



a summer of fun, a lifetime of memories

SABRA PARENT HANDBOOK

Dear Sabra Family,

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

This Parent Handbook will help you to prepare for your summer at Camp Sabra, so please read with care the information that we have provided for you. If you have any additional questions or concerns, please don't hesitate to contact our winter or summer office. The better prepared you are, the better we can serve your family! Again, thank you for choosing Camp Sabra.

Terri Grossman, MSW
Director, Camp Sabra

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

Checklist: Preparing for Camp!

- ___ Read the Parent Handbook (thank you!)
- ___ **Camp Sabra Liability Release form**
- ___ **Health form**
- ___ **Asthma Action plan (if applicable)**
- ___ **Camper Information form**
- ___ **Divorced or Legally Separated Info**
- ___ **Conduct Policy**
- ___ Fees paid by April 1, 2012 (session 1) or May 1, 2012 (session 2)**

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

** Camp fees must be paid in full by due date (unless other arrangements have been made with the St. Louis JCC). No camper will be allowed to board the bus or attend camp if an account is not paid in full or payment schedule has been arranged. If you have questions, please call the Camp Sabra St. Louis office at 314-442-3151.

You can also download all forms from campsabra.com, sign and return to winter office

Family and Camper **FAQ**

Activities

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

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

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

Birthdays

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

Bugs

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

Bunking Arrangements

- Bunking groups are divided by grade level.
- Bunking groups are determined by the Camp Director. Your camper can make 2 requests, and one mutual request will be honored (or you will be notified).
- Bunking requests must be received in writing by due date.
- If you have special concerns, please contact the Camp Director by May 1st, 2012.
- Remember that all children in the same unit will eat meals and spend time together in the evening. Also, they are offered the same Focus choices and can attend those together.
- We will not make bunking assignments public prior to your camper's arrival at camp.

Clothing

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

Daily Schedule

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

Electronics

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

Homesickness

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

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

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

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

Laundry

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

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

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

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

- Send regular mail to:

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

- **Packages – We do not accept any edible products. Packages are opened with your child present, and edible products, including gum, will be confiscated from your child, in front of your child.**

Mealtimes

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

Medical Information – Campers need a physical after 9/1/11 to attend camp

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

Phone Calls

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

Photos of your camper

We will post photos on our website. Our major concern at camp is your child’s well being, so photos cannot be the priority. Please be patient, we know how much it means to see a photo and we are doing our best to be timely and all inclusive. You can access photos on our website by entering the **username: campsabra and password: 2012**

Please note our photograph policy on page 7.

Spending Money

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

Staff

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

Shmuel Bergman joins the Sabra Team as Assistant Director. Shmuel's first summer at Camp Sabra was in 2003 as a counselor and he couldn't stay away. He returned as a unit head for Golan and then Almagor unit head in 2011. Shmuel brings work experience from four other Jewish summer camps and holds an MS in Recreation Administration.

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

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

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

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

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

Swimming

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

Sunscreen

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

Tipping

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

Transportation

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

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

We will assist in arranging transportation from other cities.

Food can also be brought along to travel with, but we cannot allow it to be brought into the cabins; it will be disposed of upon arrival at camp.

Writing Emails to and from Camp

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

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

Writing to and from home

Top 10 things you need to know

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

Camp Sabra Policies

CELL PHONES

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

CANCELLATION

1. In accepting an enrollment, the camp reserves a place for the child. If, for any reason, the enrollment must be cancelled, the camp must be advised of this in writing.
 - a) Cancellations before March 1, 2012 - \$250.00 non-refundable deposit.
 - b) Cancellations after March 1 to April 15th, 2012 – 50% tuition reimbursed
 - c) Cancellations after April 15th, 2012 – No reimbursement
2. After a place has been reserved, the child shall remain at camp until the end of the period. As determined by the camp administration, there will be **NO PRO-RATED OR FULL REFUND** if a child leaves, or is sent home, before the end of the period for which he/she has been registered.
3. Cancellations of camp for reasons other than medical within 7 (seven) days of the start of the session will result in forfeit of camp tuition and deposit.

CONDUCT POLICY

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

FOOD AT CAMP

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

GRAFFITI

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

PHOTOGRAPHS

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

PACKING LIST – keep it simple & label everything!

