



HASHOMER HATZAIR -
CAMP SHOMRIA CANADA

Parents' Manual

Inside you will find all
the information you
need to know in
preparation for your
child's upcoming
summer at camp!

Mosh
Kayitz
2016

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This Parents' Manual has been designed to include what you need to know to prepare your child to enjoy a wonderful summer experience with us at Camp Shomria.

For generations, Hashomer Hatzair has provided youth around the world with meaningful educational programs, overnight camping trips, waterfront activities, and a variety of interactive experiences, all in a kibbutz-style atmosphere. Camp Shomria continues these traditions and fosters the growth of life-long friendships, leadership skills, and the development of deep ties to the Jewish community and the State of Israel.

This manual contains important and useful information about our camp, its programs and activities, and its educational philosophy. You will also find information about preparing for *mosh kayitz* (summer camp), including transportation, visiting on Parents' Day, and camp policies and procedures. Please read the enclosed information carefully.

Camp Shomria is an accredited member of the Ontario Camps Association (O.C.A.). Camp Shomria adheres to the O.C.A. guidelines and standards and regularly reviews its operation and procedures with an ongoing responsibility towards making improvements.



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Camp Shomria

Camp Shomria reflects the basic principles of the Hashomer Hatzair Youth-Movement ideology. Central to this is the idea of youth leading youth. As *chanichim* (campers) and *madrichim* (counsellors) grow through their years at camp, they are encouraged to become increasingly independent and demonstrate greater responsibility for themselves and others. As such, older chanichim and madrichim are expected to continually function as role models, setting an example for those who are learning from them. This ongoing educational process is fundamental to the Camp Shomria experience, and is part of the reason we are well known as one of Ontario's greatest Jewish camps in developing leadership from a young age.

As a Youth Movement we place a great focus on empowering our campers to make decisions and take on new projects, hobbies, and areas of interest both as individuals and as part of a collective group. Eventually as campers develop particular skills we provide opportunities for them to lead their peers and contribute to the overall camp experience, while developing their leadership abilities by being active in teaching their skills and interests to others within the camp. Our staff are not only great teachers of the programs and activities they run, but they are also some of the best facilitators in teaching youth to become great leaders themselves.

Programming

We offer ongoing structured programming in the following areas: Swimming, Sports, Music, Drama, Arts & Crafts, Tzofiat (*building with logs*), Environment and Sustainability, Canoeing, Tripping, and Recreational Swim. Our programming is often tied together through the exploration of themes such as Jewish identity, culture and history, Social Justice, conflict resolution and coexistence, Zionism, etc.

This year our Second Session will be structured around the Project-Based Learning model. During the fourth week of camp, campers will be choosing one of various options for a project that they would be interested in working on and doing during the week alongside peers from various ages. These mixed-ages groups will work together on their project with madrichim. The last week of camp we will be wrapping up the season with special days such as Ottawa Day, Perth Park Day, etc.



Hashomer Hatzair Principles that guide our programming:

- *Avodah Atzmit* (self-labor) – chanichim are engaged in activities that demonstrate the importance and value of working to maintain their own environment. For example, each *kvutzah* (group) is given a daily chore. This includes picking up garbage, watering the camp flowers and trees, serving food, and washing dishes. It also involves keeping their own *tzrifim* (cabins) tidy.
- *Chevrah* (living as part of a group) – chanichim and madrichim are encouraged to develop a sense of social responsibility and the ability to live as part of a group.
- *Shituf* (cooperation) – Camp Shomria encourages the ideals and practices of cooperation and sharing. For example, each kvutza has a *kupa* (communal fund), which is used for extra activities or purchases that the group decides on together. In this way, all funds are shared equally within the kvutzah.
- *Tzofiat* (scouting and physical fitness) – our program is designed to foster physical fitness, love of the outdoors, self-reliance and sportsmanship. Our diverse programming includes sports, swimming, hiking, tripping, and camp skills and crafts.
- *Ivrit* (Hebrew) – Israeli culture and Jewish values are central to life at Camp Shomria. Discussion groups, holiday and Shabbat celebrations, special programming, Hebrew songs, and Israeli dances help keep the culture and identity alive. No previous knowledge of Hebrew is required in order to enjoy camp!
- *Chinuch* (education) – a major part of our program involves informal discussions and activities that provide chanichim with an understanding of historical and current issues in order to help them develop into socially conscious members of the Jewish community. We place special emphasis on teaching about the realities of modern day Israel, the ongoing struggle for peace in the Middle East, and Canadian perspectives on support for Israel.
- *Keif* (fun) – Fun is a large part of Camp Shomria. Education, social development, and the formation of lifelong friendships all take place in an atmosphere that encourages chanichim to try new activities, learn new skills, and enjoy themselves.



