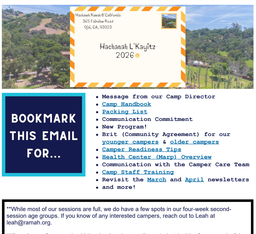
From: Camp Ramah in California
To: Ben Stone
Subject: Preparing for Summer - May Newsletter
Date: Thursday, May 21, 2026 10:40:46 AM



BOOKMARK THIS EMAIL FOR...

- Message from our Camp Director
- Camp Handbook
- Packing list
- Communication Commitment
- New Program!
- Brit (Community Agreement) for our younger campers & older campers
- Camper Readiness Tips
- Health Center (Marp) Overview
- Communication with the Camper Care Team
- Camp Staff Training
- Revisit the March and April newsletters
- and more!

**While most of our sessions are full, we do have a few spots in our four-week second-session age groups. If you know of any interested campers, reach out to Leah at leah@ramah.org.

**If you know of an amazing high school senior or college student looking for a *meaningful* summer leadership experience, we have a few spots available for young adults to join our summer staff. Please reach out to Ball at ball@ramah.org.

Shalom Ramah Families,

The excitement is in the air as we send you this final "*Hachanah L'Kayitz*."

A couple of weeks ago, Sheryl Sandberg — known for many important roles, including being Ramah parent — shared a deeply personal announcement honoring the legacy of her husband, Dave Goldberg z"l, and the lasting impact Ramah had on his life.

We are deeply grateful to Sheryl, along with Rob Goldberg and Tom Bernthal, for their extraordinary generosity in establishing the **Dave Goldberg Scholarship at Camp Ramah in California**. Their gift will open the door for more children to experience the same sense of belonging, growth, and Jewish joy that defined Dave's summers at camp.

Time and time again, we hear that **Jewish summer camp is one of the most important investments we can make in the Jewish people and the Jewish future**. After 20 years in camping, I have seen over and over again that nothing compares when it comes to helping create proud, confident Jews who are resilient, thoughtful, caring, and wise human beings. Ramah's Jewish, tech-free bubble — led by young, passionate role models — is fertile ground for cultivating our next generation of Jewish leaders.

Creating this environment takes thought, expertise, intention, and plenty of logistics as we prepare to open camp in just a few short weeks. I feel incredibly lucky to have such talented leaders by my side, guiding our camp community together.

- Dr. Aviva Levine Jacobs, Ramah California's Associate Director, will oversee the community care of our campers and staff, guide our Yoetzet (parent liaison) team, and help lead staff training. She will be joined during the second session by Lisa Cooper, our Family Relations Director.
- Michal Kogen Kress, Ramah California's Assistant Director, alongside our Summer Program Director from Israel, Nirit Zohar, will lead our day-to-day programming, overseeing the many moments when kids are learning, exploring, and growing as they move throughout camp. Together, they supervise our Va'ad Mumchim team, the leaders of each of our specialty departments.
- This leadership team — alongside Rabbi Joe Menashe, Ramah's CEO; Katie Weiss, Ramah's COO; Maria Brewer, Director of Operations; Elana Naftalin Kelman and Rory Carmer, Directors of Amitzim; Dr. Deborah Musher, Director of Ezra staff; Kristina Calamia (1st session) and Ramesh Cohen (2nd session), our Marp (health center) managers; Ben Strom, Senior Administrator & Registrar; and so many others — works together to create a safe, joyful, and meaningful summer for your children.

You will find important details and information below, all rooted in our mission and our hope that this summer's Ramah experience truly begins "A Journey for a Lifetime."

It is my t'fillah (prayer) that each of the 2,100 campers and staff joining Camp Ramah in Ojai and Ramah Day Camp LA this summer experiences the same magic that Dave Goldberg z"l experienced nearly fifty years ago.

Thank you for trusting us.

