



Get Excited for Summer 2023

Final Camp Prep for Families

Here's some information to help families prepare as summer approaches. Please feel free to reach out if we can be helpful along the way! We know sending your children away can be both exciting and nerve wracking, and we're so grateful for your trust as we provide them with a life-changing experience.

At a glance...

- Summer Communication 3**
 - Campanion: Photos and Emails . . . 3
- Medical Reminders 5**
 - Medication at Camp 5
 - COVID-19 6
- Summer Calendar 8**
 - Theme Nights and Banquet
Descriptions 10
- Arrival and Departure 11**
 - Opening Day 11
 - Closing Day. 12
- Shabbat Experience 13**
- Community 14**
 - Diversity and Belonging 15



Summer Communication

In our commitment to having strong ongoing communication with families, we wanted to let you know what and when you can expect to hear from Camp over the summer. This isn't by any means an exhaustive list, but it should give you an idea of how we plan to stay in touch.

We're constantly taking photos around Camp and we'll post them regularly to Companion; new photos are generally posted overnight, so you can expect to see today's photos by tomorrow morning.

In addition to photos, we'll share written updates with camper families multiple times throughout the week. You can generally expect these messages to arrive at some point in the evening – either on Companion or in your inbox.

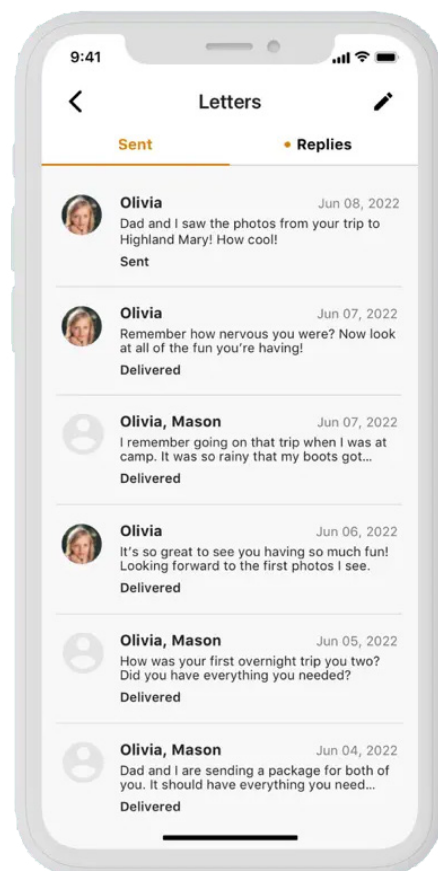
Of course, none of this takes the place of a personal conversation! While Camp is for the kids, we're also deeply committed to connecting with parents. Feel free to reach out to us directly if you have questions, concerns, or just want to check in. Whether you call or e-mail, we'll do our best to get back to you within 24 hours. If you don't hear from us within a day, please don't hesitate to reach out again – Camp gets busy and, on occasion, we simply aren't able to get back to you as quickly as we'd like!

Companion: Photos and Emails

By now, we hope you've downloaded the amazing new Companion app. (If not, go to <http://onelink.to/nrmk9g> to get started!) The goal of this app is to let you get fun updates and photos of your camper right on your phone, and to feel closer to the Camp experience than ever before!

Photos: When you set-up your Companion account, you should have been invited to upload a “training photo” of your child, which enables the app to send you photos of your camper over the summer. We post hundreds of pictures each week, and we know wading through all of them can be time consuming; this feature saves you from scrolling through ... or hitting “refresh, refresh, refresh!”

An important note: We've been slow to adopt this kind of facial recognition because, historically, it has been inconsistent for People of Color. We were upfront with CampMinder about this concern and they assure us the technology has progressed significantly; please do let



us know if you have any challenges and we'll do all we can to work with the provider to improve the service.

Emails: While campers do not have direct access to email, Campanion allows parents to send an email that is printed and delivered to their child ... and to request an “eLetter” response, which is handwritten on designated stationery and scanned back to Campanion, which shares it with you!

CampStamps: In order to send emails through Campanion, you'll need Camp Stamps. 1 CampStamp = 1 email. You can also use your CampStamps for stationery, word games, and other add-ons if you so choose. You can purchase CampStamp packages directly from CampMinder. **Please note:** CampStamps rollover from year to year.

Guest Accounts: You have the ability to create guest accounts for any friends and family members you choose so they, too, can see photos and email your child at Camp. Guests can purchase their own CampStamps, or you can share yours with them! Unfortunately, guests cannot access the Campanion app; instead, they will have to use CampInTouch as described below.