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

NO KNIVES, INCLUDING SWISS ARMY KNIVES, ARE ALLOWED

*shower house is outside of the cabin

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

Masada campers has a separate list and this one. This unit requires additional outdoor/camping/hiking equipment as part of their program.

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



Dear Sabra Families,

As we prepare for your child's fabulous 2012 Sabra experience, at the top of our list is health and safety. A few items on that topic that you need to know:

We are REQUIRING that all camper meds arrive via CampRx. We cannot accept meds at the airport or at the JCC. With very few hitches, CampRx made our infirmary a much safer and more efficient area at camp. ACA recommends using this service, and federal law prohibits us re-dosing meds (handing a camper a pill from a bottle). Our nurses and doctors unanimously appreciated the organization CampRx has afforded us. You will receive information on how to use CampRx sometime after January.

We will need a medical form for each registered camper, signed by a physician. If your child has asthma, we also require an asthma action plan to be filled out and signed by the physician. The physical must have been completed after 9/1/2011. **WE WILL NOT ACCEPT ANY CAMPER WITHOUT A PROPERLY COMPLETED MEDICAL FORM.**

We appreciate so much the fact that you have chosen Sabra for your child's summer. We ask that you help us with the above in order for that experience to be a healthy and safe one!!

Terri Grossman
Director, Camp Sabra
314-442-3151
314-432-5825 fax
terri@campsabra.com

Camper's Name: _____

Session **I** **2**
(circle above)



Camp Sabra 2012
PERSONAL HEALTH AND MEDICAL SUMMARY
MUST BE COMPLETED FOR EACH CAMPER **ANNUALLY** BY PARENT(S)
DUE NO LATER THAN MAY 1, 2012

IDENTIFICATION

Phone: () -

Name: _____ Birth Date: _____ Age: _____ Gender: M or F

Child's SSN: _____ Address: _____ City, State, Zip _____

Parents'/Guardians' Names: _____ Email: _____

Primary Contact :	H: ()	W: ()	C: ()
Secondary Contact:	H: ()	W: ()	C: ()

Insurance Co: _____ Name of Subscriber: _____

Prescription Drug Plan Name: _____ Group No.: _____ Cert. No.: _____

Number: _____

**** (PLEASE attach a copy of BOTH SIDES of the insurance card & Prescription Drug Plan Card if applicable) ****

Emergency Contact (other than parents), Name: _____			
Relationship: _____	H: ()	W: ()	C: ()

Health History (please indicate if your child has one of the following conditions, even if your child is a returning camper):

- | | | | |
|------------------------------|-------------------|---------------------------------------|--------------------|
| _____ asthma* | _____ diabetes | _____ heart disease | _____ chicken pox |
| _____ bed wetting | _____ ADD/ADHD | _____ chronic or recurring illness | _____ contacts |
| _____ allergic to poison ivy | _____ convulsions | _____ swimming or sports restrictions | _____ Other: _____ |

***please complete the asthma action plan form with your child's physician and return with this form!!**

Medication allergies:

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Any conditions requiring the use of regular medications: _____ CAMPER'S NAME: _____

Medication and Doses:

	Name of Med	Dose	Route	Frequency	Reason
Mandatory					
Medication Only as needed					

Any other medical condition, allergies, or information pertinent to the medical care of your child: _____

List of surgical procedures and dates: _____

Special equipment, such as orthopedic devices, glasses, contacts, etc.: _____

I hereby give permission for the Camp Director and Medical Personnel to use their judgment in arranging for my child's emergency medical care in the event that I can not be reached. I authorize the Camp Director, or Camp Physician to take action that they deem necessary for the welfare of my child, including the use of over the counter and prescription medications. I further agree to pay all expenses involved not covered by the Camp's camper accident insurance, such as hospitalization or dental expenses in excess of insurance coverage.

I release all claims for injuries or damages incurred by my child in the connection with the delivery of such care in good faith.

In the event that my child needs dental or orthodontic consultation, repair, or treatment due to accident, injury, or natural causes, while at Camp Sabra, I authorize the Camp Director or Medical Personnel to transport my child to local facilities (with licensed dentist or orthodontist) and have the needed consultation, treatment, or repair. I also understand that Camp Sabra's insurance **does not** cover dental care (except in specific instances of accidental injury to natural teeth) and I agree to incur these expenses.

