



a summer of fun, a lifetime of memories

SABRA PARENT HANDBOOK

Dear Sabra Family,

Thank you for choosing Sabra for your family. We are proud of the programs, facilities and staff at our summer home, and we plan to give our campers the summer of a lifetime!

This Parent Handbook will help you to prepare for your summer at Camp Sabra, so please read with care the information that we have provided for you. If you have any additional questions or concerns, please don't hesitate to contact our winter or summer office.

The better prepared you are, the better we can serve your family! Again, thank you for choosing Camp Sabra.

Terri Grossman, MSW
Director, Camp Sabra

A note about your child's arrival at camp: you will receive an automated call from camp when the busses arrive at camp. We want to make sure that you know that your child arrived safely!

Checklist: Preparing for Camp!

___ Read the Parent Handbook (thank you!)

Download from campsabra.com, sign and return to winter office:

___ **Health form**

___ **Asthma Action plan (if applicable)**

___ **Camper Information form / Divorced or Legally Separated Info**

___ **Conduct Policy**

___ **Camp Sabra Application Release**

___ **Bunking Request Card**

___ Fees paid by April 1, 2010 (session 1) or May 1, 2010 (session 2)**

___ Read the Bunk1 letter to find out how to access email for 2010

___ **Read Medicine info and order prescription meds from CampRX - mandatory**

IF ALL REQUIRED FORMS ARE NOT RECEIVED WE CANNOT ALLOW YOUR CAMPER TO BOARD THE BUS TO CAMP – NO MONIES WILL BE REFUNDED.

** Camp Fees Must be paid in full by due date (unless other arrangements have been made with the St. Louis JCC or Sabra office). No camper will be allowed to board the bus or attend camp if an account is not paid in full or payment schedule has been arranged. If you have questions, please call the Camp Sabra St. Louis office.

Family and Camper **FAQ**

Activities

There are different types of activities at camp. These include;

- Focus – these are activities that your camper will choose on her/his own. There are two of these each day, in the morning, and they last for 3 days.
- Cabin – these are activities that your camper will participate in with her/his cabin mates. They are scheduled in the afternoon, two each day.
- Evening – These are activities that the Unit group does together after dinner.
- All Camp – These are exciting events such as Maccabia (color war), Shabbat and others that the entire camp family participates in.

**We encourage campers to try each and every activity that is offered at camp. No one is ever forced to do so, but they must be in attendance at all scheduled activities.

Birthdays

We celebrate birthdays at camp with the whole camp family singing a special Sabra birthday song, a cake for the birthday camper's cabin group and plenty of ruach from the Sabra staff!

Bugs

Camp is located on 361 naturally wooded acres, so there are definitely bugs! We ask that your camper be sent to camp with bug repellent, and staff will remind the campers to apply it regularly. This applies to sunscreen as well.

Bunking Arrangements

- Bunking groups are divided between 4-week campers, 2-week campers and 1-week campers as well as by grade level.
- Bunking groups are determined by the Camp Director. Your camper can make 2 requests, and one mutual request will be honored (or you will be notified).
- Bunking requests must be received in writing by due date.
- If you have special concerns, please contact the Camp Director by May 1st, 2010.
- Remember that all children in the same unit will eat meals and spend time together in the evening. Also, they are offered the same Focus choices and can attend those together.
- We will not make bunking assignments public prior to your camper's arrival at camp.

Clothing

Your camper's luggage and individual belongings should all be clearly labeled with a name. Please do not send expensive clothing to camp. We cannot be responsible for their condition upon the return home. See Packing Lists on page 8 for more information. **WE DO NOT ALLOW FLIP FLOPS, HIGH HEELS, OR OTHER SHOES DEEMED UNSAFE ON GRAVEL ROADS.** Remember that Croc type clogs may be good water shoes in the city, rocks can and will get in the back of the shoe and can cause injury to your child.

Daily Schedule

After wake up and breakfast together, campers clean their individual cabins. Next they are off to their own individual focus activities (2) before lunch. After lunch and a lively song session, campers return to their cabins for rest time before they participate with their cabin mates in the two cabin activities they have been assigned. After dinner and a song session, each unit group participates in their creative evening activity together. Lights out for Sharone/Golan is at 9:30pm, 10:00 for Almagor/Ayelet and 10:30 for the Habonim Campers. At least one staff member is in the cabin from lights out until wake-up.