Chag Shavuot Sameach,

Ariella Moss Petersell
Chief Experience Officer & Camp Director

KEEPING UP WITH THE FUN AT CAMP

PHOTOGRAPHY

Photos of each *edah* (unit) will be posted twice a week. Of course, we don't want you to miss opening day, *Maccabiah* (color wars), and *Yom Israel* (Israel Day), so we'll post on those special days too! And be sure to download the Campanion app to get alerts when we share photos of your camper.

SOCIAL MEDIA

We post on Facebook and Instagram frequently throughout the summer. Be sure to follow @ramahcalifornia for camp-wide and *edah* specific pictures and videos!

EDAH UPDATES

Hear weekly, by email, from your child's *Rosh Edah* (unit head) for stories and details on the fun and learning that's happening in your camper's age group.

DIRECTOR'S MESSAGE

Each Shabbat our camp directors will share a little Torah and some meaningful highlights from our week as a *kehillah* (community).

Introducing...



We are excited to partner with One. Soccer Schools this Kaylitz (summer) to offer soccer clinics led by world-class coaches!

Campers can sign up on the first day of camp, and if demand exceeds availability, spots will be assigned through a lottery. This program will be offered to certain edot (age groups).

Click here to learn more about One. Soccer.

BRIT (COMMUNITY AGREEMENT) FOR 3RD-6TH GRADE

GESHER, NITZANIM, AVIRIM, GIBOREI YISRAEL, AND AMITZIM



BRIT (COMMUNITY AGREEMENT) FOR 7TH-11TH GRADE

ADAT SHALOM, SOLLELIM, TZOPHIM, KOCHAVIM, AND MACHON

Tips for Camper Readiness

Click to read more!

PREPARE NOW FOR AN AWESOME FIRST SUMMER!

1. **TFILOT** Tfilot: daily prayers; are a *meaningful* part of life at Ramah and take place in a variety of settings and creative formats designed to engage chanichim (campers) at every level of familiarity. Help your child feel comfortable and excited about this part of camp culture!
   - Bags are asked to wear kippot at t'filot & during meals, be sure to pack extra.
   - Don't forget to label and pack talit and t'fillin if your child is over the age of B'nai-Mitzvah. Both are required during morning t'filot for boys and strongly encouraged for girls. Check with your local Rabbi about borrowing a pair of t'fillin if needed, or purchase a set by contacting Pam@ramah.org.

2. **COMMUNAL LIVING AND SHARED SPACE** Living with a group is one of the most exciting — and often new — parts of the camp experience. A little preparation goes a long way.
   - Talk through what communal living might look, feel, and sound like. What might they enjoy? What might feel new or different? What is their role in making the space enjoyable for everyone?
   - Chanichim will have the opportunity to form a tzrif/ohel brit (bunk community) agreement at the start of camp — a chance to discuss group norms and shared expectations. What might your child want to add?
   - Help your child identify an independent, quiet activity (reading, drawing, sudoku, etc.) for downtime or moments when they need a little time to themselves

3. **A NOTE FOR PARENTS** This one's for you. It's normal to have questions or feel some nerves as camp approaches — but children are perceptive and often take emotional cues from the adults around them, so do your best to exude confidence and excitement, and they are likely to follow. They want to know that you believe they are ready for this experience and that they will succeed! They are ready, and they will do great, and so will you!

MEET OUR CAMPER CARE TEAM

Our camper care professionals have knowledge and experience working with children and teens in the camp environment.

Each edah (age group) has a yoetz/et (camper care team member). The **yoetzet (parent liaison)** is your point of contact during the summer.

Tips for connecting with your child's yoetzet:
- Email your camper's yoetzet (email addresses will be shared on the first day of camp) and include your preferred callback times
- Allow 24-48 hours for a response
- Please note that our camper care team does not respond to emails over Shabbat
- For time-sensitive matters, please call our main office (805-646-4301) between 9:00 am-5:30 pm
- The emergency pager (805-227-8223) is for true medical or personal emergencies outside of regular office hours or over Shabbat
- Please share any important information about your child's mental health and well-being before the summer on your child's camper care form and/or by reaching out to Dr. Aviva Levine Jacobs (aviva@ramah.org)

Camper Care Team - First Session

This summer, for the first time, we are excited to expand our camper care team to include associate-level mental health professionals working under supervision. These individuals will be fully integrated into our team, and we look forward to our entire community benefiting from their contributions.

