

Ra-Mah Koreh?

ר-מה קורא?



PUZZLES
& GAMES
INSIDE!



**TIPS FOR SENDING
YOUR KIDS TO CAMP!**

SAMPLE DAILY SCHEDULE

PACKING LIST

Inside!



ברוכים הבאים
Welcome

Dear Parents and Campers,

We are so excited to share this publication. We hope it will convey the deep commitment we have to fostering a fun, healthy, developmentally appropriate, joyful Jewish environment for our campers.

When asked what makes Camp Ramah Darom so special, our campers inevitably cite the friendships that they have made. These friendships develop so deeply because they form in a context of exploration, learning and challenging oneself along with intellectual, emotional and physical growth. As a result, children feel deeply connected to the peers who have been part of their journey of self-development, at first over the course of weeks and eventually over the course of years.

What makes Camp Ramah Darom special in the eyes of parents is the vibrant Jewish experience we provide, combined with the professionalism of our staff and our focus on camper care. Our team of seasoned, professional staff leaders work all summer long with our counselors to train them to become attuned to the camper's specific developmental needs in their care.

Inside this magazine, you will find a sample schedule and informational pages describing the Camp experience for both you and your child. Also included are some fun games which we hope will help your child familiarize themselves with some of the basic Hebrew vocabulary of Ramah Darom.

We welcome you to the Ramah Darom family and look forward to partnering with you in the important work of cultivating personal growth in our campers and building joyful Jewish lives as a community.

With excitement for the upcoming summer,



Anna & Ayala

Anna Serviansky, Camp Director & Head of Education

Ayala Wasser, Assistant Camp Director

Inspired by Camp Ramah in California

The National Ramah Commission acknowledges with thanks the generous support of The AVI CHAI Foundation and the Zell Family Foundation in making the OpenDoor program possible.



Who Will Take Care of My Child at Camp?

Camp Leadership

Ramah Darom is fortunate to have a strong team of professional staff who work 365 days a year to create an amazing summer experience. Our Camp leadership is part of the day-to-day experience of Camp, ensuring the safety and wellbeing of our whole Camp community.

Madrachim/Madrichot (Counselors)

Ramah Darom counselors are there to bring the magic of Camp to our campers. They live in the bunks with campers and create a sense of family within the bunk. Under Camp leadership guidance, the *madrachim/ot* help ensure your child's physical, emotional and social wellbeing while at Camp.

Rashei Aidah & Anaf (Unit & Specialty Heads)

Camp group heads are our most experienced seasonal staff. They plan programs for our campers and supervise, support and mentor our summer staff.

Mirpa'ah/MARP (Health Center)

The Camp MARP is staffed at all times with two physicians and four nurses. These skilled professionals are available to provide routine care and to respond to emergencies.

Camper Support Team

Tikvah Support Staff

Ramah Darom's Tikvah Program supports campers with disabilities and works to build a sense of acceptance and belonging within our inclusive Camp community. This team works with parents/guardians prior to Camp to build camper care plans and maximize the success of each camper's experience.

Yoetzim (Advisors & Parent Liaisons)

During the summer, our *Yoetzim* serve as advisors to our staff and campers, and are parent liaisons and staff trainers. Each *aidah* (age group) is assigned a *Yoetz/et* who will work with parents to address any questions or concerns specific to your children.

Non-Stop Fun & a Lifetime of Memories



**Agam
(Lake)**



**Rikud
(Dance)**



**Omanut
(Art)**



**Breicha
(Pool)**

**Tzilum
(Photography)**

Soccer



Drama

**Kosher
(Fitness)**

**Tipus
(Climbing)**

Yoga

**Machnaut
(Camping)**

**Kador Sal
(Basketball)**



**Nukem
(Volleyball)**



Video

Tennis



**Musica
(Music)**

**Ofanayim
(Biking)**

**Bishul
Bachutz
(Outdoor
Cooking)**



Hockey

A Note about Camper Care

Camp is a magical place – a place of growth, community and personal development. There are few places outside of home where children and teenagers can feel as supported and encouraged as they do at Camp Ramah Darom. We are honored to be part of the year-round work that goes into making sure every child has the most successful summer experience possible.