Signature of Parent/Guardian

Date

I have included both sides of my insurance card (please initial above)

****Please contact Camp Sabra if you have any questions: (314) 442-3151, or bmorgan@jccstl.org****



Camper's Name: _____

Session I 2
(circle above)

PHYSICIAN'S MEDICAL EXAMINATION

**TO BE COMPLETED BY PHYSICIAN AFTER 9/1/11
Due no later than May 1, 2012**

Please take the extra time to fill out this medical form. Complete and accurate information can mean the difference between a routine solution to a problem and the development of a serious medical situation. **Please give special attention to allergies and other reactions to which the child is susceptible.**

Height:	Weight:	
Is this examination essentially normal?	Yes:	No:
List any known drug allergies:		
Please note any abnormal findings:		

Are there any **psychological, social** or **physical** conditions for which the camper is under care?

Yes	No	If Yes, please explain:

Please give the name of the medication, dosage, and frequency currently needed:

<u>Name</u>	<u>Dosage</u>	<u>Frequency</u>

(if the child has asthma, please complete the asthma action plan form)

Camper's Name: _____

Date of Last Exam: _____

Current physical conditions which would limit participation in activities?

Immunizations (date of most recent):

Tetanus/Diphtheria:

Polio:

Rubella:

Comments:

Physician's Signature

Date

Type or print name

Office phone, including area code

****Only for children with Asthma****

2012 ASTHMA ACTION PLAN

Due with Medical form by May 1, 2012

Session: (circle) **1 2**

Camper's name: _____ Age: _____

Parent(s) name: _____ Phone: _____

Physician: _____ Phone: _____

List triggers that can cause asthma episode: _____

What measures do you take to prevent an asthma episode (environmental, prn meds, etc.):

Peak Flow monitoring: Personal best peak flow number: _____

Daily Medication Plan:

	Name	Amount	When to use
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

Emergency Plan
When peak flow is below _____ or when child has symptoms such as _____

Emergency Asthma Medications:

	Name	Amount	When to use
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

Comments: _____

Parent Signature Date

Physician signature Date

CAMP SABRA LIABILITY RELEASE

In consideration of _____
[“Minor”] being permitted to participate in the activities and to use the equipment and facilities of Camp Sabra, the undersigned parent or guardian agrees to indemnify and hold harmless **Jewish Community Center of St. Louis (“JCC”) and Camp Sabra** from any and all claims which are brought by or on behalf of Minor or any of them in which are in any way connected with the use of or participation by Minor or any of them in any programs or activities of JCC and Camp Sabra. Accordingly, on my own behalf and on behalf of each of the Minor:

Personal Injury Release

1. I recognize that participation in the activities of Camp Sabra involves risks of physical and emotional injuries and damages, including, but not limited to, injuries, damages or losses to the Minor relating to or resulting from slips, falls, collisions, car accidents, drowning, trauma, health failure, and/or other mishaps. Possible injuries can include death, personal injury, property damages, loss of service and other injuries and damages.
2. I assume full responsibility for any injuries, damages or losses which may occur to the Minor and agree that JCC and Camp Sabra and their trustees, officers, agents, employees, representatives, volunteers, students and assigns (collectively referred to as the “JCC Parties” in this and the following paragraphs of this Release) shall not be liable for any damages arising from any personal injuries that the Minor may sustain in connection with participation in Camp Sabra whether occurring on or about the premises of Camp Sabra or JCC campuses or occurring adjacent to or outside of the said property to the extent that this Release provides for the release of such liability.
3. I hereby fully and forever release and discharge and hereby agree to indemnify and hold harmless the JCC Parties from any and all present and future claims, demands, damages, rights of action or causes of action (collectively “Claims”) arising out of, resulting from, or connected in any way with the Minor’s participation in JCC and JCC sponsored programs and activities (including but not limited to Camp Sabra), and the use of JCC's property and facilities (including but not limited to Camp Sabra), whether known or unknown, anticipated or unanticipated, and specifically including, but not limited to, any Claims arising out of or resulting from any of the JCC Parties' own negligence or fault or the negligence or fault of their agents, employees, representatives, volunteers and assigns, provided that this Release and discharge shall in no way affect any claims which I and the Minor cannot legally waive, such as grossly negligent acts, intentional acts occurring in the future and acts done with malfeasance.
4. I understand that I and the Minor are releasing the JCC Parties from liability to the full extent that the law allows not only from any risk inherently associated with participation in JCC activities, but also any enhanced exposure to injury occasioned by any carelessness, negligence or fault of JCC Parties or anyone acting on JCC Parties' behalf, including any and all liability for damage and injury or death to Minor or to any person or property to the full extent that the law allows.

