



CGI FLORIDA – GIRLS DIVISION HANDBOOK



FOOD

MEALS

- Mealtime at CGI Florida is much more than just about food. The dining room is the hub of the camp spirit as singing and dancing accompany our meals. Additionally, the dining room is the place where the campers learn the daily Hayom Yom, Sefer Hamitzvos and Moshiach thought of the day. Chef Nissan works tirelessly to provide 3 meals a day including a fully stocked salad bar at lunch and dinner. Our meals are nutritious, fresh, and most of all delicious.
- **Allergies and Dietary Restrictions:** We ask that you please inform camp before the start of the summer of any allergies or other dietary restrictions. With this information we can work with parents on accommodating the campers needs making sure everyone receives a well-balanced diet and feels comfortable.

CANTEEN

- Every day during breakfast, campers place orders for the canteen and receive their snacks after lunch.
- The amount is left to your discretion and should be enclosed in an envelope with your child's name on it, or sent online (details to follow via email). Our suggested canteen amount is \$10 per week.

GENERAL

- Camp is **Nut Free**.
- All food in camp is **Cholov Yisroel** and/or **Pas Yisroel**, therefore all snacks sent to camp must be Cholov Yisroel and/or Pas Yisroel.



CONTACT

EMAIL

- E-mails can be sent through our website or sent directly to dearcamper@cgiflorida.com and will be printed daily and given to the campers. The subject space must contain the child's name and the bunk # to ensure that your child receives it promptly.

MAIL

- We know how eager you are to hear from your children. Campers are encouraged to write home often. Stamps will be sold in the canteen.
- Campers love to receive mail. We suggest reading our tips on preventing homesickness before sending mail. To send mail, use the following address making sure to include your daughter's name and bunk number:

YOUR DAUGHTER'S NAME

BUNK #

7495 PARK LANE RD

LAKE WORTH, FL 33449

DELIVERIES

- If you intend to send a package to camp using a delivery service e.g. Instacart or Shipt, please bear in mind that many of these services do not include a label or the name of the recipient. Therefore, it would be in your best interest to request that they

include your daughter's first name, last name, and bunk #. In addition, please send an email to girls@cgiflorida.com notifying us of the delivery for your daughter.

TELEPHONE CALLS

- Please do not expect a call from your child during the first week of camp. Should you want to inquire how your child is adjusting, feel free to call the office or email us. Each bunk will have a designated time once a week to call home. A tentative calling schedule will be sent out so parents can know when to be on alert for an incoming call. Please bear in mind this is a tentative schedule and trips or special activities can sometimes delay the calling process.
- To accommodate every camper, we ask that phone calls be limited to ten minutes per child. We suggest keeping the conversation light and positive. Try to limit any dialogue of your daughter missing activities going on at home. This has been proven to create a feeling of homesickness even in an otherwise well-adjusted camper.



ELECTRONICS

At camp, it is our job to give your daughter an incredible experience packed with Chassidishkeit, learning, fun, and activities. Camp is a time where your daughter will make new friends and have experiences that they will remember forever. To accomplish this, certain guidelines must be followed:

CELLPHONES

- Campers are not permitted to have cellphones in camp. Cellphones used for traveling must be given to the camper's counselor who will give them to the Office Manager for the duration of the camp season. If your child is traveling with a phone, please inform the camp so that we will make sure it is received by us for safekeeping.
- Camp is not responsible for any valuables, i.e. electronic games, digital cameras, etc. left anywhere other than the office.

ELECTRONIC DEVICES

- The only type of electronics that will be allowed in camp are cameras (with picture capabilities only). Any form of electronics, cell phones, mp3 players, or iPods will not be allowed. If these items are found in a camper's possession they will be held and returned to the camper at the end of the camp session. Camp is not responsible for any valuables left anywhere other than the office.



APPAREL

CLOTHING LABELS

- Camper's name must be on every garment to avoid losing articles in the laundry. Items on which name tapes cannot be sewn, i.e. toothbrush, soap dishes, etc. should have adhesive tape marked with the name.

LAUNDRY SERVICE

- Our laundry service is located off campgrounds. Laundry is done approximately every 9 days. Each bunk is given special laundry bags with their bunk name on them to prevent loss. Laundry is washed and returned folded.
- All laundry sent into the laundry service is both washed and dried. **Please do not send any clothing to camp that cannot be put in the dryer.**
- It is a good idea for your child to come to camp with 2 or 3 sock bags. In them, she can put both her socks and her underwear. If she has 2 or 3 bags they are less likely to be overfull and will wash properly.
- Keep in mind that camp activities can get messy and no valuable clothing should be sent.

TZNIUS DRESS CODE

Throughout your daughter's time in camp, we work tirelessly to cultivate a Chassidische outlook that incorporates all aspects of their lives, both physical and spiritual. A major part of this is ensuring that their outward appearance reflects those commitments. When we properly conduct ourselves by dressing tzniusly and acting modestly, we create an atmosphere in which we can grow b'ruchnius and b'gashmius.

Please ensure that your daughter abides by the following guidelines:

- Skirts must cover knees at all times, whether sitting, jumping, or dancing.
- Legs must be fully covered at all times.
- Sleeves must cover elbows at all times, and have a proper neckline, completely covering the collarbone.
- Swimsuits should be one piece.
- Swimsuits are only allowed by the pool; on the way to and from the pool, campers must be fully tznius as stated by the standards listed above.
- Shabbos is a special time in camp, and we expect campers clothing to reflect that atmosphere. Please send Shabbos clothes and shoes.
- All campers are expected to be tznius at all times, this includes bedtime and in the bunkhouse.
- Fully tznius nightwear must be worn.
- Nail polish is not allowed.