.....

If you prefer not to use the app, you can always see photos and send emails by clicking on the “CampInTouch” link at the top of the Camp Havaya website or by going to havaya.campintouch.com/v2/login/login.aspx and entering the email address and password associated with your CampMinder account.



Medical Reminders

We expect that campers and staff arrive in good health and are capable of full program participation. If your child is injured, sick, or exposed to any communicable diseases during the three weeks prior to Camp, please call our office to discuss program participation options.

As always, there is a team of nurses in residence at Camp Havaya during the entire Camp season, who oversee all of the health concerns for the entire Camp community. We also have a doctor onsite throughout parts of the summer and we work with local providers and urgent care centers as needed.

If your child needs an EpiPen, please send two to Camp.

If your child wears glasses, please consider sending a spare pair if you have one available. The same goes for ear plugs if they are worn during swimming.

Medication at Camp

You must let us know in advance if your child will be taking any form of medication at Camp.

All medication (including prescription drugs, over-the-counter drugs, vitamins, food supplements and alternative remedies) must be listed with the correct dosage and distribution information on your child's Health History Form. All medication in pill form to be dispensed at Camp on a regular basis must be sent via CampMeds; they provide pre-packaged medications for campers in the safest way possible for your children. (More details about CampMeds are available on Campanion.)

Please note: We expect 100% participation from families with campers who will need medication while at Camp. *Families who do not use CampMeds will be charged a \$150 convenience fee.*

Camp stocks most over the counter items such as Tylenol, Advil, Benadryl, Lactaid, melatonin, etc., so there is no need to use CampMeds for typical OTC items taken on an as-needed basis.

If your child will be flying or taking a bus to Camp and needs to bring medication with them, please place the medication, in its original container, in a Ziploc bag and pack it in a backpack that will stay with your camper throughout their journey. (Do not put it in checked luggage!) Your camper will check-in with our nurses when they arrive at Camp and will turn over the Ziploc bag to them at that time.

Campers may not under any circumstances hold their own medications, including vitamins, in their cabin. All medications must be turned over to the Camp nurse for appropriate distribution under their supervision. Asthma inhalers and epi-pens for serious allergic reactions may be kept with the camper only after being approved by the nurse.

If your child has any medication changes between now and the summer, please be sure to update the Health History Form before they arrive in Camp.

COVID-19

In early May, the United States declared the end of the COVID-19 public health emergency. With this in mind, the American Camp Association (ACA) and Alliance for Camp Health (ACH) recommend including COVID-19 as part of a larger communicable disease plan, which focuses on the various ways we can support the individual and communal health of our campers and staff. At the same time, they – and we! – recognize the importance of clear communication with families about our plans specifically around COVID-19, as it continues to be a presence in our daily lives.

The Centers for Disease Control and Prevention (CDC) suggests that, “when deciding which prevention measures to implement, camps should consider the local context and balance the risks of infectious disease with the educational, social, and mental health outcomes.” Following this guidance, and with input from members of our COVID-19 Task Force, we anticipate the following guidelines for Summer 2023:

- All eligible campers, staff members, volunteers, and visitors should be fully vaccinated against COVID-19, meaning they have received at least two doses of the Pfizer, Moderna, or Novavax, or one dose of the J&J, vaccine. We strongly encourage all community members to be up-to-date according to CDC guidelines, which includes the most recent booster; while this is not a requirement, it is highly recommended.
- In general, mask wearing will not be required this summer – except if there is specific concern of community spread.
- All campers and staff members will participate in symptom screening upon arrival. Anyone who presents with signs of respiratory infection (including sore throat, cough, or runny nose), body aches, conjunctivitis, and/or loss of smell will be given a rapid antigen test. Should campers or staff present with any of the above symptoms throughout the session, we will have rapid antigen tests on-site; as a matter of course, we will not test asymptomatic individuals.
 - Following current CDC recommendations, if a community member tests positive for COVID-19, they must isolate for five (5) days. If symptoms are improving and they are fever-free for 24 hours, they may return to the Camp program at the end

of those five days; if symptoms are not improving, the isolation will extend to ten (10) days. When possible, families will be encouraged to bring their children home for the duration of the isolation period.