Our Camper Care Team is made up of *Yoetzim* (Advisors), who are educators and mental health professionals. While children are at Camp, the *Yoetzim* serve as liaisons between parents/guardians and Camp staff. They are your direct link to Camp and your best resource for issues such as homesickness, adjustment concerns, family issues and any questions regarding your camper's wellbeing. Before Camp, we will send the name and direct telephone number of the *Yoetz/et* assigned to each *aidah* (age group).

We work year-round to prepare for Camp and train our staff on topics ranging from child development and relationship skills to healthy behaviors. Our summer staff participate in intensive training before campers arrive and attend training sessions throughout the summer. Through the Henry and Annette Gibson Tikvah Support Program, campers with neurodevelopmental disorders and other disabilities can fully participate in our inclusive Camp community.

Sending your child to Camp is a gift that they will carry with them throughout life. Please enjoy the tips provided on the following pages and use them as a guide to help your child begin their Camp journey. Be sure to listen to your child's concerns or worries about Camp; use this as an opportunity to problem-solve and build their confidence. Taking the time to practice new habits before Camp will set them up for a successful summer.

If you have any questions or concerns before the summer, please reach out to set up a time to speak with a member of our team.

We look forward to seeing your children this summer!



Elana Yeffet
Community Care & Inclusion Manager



Sara Schonwetter
Tikvah Program Director



Sample 4-Week Session Schedule

- 7:00AM קימה Kima (Wake Up!)
- 7:30AM תפילות fillot (services) by age group
- 8:20AM ארוחת בוקר Aruchat Boker (Breakfast)
- 9:10AM ניקיון Nikayon (Clean-up)
- 10:00AM שחייה S'chiya (Swim)
- 11:00AM חוג העברית Ivrit (Hebrew Elective)
- 12:00PM חוג Chug (Elective Choice)
- 1:00PM ארוחת צהריים Aruchat Tzohoraim (Lunch)
- 2:00PM שעת מנוחה Menuchah (Rest time)
- 3:00PM יהדות Yahadut (Judaics Activity)
- 4:00PM פעולת צריף Peulat Tzrif (Bunk Activity)
- 5:00PM ספורט Sport
- 6:00PM פעולת ערב Peulat Erev (Aidah Night Activity)
- 6:45PM ארוחת ערב Aruchat Erev (Dinner)
- 8:45PM לילה טוב Lilah Tov! (Goodnight!)





Sample Ta'am/Garanim Schedule

- 7:00AM קימה Kima (Wake Up!)
- 7:30AM תפילות T'fillot (services) by age group
- 8:20AM ארוחת בוקר Aruchat Boker (Breakfast)
- 9:10AM נקייון Nikayon (Cabin Clean-up)
- 10:00AM יהדות Yahadut (Judaics Activity)
- 11:00AM ספורט Sport
- 12:00PM שחייה S'chiya (Swim)
- 1:00PM ארוחת צהריים Aruchat Tzohoraim (Lunch)
- 2:00PM שעת מנוחה Menuchah (Rest time)
- 3:00PM עברית Ivrit (Hebrew Activity)
- 4:00PM שחייה S'chiya (Swim)
- 5:00PM חוג Chug (Elective Choice)
- 6:00PM פעולת ערב Peulat Erev (Aidah Night Activity)
- 6:45PM ארוחת ערב Aruchat Erev (Dinner)
- 8:30PM לילה טוב Lilah Tov! (Goodnight!)





Tips for New Camper Families

Before Your Child Goes to Camp

- Reach out to us to be connected with families who have kids the same age as yours!
- Practice self-care. Be sure your child knows how much shampoo and toothpaste to use!
- If your child is not in the habit of making their own bed, help them practice now.
- Mail a letter to Camp a few days before arrival day, and/or pack a note in their bag for them to open when they arrive at Camp.
- Create address labels for anyone they might want to write to while at Camp.
- Decrease screen usage as Camp approaches and help your child find other options.
- Discuss strategies with your child if they have difficulty falling asleep or waking up early, like reading or drawing.