5. I understand that **THIS RELEASE OF LIABILITY IS INTENDED TO BE AS BROAD AS LEGALLY POSSIBLE**, and I accept the terms as a condition of Minor being permitted to use the property and facilities of JCC and Camp Sabra and to participate in the JCC programs and activities and JCC sponsored programs and activities sponsored and programs and activities occurring at JCC and Camp Sabra.

Release for Personal Property

I acknowledge and agree that JCC and its agents, employees, representatives, volunteers and assigns (collectively referred to as "JCC Parties" in this paragraph of this release) shall not be liable for any loss or theft of personal property and I, on my own behalf and on behalf of the Minor, release the JCC Parties for any liability for loss or theft of any personal property in connection with the Minor's participation in any JCC activity.

Consent to Medical Treatment

JCC and Camp Sabra have my permission to have a physician treat the Minor if needed during the Minor's participation in any JCC or Camp Sabra activity or while on JCC or Camp Sabra Property. I hereby consent to any first aid, medication, medical treatment or surgery deemed necessary and I release all claims for injuries or damages incurred by the Minor in the connection with the delivery of such care in good faith. This Release is also a condition of the Minor being permitted to use the property and facilities of JCC and Camp Sabra, to participate in the programs and activities of JCC and Camp Sabra, JCC sponsored programs and activities (including but not limited to Camp Sabra) and the programs and activities occurring at JCC and Camp Sabra.

Publicity Consent

I authorize and permit JCC and Camp Sabra to use or publish Minor's likeness in any form. I waive any right to inspection or for any compensation.

Other Releases

From time to time, I may sign other releases concerning certain activities or events in connection with JCC or Camp Sabra which are intended to supplement this release and I may have signed a release prior to this release with JCC or Camp Sabra concerning certain activities or events. No prior or subsequent release that I sign in any way concerning JCC or Camp Sabra shall amend, modify or revoke this Release, unless it specifically states that it revokes this Release.

I warrant and represent that I am the parent or legal guardian of the Minor. I acknowledge that this waiver and release affects my legal rights and the legal rights of the Minor, except as identified above and includes releases of liability which are intended to be as broad as legally possible. I have read same and I understand what I am signing.

Dated: _____

Signature of Parent or Guardian

CAMP SABRA CONDUCT POLICY
SIGN AND RETURN (one copy) NO LATER THAN MAY 1st, 2012

At Camp Sabra, we believe that group living is an important component of our program. So many positive values and skills are cultivated as our campers and staff learn how to live together in a tight-knit community. However, we realize that a picture of our camp population reflects everything that may potentially occur in the 'real world.' Certain behavior and actions on the part of a few people would be detrimental to the health, safety, and character of us all. Therefore, we deem it advisable to delineate very clearly both what Camp Sabra's standards and rules are and the consequences in the event that these rules are broken.

Accordingly, we ask that parents and campers read, discuss, sign and return the last page of this policy statement by May 1st, 2012 to the camp winter office at 2 Millstone Campus Dr/St Louis, MO/63146. Should you have any questions regarding this, we would be pleased to hear from you, at (314) 442-3180.

NOT ALLOWED

1. Possession or use of any illegal drug or substance.
2. Possession or consumption of alcoholic beverages.
3. No medication, whether prescribed or over the counter, may be in the possession of a camper. These must be stored and dispensed by the medical staff or under their discretion. The only exception is some asthma medications (when the condition is chronic) which may be allowed to be in the camper's possession only under the discretion of the medical staff.
4. Possession or use of tobacco products.
5. Possession or sale of pornographic materials.
6. Possession or use of knives and other weapons. Knives of any kind are not permitted at camp. Inappropriate use of sharp items will not be tolerated.
7. Possession and use of CD's and cassettes that contain inappropriate language (i.e. violent or abusive lyrics, etc.).
8. Possession and use of cell phones, pagers and personal computers. If a cell phone or pager is brought to camp, it will be returned to your home, or stored at camp until the end of the session.
9. Activity detrimental or disrespectful to the health and welfare of others including, but not limited to, persistent physical or verbal abuse, sexual harassment and profanity.
10. Activity destructive to property or nature, including but not limited to theft, vandalism, graffiti and excessive litter.
11. Possession and use of matches, lighters, fireworks, incense and candles.