- If a camper or staff member tests positive, we will closely monitor for symptoms amongst their cabinmates and, depending on a variety of factors, may limit cross-bunk interaction for a few days.
- As has been the case throughout COVID, meals will be served in one seating for all of Camp ... and we will return to serving buffet style, with each *eidah* using its own buffet line.
- Out of an abundance of caution, we anticipate most programming for the first five days of each session – with the exception of meals – will be done by *eidah* (age group). Presuming there is no cause for concern, all of Camp will be together beginning with Kabbalat Shabbat the first Friday night and continuing through the rest of the session.

Especially after the last few years of restrictions, we're excited to return to a greater sense of openness and connection this summer. But if we've learned anything from the pandemic, it's that things can (and do!) change quickly. Please know that the health and safety of each member of our Camp community continue to be our top priority; the guidelines we set and the decisions we make are – and will continue to be – in service of this goal. Thank you, in advance, for your understanding and support as we strive to provide the possible experience for your kids!



Summer Calendar

Camp is all about having fun and laughing with your friends! We do this in so many ways over the course of the summer...including special program days, dress-up theme nights, field trips, and more. Over the years, we've found that many campers and staff like to pack special clothes or costumes for different theme nights. There's no need to go out and buy anything special; the best costumes are those made from things you may already have around the house. And if kids come without anything special, we'll make it up. Trust us – their counselors are experts!

Here's just some of the magic we have planned for this summer...

Legend

- Aleph Session
 - Bet Session
 - Havaya Israel
 - ▨ Family Camp
 - 📅 Field Trip
 - 📅 Theme Night*
 - 📅 Banquet*
- *Theme Night and Banquet descriptions are on page 9 

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	First Day of Summer <i>(Summer Solstice)</i>	21	22	23
Aleph Opens	25	26	27	28	Foodscape	29
				Earth Day		30

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
						1			
Rookie Day T Hometown Night	2	3	July 4th / Olympics	4	5	6	7	8	Billy Jonas Concert T Hair Bands Rock!
Rishon Closes / Havaya Israel Begins	9	10	International Day	11	12	13	14	15	L'chaim and Legacy Shabbat T Super Mario Bros.
16	F Harim Trip	17	F Ilanot/ Nehalim Trip	18	19	20	21	22	Camp Sing Shabbat Experience B Oh, The Places You'll Go
Aleph Closes / Bet Opens	23	24	Maccabiah Evening Program T Glow in the Dark	25	26	27	28	29	Tisha B'Av / Civ Day
Rookie Day T Hometown Night	30	31	Ultimate Frisbee Tournament						

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
		International Day	F 10th Grade Canoe Trip	F 10th Grade Canoe Trip T Superhero Night	4	5				
Havaya Israel Ends	6	F Harim Trip	7	F Ilanot/ Nehalim Trip	8	9	10	11	12	Camp Sing Shabbat Experience B Under the Sea
Bet Closes	13	14	15	Family Camp Opens	16	17	18	19		
Family Camp Closes	20	21	22	23	24	25	26			
27	28	29	30	31						

Theme Nights and Banquet Descriptions

Aleph Session

Earth Day

Prepare for a night surrounded in green at our Earth Day celebration! Deck yourself out in earth tones and florals. Let's create a garden overflowing with all Earth's creatures!

Hometown Night

Wear your favorite hometown swag!

Hair Bands Rock!

Let's jam out! Flaunt your best 80's rock styles. Don some BIG hair, leather jackets, fishnet gloves, and loud patterns to channel your inner Bon Jovi. Get ready to rock your socks off!

Super Mario Bros.

Wahoo! Get your game on and power up with Mario! Grab those overalls and mushroom caps because we are having a Mario Party! Here we go!

Banquet: Oh the Places You'll Go

Join us for a Seuss-tacular night of celebration! Show us your wackiest Who hair, your finest thneeds, and your biggest red bow ties. Don't forget those wockets in your pockets!

Bet Session

Glow in the Dark

Lights off, party on!!! Join us for an illuminating party under black lights and glow sticks. Pack your neon and white for our ultraviolet night!

Hometown Night

Wear your favorite hometown swag!

Superhero Night

Heroes assemble! Slip into your favorite super suit (if you can find it) and join us for a night of heroic adventures and fun!

Banquet: Under the Sea - JOshins and Sara's Night at Aquarium

Get ready to make a splash with JOshins and Sara's night at the aquarium. Show off your best sea creature costumes during our Aquarium Extravaganza! (Come as a whale shark and you might just end up being their favorite.)