Transportation To Camp Shomria

Buses transport all chanichim who travel from/via Toronto. Chanichim traveling from other locations must make individual arrangements. Please inform Camp Shomria as soon as possible if your child will not be taking the bus to or from camp.

The buses will depart from:

Toronto
<p>Prosserman JCC (4600 Bathurst St. Toronto ON.) Sunday, July 3rd, at 11 a.m. SHARP (please arrive by 10 a.m) <i>(Lower parking lot – left of security booth)</i></p>

For the Toronto Bus, it is essential that you arrive at 4600 Bathurst St. by 10 a.m. at the latest, so we can complete registration and leave on time. The camp day begins as soon as your child arrives.

If your child misses the bus, you must make your own arrangements to get your child to camp.

Please provide a bag lunch for your child to eat en route on the day of departure, as our buses will not be stopping for a snack on the way to camp.

Transportation for the Final Two Weeks at camp

As always, if your child is coming to camp on July 24th, please note that this is Parents' Day for first session and the first day of camp for 2nd session. As such we ask that you bring your child to Camp Shomria directly. Please plan to arrive at camp after 10 am on the 24th, and note that 2nd session will officially start at 4:30 p.m.



Departure from Camp Shomria

Picking up your child after their session ends:

- The **Shoresh Program** concludes on July 10, 2016. Please plan to pick up your child at camp between 11:00 - 12:00 p.m.
- The 3 week session concludes on July 24, 2016 at which time we will be having our Parents' Day (Details on page 16).

If someone other than a parent is picking up your child you must let the Shaliach or Rosh Mosh know about this arrangement in writing. Please include the name and contact phone number of this person in writing.

All others:

The buses will be departing from: Camp Shomria in Perth on Sunday, August 7, 2016 at approximately 10:00 a.m.

Approximate arrival time in Toronto: 2:00 p.m.

We will be sending you an automated text message upon our departure with an update on the scheduled arrival time based on any delays.

Please advise the Shaliach in writing if your child will not be going home on the bus. You must also include (in writing) the name of the person who will be picking the child up as well as a contact phone number.



Clothing List

Your child's clothing gets a lot of wear and tear at camp. Regular serviceable clothes are recommended. Our social and Shabbat functions at camp are simple and relatively informal. Please do not send expensive clothing with your child. The camp cannot assume responsibility for loss or damage of clothing. The following is a general packing list based on a ten day usage, after which time laundry will be done:

Clothing and Linens

2 Blankets	5 Sweatshirts/sweaters
2 Pairs sheets + pillow cases	12 T-shirts
1 Pillow	5 Long sleeve shirts
1 Sleeping bag	1 White shirt for Shabbat
6 Towels	1 White pants/shorts for Shabbat
4 Wash clothes	1 White shirt for tie-dying
1 Bath robe	1 Raincoat
12 Pairs of socks	1 Pair of hiking shoes/boots
12 Pairs of underwear	1 Pair of sandals
3 Pairs of pyjamas	1 Pair flip-flops
3-4 Bathing suits	1 Pair of rain boots
5 Pairs of pants	1 Pair of running shoes
5 Pairs of shorts	

Toiletries

(include as needed)

1 Bag/basket for toiletries	Loofah
2 Toothbrushes	Face wash
Toothpaste	Deodorant
Dental floss	Moisturizer
Brush, comb	Feminine hygiene products
Shampoo	Shaving supplies
Conditioner	Nail scissors/clippers
Body wash	

Other mandatory items

1 Mess kit (include a plate, bowl, cup, and basic cutlery)	2 Sun hats (not visors)
1 Backpack	2 Nylon mesh 24" x 36" laundry bags
2 Canteens/reusable water bottles	1 Dry sac (large, for canoe trips)
1 Pair of closed-toed water shoes	Camera (optional)
1 Flashlight (with extra batteries)	lip balm
2 Bottles of insect repellent	Sunglasses (if desired)
2 Bottles of sunscreen	Toothbrush case
Stationary, stamps and envelope	Mosquito net to hang over bed

All articles must be labelled with your child's name. Camp Shomria cannot be held responsible for lost items.



