

# PARENT & CAMPER GUIDE



Kindergarten–6th  
**DAY CAMP**



333 South 132nd Street  
Omaha, Nebraska 68154  
[www.jccomaha.org](http://www.jccomaha.org)

A beneficiary agency of the UJA/Federation Campaign and Endowments



# WELCOME TO JCC SUMMER CAMP!

## CAMP PHILOSOPHY

JCC Camps are committed to developing a positive attitude towards Jewish life and traditions through the camp experience. Camp is a place for a child to have fun while at the same time grow and mature through activities and interactions with others. Camp staff is committed to providing your camper a safe and nurturing environment as they work to meet our goals of helping campers build self-esteem, develop skills and improve interpersonal relations.

The JCC day camps are fully accredited by the American Camping Association. Its seal assures parents and campers that our camp has met the highest standards in the areas of camp administration, program, personnel, site and safety.



## CAMP DATES AND THEMES

Week 1*	June 8 - 12
Week 2	June 15 - 19
Week 3*	June 22 - 26

### Summer Fun Days

Week 4	June 29 - July 3
Week 5*	July 6 - 10
Week 6	July 13 - 17
Week 7*	July 20 - 24
Week 8	July 27 - 31
Week 9*	August 3 - 7

### \*Theme Day Thursdays

WEEK 1	June 11.....Crazy Head Day
WEEK 3	June 25.....Favorite Character Day
WEEK 5	July 9.....Spirit Day
WEEK 7	July 23.....Favorite Color Day
WEEK 9	August 6.....Zany Dress Up Day

### GENERAL SCHEDULE

The JCC Camp runs for a total of nine weeks, or sessions\*. Camp begins on Monday, June 8th and concludes on Friday, August 7th. Camp hours are 9 a.m. to 4 p.m. If pick up times cannot be accommodated, "Before and After Care" is available for an additional \$40 per week.

*\* With the exception of Musical Theater Camp, each week is equivalent to one session.*

### THEME DAY THURSDAYS

Weeks 1, 3, 5, 7 & 9 of camp will include a "Theme Day Thursday" for grades K-6th. Campers are invited to "go all out" and dress up in conjunction with that week's theme. Reminders will be posted in our weekly newsletter.

### FRIDAY SPECIAL EVENTS

**Shabbat:** Each Friday, K-6th grade will be celebrating the Sabbath with a special Shabbat activity.

**Friday Fun Day:** Each Friday afternoon, K-6th grade will participate in all-camp fun days. These include Wild Water Day, Camp Carnival, Talent Show and Israel Day.

# DROP OFF & PICK UP PROCEDURES

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## ARRIVAL/ DROP OFF: Camp drop off begins at 8:55 a.m.

Drop-off and pick-up will be on the east side of the JCC campus, across from the CDC Building. Staff will be on duty at 8:55 a.m. to greet campers as they arrive in their cars. During the drop off time, campers will be supervised and accompanied from their car by a JCC staff member.

Please **DO NOT** allow campers to walk unaccompanied through any traffic in the parking lot.

If you need to bring your camper before 8:55 a.m., please sign up for our "Before Camp Care". Children enrolled in "Before Camp Care" may be dropped off in the Youth Services Gameroom.

## DISMISSAL/ PICK UP: Campers dismissal is at 4:00 p.m.

To avoid causing traffic congestion, please remain in your car when picking up your child. A JCC staff member will then accompany your child to where you are waiting. Please do not leave your car and walk up to meet your child.

If your child is to be picked up by anyone other than the designated car pool, a note **MUST** be sent to the Camp Director. This will be strictly enforced. *No camper in K-4th grade will be allowed to sign themselves out of camp unless they are attending an organized program at the JCC. We will need a written note stating the dates, child's name, and program to be attended.*

If your child needs to stay at the JCC after camp has dismissed, please sign them up for our "After Camp Care" programming one week in advance. If your child is not picked up by 4:15 p.m., your child will automatically be enrolled in "After Camp Care" for a fee of \$15.

## RAINY DAY DROP OFF AND PICK UP

In the event of rain, we will be using the Main Entrance to the JCC as our pick-up and drop-off area. Again, we ask that you remain in your vehicle until someone comes to assist your child.

## BEFORE & AFTER CAMP CARE

For an additional \$40 per week, your child can be enrolled in both "Before & After Camp Care" programming. This is a great option for parents whose work schedules don't accommodate the normal Drop Off and Pick Up times.