What to Do While Your Child is Away at Camp

- Write letters frequently but keep them light and upbeat. You can also email your camper through BUNK 1. (Visit ramahdarom.org/camper-family-resources for more information.)
 - Be matter-of-fact about your day (kids like to know what you are doing but not that you are having too much fun).
 - Add as much humor as you can.
 - Try not to emphasize how much you miss them.
- If you have concerns about your camper, contact their Yoetz/et (parent liaison) by phone. The Yoetz/et will get back to you as soon as they can, typically within 12 hours or less.
- Enjoy some YOU time!

A Few More Tips

- Remind your child that like at home and school, not every day will be perfect at Camp.
- Send your child with something that allows them to feel safe and familiar at night (i.e., a blanket, stuffed animal or other item.)
- If your child is feeling anxious about going off to Camp, remind them of a time they felt anxious and ended up getting through the situation just fine.
- We say at Ramah Darom, "Camp starts on the plane or the bus." The send-off is easy for some and difficult for others. If your child has any friends going to Camp, try to arrange for them to be together on the flight or bus.



Mail letters to:

Camper's Name
c/o Camp Ramah Darom
Bunk #___ (Bunk assignments
will be sent prior to arrival)
70 Darom Lane
Clayton, GA 30525

We can't wait to meet you this summer!



The Camp Team

Anna Serviansky

Camp Director & Head of Education

Ayala Wasser

Assistant Camp Director

Elana Yeffet

Community Care & Inclusion Manager

Sara Schonwetter

Tikvah Program Director

Julia Weiss

Recruitment & Program Manager

Sherrel Paull

Head Nurse

Andrea Cohen

Administrative Manager

Deanne Brown

Finance & Development Manager

Sample Camper Packing List

Please visit ramahdarom.org/camper-family-resources for your camper's packing list!



Clothing & Shoes

- 12 T-Shirts (1 White/100% Cotton)
- 2 Long Sleeve Shirts
- 2 Pairs of Pants/Jeans/Sweatpants
- 8 Pairs of Shorts
- 14 Pairs of Underwear
- 3-4 Pairs of PJs (1 Heavy)
- 2 Bathing Suits (No Bikinis or Speedo-Style, See Handbook)
- 11 Pairs of Athletic Socks
- 2 Sweatshirts/Pullovers/Jackets
- 1 Hooded Raincoat/Poncho
- 1 Pair Shower Shoes/Flip Flops
- 2 Pairs Athletic Shoes
- 1 Pair Sandals with Back Strap
- 1 Hat/Cap/Sun Visor
- 2 Shabbat Outfits (Friday Night & Saturday, See Handbook)



Miscellaneous

- 1 Individual Fan (Battery Operated Clip-On)
- 2 Large Water Bottles/Canteens
- 1 Flashlight (with Extra Batteries)
- 1 Pair Sunglasses
- Stationary, Pens, Stamps & Addresses
- 4 Kippot with Clips (Optional for Girls)
- Tallit & Tefillin for B'nai Mitzvah (Optional for Girls)
- 1 Small Backpack
- 1 Carry On Sized Bag (For Packing Last Days Clothes)
- 1 Packable Sleeping Bag (Polyester-Filled)
- 1 Hanging Shoe Bag/Organizer



Bedding & Toiletries

- 2 Sets of Sheets (Twin XL)
- 1 Mattress Cover (Twin XL)
- 2 Pillowcases
- 1 Pillow
- 1 Blanket
- 2 Wash Cloths
- 2 Bath Towels
- 2 Pool Towels
- 1 Laundry Bag
- 1 Plastic Toiletry Caddy
- 1 Brush/Comb
- 2 Toothbrushes & Toothpaste
- 1 Soap Dish
- 2 Bars of Soap
- Shampoo/Conditioner
- Sunscreen