Arrival and Departure

Opening Day

For families driving their campers to Camp, we'll send you an email about a week before Opening Day with a 30-minute period in which to arrive. Arrivals on Opening Day are scheduled in the afternoon; unfortunately, we are unable to accommodate morning arrivals. (Please do not arrive early, as there is no off-site parking and, out of respect for the community, we ask cars not to line up in the cemetery across the street). **We kindly request that you leave all pets at home.**

When you get to Camp, we'll greet you at the gate and direct you where to park. You'll then check-in, drop off any remaining forms, and get luggage tags. From there, you'll proceed to a brief health screening (which includes a lice check) and an opportunity to connect with our nurses. Then, you'll return to your car, unload your child's luggage, give them a big hug, and send them on their way. Later that evening, we'll send you an email with your child's cabin name and a brief update from our first few hours together.

Please note: While parents accompany their children through the check-in process, they do not move them into their cabins. Instead, one of our wonderful staff members takes campers to their cabins – and we help them settle in, unpack, and begin meeting new friends and re-connecting with old ones. We know this can be nerve-wracking, especially for first time parents, but our experience is that it provides the smoothest possible entry for campers and staff.

Campers arriving by bus or air go through a similar check-in process, supported by our caring and engaging staff.



Closing Day

On Closing Day, campers departing by car should be picked up between 9:00 am and 10:30 am. (Please do not arrive early, as there is no off-site parking and, out of respect for the community, we ask cars not to line up in the cemetery across the street.) **We kindly request that you leave all pets at home.**

After you give your camper a big hug and load their luggage into the car, you're welcome to have them show you around Camp for a few minutes. If you plan to do this, we encourage you to arrive on the earlier side of the morning; **all families must depart by 10:30 am** so we can prepare for the next session.

Campers departing by bus or air will be given a bag lunch to eat on their journey. (And if they brought a cell phone for the trip home, we'll make sure it's charged!)

Please note: We have a “no tipping” policy at Camp Havaya – our staff do not accept gifts from families. (Except, of course, the gift of spending the summer with your children!) If you'd like to thank our staff team, please consider a donation to our [Staff Appreciation Fund](#).



Shabbat Experience

Parents are invited to join us for the last Shabbat of our Aleph and Bet sessions. The morning begins between 9:00 and 9:30 am with a light breakfast, before joining together for Shabbat morning services in our outdoor *beit tefillah* (sanctuary). Following lunch and an opportunity to schmooze with Camp leadership, we will ask all family members to leave Camp at approximately 1:30 pm so that campers and staff can finish the session as a Camp community.

Aleph Session
Saturday, July 22

Bet Session
Saturday, August 12

Some important notes:

- For Summer 2023, we ask that only immediate family members (e.g., parents and siblings) join us on Shabbat morning. Please leave all pets at home.
- All guests must be fully vaccinated against COVID-19.
- Family members will not be allowed in camper cabins during the program. Parents may pick up their children and luggage on Sunday between 9:00 am and 10:30 am.
- Even as we move past the pandemic phase of COVID, we know community health considerations can alter even the best laid plans! Please note that, if necessary, we may change – or cancel – the program in the interest of health and safety.

To RSVP Please e-mail Office@CampHavaya.org with which date you will join us, as well as the names of all people attending. Please also let us know if you will need assistance getting around Camp; we'll be happy to help!





Community

At the core of all we do is a commitment to creating a warm and loving community that sees each of our campers for who they are as individuals. With this in mind, and with a keen eye towards group dynamics, we work hard to place campers in cabins with other campers and staff members with whom we think they will thrive. We do our best to meet bunk requests but, on occasion, we make alternative placements because we believe them to be in the best interest of a particular camper. We ask parents to take time to talk with their children, in advance of the summer, about the importance of opening up to new friendships ... including with campers who might seem “different” from them.

Time and again, we see friendships grow between campers who least expect it, and we know this is only possible because we create intentional mini-communities within our cabins. Thanks for your understanding and support as we work to build these opportunities for connection, exploration, and growth.

Diversity and Belonging

Belonging is the “indescribable feeling of being welcome.”^[1] It’s that moment of total comfort, warmth, and love – when we see one another, and are seen, for exactly who we are. At Havaya, this is the water we strive to swim in; we aim for it to be integral and infused into all we do. We are committed to representation and to celebrating lived experience, and we recognize the powerful and organic ways these can bring more dignity, justice, and joy to our work and our world.