Packing Instructions & What Not To Pack

Each camper's clothing and belongings must fit into one or a maximum of two duffel bags.

Any electronic devices such as iPods, iPads, and other valuable items are strongly discouraged as they are often damaged, lost or become a safety concern. Please encourage your child to leave these items at home.

Hashomer Hatzair cannot be held responsible for loss or damage to personal items.

Cell phones, electronic games and other disruptive devices are not allowed at camp. If your child brings them to camp, they will be taken from campers and returned at the end of the session.

Roller blades, scooters, bikes and skateboards are not permitted at camp.

We ask that chanichim do not bring “teen magazines” to camp with them (ex. Cosmo, Seventeen, Maxim, etc). These often encourage a negative self-image and can be destructive for gender dynamics.

Chanichim are encouraged to bring a baseball glove (and any other sporting equipment they might want to use), cameras and musical instruments, which can be kept in our locked music room. If your child likes to take photos, please send them with a camera as we do not allow the usage of cell phones

Please do not send valuable articles of any sort to camp. Camp Shomria is NOT responsible for any damage to, or loss of, your child's property under any circumstance.

Lost and Found

To try to reduce the amount of lost clothing, please label every item sent with your child to camp. Misplaced belongings that are located will be returned on a continuous basis to their owners during camp and there will also be a Lost and Found table set up on Parents' Day for the parents to look through so they can reclaim those items that belong to their children. There will not be a Lost and Found evening after camp is over.



Health and Medical Information

The online Camp Shomria Medical Form (accessible through your account) must be completed and submitted by a parent or guardian as soon as possible. In addition, you are required to upload a scanned copy to your account of both your child's OHIP card and signed medical waiver.

Chanichim will not be allowed to attend camp unless a 2016 Health Form has been submitted. Forms are due on the online platform on or before May 23rd. Once forms have been submitted, it is the parent's responsibility to notify us of any/all changes that occur in their child's health.

Please read the introduction at the beginning of the Health Form carefully. Instructions for correctly completing health form are clearly detailed there. The form is a record of conditions, illnesses, disabilities, allergies and special considerations that affect a camper. This must include most recent immunization (with dates) and specific prescriptions/orders for medications, treatments or special procedures and care. It should also include strategies that are used at home for dealing with known health, social-emotional or behavioural issues. **The information must be complete.** This form enables Camp Shomria to offer better care for your child.

The information will remain confidential. It will be kept as a locked file by the camp medical personnel and shared with Rosh Mosh, Shaliach and/or Madrichim only as is medically necessary.

Camp Shomria has an infirmary that is staffed by a second-year Medical Student and a third-year nursing student. Both the Perth Medical Clinic and the Great War Memorial Hospital are located in Perth and are only a few minutes from camp.

Please let us know if you have any questions or concerns.

Medication procedures

We will provide a cooler at the bus for medications to be transported to camp. **Please make sure any medication that your child brings to camp is clearly labelled in its original packaging and includes dosage instructions as necessary.** If your child has a health condition that requires



regular or occasional medication (e.g. asthma, migraine, etc.) please ensure that you send enough of this medication to camp with your child. Make sure that you advise the camp medical staff via the online Medical Form of any personal medications that your child may be bringing. All medication will be kept at the Mirpaah (*camp infirmary*) in a secure cabinet and children will be asked to go there for any medication even if it is to be self-administered. There will be no medication kept in the cabins.

Children who require an Epipen or puffers are required to bring 2 of their own: one to be kept on their person and one to be stored in the mirpaa.

Although our infirmary dispenses non-prescription drugs as required, parents will be responsible for reimbursing Camp Shomria for any and all prescription drugs specifically purchased for your child by the camp. As in previous years, we will gladly provide you with the original prescription receipts.

Parents of campers from outside Canada must provide a valid Visa or MasterCard credit card number and authorization to facilitate physician and/or hospital care. This way we can pay the doctor/hospital directly and you can then claim the cost on your insurance. Camp Shomria cannot pay for physician/hospital services on parents' behalf.