FOR YOUR SAFETY

We also feel that a safe and successful camping experience requires adherence to a few rules and regulation regarding **safety procedures**. Campers are expected to adhere to the following general safety guidelines (guidelines specific to each activity area will be discussed with the campers and must be followed as well):

1. We respect each camper's right to privacy and a sense of security. As a result, males are not permitted in the female village or cabins and females are not permitted in the male village or cabins.
2. Being a part of a camp community means doing activities together with proper supervision, so campers are required to attend all programs and functions, and are encouraged to participate in all camp activities.
3. Age-appropriate unit curfews have been established. Campers are expected to adhere to these curfews.

CONSEQUENCES

Should we have reason to suspect a camper of violating any of the above rules, we shall respond as follows:

1. Camp Sabra reserves the right to take appropriate disciplinary action after full consideration of any of these situations.
2. We reserve the right to search the camper's possessions in their presence. If we determine a violation of these rules has occurred, we will notify the camper's parents. Violations of 1 or 2 will result in **automatic dismissal. Consequences for violations of other rules at the Director's discretion.**
3. Camp Sabra will charge for repairs, clean-up, or removal of graffiti.
4. If counseling and appropriate disciplinary actions do not result in cooperation and improved behavior, we will consult with parents. **We then reserve the right to send a child home. If a camper is sent home as a result of any infraction of the rules or because of persistent and willful disregard for safety guidelines, no refund of tuition will be made, and transportation home will be at the parent's expense.** Furthermore, Sabra reserves the right not to allow a camper to return to Sabra in subsequent summers.

(Please circle one) 2012 SESSION 1 2

WE HAVE RECEIVED THESE CAMP SABRA CONDUCT POLICIES AND SAFETY GUIDELINES. WE UNDERSTAND THE CONSEQUENCES, AND AGREE TO ADHERE TO THEM.

Parent name (print) _____ Camper's name (print) _____

Parent signature _____ date _____

**PLEASE RETURN TO:
CAMP SABRA
2 Millstone Campus Dr.
St Louis, MO 63146**

2012 CAMP SABRA --CAMPER INFORMATION FORM
DUE NO LATER THAN MAY 1, 2012

Your Camper's Name 1 / 2
Session?

Your Name

Names of Brothers/Sisters _____ Attending Camp: Yes _____ No _____

My goals for child's summer camp experience are: _____

How does your child feel about going away to camp this summer? _____

How do you feel about your child going away to camp this summer? _____

What special talents or interests does your child have such as music, sports, drama, etc?

How was your camper's year in school? _____

If there has been a separation, divorce, death or remarriage, briefly describe and indicate attitude and reaction of child. _____

Please comment on any other matters you would like us to know about.

If you plan to be away from home/work for an extended period of time while your child/ren is at camp, please provide us with the following information:

Dates Away: _____

How can we contact you while you are gone? Phone/cell phone/fax, etc.

Numbers: _____/ _____

PLEASE RETURN TO:
Camp Sabra
2 Millstone Campus Dr,
St Louis, MO 63146

**CONSENT FORM FOR DIVORCED OR LEGALLY SEPARATED
FAMILIES ONLY**

DUE MAY 1, 2012

PLEASE RETURN TO:
Camp Sabra
2 Millstone Campus Dr,
St Louis, MO 63146

Dear Parent(s):

If parents are divorced or legally separated and one parent has been granted exclusive custody, control or care and supervision of the child that parent needs to sign this form. In the case of joint custody, both parents must sign this form.

Sincerely,
Terri Grossman, Director

I (We) agree to the terms of the previously signed medical form, as it relates to emergency medical care of our child, and agree that the Jewish Community Center may serve my child at its camp.