This isn’t easy – and it doesn’t just happen on its own. It’s something we work on day-in-and-day-out. We don’t always get it right and, when we do, our successes are thanks in large part to the ways campers, staff, and families partner with us in the work. We know conversations about identity can be challenging, so we want to give you some resources to help frame these important discussions with your kids, both before and after the summer.

First, two overarching thoughts:

1. When people talk about diversity or difference, it is often framed as being about including “diverse people” in the community. Here’s the problem: people are not diverse, communities are. Aida Mariam Davis, Founder of Decolonize Design, suggests that this framework ultimately serves to “other” the very people it intends to support; it perpetuates an us/them model that is not at all in keeping with the world we want to create. She recommends thinking about diversity in terms of belonging, dignity, justice, and joy (BDJJ) – all things that speak to the core needs we all share, whether our identities have been historically centered or on the margins.
2. We are all works-in-progress. And the best way to continue growing is to be supported by those around us – and to support them in return. We’re not in competition with one another; pushing others down in order to puff ourselves up doesn’t showcase our values – it diminishes them. The way to make the biggest difference in this world is by helping other people walk their own path towards justice. Supporting each other to achieve individual successes will only strengthen all of us as a collective.

A number of years ago, a visitor described Havaya as a place where kids could be “who they are, as they are.”^[2] We’re proud to have community members of different races, genders, sexualities, religious backgrounds, abilities, and socio-economic statuses. For many of our families, this may be the most diverse community they are part of ... or, at least, the most diverse *Jewish* community. This opens up the possibility of **so** many interesting conversations with our kids. Here are some questions that may help spark those discussions (we encourage parents to answer them, too!):

- What about you is unique? Have you ever felt different, or like you didn’t fit in?

- Has someone asked you a personal question that made you feel uncomfortable? How did it feel? What would have made you more comfortable? (This is a great opportunity to practice how you might constructively tell someone they've hurt you. And it's also a chance to think about how to accept apologies with grace.)
- What's a time you made someone else uncomfortable – either with a personal question or by saying the “wrong” thing? How did it feel? If you could do it again, what would you do differently? (This is a great opening to talk about how to apologize with humility.)
- How can we help make our community (at Camp and at home) a place where everyone can feel comfortable to be who they are?

As we think about belonging writ large, it's important to highlight that conversations around race and around gender identity in particular are part of the current American zeitgeist. Not a day goes by without discussion in the news (and, often, in the halls of power) about racial justice and LGBTQ+ rights. For many of our families, this isn't theoretical – it's real life. For others, it's the focus of regular dinner table conversation. And for still others, Camp may be the catalyst for a deeper exploration of identity and belonging – regardless of your race, sexuality, or gender identity. Whether you're a pro or a novice, here are some things to consider:

- **It's all a social construct.** Race and gender may be social constructs, but that doesn't mean they are any less real – especially for our kids. (Isn't the whole experience of being a kid about learning to navigate the social constructs all around us? That's why middle and high school angst can be so painful!)
- **Language is important.** Choosing our words carefully, and knowing what they mean, is central to learning and growth. When talking about LGBTQ+ issues, here are a few basic definitions:
 - **Sex** (e.g., male, female, intersex) refers to the biology you were born with.
 - **Gender** (e.g., boy, girl, non-binary) is your emotional or intellectual identity. People who are transgender develop a sense of gender identity that does not align with their biological sex.
 - **Gender expression** is how you present yourself in the world; like gender, this lies on a spectrum – non-binary or genderqueer people may express a combination of masculinity and femininity, or neither.
 - **Sexual orientation** (e.g., straight, gay, lesbian, bisexual, queer) tells who you are attracted to...and doesn't directly correlate to sex, gender, or gender expression.
- **Don't make assumptions.** Just because people express themselves differently than the gender stereotype doesn't mean they are trans or non-binary; they might just have

their own style. We suggest steering clear of phrases like “girls don’t wear” or “boys don’t do” because people of all genders wear nail polish, or suits, or have short or long hair, or like the colors pink and blue, or play sports, or knit, or sing, or (fill in the blank). The same is true about race or ability or anything else for that matter: make no assumptions. Just because you know someone’s racial background, for example, doesn’t mean you know what it means to them until you get to know them.