Electronics

- Cell phones – **WE DO NOT ALLOW CELL PHONES AT CAMP.** While we understand your concern for your child, we believe that our safe and nurturing environment is best served without cell phones.
- **If your camper’s gaming device has cellular capabilities, we will confiscate the device.**
- **If your camper’s MP3 has cellular capabilities, we will confiscate the device.**
- **Camp Sabra will not be responsible for any electronics that are lost/stolen/broken or have been confiscated.**

Homesickness

Everyone feels a bit anxious and lonely when they first arrive at camp, even the grown-ups.

If you prepare, together and ahead of time, how to deal with that loneliness, your camper will have a better chance of getting over those feelings quickly:

- Make a plan to deal with lonely feelings (talking, getting busy, reading, etc)
- Empower your camper - it will pass and s/he can deal with it
- **NO BARGAINS** – what your child hears when you make a “if you don’t like it....” bargain, is “I don’t think you can do this....”
- Set up activity goals: talk about those activities that s/he is most excited to learn and do

You can call the office, director or assistant director if you have concerns. Remember, by the time you have received your “homesick blues” letter, your child may have moved on. We will make every effort to get back to you ASAP, usually in the evenings.

Laundry

Camper’s laundry is done by a service outside of camp. We cannot be responsible for items lost or damaged in the laundry process, so do not send expensive items. Laundry will be done 3 times for four week campers (Masada being the exception @ 2 times), and 2 times for two week campers. One week campers will not have laundry service. Laundry is returned to your campers two days after it is sent out. Please provide your camper with two mesh laundry bags.

For soiled sheets, we ask that the counselors discreetly change these when the campers leave the cabin. These will be done the same day at a machine in camp.

Mail - Writing Your Camper (see helpful hints on page 6)

Mail is very important at camp. Whether you email or write, please do often! Our postal service is a rural service far from the city; please be patient, letters often take a bit longer that you might be used to.

- Send regular mail to:

NAME OF CAMPER C/o Camp Sabra 30750 Camp Sabra Road Rocky Mount, MO 65072
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Girl’s or Boy’s Village – Unit and Cabin # (if known)

- Please see flyer with Bunk1 information to learn how to email your camper.
- **Packages – We do not accept any edible products. Packages are opened with your child present, and edible products, including gum, will be confiscated from your child.**

Mealtimes

At mealtimes, the entire camp family joins together in our dining hall to eat. We serve kosher meals, and a salad bar is available at lunch and dinner. We also have soy nut butter, jelly and bread available at all meals (no peanut butter or products with nuts will be served). Snacks are given out twice a day, once in the morning, once in the afternoon.

Medical Information

- **Medical Care** – If your child requires medical care at camp, we have nurses and a doctor on site all summer.
- **Phone calls** – Our medical staff will not call you with routine medical issues such as bruises, bumps and bug bites and most over the counter meds (i.e. Advil). However, if an overnight stay, off-campus medical attention, a regimen of prescription drugs, dental or orthodontic work or other non-routine measures are called for, one of our medical team will call you.
- **Prescription Meds – For the safety of your camper, we require that all prescription meds be organized and sent to us via the CampRX service (camprx.com)**
- **Over the counter meds** – You must have a physician’s signature or “consent to treat release” for any over the counter medications your child will take at camp. Some of these can be organized through the CampRX service.
- **Your child MUST HAVE A CURRENT MEDICAL FORM FILLED OUT BEFORE S/HE WILL BE ALLOWED TO ATTEND CAMP.** If we do not have a current, completed form, your camper will not be able to board the bus to camp, and no refund will be given.

Phone Calls

We do not allow campers to make or receive calls while they are at camp. If you have a concern, please call the **office (573) 365-1591** during regular working hours. You can call the **director’s cell phone at (314) 581-9824**, but please do not call after 10pm or before 8am unless it is an emergency.

Photos of your camper

We will post photos on our website. Our major concern at camp is your child’s well being, so photos cannot always be the priority. Please be patient, we know how much it means to see a photo and we are doing our best to be timely and all inclusive. You can access photos on our website by entering the **username: campsabra** and **password: 2010**

Please note our photograph policy on page 7.

Spending Money

- All of our campers go to Big Surf, and can spend extra money if they would like. We suggest \$10 if you would like to send extra money (we do provide a meal and \$3 per child).
- If your child is in Sharone, Golan, Almagor or Ayelet, you have no need to send any other money. Our Habonim campers do go on a few out of camp trips...and while there might be an opportunity to visit a food vendor or gift shop, we will always provide meals, and they do not need any extra money.
- If your camper is in Masada, please see the Masada Packing List for spending money suggestions.
- **Camp Sabra will not be responsible for any money that is lost or stolen.** Staff will ask your camper on their first day for any cash, and this will be kept locked in the office.