Signature - Parent/Guardian

Date

Signature - Parent/Guardian

Date

Camper's Name

Session

Masada Packing List

The Masada program is unique, and so the packing needs are different than any other unit in Camp Sabra. This information will hopefully allow your camper to correctly purchase/borrow/bring the necessary equipment. You will/may have questions or concerns, please feel free to call the Sabra office .

While we make slight changes to the Masada itinerary every year, a few things remain constant.

1. Campers need to stay hydrated! 3 water bottles (holding 32 ounces each) is a minimum, we suggest that each camper bring 3-5 bottles.
2. The temperature varies throughout the day and the best way to stay comfortable is to bring and wear layers.
3. It will rain at some point almost every day. Rain gear is essential and we suggest that everyone not only bring a rain jacket, but a pair of rain pants and a cover for your backpack.
4. We hike and walk a lot in varying terrains. The shoes you purchase for Colorado should be comfortable and waterproof.
5. The sun is strong in Colorado, so pack a hat, strong sunscreen and SPF lip balm.

Money

The campers do not have to spend any of their own money! We will always provide the meals for all of our campers, but some like to purchase their own food. Campers might also like to buy t-shirts, postcards and/or gifts. Most campers take \$150 on the trip, some less, some more. Over the years, parents have tried different things and we've found that sending them with a prepaid debit/credit card is the easiest way to make sure they have enough money. Sending cash to a camper during the trip is not possible.

Half of the Masada Unit's summer is spent at Camp Sabra and the other half is in Colorado. Please see the normal packing list to check for items you will need while at camp. Below is what you'll need in Colorado.

EQUIPMENT

Mess Kit with utensils
 Cup for hot drinks (hot chocolate)
 Flashlight/head lamp
 Water Bottles (3-5 32oz)
 Day Pack/Back pack (should be able to fit rain gear, lunch, sunscreen, water and extra layers)
 Coat or warm Jacket
 Sleeping Bag (with compressor bag/sack)
 Sleeping pad (this is optional)
 Hiking back pack (should be able to hold items for a 3-4 day trip)

CLOTHING

Socks	6
Hiking socks	6
T-shirts	8
Long sleeve t-shirts	4
Undergarments	12
Long pants	3
Shorts (athletic and hiking)	5
Swim suit	1-2
Hat	1
Winter Hat	1
Athletic shoes	1pair
Hiking boots	1 pair
Sandals/flip flops	1 pair
Sunglasses	1

HEALTH

Tooth brush	1
Tooth paste	1 tube
Soap & shampoo	1each/travel size
Sunscreen	1 bottle
Towels	2-3
Bug Spray	1

COMFORTS

Journal	1
Camera	1
Books/card games/music	1
Pillow	1



Stay in touch this summer with Camper Email!



We are excited to tell you about our partnership with Bunk1.com! Bunk1's secure, easy to use, summer website services let you stay in touch with your camper all summer!

RETURNING PARENTS: If you had an account at this camp last summer, you can continue to use your old username and password. Simply sign in at the link below. The first time you visit the site you will be prompted to update your contact information and re-activate your account.

GET STARTED TODAY

To set up a new account and visit our Online Community:

1. Go to our website at www.campsabra.com
2. Click the "Camper Email" link at the bottom of the page*
3. Click the "Register Now" link
4. Enter your Pre-Approved Registration Code: **12CS9420**
5. Fill out all the required information
6. Send an email to your camper!

*If you cannot find this button, go to www.campsabra.bunk1.com instead and continue on to the next step

** For your camper's safety, please do not share the Pre-Approved Registration code above.

FREQUENTLY ASKED QUESTIONS

How do I send a Bunk Note (one-way email) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct cabin, type your message, and hit the "Send" button.

When will my camper receive the Bunk Note?

Each morning, the Bunk Notes system bundles and sorts the messages from the prior day for us to print out and distribute to campers. These notes are then typically distributed with the other mail of the day.

Can other relatives use these services?

Bunk One is open for all of your relatives to use. Simply have them follow these directions to create their own account.

What are Bunk Note credits?

Bunk Note credits are used to add Bunk Note Extras (borders, pictures and word games) to your one-way e-mail. Bunk Note credits are \$1 each and can be purchased through the website in packages of various sizes.

Can campers reply to my Bunk Notes?

Yes! See the attached "Bunk Reply" flyer for more details

What do I do if I lost my username and password?

