



GAN YISROEL FLORIDA

GIRLS 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 and his crew work 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. Camp provides gluten free and dairy free options for those who require. It is recommended to send your daughter with some gluten free snacks.

CANTEEN

- Every day during breakfast, campers place orders for the canteen and receive their snacks after lunch.
- Campers are generally limited to buying 2 items a day.
- The amount is left to parents discretion and should be enclosed in an envelope with your child's name on it, or sent electronically, either via Cashapp: \$GirlsCanteen or via the camp website. Our suggested canteen stipend is \$10-\$15 per week.
- Canteen sells cases of 24 bottles of water for \$5.00.
- If you desire to send your daughter with spending money, please enclose it in a separate envelope with her name on it.

GENERAL

- Camp is Nut Free. This includes nut snacks, cereals and granola bars, for example Bamba, Reese's puffs, Nature Valley bars, etc. We ask that parents check ingredients on foods before sending them to camp. For safety reasons, items containing nuts will be confiscated.
- 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. All mezonos products must be Pas Yisroel. Please make sure all hechsherim are reliable according to the CRC's accepted hechsheirim list.
- Camp policy does not allow campers to consume candy or heavy sugar products before breakfast or after supper. This helps ensure a healthier and more productive day and nighttime routine.
- Please do not send large amounts of nosh and junk to camp. It creates a huge mess and can invite unwanted guests e.g. bugs.
- Deliveries from Instacart, Walmart, Shipt, Amazon Fresh, etc. will not be accepted into camp and will be turned away at the gate. Items arriving via mail will be accepted, e.g. USPS, UPS, Fedex, Amazon etc.
- Please talk to your child about appropriate snack and candy consumption, including how many items they can have each day and the best times to enjoy them.

CONTACT

EMAIL

- Emails will be printed and distributed daily. We encourage parents to send several emails a week.
- E-mails can be ONLY be sent through our online form: www.CGIFLORIDA.com/Girls/Email
- Please be conscious of the content of the emails sent. No highly sensitive information should be included in emails. All emails should reflect yiddishe and chassidishe values. We suggest reading our tips on preventing homesickness before sending emails.

MAIL/ PACKAGES

- We know how eager you are to hear from your children. Campers are encouraged to write home often. Please send your daughter with self-addressed stamped envelopes. Stamps will be also be sold in the canteen.
- Campers love to receive mail. We suggest reading our tips on preventing homesickness before sending mail.
- All items sent should reflect camp rules and values, e.g. do not send a deck of playing cards, non-Jewish books, etc.
- To send mail, use the following address making sure to include your daughter's name and bunk name:

YOUR DAUGHTER'S NAME, BUNK NAME
7495 PARK LANE RD
LAKE WORTH, FL 33449

DELIVERIES

- Deliveries from Instacart, Walmart, Shipt, Amazon Fresh, etc. will not be accepted to camp. Items arriving via mail will be accepted, e.g. USPS, UPS, Fedex, Amazon etc.

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, please complete the 'Camper Inquiry' form online (www.CGIFLORIDA.com/Girls/camper).
- 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 (for both parents). 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.
- We ensure that every camper speaks with their parents on calling day. If a parent is not available during the designated time or misses the call, please be patient and your daughter will try again later. Alternatively, please complete the 'Camper Inquiry' form online (www.CGIFLORIDA.com/Girls/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. 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 for the duration of the camp season.

ELECTRONIC DEVICES

- Campers are not permitted to have any electronic devices, such as MP3 players, Tablets, Kindles, Cameras, Handheld Video Games etc. If your child is traveling with any of the above, please inform the camp so that we will make sure it is received by us for safekeeping for the duration of the camp season.

APPAREL

CLOTHING LABELS

- Please label all clothes, swim gear, accessories, etc. with your daughter's name using a permanent marker or name tag to avoid loss.