"Before Camp Care" runs from 7 a.m. to 9 a.m. Your child can be dropped off at the JCC Gameroom at anytime during these two hours. Breakfast is included for children who arrive to "Before Care" prior to 8 a.m.

"After Camp Care" runs from 4 p.m. to 6 p.m. Your child can be picked up at the JCC Gameroom at anytime during these two hours. A late fee of \$.50/ minute will be accrued if your child remains at the JCC after 6p.m.

### Before Care:

7 - 9 a.m.  
Mon.- Fri.

- Before care includes breakfast if your child is here before 8:00 a.m.
- **Drop In Rate** = \$15/day

### After Care:

4 - 6 p.m.  
Mon. - Fri.

- **Automatic Enrollment= \$15**  
(child is automatically enrolled when not picked up by 4:15 pm. You will be charged the standard "Drop In Rate")
- **Late Fee = 50¢ per minute**  
(charged for any child not picked up by 6:00 pm)
- **Drop In Rate = \$15/day**

## ABSENCE

If your child will be absent from camp, please contact the Camp Office at 334-6410. For the safety of our campers, we will call parents between 9:30 and 10:00 am to confirm a child's absence if we have not heard from a parent prior to 9:30 am.

## WHAT TO BRING TO CAMP

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Every day campers should bring the following items to camp: 1 or 2 bathing suit(s), a towel, a comb or brush, a sack lunch and water bottle. Please **DO NOT** send toys, cell phones, gameboys or portable video games, headphones, cd or MP3 players, beepers or money with your child.

Day camp does not assume responsibility, beyond reasonable care, for the personal property of campers. If an item is lost, report it at once. We make every effort to return "Lost and Found" items, as long as they are labeled with the child's name. If the item lost has not been labeled, consult a staff member to check the "Lost and Found" boxes that are located in the JCC Gameroom and Pavilion.

### CLOTHING

During the day campers play outside, do art projects and partake in other fun, but sometimes messy, activities. We suggest your child be dressed in simple, inexpensive and sturdy play clothes. On cool days, dress your child in a sweater or light jacket and long pants.

Campers **MUST** wear tennis shoes that give ample support. Please refrain from sending your camper in flip flops, sandals, bare feet or jelly shoes.

To ensure that your child remains in possession of their own clothing items, please be certain that his/her name is plainly marked on each one. Please put a name on each swimsuit and towel that your child will be using while at camp.

### LUNCHES

Please send your child with a sack lunch, clearly marked with their name and grade. Day Camp follows the Kosher policy of the Jewish Community Center. Therefore, we request that parents send **ONLY** dairy or vegetarian lunches with their child. Items can include tuna fish, peanut butter, cheese, egg salad, yogurt, etc. **DO NOT** send food in lunch boxes or insulated lunch bags. If their lunch needs to be refrigerated, please write the word "Refrigerate" on the lunch sack. Also, please pack food that does not need to be heated as there is no microwave available. Camp will provide one container of milk for campers who do not have a drink. Unlimited water is available for every camper.

Please remember that lunches cannot be refrigerated on field trip days, so plan accordingly. In addition, remember that lunch will be provided to campers each Friday after an overnight. This lunch will be available to all campers, regardless of if they attended the overnight.

### WATER BOTTLES

We recommend you send water in some type of non-breakable container labeled with your child's name. Frozen water bottles which thaw and remain cold throughout the day are permitted. (If freezing, be sure to leave a gap of air at the top of the bottle. It is also helpful to put the frozen water bottle in an old sock to collect the condensation.) Your child will be responsible for carrying their own water container.

## WHAT IS PROVIDED

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### SNACK

Campers are provided with drinks and an afternoon snack every day. Additional money is not needed. Your child will not be permitted to use the vending machines in the canteen or the snack bar at the pool during camping hours. Drinks are served with lunch and snack and water coolers are available.

### CAMP T-SHIRT

Campers will receive one FREE camp T-shirt for the summer during the first session he/she attends. Additional shirts may be purchased for \$7 (if available). Campers are encouraged to wear their camp shirts on field trip days.

### CAMP NEWSLETTER

Every Monday your camper will receive a weekly camp newsletter. It will have details of all of the week's activities and special events. Remember to watch the newsletter for reminders of "Theme Day Thursdays".

## CAMP HEALTH PRACTICES

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The health and safety of every camper is the first concern of the JCC Camp staff. If your child has been exposed to a contagious disease before attending camp, attendance should be delayed until the incubation period is completed. If your child is injured at camp, prompt care will be given. Routine scratches and bruises receive common first aid. If a more serious injury should occur, the parent, or emergency contact as noted on the Camper Medical Record, will be notified immediately.