MARP WELLNESS AND STAFFING AT CAMP

What is the *Marp*?

Our *mirpa'ah*, health center, (*"Marp"* for short) serves as a 24/7 in-camp clinic that provides professional medical care to our campers and staff. The *Marp* is staffed by board-certified physicians and licensed nurses at all times. Our medical and nursing staff focus on the health of all campers and staff by responding to everything from scrapes, bruises, and insect bites to colds, chronic illnesses and emergencies. Each day, there are designated hours for sick-call and doctor visits. Additionally, our health care team is available to respond to camper/staff needs throughout the day.

How is medication distributed at camp?

Our Marp staff is responsible for the safe distribution of all camper medications and supplements. Both regularly scheduled prescription and over-the-counter medications are distributed by our nursing staff during one of the four distribution times throughout the day. Additionally, the Marp is well-stocked with commonly used over-the-counter medications such as acetaminophen, ibuprofen, many allergy medications, and topical creams. Nebulizers are available as needed. Non-prescription medications are administered to campers at the discretion of our health center team.

According to the American Camping Association guidelines, **all medications, including prescription and over-the-counter medications, as well as supplements (ex. vitamins, probiotics), must be kept in the Marp and distributed by our licensed health care staff**. The safe storage and distribution of these medications and supplements is extremely important for the health and safety of our entire Ramah community.

What if my child is sick at camp?

In the case that your camper is admitted to the Marp and needs to rest or stay overnight, our Marp also houses wards for overnight campers. Our Marp is staffed 24 hours a day. Campers will stay in the Marp until they have been fever-free for 24 hours and/or their symptoms are improving.

When will we contact you?

Our Marp staff will contact families if:

- **your child spends the night at the health center** (example: with fever). If your camper needs to stay overnight, we will contact you if it is before 10pm. Otherwise, we will contact you first thing in the morning, unless it is a medical emergency.
- **your child has to leave camp for any medical reason** (example: to get an x-ray, needs stitches, etc.)
- **your child needs to start a prescription medication** (example: antibiotic)
- **The Marp staff wants to discuss a medical issue with you**

If there is an emergency on Shabbat, we will contact you, otherwise, non-urgent communication will take place after Shabbat.

Parents will not be contacted when a camper receives minor first aid (ex., splinter removal, cleaning of a cut) or has other more mild symptoms.

STAFF TRAINING

We pride ourselves on our exceptional staff. Our *madrichimim* (counselors), *moomchim* (specialists), and all of our *tzevet* (staff) have a love of camp, committed Jewish identities, and strong characters. They can't wait to be with your campers! Here is a list of some of our staff training topics:

- How (and why) we create structure and routine for campers
- Modeling healthy relationships, consent, and boundaries
- Jewish teachable moments
- CPR/First Aid
- Creating fun and engaging activities
- Supporting the mental, emotional, and social health of campers (MESH)
- Child development and age-appropriate behaviors
- Relationship building and group dynamics
- Experiential Israel education
- Emergency protocols and procedures
- Abuse prevention
- Having fun and creating memories to last a lifetime

REVISIT THE FIRST HACHANAH L'KAYITZ EMAIL FROM MARCH

REVISIT THE SECOND HACHANAH L'KAYITZ EMAIL FROM APRIL

Packing List

Who's Who

Parent Handbook

NOW IS A GREAT TIME TO PLAN FOR LABELING EVERYTHING COMING TO CAMP!

SAVE 25% ON YOUR ORDER AT LABEL DADDY WITH THE CODE RAMAH

NEW KAYITZ NEW MERCH

We are excited to share new merch for 2026 on the official Machaneh Ramah B'California store! Make sure to stock up on all the fun camp merch before the kayitz!

WWW.RAMAH.ORG/STORE



CampInTouch | Instagram | Facebook | Support Ramah

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