LAUNDRY SERVICE

- Laundry is weekly off campgrounds by a professional laundry service.
- All laundry is picked up onsite washed, dried, folded and returned the following day. Please do not send any clothing to camp that cannot be put in the dryer.
- 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 the knees at all times, whether sitting, jumping, or dancing.
- Legs must be fully covered at all times.
- Sleeves must cover elbows at all times.
- Shirts and dresses must have a proper neckline, completely covering the collarbone.
- Swimsuits should be one piece. On the way to and from the pool, campers must be fully tznius as stated by the standards listed above. During other water activities, e.g. boating, water slides, etc. Campers must be fully tznius including socks.
- 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. Oversized tshirts will not be accepted.
- Nail polish and make-up is not allowed.



MISCELLANEOUS

LICE CHECK

- All girls will be checked for lice upon arrival to camp. If your daughter is found to have lice, our lice checking company will remove the lice on the spot at the parent's expense.

BOOKS AND GAMES

- Campers are busy all day with camper activities, however, there are some opportunities to relax and unwind. During these times, campers may read books or play games. Books must be written by a frum author and be Jewish in content.
- Board games and other leisure activity items may be used on condition they remain an asset to rest hour and off times and do not become a distraction during scheduled activities. 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.

MESSAGING STAFF

- Parents are not allowed to message or call staff members during camp. This includes staff members that are relatives etc.
- Campers are not allowed to use staff member's phones or communicate through a staff member. All communication must go through either the director or the camp office. Staff are busy taking care of campers and will be in communication with parents when necessary through the camp administration. Camp is always quick to respond to any parent inquiries or questions.
- Should you wish to inquire about your child, please complete the 'Camper Inquiry' form online cgiflorida.com/girls/camper.

NO VISITATIONS

- There is no visiting day in camp.
- Camp has a strong policy against any visitors during the camp session. There is security at the front of camp and visitors will not be allowed. Visitors are disruptive to the camp experience.

VIEWING PICTURES

- Pictures are posted daily for parents to view through the parent portal. An email is sent out to parents on how to access these photos. A facial recognition system conveniently allows parents to view and receive notification of pictures with their child in it, if they choose to do so.

TIPPING

- Counselors and waitresses work hard over the summer to give campers a safe and enjoyable experience of growth and warmth. As an appreciation of their hard work we strongly encourage parents to send a tip to these staff members. Tips can be sent directly to designated staff members. Tips can be sent at the beginning of camp with your daughter or electronically. Halfway through the session an email will be sent out with staff members details to send money electronically.



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 prior to camp.
- Speak about and teach your child different personal hygiene and care skills including but not limited to showering, brushing hair and teeth, cleaning up after oneself, and keeping their personal items organized.
- To assist in keeping your child organized, help them pack and 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. A general daily schedule can be found at the end of this handbook.
- Speak about different problem solving options 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. Campers love receiving email from family and friends.
- 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.
- It is a nice idea to bring something from home that brings comfort. This can be a special blanket, pillow, stuffed animal or even a family picture.

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 into 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 programs 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 promise something to your daughter that goes against camp rules. Do not promise your child that you will call them back at 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

ACTIVITIES

- A camp day includes many of the following exciting activities: Swimming, Art, Dance, Production, Electives, Specialties, Boating, Zip lining, Trips, Games, Sport Leagues, Theme Activities and so much more!

8:15 Wake Up	2:15 Activity #3
8:30 Cocoa Club	3:00 Activity #4
9:00 Lineup	3:45 Activity #5
9:10 Breakfast	4:30 Snacks
9:40 Davening	4:45 Activity #6
10:25 Shiur	5:30 Mincha Chumash & TH
11:10 Activity #1	6:15 Supper and Daily Duch
11:55 Activity #2	7:00 Night Activity
12:40 Clean Up	8:00 Prep For Bed
1:00 Lunch	9:15 Rebbe Time
1:30 Rest Time	9:30 Gutte Nacht Gan Yisroel

LOOKING FORWARD TO SEEING YOU IN CAMP!