### SUNSCREEN POLICY

Please apply sunscreen to your camper every morning before camp. Our policy states that camp counselors are to assist campers in re-applying sunscreen after our morning swim in order to get campers ready for the afternoon. We provide 'No-Ad' SPF 30 waterproof sport sunscreen here at the 'J'. If your child has an allergic reaction to a certain sunscreen and you would like to use a specific brand, please send a labeled bottle on the first day of camp. If your child is particularly susceptible to sunburn, you may want to consider sending a T-shirt for them to swim in. If our Sunscreen Policy does not fit your needs, please contact your Camp Director.

### ILLNESS

If your child has a cold or seems ill, please do not send him/her to camp that day. There are no provisions at camp to provide constant nursing care/supervision. Parents will be phoned and asked to come pick up their child if the child is ill. If your child will not be at camp, please notify the Camp Office (at 334-6410) before 9:00 am.

### SPECIAL MEDICATION

If your child is on any form of medication, you **MUST** give it to a Camp Director for safe storage and handling. All medicines should be presented in the original bottle/ container and clearly marked with the child's name, explicit instructions and the type of medication inside. You must also provide a utensil for dispensing medication, if necessary. Please let the Camp Director know of any possible side effects. We **CANNOT** distribute medicine without parental permission. No aspirin or Tylenol will be given to the child unless they bring it from home with a note.

For epipens, inhalers, and prescription medication, JCC Day Camps will also need to have instructions and permissions from a doctor (form included). All medication is kept with the group counselor and he or she will administer the medication to the camper as needed or directed.

## SWIMMING

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There will be both instructional swim time and recreational swim time for campers in kindergarten through first grade. Campers attending the second through fourth grade camps will have recreational swim time only.

### INSTRUCTIONAL & RECREATIONAL SWIM

Instructional swim period is provided as part of camp fees for children in Kindergarten, and 1<sup>st</sup> Grade. Instructional swim is designed to strengthen a child's water confidence and basic knowledge of swim strokes while in a fun and exciting environment. We strive for children to have a sense of comfort when in the water. Participation in instructional swim also helps staff to be assured that the child is able to swim safely. Morning instructional swim is held in the indoor or outdoor pool, depending on the weather. Afternoon free swim is in the outdoor pool. While campers are participating in afternoon free swim, please remember that they are the responsibility of the Day Camp and must remain with their counselors at all times.

All campers will be required to go swimming with their group unless we receive a written explanation from parents. We will not force a camper to get in the water. Any camper who refuses to swim during instructional swim will not be allowed in the water during free swim. If you wish to take your child home from the pool area, you must speak with the Camp Director on duty to assure that no camper becomes unaccounted for. We will be wristbanding all K–6th grade campers at the pool based on their swimming ability (categories include: baby pool/shallow end only; shallow area of the big pool; whole pool including diving board). Wristbands will be based on testing the first day of each session.

## SPECIAL EVENTS AND OUTINGS

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Kindergarten through sixth grade will enjoy time with our Israeli Shlichah (counselor), each week. Every Friday we will have a special shabbat activity, plus an all camp special event. Past events have included Color Wars, a Carnival, a Talent Show, and Israeli Day.

Parents are welcome to join their child at lunch, although we recommend doing so no more than once a week. If meeting your child, please bring your own sack lunch and be in the Pavilion at 11:55 a.m.

### SPECIAL OVERNIGHTS

During Sessions 2, 6 & 8, all Kindergarten through third grade campers will have the option of attending an Thursday Night Overnight Camp out. Our weekly newsletter will remind you of Overnights and will include a "things to bring" list. Kindergarten, and First Grade spend the night at the JCC. Second and Third Grade will spend the night away from the building. We will provide a Valentino's pasta dinner on Camp out nights. Breakfast and lunch on the following day will also be provided. (Our breakfast includes assorted cereals, milk and orange juice. Lunch includes a peanut butter & jelly sandwich, chips, fruit, and milk. )

Please do not visit your child during the Overnight. "Homesickness" sets in quickly when a camper sees a parent. In addition, other problems can occur when some campers have visitors and others do not. We appreciate the cooperation of every parent in considering the best interest of all campers. We will use the Rainy Day Drop-off Procedure (see page 2) for Overnights.

### FIELD TRIPS

All K-3rd grade campers will participate in a field trip during Weeks 1, 3, 5 & 7. The field trips will be on the Wednesday of the each designated session. 4th-6th grade campers will have field trips 3-4 times each week. You will receive a weekly schedule informing you of each weeks activities. Please note that the times may vary and are subject to change. Watch your weekly newsletter to keep you informed of our field trip times and destinations.