- **Context is important.** Sometimes, when we’re in spaces where we feel comfortable, we let our guard down and say things “just among us.” The problem is: we never know how those things will be heard or (mis)understood. Especially in a youth-centered environment where kids of different ages are exploring the boundaries of social interaction, it’s important not to use language or tell jokes or poke fun at others – even if they share our identity or we think they’re okay with it.
- **Not all talk about race is racist.** “Racist talk” uses stereotypes, demeans people, assumes all members of a particular group are the same, and upholds a racial hierarchy. “Racial talk,” on the other hand, is about identity, family, culture, struggle, and history – all things we can, and should, discuss more openly and explore more deeply. When done well, “racial talk” also helps us challenge stereotypes and racism.
- **We are not color blind.** When we say “I don’t see color,” we negate a central part of every person’s identity. We all have a race and, even if we may not identify (with) it, we have to recognize the privilege it either confers upon or withholds from us.
- **Ask the right questions, in the right way.** Think before you speak: Are you using kind language? How will your question be received? (Remember: your tone is often more important than what you say.) How would you feel if you were asked a similar question?
 - It’s never okay to question someone’s identity. Asking someone if they’re really Jewish, or telling them they don’t look like their gender, just isn’t how we be.
 - It’s never okay to ask another person about which body parts they have – that’s always private. (At Camp, where campers live in a communal setting, this means that privacy and modesty are particularly important.)
 - It’s never okay to ask someone who identifies as transgender what their name “used to be.” The way they introduce themselves to you is the name they want to be called.
 - It’s always okay to ask someone what pronouns (“he/him,” “she/her,” “they/them”) they use. If you aren’t sure and can’t ask, just use the person’s name.
 - If you’re not sure how someone identifies, and you find yourself curious, ask yourself: “Why does this matter to me?” And then, let it go. (Especially around race, gender, sexuality, and religion, these questions are almost always more about us than they are about the other person.)

- **Assume good intent.** Ok, we know we said above not to make assumptions. But this is different. If you're at Havaya, chances are you're values-aligned with most other people you'll meet this summer. So when something goes awry (and it always does!), we encourage you to remember that we all have room to learn and grow – and we all have room to teach and support.
 - Sometimes, something pops out of your mouth and you immediately wish you could take it back. It happens to all of us! The best response in the moment is to take a deep breath and apologize simply and sincerely. Then, commit to yourself that you'll do better next time ... and then move on.
 - It's crucial that we name trespasses and let people know when and how they can do better – and that we do so in a way that is as productive, supportive, and kind as possible. We want to call people in, not call them out.
 - We love upstanders – people who stand up for themselves, their friends, and their values. But we don't love “downpushers” – people who demonize, ridicule, and silence people who make honest mistakes.
 - Upstanders don't just stand up with and for others in the moment, they can also help people learn after conflict has occurred. If someone says something hurtful or offensive to another community member, that person might need someone to help them learn what was offensive and how to do better. Your support is a gift both to them and to the person who experienced harm, because it takes the burden of educating off of the harmed person. It's not helpful to marginalize people who cause harm without helping them learn; that can often make it worse.
 - You don't have to accept someone's apology just because they say they're sorry. If they're sincere about it, and they want to do better, you may want to think about how to help them do better next time. And if you choose not to engage with them, that's fine, too; it's ultimately up to you to know how best to protect yourself and your boundaries.
- **This is about all of us.** The National Education Alliance says that “valuing diversity means recognizing differences between people [and] acknowledging that these differences are a valued asset.”^[3] Being in a diverse community like Havaya means each of us has the responsibility to recognize and explore the ways we are similar and different from each other – no matter who we are or how we identify.

As parents and kids prepare for the summer, we encourage you to take some time out from packing to discuss what it means to take an active part in creating a community of belonging. Please feel free to reach out to us now, during the summer, and when your children return home if we can be helpful with these conversations or if you want to talk more about our values and how we be.

We're proud to say that, at Camp Havaya, our kids are both celebrated and challenged in ways that help them grow into amazing human beings – no matter who they are or where they come from. Thanks for being our partners as we create this joyful and welcoming Jewish youth community that, we know, will continue to transform the lives of our campers, staff, families, and – we hope – the world.

.....

[1] Aida Mariam Davis, <https://www.weforum.org/agenda/2021/02/diversity-equity-inclusion-have-failed-belonging-dignity-justice/>
[2] Rabbi Robyn Frisch, <https://18doors.org/how-we-be-our-day-at-camp-jrf/>
[3] National Education Association, <https://neaedjustice.org/wp-content/uploads/2018/11/Racial-Justice-in-Education.pdf>



833-CAMP-HAV (833-226-7428) / hello@camphavaya.org