MISCELLANEOUS

LICE CHECK

As campers spend a lot of time near each other, head lice can occasionally occur.

- All girls will be checked for lice upon arrival to camp. If your daughter is found to have lice, our lice checking company will take care of the lice removal on the spot at the parent's expense. To avoid this inconvenience, we suggest checking your daughter's hair before the start of camp.

LOST AND FOUND

- There will be a designated table for lost and found near the camp office which campers will be informed of upon arrival to camp. Please encourage your child to notify their counselor of lost items.

BOOKS AND GAMES

- Campers are busy almost all day doing all the activities that make camp so exciting, however, there are also some opportunities to relax and cool down. During these times, campers may bring books. Books must be written by frum authors and be Jewish in content.
- Board games and other leisure activity items may be sent providing they remain an asset to rest hour and off times and do not become a distraction during activity times. All games should be camp appropriate.
- Playing cards will not be allowed.
- When sending additional items with your child for rest hour or downtime, please keep in mind that each child is only allotted a certain amount of space for personal items in the bunkhouses.



SOME THINGS TO KEEP IN MIND

Camp is a learning experience for all campers, whether they have been to overnight camp before, or it is their first time. This includes both spiritual and personal growth. Preparing campers in the months and weeks leading up to camp can be most beneficial to their overall experience through their time during the summer. Here are some helpful tips we have compiled to assist in this preparation process:

- All children will adjust differently to being away from home. It is recommended that your child get used to the idea by having sleepovers or visiting relatives overnight, away from their regular home environment.
- Speak about and teach your child different personal hygiene and care skills including but not limited to showering, brushing hair and teeth, and cleaning up after oneself, and keeping their personal items organized.
- To assist in keeping your child organized, pack with them and then discuss different ways to unpack once they arrive at camp.
- Go through what a typical camp day looks like with your daughter. This will help them visualize what camp will look like and what they will be busy doing.
- Speak about different options of what they could do if any issues arise. Make sure they understand that their counselors and other staff are always there for them when they are in camp, especially when it comes to anything they may need help with.

Campers should understand that camp is intended as a place to learn, grow and have fun; staff are there to lovingly guide them through this process.

- Have a talk about the potential of homesickness. Campers should know that this is normal and they do not have to feel embarrassed about it. They should also know that these feelings can be temporary and come and go depending on the time of day and circumstances. It is not unusual for campers to be having a great time but still have occasional feelings of homesickness, more notably at the beginning of camp and at night. Campers should feel comfortable speaking to staff about these feelings. There is also a staff member, called the camp friend, specifically designated to help campers who would like to speak through any uneasy feelings.
- Be encouraging! If your daughter expresses any worrying feelings before camp, acknowledge their feelings and then show them that you are confident they will do great. Having a parent display confidence and positive support is not only important prior to camp, but it is also vital during camp. When campers think of their parents, they should think of the pride they feel in them and their encouragement. It does not hurt to even use lines like "I am so proud that you are making an effort" and "being away can be hard sometimes, but we know you can do it" during calling times.
- Keep in touch through emails and letters. Nothing makes a camper feel good like getting mail from family and friends. Encourage other family members and friends, even ones that may be your daughter does not see as often to send a quick hello via email. This is an exciting way for campers to feel connected even when away.
- Short and sweet goodbyes at drop-off are key. This allows campers to get right into their new environment.
- Speak to your daughter about how often and when communication between home and camp will be available. It is always good for them to know that calling is once a week so this is not a surprise.



HOMESICKNESS

Here are some helpful tried and true homesickness tips to get your daughter through if these feelings do arise:

- Write daily letters and emails to your child and encourage family and friends to do as well. Make sure emails are light and do not give off a feeling of "missing out" on something big at home.
- Remember that homesickness is a normal part of being away and can affect campers at different times. You can acknowledge your daughters' feelings without giving in to them. Campers need to hear that their parents have confidence in them and are encouraging. Words like "I know you can do it, even though it is hard sometimes" are always great. Other options are "you're doing great" or "wow sounds like you are growing a lot and working through your feelings so well".
- Calling times can especially be a sensitive time. Even a camper who was otherwise not homesick can cry just hearing a familiar voice from home. Make sure to ask about the fun activities and program in camp and steer your child to have a positive conversation sharing the exciting things going on. This may take some prompting on the parents' side. Inquire about topics such as their counselors, the girls in their bunk, the activities, trips learning or food.
- Never offer something to your daughter that goes against camp rules. Do not tell them they can call back at a designated time without first checking the camp director. Do not promise your child that you will call them back a certain time either unless cleared by the camp director. This can result in further stress and disappointment if promises are not able to come to fruition.



DAILY SCHEDULE

8:00	Wake Up	2:45	Activity #3
8:45	Cocoa Club	3:30	Activity #4
9:00	Lineup	4:15	Snack
9:10	Davening	4:30	Production
10:00	Breakfast	5:15	Mincha Chumash & TH
10:40	Clean Up	6:15	Supper and Daily Duch
11:00	Shiur	7:00	Night Activity
11:45	Activity #1	7:45	Prep For Bed
12:30	Activity #2	8:45	Rebbe Time
1:15	Lunch	9:00	Gutte Nacht CGI!
2:00	Rest Time		