### BUS/ VAN RULES

1. Our driver will not start driving until EVERYONE is seated.
2. In our vans, every child must wear a seat belt. The number of children transported in each van will be no more than the number of seat belts available.
3. Eating or drinking in the bus/van is not permitted.
4. There is no kicking, biting, hitting, throwing or rough housing at any time.
5. Listening is very important, so voices need to be kept at a comfortable level. No screaming or yelling is allowed, however singing is encouraged.

## CONTACTING YOUR CAMP DIRECTOR

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Because camp directors spend the majority of their day with campers, they are rarely at their desks. Please leave detailed messages on voice mail. Messages are checked throughout the day, and calls will be returned as soon as possible. The general JCC's phone number is 334-6426.

To reach Camp directly contact:

**Laura Wine**, Youth Services Director.....334-6409  
**Mary Miller**, Assistant Director.....334-6407  
**Camp Office**.....334-6410

# JCC CAMP POLICIES

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## **DISCIPLINE POLICY**

In order to facilitate a safe, secure, and fun environment for all participants attending JCC Camp activities, the following policy has been implemented. This policy is not intended to be activated for minor “misbehaving” infractions. On a daily basis, Youth Department Camp Counselors work with children who are having a “bad day”. Those types of behaviors, where neither malice nor destructive outcomes were intended, will continue to be addressed at the Supervisor/Child level. Time-outs, and in some situations, loss of choice activity will continue to be the discipline implemented.

### **The Camp Discipline Policy will be activated when:**

- 1) the number of minor infractions has been excessive; and /or
- 2) the behavior constitutes a violation against other children or adults, including unwelcome intentional touching or grabbing of another child, explicit and offensive verbal remarks (either sexual in nature or general taunting), name calling, vulgar or identifiable unacceptable language, or other verbal or physical conduct in violation of the JCC Youth Department Code of Conduct; and/or
- 3) the behavior constitutes a violation against the JCC or other children’s property and/or
- 4) the behavior constitutes a safety issue either for the child themselves, other children, or staff.

In the event this policy is activated for any child, written documentation will be kept by the Director of all applicable dates, decisions and agreements (including a plan of action if needed.)

### **The formal discipline policy is as follows:**

- 1) All enrolled children and their parents/guardian will sign a Conduct Contract acknowledging their notice and understanding of our Code of Conduct, and the potential repercussions of negative behaviors.
- 2) Upon occurrence of the first serious offense which is significant in nature to bring to the attention of the Youth Director will result in a private discussion between the Youth Director and the child. The child will also be removed from their choice of activity for the day. The parent will be notified of the negative behavior and will be advised that if the same or related behavior is repeated, a parent conference will be required. The director will notify JCC management.
- 3) If the behavior continues, the child will again be removed from the group activities and the parents will be notified of the need for a Parent/Child/Director conference before the child can return to the program.
- 4) If the behavior still continues, a parent conference will again be required, (either with or without the child at the parents discretion.) The child may be suspended from the program for a period of time up to 3 days (at Director’s discretion). The child will then be allowed to continue in the program only after the director and parent have prepared and agreed upon a plan of achieving acceptable behavior in the child.
- 5) If, after all of these steps, the behavior continues, the child will only be allowed to continue in the program if a professional counselor is involved (at the parent’s expense) in modifying the negative behavior. At this point, the professional will be asked to recommend a time frame for compliance based on the situation. If a professional is not brought in, or the time frame set forth is expended, the child will be expelled from the program with a date for re-entry set by the Director.

Under extreme circumstances and/or in situations when that child or other children’s safety is at risk, the Youth Services Director, with agreement from the JCC Executive Director or Assistant Executive Director, has the authority to ask a child to leave the program without following the above procedure.

## **JCC GUIDELINES FOR PARENTS WHO WISH TO EMPLOY JCC STAFF AS PERSONAL CAREGIVERS/BABYSITTERS TO THEIR CHILDREN.**

The JCC does not endorse the use of our staff as babysitters or caregivers. If you choose to hire an individual you met through the JCC, please remember to conduct your own interview and professional background check to make sure this individual meets your own needs and criteria.

The JCC can not take responsibility for individuals or their actions not under our employment.

# DROP OFF & PICK UP PROCEDURES

ALL K-6 CAMPERS WILL BE DROPPED OFF AND PICKED UP ON THE EAST SIDE OF THE JCC CAMPUS, ACROSS FROM THE CDC.