Optional

Slippers, Small Sewing Kit, Bug Repellent, Pool Goggles, Bathing Cap, Bathrobe, Camera, Musical Instrument, Siddur, Hebrew Bible, Books, Tikkun, Athletic Equipment (Baseball Mitt, Basketball, Tennis Racket)

Red, Blue, Green & Yellow Sportswear for Yom Sport (Spirit Day)



What NOT To Bring

Electronics, Toy Guns (Any Kind), Flammable Materials, Laser Pointers, Alcohol, Tobacco, E-cigarettes (Any Kind), Illegal Substances or Related Paraphernalia, Knives, Guns, Weapons, Inappropriate Clothing, Bikini or Speedo-Style Swimwear (See Handbook)

Check out our Pack for Camp Store at packforcamp.com/ramah-darom.

Remember to label everything with your child's name!



Packing Tips & Advice

"Do I pack my child's favorite t-shirt? What if it gets lost? Should I pack one pair of socks per day or two? What's the best way to label clothing?" These may be a few of the questions going through your mind as you begin the packing process. Below are a few tips offered by veteran Camp parents who have perfected the art of packing for Camp. And yes, it is most certainly an art!

- **Pack WITH your child**, not at night after they are fast asleep. You may be surprised about what clothing items your child doesn't want to leave home without. More importantly this helps familiarize them with what is in their luggage, making the unpacking and "finding" process easier for them.
- **Provide tools for organization.** Imagine your child's cubby as a black hole of clothing where it could be challenging to find a pair of clean socks. Consider packing certain items like socks and underwear in mesh laundry bags.
- **Ziplock bags** are your friend! Use them for the following:
 - Underwear - send extra
 - Socks - send extra
 - Shabbat Outfits
 - Shampoo and Conditioner
 - Sunscreen
- **Pack a waterproof basket for all of your child's toiletries.** Once at Camp, the counselors will instruct your child to put their toiletries into a basket. This basket will be used daily to help keep your child organized and to carry the items to and from the shower.
- **Labels can be ordered** directly from your BUNK1 account or at packforcamp.com/ramah-darom
- **Label, label, label.** Use sticker labels or iron-on labels for everything that you send with your child (including the clothing they wear on the bus). Believe it or not, the stickers stay on even after numerous washings. Remember to label all belongings, including water bottles, flashlights and shoes. Labels make bunk clean-up smoother and allow us to return items left around Camp before the session ends. The good, old-fashioned permanent marker method often results in hard-to-read names or only initials and you'd be surprised how many kids there are up at Camp with the same initials!
- **Don't pack anything valuable or expensive.** We expect your children to have so much fun at Camp. Keeping track of belongings will be the last thing on their minds.
- **Please don't pack electronic devices or other items that are not allowed at Camp.** These items will be confiscated. We want Camp to be a place of giving and sharing and not a place where we have to take things away.



What Camper Parents Say...

"Thank you to the **wonderful counselors** at Ramah Darom who made the time and effort to get to know my child and make her feel special at Camp. You'll never know how much that meant to her..."

"I sent my child to Camp Ramah Darom for the first time not knowing what to expect. My child had never been away from me for more than a couple of nights and he came home making his own bed, clearing his plate and brushing his own teeth – **I don't know what you did, but, THANK YOU!**"

"When asked 'What was the thing you liked most about your camp experience,' our son answered, **'EVERYTHING!'** That about sums it up."

"When I picked up my daughter from Taste of Ramah and she ran to the car crying, I thought she was so excited and moved to see me. I, of course, starting crying too. She made it clear very quickly that **she was crying because she didn't want to leave Camp** and NOT because she missed me... Oh well..."

"We live in a generation where we problem solve for our kids and mediate for them constantly. At Camp, my child learned to navigate his own social, emotional and physical issues. I can't think of a better place than Camp to **learn those life skills** and I can't think of a better gift to my child!"