Staff

Terri Grossman, Camp Sabra Director, began her Sabra career as a camper in 1971. She has been a camper and counselor in Sharone, Ayelet, Habonim and Masada! She returned to camp in 1994 as Assistant Director for four summers while she earned her MSW at Washington University. Terri left us in 1997 to become a full time mom to daughter Lee, but returned as Director in 2008 full of that Sabra Spirit!

Mitch Morgan joins the Sabra team as Assistant Director. Mitch has a long history with Camp Sabra starting as a camper back in 1988 and on to counselor, programming coordinator, Masada counselor, area director and Masada unit head. He is a graduate of the University of Missouri, Columbia and is a die hard Mizzou Tigers and Cardinals fan.

Bebe Morgan has worked at the St. Louis JCC since (1996) and joined the Camp Sabra team in 2006 as our registrar. Bebe works in the St. Louis office registering campers, answering parent questions and keeping the ship afloat all year.

Todd Witzman joined the Sabra family as Caretaker and Facilities Manager in 2003 and keeps our camp in top shape year round. Todd lives at camp year round and takes care of our facilities!

Diane Buchanan has been with Sabra in our transportation department since 1987 and became Transportation Director in 1995. She gets all of our campers to and from Sabra safely; her expertise is an invaluable part of our summer experience.

Peggy Jones, Summer Office Manager since (1996) runs a tight ship. In managing the administrative tasks of camp, including all of our snail mail, packages and email communications, Peggy is an organizational force of nature.

Julie Gibbs is on board at Sabra as a Development Associate, dedicating her efforts to raising money for Camp Sabra, along with creating a vibrant Sabra-Hawthorne-Wah Kon Dah Alumni Association. She comes to Sabra with 15 years of development and marketing experience from United Hebrew Congregation and the Saint Louis Symphony. Julie has become a big fan of Sabra through her kids, and, like Mitch, is a diehard Mizzou fan as well!

Swimming

Your child will be required to pass a deep water test in order to participate in any water activities on our lake (water ski, sail, canoe, etc). This test will include the ability to swim 2 laps without stopping and a 3-5 minute tread.

Sunscreen

We consider sunscreen application a priority at camp. Campers should arrive at camp with their own sunscreen. Additionally, we have “sunscreen stations” at most areas (each contains a bottle of sunscreen & is faced with a mirror for application), and our staff are trained to check in with campers to remind them to apply and reapply. This applies to bug repellent as well.

Tipping

In keeping with our philosophy of serving all children equally and in accordance with the standards of the American Camping Association, we have a no tipping policy. A complimentary letter or donation in honor of a staff member to the JCC Camp Sabra Scholarship fund would be ample reward for our talented staff. Donations to our scholarship fund allow us to provide a great Sabra experience for children who would not otherwise be able to afford it.

Transportation

****Travel and luggage information specific to your departure city will be sent out separately.**

Coach busses will be used to transport campers from St Louis, Kansas City and Memphis. Busses depart from the JCC. Sabra Staff will ride on busses with the campers.

We will assist in arranging transportation from other cities.

Campers are welcome to bring electronic games for traveling, though we do limit their use at camp. Food can also be brought along to travel with, but we cannot allow it to be brought into the cabins; it will be disposed of upon arrival at camp.

Writing Emails to and from Camp

You can write emails to your child via our Bunk1 service. This is free to you, though there are some extras you can purchase if you choose to. Please click on the “Camper emails and photos” on our website (campsabra.org) to find out more. Campers can respond to you via a bunk reply, please see the Bunk1 information for specifics.

Your child will not have access to a computer at camp.

Writing to and from home

Top 10 things you need to know

- 1) WRITE OFTEN!!! Getting mail is a highlight of your camper’s day, regardless of how often they write back or how old they are!
- 2) NO FOOD PRODUCTS ALLOWED! Animals that live in our natural surroundings will find a way to enter your camper’s cabin if there is food inside.
- 3) Your child will be asked to write home once a week.
- 4) Send puzzles, games, books, but nothing expensive, please.
- 5) If your child has expressed homesickness in a letter, don’t panic. This is normal, for both new and returning campers.
- 6) DON’T SAY: “I miss you”, “Are you okay?”, “Your friends/family miss you”, “Try harder”.....
- 7) DO SAY: “I love you”, “I am so excited for you”, “I bet you are learning to.....”, “I am so proud of you for....”, “I remember that you were so excited about...”, etc. Always be upbeat!
- 8) Write often.
- 9) Write often.
- 10) Write often.

Camp Sabra Policies

CELL PHONES

The possession and use of cell phones by campers is prohibited at camp. We will confiscate any phones or cellular device and are not be responsible for lost, broken or confiscated equipment.