Camp Shomria can accommodate lactose-free and basic vegetarian diets. Please advise us if your child has these or other dietary needs. Please note that **Camp Shomria is NOT a peanut-free environment.**

All campers are required to be **checked for lice** in the week prior to camp. As we have done in the past, we will make arrangements for you to get this done at a time that is convenient to you. Details about when and where will follow. Please make sure to obtain a certificate of being lice free, as this is required upon check in at the buses on Departure day. It is also acceptable to bring documentation from a doctor, nurse, or other healthcare provider certifying that the lice check was negative.



Photographs & videos

At camp, many photographs and videos are taken of our participants. Unless you advise otherwise, we may, at our discretion, use some for news releases, documentaries, Camp Shomria marketing and promotional material, and publicity. We will upload photos to our website and Facebook Page as the summer unfolds and you should make sure to check it daily!

Letter Writing

Chanichim are encouraged to write home regularly. To help your child write home on a regular basis, please provide plenty of self-addressed, stamped envelopes. Younger Chanichim (grades 2 to 6) will be assisted in letter writing. Older Chanichim will be encouraged to write independently.

If your child writes home advising that he or she is homesick, please do not be alarmed. Many Chanichim are homesick at the start of the summer, and letters can take up to 3-5 days to arrive, in which time your son/daughter is likely no longer homesick. Feel free to contact the camp to check in if you do receive any news that seems alarming.

Children love to get letters at camp. Many parents choose to mail a letter several days before camp begins so that their child has mail early in the beginning week of camp. Here are some ways that may help to reduce homesickness:

- Keep your letters positive, upbeat and newsy.
- Don't remind your child of what they might be missing at home.
- Be careful not to use phrases like "I miss you terribly", or "the house is empty without you"
- Don't make audiotapes, as they can cause unhappiness and longing to go home.

Fax and e-mail

Camp Shomria has established a system for receiving and distributing a limited number of fax/e-mail communications to Chanichim. We are pleased to accept, print and distribute one e-mail or fax (**only on Mondays and Fridays, if we receive it by 10am**) from each camper's family.



Emergencies or special arrangements made via the Shaliach, or Rosh Mosh are exceptions. The camp will only mail physical letters from campers.

Shomria will not be e-mailing or faxing letters from campers to parents.
Please make sure to send your child to camp with stationary, envelopes and stamps so that they are able to write home. Please email your letters to letters@campshomria.ca

Telephone Calls

Experience has shown that speaking to parents, friends or family on the phone may trigger homesickness. Camper telephone communication to and from home will be limited to birthdays and emergency situations in consultation with the Medical Staff, Shaliach, or Rosh Mosh.

The camp will call parents if there are health or other concerns. We will also call at your request around concerns that you have identified.

Our Toronto office will be closed during the summer. In the case of **emergency** please contact our Shaliach- Uri Ron Amit at 416-816-5437.

Our camp office is open from 9:00 a.m. - 4:00 p.m. You may call the office at camp directly during and after office hours, however you may reach our answering machine (indicating that the camp telephone lines are in use). Please leave a message. Messages at camp will be collected on a regular basis during the day and at least once in the evening between 6 p.m. and 11 p.m. Unless it is an emergency, messages left on the answering machine after 6:00 p.m. will be answered the next day. Your child's Madrich/a or if appropriate, medical staff, Shaliach or Rosh Mosh will get back to you within 24 hours.

When you call the camp, the staff person who answers the phone may not immediately know the answer to your question or be able to address your concern. You may be asked to leave your name and a phone number where you can be reached by the appropriate staff member within 24 hours.



Kupa (communal fund)

In keeping with the philosophy of youth leading youth at Camp Shomria, we teach each other to work as a collective group and to share by maintaining social and financial awareness and responsibility. Each kvutza (grade/age group) pools the allowance that each camper brings, runs its own budget, and decides in a fair democratic manner how to best use its joint resources. The funds are only spent on activities special to the whole kvutza.

For Chanichim who are staying for the full five weeks, we suggest a contribution of \$30.00 cash to his or her respective kupa. The actual amount you send with your child is up to your discretion.