(translation)

Dear Mom and Dad,
I have already made many friends!
I hiked to the waterfall and saw the view.
I don't want to go home when Camp is over.
Saying "Shalom" to GA, FL, Carolina, TX, OK,
Israel, TN, AL, LA and MS.
This is your Camp and this is my Camp!



Drishat Shalom

The official song of Camp Ramah Darom

אָמָא וְאָבָא יְקָרִים
כָּבֵר פְּגִשְׁתִּי הַרְבֵּה חֲבֵרִים
טִילֵתִי לַמַּפֵּל, רֵאִיתִי אֶת הַנוֹף
לֹא רוֹצֶה לְלַקֵּת הַבַּיִתָּה בְּסוֹף
דְּרִישַׁת שְׁלוֹם מִמַּחֲנֵה רָמָה דָרוֹם
תִּגִּיד שְׁלוֹם לְ...

Georgia, Florida, Carolina, Texas,
Oklahoma, ישראל,
Tennessee, Alabama, Louisiana
וְגַם
Mississippi
זֶה הַמַּחֲנֵה שֶׁלְּךָ וְהַמַּחֲנֵה שֶׁלִּי.

Rad Hayom

End of day song

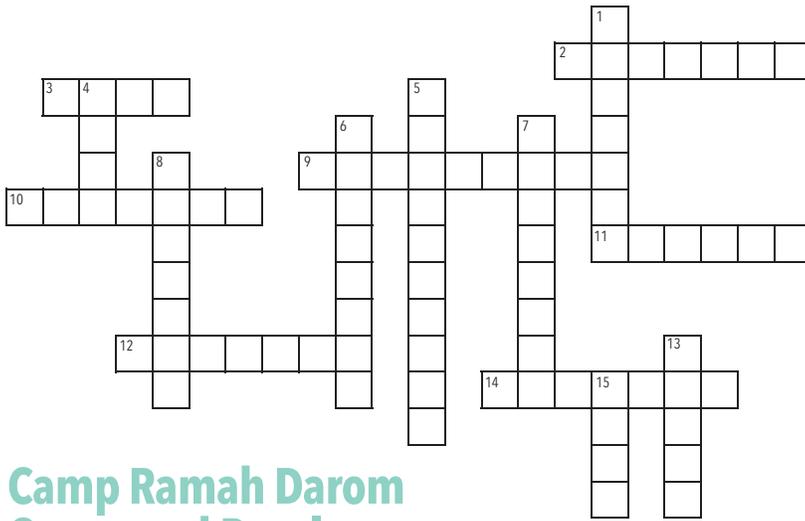
רַד הַיּוֹם
שֶׁמֶשׁ דוֹם
כּוֹכָבִים נוֹצְצִים בְּמָרוֹם
לִילָה בָּא לֵיל מְנוּחָה
שְׁלוֹם... שְׁלוֹם.

(translation)

Day is done.
The sun goes down.
Stars sparkle in the sky.
Night has come, a night of rest.
Shalom. Shalom.



Word Games



Camp Ramah Darom Crossword Puzzle

ACROSS

- 2 An activity at Camp that uses a bow and arrow
- 3 The name of our Camp infirmary
- 9 Something to put on your body to make sure you don't get sunburnt
- 10 The name of the bread that we eat on Shabbat at Camp
- 11 A tasty treat you might have around a campfire
- 12 A type of meal that we have on Wednesday nights with hamburgers, hot dogs and watermelon!
- 14 What we celebrate every Friday night at Camp

DOWN

- 1 Something you will make a lot of at Camp
- 4 The first name of our Camp director
- 5 A sport you can play at Camp with a ball and a hoop
- 6 A friend you would share a bunk bed with
- 7 The Hebrew word for community
- 8 The name of the city where Camp is located
- 13 You should have this with you at all times so you don't get dehydrated!
- 15 A fun activity you can do at the lake where someone bounces you into the air and you fly into the water