You can get it online by going to www.Bunk1.com and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You will receive an email with your username and password within a few minutes.

QUESTIONS OR PROBLEMS?

Please call Bunk1 at 1-800-216-9472 or go to www.bunk1.com/contact.asp



Introducing...BUNK REPLIES

Handwritten notes from your camper, sent to your computer!

Bunk Replies



You either print out Bunk Reply Stationery for campers to take to camp or include one when sending a Bunk Note.



Camper writes his/her letter on the Bunk Reply Stationery.



Camp collects and faxes all the Bunk Replies to Bunk1.



Bunk1 scans the faxes, reads the bar code, and emails Bunk Replies to you.



You receive email from Bunk1 with the camper's Bunk Reply

TO GET STARTED

You will need to set up an account with Bunk1 before you can take advantage of Bunk Replies. If you have already set up an account, skip this box. If you have not set up an account...

1. Go to our website at www.campsabra.com
2. Click the Camper Email link *
3. Click "Register Now"
4. Enter your Pre-Approved Registration Code: **12CS9420**
5. Fill out all the required information

* If you cannot find this button, go to www.campsabra.bunk1.com instead and continue on to the next step

TO RECEIVE BUNK REPLIES

You must provide your camper with Bunk Reply Stationery to receive Bunk Replies. There are two options:

1. Print Bunk Reply Stationery when you set up (or renew) your account
2. Attach Bunk Reply Stationery when you send Bunk Notes to your camper

Once your camper receives the stationery, it is up to him/her to write the letter and hand it in to the camp.

FREQUENTLY ASKED QUESTIONS

When will I get a Reply from my camper?

You will only receive a Reply from your child once he/she writes the note, turns it in to the camp office, and it is faxed into the system.

Some campers will not write a response immediately and some may not write at all. Please be patient.

QUESTIONS OR PROBLEMS?

Please call Bunk1 at 1-800-216-9472 or go to www.bunk1.com/contact.asp





SUMMER CAMP CONTACT NUMBERS

OFFICE: **573-365-1591** **(AT CAMP)**
 314-442-3151 **(ST. LOUIS OFFICE)**

FAX: **573-365-0577** **(AT CAMP)**
 314-442-3151 **(ST. LOUIS OFFICE)**

STAFF:

Terri Grossman, Director **314-581-9824 cell**
Shmuel Bergman, Asst Director **314-680-2906 cell**

Emergency Phones

After hours at CAMP **314-581-9824**
EMERGENCY CELL **573-216-3125**

ADDRESS **30750 CAMP SABRA ROAD**
 ROCKY MOUNT MO 65072

E-MAIL **info@campsabra.com** **WEBSITE: campsabra.com**



WINTER CAMP CONTACT NUMBERS

STAFF

Terri Grossman, Director **Shmuel Bergman, Asst. Director**
314-442-3180 office **314-442-3213 office**
314-581-9824 cell **314-680-2906 cell**
terri@campsabra.com **shmuel@campsabra.com**

Bebe Morgan, Registrar
314-442-3151 office
bebe@campsabra.com

FAX: **314-442-3151**

ADDRESS **2 Millstone Campus Drive**
 St Louis, MO 63146

WEBSITE: **campsabra.com**

Dear Camper Families,

With all the requests I receive each year, putting together cabins is like Algebra. I know it is important to campers to be with their “old” friends, but I also know how amazing it is to make new friends.

Please put only your #1 and #2 requests on this card. A cabin list is not necessary, there are many factors that go into creating a cabin; # of beds, requests, non-requests, new campers, etc. I can only guarantee that your child will be with one “mutual” request.

Cabin groups are not made open to the camper family population prior to camp.

Thank you for your help!

Terri Grossman

2012 BUNKING REQUEST

To be returned only if there is a specific bunking request.
MUST BE RETURNED BY MAY 1, 2012

_____ F / M _____
Camper's name (please print) gender

Grade Fall '12 _____ Session 1 _____ Session 2 _____

City/State _____ Daytime phone _____

Request for Bunking (one mutual request will be honored.)
Please print.

#1. _____ #2. _____

Parent(s) Signature _____

WILL NOT ACCEPT LATE REQUESTS
Not for MASADA: Tents are assigned at camp.