storm shelter in the basement of our Beit Chai.

If camp is experiencing severe weather, **do not call** our summer office. It is imperative that we remained focused on the safety of our campers. You will receive an email update from us once the weather passes.

**Can I visit my child at camp?**

Herzl Camp holds two visitors’ days – one before camp starts so you and your camper can check out the facilities and get comfortable with camp and one in the middle of the summer. These dates are **Sunday, June 1** and **Sunday, July 27, 2014**. Watch your e-mail for more details.

**I don’t see my child in photos, can I call and request that they be photographed?**

The short answer is no. Our photos are meant to give you a taste of camp and a way to have good conversations with your child when they return home (i.e., “I saw tug-of-war in the photos - did you do that?”). Not every child will be photographed each day or even each week; however this does not mean that your camper is not having a good time. Your child is at camp to learn, grow and become independent.  Their time at camp is also your time to rest and recharge and enjoy life.  Don’t waste it in front of a computer screen searching for photos of your child.

**What if I am going out of town while my child is at camp?**

If you will be away for work or vacation, even if it is only for a day, please make sure that we know how to reach you in case of an emergency.

**Can I send over-the-counter medications for my child to keep in his/her cabin?**

Do not send these medications with your child. Campers are not allowed to keep any medication in their cabin. For occasional aches and pains or colds, our Marpeah (Health Center) keeps a supply of pain relievers, cough and sore throat medications, ear drops, etc. With your permission, we can provide these medications to your camper when needed. To give us permission, sign the “Standing Order” section of your child’s medical form.

If your child takes an over-the-counter medication **on a daily basis**, you must register with our pre-packaged medications service. They will dispense and label the medication so that it can be safely and accurately dispensed to your child while at camp. Refer to Page 10 for details.

**Does my child need a physical every year?**

No. The American Camp Association and Herzl Camp require a physical every two years. We do, however, require a signed **Physician Waiver form** every year to ensure that your child is fit for camp activities. This form can be found in this packet. Please send it to your Physician for signature and return to the Herzl Camp office by May 1, 2014.

**Do I have to label my child’s belongings?**

Yes.  If something is lost and doesn’t have a label, it will be donated as soon as camp ends.  If there is a label, the item will be brought back to St. Louis Park where you may retrieve it from the Lost and Found.  Labels MUST include your child’s first and last name.  First name only will be donated as though it had no label.  Last name only may be brought to Lost and Found depending on the judgment of our staff.

**What if my child loses or leaves something at camp?**

Be sure you clearly label all your campers belongings with their first and last name. We’ll do our best to return labeled items. **If there is no label, it will be donated to a local charity.** Those with clear labels will be kept at our business office and kept until **September 1, 2014**. After September 1st, all unclaimed items will be donated.

**What should my child wear for Shabbat?**

Shabbat is the most important day of the week at Herzl Camp. One way we set the day apart from the rest of the week is by what we wear. Everyone wears WHITE (not khaki) clothing, **on Friday nights**. Typically, campers wear T-shirts, shorts, button downs, pants or skirts. Herzl Chanut has Shabbat Whites for sale. You can buy them during the summer or at Chanut Online: [www.herzlcamp.org](http://www.herzlcamp.org). Pack enough whites for each Shabbat your child will be at camp. On Saturday mornings, we do not wear whites.

**What is Shabbat like at Herzl Camp?**

We alter our schedules to create a more reverent mood and accentuate the differences between Shabbat and the rest of the week. On Shabbat, campers do not attend their regular activities but instead have a chance to do something new or different with their cabinmates. Stereos are not used, the camp office is closed, and relaxing and rejuvenating activities are planned. It is a beautiful and restful day.

However, if your camper is ill or injured on Shabbat, we will call you as outlined in the Health and Safety section of this packet. Additionally, if you have an emergency at home on Shabbat, please call our camp office. We check the messages periodically during Shabbat and will return your call as soon as the message is picked up.

**What if my child needs tutoring for his or her Bar/Bat Mitzvah**?

If your child’s Bar/Bat Mitzvah is scheduled prior to December 2014, you may request Bar/Bat Mitzvah tutoring. Fill out the request form online along with your other summer forms. Campers should bring their own copies of prayers, Torah and haftarah readings, and recordings. Make sure to mark these items with your child’s name. No new materials will be taught, but staff will review skills requested, 2-3 times per week.