Camp Ramah Darom Word Search

M Q L N R D B N G N N V Z
 O M L D Z R J A L I X C R
 R G Z E D Y R P T W O K F
 A Y C Q H I Y Z D U D R Q
 D M L L N C A R N W I D B
 H H I I R N O S E E P R G
 A A M L I T E R N H E P X
 M L B M E L A D A I C T M
 A U I Y O L S B C D P R R
 R T N R Z L L H B B A Q A
 B Z G T R B A O O A L H T
 W I Y Y M B X L S L H D C
 V M J K N K B J J W Z S Q

SOLLELIM	GARINIM	COUNSELOR
RAMAHDAROM	SHABBAT	BREICHA
HALUTZIM	NITZANIM	BLOB
CHADAROCHEL	FRIENDS	ARCHERY
CLIMBING		

Word Scramble

Try your best to unscramble the words below! *B'hatzlacha!* (Good luck)

1. omy otsrp _____
2. lalvdahah _____
3. marah mdaro _____
4. eyrarch _____
5. iedlglr ceeshe _____
6. iet dey _____
7. nmpciag rtip _____
8. wigns _____
9. lbob _____
10. nfrsdei _____
11. funniethuns _____
12. oplo _____
13. klae _____
14. llbasbea _____
15. acmpyalp _____

Ramah Darom Vocabulary

At Camp, we use Hebrew for most places, names, events, activities, etc. We use the Hebrew terms exclusively so that campers come to identify the place or activity by its Hebrew name.

The Names and Grades for Each עדה – Division – are:

Ta'am	טעם	2 nd Grade (5-night Taste for our youngest campers)
Garinim	גרעינים	3 rd Grade (11-night program)
Nitzanim	ניצנים	4 th Grade
K'tzara	קצרה	4 th Grade (18-night short session)
Sollelim	סוללים	5 th Grade
Halutzim	חלוצים	6 th Grade
Kochavim	כוכבים	7 th Grade
Shoafim	שואפים	8 th Grade
Nachshonim	נחשונים	9 th Grade
Nivonim	נבונים	10 th Grade
Gesher	גשר	11 th Grade (8-week leadership program for our oldest campers)

Should your child write about:

You will know it means:

PLACES

Kikar	כיכר	Big grassy field where we play sports
Chadar Ochel	חדר אוכל	Dining Room
Agam	אגם	Lake
Bricha	בריכה	Pool
Mirpa'ah (known as the "MARP")	מרפאה	Infirmary
Mirpeset	מרפסת	Porch
Tzrif	צריף	Bunk
Beit Am	בית עם	Covered Basketball Court/Gathering Place

PEOPLE

Banim	בנים	Boys
Banot	בנות	Girls
Aidah	עדה	Age Division
Tzevet	צוות	Staff
Rosh Aidah	ראש עדה	Unit Head
Madrich / Madricha	מדריך/מדריכה	Counselor
Mishlachta	משלחת	Israeli Staff
Yoetz/et	יועץ/יועצת	Senior Advisor/Parent Liaison

ACTIVITIES

Rikud	ריקוד	Dance
Shira	שירה	Singing
Peulah/Peulot	פעולה/פעולות	Program
Peulat Erev	פעולת ערב	Nighttime Program
Sha'at Menucha	שעת מנוחה	Afternoon Rest Time
Omanut	אמנות	Arts & Crafts
T'fillot	תפילות	Services
Perek	פרק	Activity Period
Yitziah	יציאה	Field Trip
Zimriyah	זמריה	Campwide Music Festival
Medurah	מדורה	Campfire
Harga'ah	הרגעה	Bedtime Activity or Story
Machazeh	מחזה	Play (Drama)
Nikui Hamachaneh	ניקוי המחנה	All-Camp Clean-Up
Birkat Hamazon	ברכת המזון	Blessing After Meals
Birkat Hamotzi	ברכת המוציא	Blessing Before Meals





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See you in
the mountains!

