

SHOMREI TORAH SYNAGOGUE

EDUCATION CENTER

Presents...



Back to Basics

Summer Camp 2010

Shomrei Torah Synagogue

7353 Valley Circle Blvd., West Hills, California 91304

(818)346-4979

HANDBOOK CONTENTS



Daily Schedule



What to Bring



General Questions

Shomrei Torah Synagogue

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Our Wonderful Summer Staff

Adrienne Pasternak, MaED. Director of Education

Cheryl Gartsman, Summer Camp Coordinator

Marilyn Conrad, Administrator

Our Professional Teaching Staff

Beginners.....Marci Ross

Intermediate.....Ben Strom

Pre-Kindergarten.....Irit Hefec (4 weeks) and Mirta Svidler (4 weeks)

Kindergarten.....Samantha Simons

Specialist.....Bernice Lieberman

Our Paid Teaching Assistants

Beginners.....Genessa Irvine

Intermediate.....Mira Chetlen

Pre-Kindergarten.....Ben Richards

Kindergarten.....Shana Rosenberg

Our Volunteer CIT's

Sarah Block, Josh Dahlerbruch, Brynnea Irvine, Jenna Latter, Danielle Nebel, Chase Nelson, Leanna Pilosof, Lilli Shvartsmann, Sammy Step, and Mara Weiss

General Questions

When Can We Expect To Have Water Play?

We will have water play incorporated into each day's outdoor time, such as water tables with floatable objects. On Tuesday and Wednesday we will change into our bathing suits and have fun in our small pools.

What Will Our Campers Eat For Snack And Lunch?

Snacks will be made by the campers themselves most days. We will incorporate fresh fruits and or vegetables every day. Campers will have an opportunity to measure, weigh, mix, bake, and serve the snack to each other on a daily basis. Lunch will be provided and made in our kosher kitchen down stairs.

Lunches will be pareve or dairy (no meat). We will be following the guidelines of the USDA Food and Nutrition Service. Every lunch will have fresh fruits and vegetables, Milk or 100% fruit juice, whole grains, dairy, and proteins.

With a little "loving deception"* we will be able to provide kids with the food they want *and* what they need at the same time. Most importantly, we will help you give your kids a head start toward eating what's good for them so that they'll grow up and eat better throughout their lifetimes.

We are proud to be able to provide snacks and lunches at no additional cost to you. Please see the snack and lunch menu attached.

* check out this sample lunch recipe from the cookbook "Deceptively Delicious" for an example of the items your child will find (and not find) in their lunch boxes this summer ;) Feel free to try this recipe at home!

French Toast

4 lrg eggs, 2 tbsp butternut squash puree, 1/4 tsp cinnamon, 4 slices whole-wheat bread, nonstick cooking spray, 2tsp trans-fat-free soft tub margarine, flaxseed meal, pure maple syrup, fresh fruit for serving

1. In a shallow bowl, whisk the eggs, puree and cinnamon. Add the bread slices and turn them in the mixture to soak for 30 seconds to 1 minute (any longer and the bread will get soggy).
2. Coat nonstick griddle or large nonstick skillet with cooking spray and set it over medium-high heat. When the margarine sizzles, add the soaked bread slices (sprinkle with flaxseed) and cook until golden brown on the outside, 2 to 3 minutes per side. Serve with warm syrup and fruit

The Art Studio

The Art Studio (room 11) will be filled with lots of wonderful materials for the children to access independently. Using art materials such as paint, clay, oil pastels, crayons, cornstarch, collage materials, and recycled materials, children will be able to express their individual ideas and feelings through art while exercising both their large and fine muscle groups.

The Science Lab

The Science Lab (room 11) will give each camper the opportunity to weigh, measure, graph, observe, balance, examine, and make predictions. Materials will be easily accessible to students so that they can experiment on their own, under adult supervision.

Imagination Station

The large parachute hanging from the ceiling of the imagination station (room 3) will create a theater like atmosphere. There will be lots of dress-up clothes, shoes and boots, puppets, dishes, food, menus, dolls, animals, telephones, adding machines, and cameras just to name a few. These materials will allow the children to learn about the world around them. Children will be able to act out everyday situations that are familiar to them.

Construction Zone

The Construction Zone (room 5) will be set up to allow children to play at different heights as well as in a 360 degree play space. The room will be filled with wooden blocks, legos, knex, tubes, poles, boards, boxes, cylinders, animals, people, trains, trucks, buses, cars, airplanes and track. As children build together, they solve problems and learn the benefits of cooperation.

Discovery Garden

We are fortunate that this summer we will begin our collaborative relationship with the "New Community Jewish High School" as we learn how to share the beautiful garden space they have created. We will cultivate the earth, pull weeds, plant seeds, water, and use what we have grown over the summer for special snacks. The children will learn what it takes to grow their own food, and how important it is to take care of "Mother Earth".

Outdoor Exploration Areas

The Outdoor area will have many sub-areas.

The sand and water area of course will have many molds, sifters, pails, shovels, funnels, cups, bowls, dump trucks, rakes, and strainers to name a few.

The woodworking area will have wood, nails, hammers, screw drivers, tape measures, pencils, clipboards, gloves, paint, glue, and goggles. *This area will be carefully watched and the amount of children in the area will be limited at any given time.*

The pools will be filled, and refilled after each class uses it. *We will have extra staff during the pool days to ensure the children's safety.* Children will also have water hose and sprinkler play, and special water activities such as a bike wash, or a baby (doll) wash.

We will have yard style games on days when we are not having water play. Relay races, obstacle courses, games like musical chairs, and the Limbo games, will be a regular part of the summer. When it becomes too hot for us to be on the yard for game time we will use "Raffle Hall" where it is air conditioned.

What Can We Expect On Fridays?

At 9:15 AM, we will gather together in the sanctuary for our weekly Shabbat Party, where we sing songs, practice Shabbat blessings, and share stories together.

What To Bring To School...

Items That Stay In The Cubby All Summer

- Closed-Toe Water Shoes
 - Swimsuit
 - Towel
- Swim Diapers (if applicable)
 - Sunscreen

(The sunscreen permission form must be on file for your child)

- Dry change of clothes
- Diapers/Wipes (if applicable)

Items To Bring Each and Every Day

- Your Smile
- Your enthusiasm
- If you feel your child may not eat the lunch provided please provide a pareve or dairy lunch.