**Will my child have to swim?**

Yes. On the first day of camp, all campers are tested by certified instructors for swimming ability. Some waterfront activities require swimming competency to ensure the safety of the participants. If a child wants to be retested, she/he should talk to the Waterfront Director.

***Sample Daily Schedule***

This is an example of a typical day at Herzl:

7:30     Boker Tov/Wake up

7:55     Flag Raising

8:10     Breakfast/ Med Call

9:40   Cabin Clean Up/ Health Call at Marp

10:10     Services/Judaic learning

11:10    Chug Aleph/Activity Period 1\*

12:20     Lunch, Singing/ Med Call

1:25     Minucha/Rest Time

2:30    Chug Bet/Activity Period 2\*

3:38     Snack

3:50     Chug Gimel/Activity Period 3\*

5:00     Scheduled rotation of Cabin Time/Shower Time

6:30     Flag Lowering

6:45     Dinner/Med Call

8:00     Free Time

8:30     Evening Program

9:15-45       Lights Out (varies by age)

\*Taste of Herzl follows Chug rotation as a cabin group.

TRIPS OUT OF CAMP

Several programs take trips out of camp. All trips are overseen by our Tripping Staff and/or Program Directors. Campers and staff are transported to and from the trip via school bus driven by licensed bus drivers or camp van.

To build excitement, we do not announce the dates of any trips before the campers are notified. You will receive an email from your child’s Program Directors after the trip providing details of the experience. If you learn about a trip before it occurs, we ask that you do not alert your camper via mail. Rather ask your child about their trip when they return home. It’s bound to be an exciting story!

Appropriate camp behavior is expected on all out of camp trips. If a camper breaks a camp rule while out of camp, they will be brought back to camp and will not be allowed to participate in subsequent out of camp activities.

***Mark your Calendar!***

**New Camper Webinar** - Parents and campers join our online presentation to prepare you for camp. Time for your questions is included. Sign-up information will be sent via email.

* + Wednesday, May 7 from 4:00-5:00 pm Central Time
	+ Thursday, May 8 from 6:00-7:00 pm Central Time

**New Camper Open Houses** - Two opportunities for campers and parents drop in and visit with our staff at our St. Louis Park office (7204 W 27th Street, Suite 226 in St Louis Park).

* Monday, May 12 from 3:30-7:00 pm Central Time
* Tuesday, May 13 from 3:30-7:00 pm Central Time

**All forms due!**  May 1, 2014

**Camp Tour Day** Sunday, June 1 from 1-3 pm Central Time

**Visitors Day** Sunday, July 27 from 2-5 pm Central Time

**Family Camp** Thursday, August 15 – Sunday, August 18

***Program Dates – easy reference!***

**Program Name/Grade Luggage First Day Last Day**

 **Drop-off**

Taste of Herzl (entering 3rd-4th) Sun, June 15, 3-5 pm Mon, June 16 Sun, June 22

Noar (entering 4th-5th) Sun, June 15, 3-5 pm Mon, June 16 Sun, June 29

Tzofim (entering 7th-8th) Sun, June 15, 3-5 pm Mon, June 16 Mon, July 14

Teva Trek (entering 10th-11th) Sun, June 15, 3-5 pm Mon, June 16 Mon, July 14

Ha’atid Aleph (entering 5th-6th) Mon, June 23, 5-7 pm Tues, June 24 Mon, July 14

B’yachad (entering 10th) Mon, June 23, 5-7 pm Tues, June 24 Thurs, August 7

Kadimah (entering 9th) No early drop off Tues, July 1 Thurs, August 7

Ha’atid Bet (entering 5th-6th) Tues, July 15, 5-7 pm Wed, July 16 Thurs, August 7

Yesod (entering 7th) Tues, July 15, 5-7 pm Wed, July 16 Thurs, August 7

Habonim (entering 8th) Tues, July 15, 5-7 pm Wed, July 16 Thurs, August 7

***Bus drop-off and pick-up times***

Every program’s first day departure time is 12:00 pm Central Time at Beth El Synagogue in St. Louis Park. Buses will leave promptly at 1:00 pm Central Time.

Most program’s last day pick-up time is 11:00 am Central Time at Beth El Synagogue in St. Louis Park. Taste and Noar pick-up time is 4:00 pm CT.