CANCELLATION

1. In accepting an enrollment, the camp reserves a place for the child. If, for any reason, the enrollment must be cancelled, the camp must be advised of this in writing.
 - a) Cancellations before March 1, 2010 - \$150.00 non-refundable deposit.
 - b) Cancellations after March 1 to April 15th, 2010 – 50% tuition reimbursed
 - c) Cancellations after April 15th, 2010 – No reimbursement
2. After a place has been reserved, the child shall remain at camp until the end of the period. As determined by the camp administration, there will be **NO PRO-RATED OR FULL REFUND** if a child leaves, or is sent home, before the end of the period for which he/she has been registered.
3. Cancellations of camp for reasons other than medical within 7 (seven) days of the start of the session will result in forfeit of camp tuition and deposit.

CONDUCT POLICY

At Camp Sabra, we strive to create a caring community, helping children to live and work together in a manner that emphasizes respect for self and others. At camp, children can learn independent living skills and develop social skills that will generalize to their life outside of camp. Toward this endeavor, our Camp Sabra Conduct Policy is aimed. **PLEASE CAREFULLY READ OUR CONDUCT POLICY WITH YOUR CAMPER, AND USE IT AS A PLACE TO DISCUSS RESPECT FOR SELF AND OTHERS.** This form must be signed before your camper will be allowed to be a part of our camp community. The form is due by May 1st.

FOOD AT CAMP

We live on a wooded peninsula, full of wildlife. Animals, from mice to raccoons, and bugs will enter your camper's cabin in order to get food kept inside. They will enter your camper's cabin if there is food or food products such as gum, in the cabin. Camp Sabra provides three meals a day and an afternoon and evening snack. **WE DO NOT ALLOW FOOD IN THE CABINS AT CAMP, PLEASE RESPECT OUR RULE SO THAT WE MAY KEEP YOUR CHILD'S CABIN FREE OF ANIMALS.**

GRAFFITI

Respect for property is an important part of group living. Writing on either the interior or exterior of our buildings and grounds is not permitted. Campers who choose to deface our camp in such a manner may be sent home, and the camper's family will be billed according to repair costs (minimum of \$25).

PHOTOGRAPHS

Camp Sabra is hereby granted permission to use any individual or group photographs taken at camp showing campers in camp activities for public relations purposes such as Camp Yearbooks, brochures, the JCC Journal, etc. This also includes the use of photographs for our website. There will be no use of personal information (such as names).

PACKING LIST – keep it simple & label everything!

	<u>4 week</u>	<u>2 week</u>	<u>1 week</u>	
___ Light Blanket	1	1	1	<u>TOILETRIES</u>
___ Twin sheet set	2	2	1	___ toothbrush & toothpaste
___ Pillow	1	1	1	___ comb and/or brush
___ Pillow case	2	2	1	___ shampoo & conditioner
___ Shower towel	4	4	2	___ deodorant
___ Beach towel	4	4	2	___ tote to carry toiletries
___ Shorts	9	9	4	
___ Jeans	2	2	1	
___ Sweats	2	2	1	
___ T-shirts	14	14	8	
___ Long sleeved shirt	2	2	1	
___ Sweatshirt	2	2	1	
___ Shabbat clothes**	2	2	1	
___ Underpants	14	14	8	
___ Socks	12	12	8	
___ Pajamas	3	3	2	
___ Bra (sport/regular)	5/3	5/3		
___ Swimwear	3	3	2	
___ Sunblock				
___ Bug repellent				
___ water shoes				
___ closed toed shoes				
___ White items for tie-dye (socks, t-shirt)				
___ Poncho/rain jacket				<u>OPTIONAL</u>
___ Light jacket/windbreaker				sport equipment (racquet, ball glove)
___ Water bottle				book(s)
___ Sierra cup & mess kit				playing cards
___ Flashlight with extra batteries				Swim goggles
___ Backpack/sport bag				Sunglasses
___ Sleeping bag				Camera (inexpensive, please)
___ Ziploc/Tupperware for batteries & stationary				musical instrument
___ Battery operated fan (to clip on to bunk)				Bathrobe*
___ Stationary with stamps				

NO KNIVES, INCLUDING SWISS ARMY KNIVES, ARE ALLOWED

*shower house is outside of the cabin

**casual dress or khaki shorts (Shabbat is very casual) and a polo type shirt

Masada and Older Habonim campers will receive a separate list by email. Both of these units require additional outdoor/camping/hiking equipment as part of their program.

In all cases, we recommend you not buy or send expensive clothing or equipment to camp. We cannot be responsible for lost/stolen/damaged goods.