Waterfront

The waterfront is open for use only at designated times and only under the supervision of certified lifeguards. A "buddy system" is employed whenever swimming activities take place and O.C.A. standards are strictly adhered to by Camp Shomria. Chanichim are encouraged to participate in the wide array of waterfront activities including canoeing and swimming.



Behaviour, Conduct and General Rules

Chanichim are expected to be on the campsite at all times. Chanichim are only allowed to leave camp when the program requires it, and only when appropriately accompanied.

Alcohol, drugs, and tobacco are absolutely forbidden at camp. **Any camper violating this rule will be sent home immediately at the parents' expense and without a refund of fees.** We trust that this is clearly understood by all. Should any camper or parent feel that he or she will be unable to honour this rule, his/her application should be withdrawn immediately.

Campers who have been sent home because of drugs, alcohol or smoking will not be permitted back on camp premises for the rest of the summer, including Visitor's Day. These campers will be permitted to rejoin Hashomer Hatzair activities when the year-round programming begins in the fall at the Ken, and only after discussions between camp leadership and the family, and approval by camp leadership.

Camp Shomria reserves the right to send home at the parent's expense, and without a refund of fees, any camper who, in the opinion of the camp staff, is disruptive to his or her fellow chanichim. Parent(s) will be contacted by the Rosh Mosh, Shaliach or Manager of Operations to identify the problem, the attempted solutions, and to explain the decision to send a camper home. Sending someone home has been a very rare occurrence at Camp Shomria and is a last case scenario.

Anyone found to have damaged or destroyed camp property will be sent home at the parents' expense and without a refund of fees. Parents will also be held responsible for the cost of replacement or repair.

Items that can be dangerous at camp are forbidden. These include: pocket knives, switch blades, sharp instruments, weapons of any kind, water-guns (of any kind), laser pointers, lighters, matches, aerosol cans, or any other potentially dangerous items. These items will be confiscated.

Cellular phones, pagers, walkie-talkies, electronic games, televisions, or other disruptive items are not appropriate at camp. These will be confiscated and returned only at the end of camp. In addition campers are not to have pornographic or other inappropriate material. This type of material will be confiscated and not returned.



Parents' Day - Sunday July 24, 2016.

Camp Shomria will open its gates at 10 a.m. on Sunday July 24th. Please refrain from arriving before this time, as our gates will remain closed until then as we prepare the camp and your kids to welcome you.

If special family arrangements are necessary, e.g. divorced or separated parents who must not meet together, please advise the Shaliach who will assist you to make alternate arrangements for visiting. This should be done as early in the camp season as possible as last minute plans will be difficult to accommodate.

So that we can best support your child, please notify the camp if you will be unable to join us on Parents' Day. We will do all we can to ensure that your kids don't feel left out.

There is an extensive day of activities planned. Some of the camp facilities will be open for your use during the day. For safety reasons, the waterfront will be opened at designated times under the supervision of our qualified waterfront staff.

Camp Shomria does not provide lunch on Parents' Day. Please bring a picnic lunch for you and your child to enjoy. No open fires are permitted - this includes barbeques. Absolutely no alcohol is allowed on the camp property. There is no smoking anywhere on the campsite at any time.

Please clean up your picnic spots. Garbage cans will be plentiful, so please use them.

For health reasons we can no longer have pets on the camp site. **Please note that no pets will be allowed on the campsite on Parents' Day.**

Chanichim are not permitted to leave the camp site during Parents' Day except during the designated time which will be announced on that day. When you arrive, the seder yom (schedule) will be given to you.



Directions to Camp Shomria in Perth

For directions to camp, click [here](#)

What can you as a parent do to help?

Camp Shomria looks for ways to improve its program and resources. It relies on parent volunteers within the spirit of the philosophy of Hashomer Hatzair. There are several ways in which you can assist and thereby enrich your child's experience. Please get involved and share your skills. Join the Board or its various committees [comprised of parents, hadracha and staff], which support the summer and winter camp programs and the weekly *Ken* in Toronto during the school year. You can also involve your child in the *Ken* activities and participate as a family in our family-oriented events. Additionally, Hashomer Hatzair is a tax-registered charity. It accepts donations (financial and in-kind) to support the camp and to provide scholarships to those who need financial assistance in order to attend camp. Please help to lead the way with *chazak ve'ematz* (strength and courage).

We can't wait to see you this summer!