



2023

FAMILY

HAPPY

CELEBRATING 110 YEARS!



EST. CAMP 1913

KINGSWOOD

BRIDGTON, MAINE

OUR BIRTHDAY SUMMER STARTS SOON!

# Welcome to Camp Kingswood!

Dear Camp Kingswood families,

Welcome to Summer 2023! This Family Handbook provides you with all the information you need for camp this summer. Whether you are new to Kingswood or you've been with camp since you were a camper yourself, please read this Handbook carefully as some things change from year to year.

We're so excited to have your kids with us at Kingswood this summer! While kids experience overnight camp away from their parents, at Camp Kingswood, we consider a camper's entire family part of our camp community, and we deeply value our partnership with all of you. We are committed to working closely, respectfully, and responsively with our camp families. We take great pride in these relationships, and we appreciate the support we receive from parents both during camp and throughout the year. Your reinforcement of everything in this Handbook is a great way to show that support! We appreciate your alignment on all camp rules when talking with your campers, especially regarding policies that may feel hard, like our Screen-Free Policy and our Camper Code of Conduct. If you'd like to ask questions to better understand our philosophy and rationale, we're always happy to chat!

We recommend parents read through this Family Handbook together with your camper, especially if they'll be at Kingswood for their first summer. The more campers hear about what camp is like, the more prepared and confident they'll be when they step onto the camp bus! Hold onto this Handbook throughout the summer, as it's a helpful resource while camp's in session! New for 2023, you can also find an online version of the Family Handbook at [www.campkingswood.org/FamilyHandbook](http://www.campkingswood.org/FamilyHandbook)

We can't wait to be back on Woods Pond,



Jon Ferris  
Assistant Director



Mitch Morgan  
Owner & Director



Jodi Sperling  
Owner & Director

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## NEW FOR 2023!

An orange fireworks badge appears to the right of the page next to any changes from last summer. To jump right to updated sections:

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# Dates and Contact Information

## Important Dates

<b>April 30 (4 pm)</b>	Boston New Family Night (Location TBD)
<b>May 1 (7 pm)</b>	Virtual New Family Night (Recording will be emailed May 2)
<b>May 1</b>	Camper Forms Due
<b>May 15</b>	Full Payment Due
<b>July 18</b>	Visiting Day for full-summer campers



## Session Dates

<b>Session I</b>	Sun June 25 - Tue July 18
<b>2-Week Session I</b>	Sun June 25 - Sun July 9
<b>Session II</b>	Thu July 20 - Sun August 13
<b>2-Week Session II</b>	Thu July 20 - Thu August 3
<b>CIT Session II in Israel</b>	Tue July 18 - Tue August 8
<b>Full Summer</b>	Sun June 25 - Sun August 13



## Contact Information

During the summer, in addition to emails you may receive texts from camp. The camp SMS number is (207) 231-3484. This is a one-way system. If you respond to a text, a director will receive your message and then respond to you via email. Text messages are not checked on a regular basis. If you need immediate assistance, text the camp emergency number instead.



<b>Summer Address</b>	Camp Kingswood 104 Wildwood Road Bridgton, ME 04009
<b>Summer Office Phone</b>	(207) 647-3969
<b>Emergency Phone</b>	(347) 931-7002
<b>Health Center</b>	nurse@campkingswood.org (207) 647-9495
<b>Jodi Sperling Owner &amp; Director</b>	jodi@campkingswood.org
<b>Mitch Morgan Owner &amp; Director</b>	mitch@campkingswood.org
<b>Jon Ferris Assistant Director</b>	jon@campkingswood.org
<b>General Questions</b>	directors@campkingswood.org

While camp is in session, the camp office is open Monday through Friday from 8am-5pm. During off-hours the messages are checked sporadically, so please call the emergency line to reach a director quickly if there's an emergency.



# Camp Life

## Daily Schedule

### SUNDAY - FRIDAY

<b>7:30</b>	Wake Up
<b>8:00</b>	Flag
<b>8:10</b>	Breakfast
<b>9:00</b>	Cabin Clean Up
<b>9:30</b>	First Period
<b>10:40</b>	Second Period
<b>11:50</b>	Third Period
<b>1:00</b>	Lunch
<b>2:00</b>	Rest Hour
<b>3:00</b>	Fourth Period
<b>3:50</b>	Snack
<b>4:00</b>	Fifth Period
<b>5:00</b>	Shower Hour
<b>6:00</b>	Flag
<b>6:15</b>	Dinner
<b>7:00</b>	Chofesh - Free Time
<b>7:45</b>	Evening Program
<b>9:00</b>	Olim Bedtime
<b>9:30</b>	Tsofim Bedtime
<b>10:00</b>	Bogrim Bedtime
<b>10:30</b>	Chalutzim Bedtime

### SATURDAY

<b>9:00 - 10:00</b>	Rolling Breakfast
<b>10:15</b>	Morning Shabbat Services (or other spiritual choices like yoga or hike)
<b>11:00</b>	Unit Meetings
<b>12:00</b>	All-Camp Clean Up
<b>1:00</b>	Lunch
<b>2:00</b>	Rest Hour
<b>3:00</b>	Special Program Choices (sports tournaments, free swim, play rehearsal, etc.)
<b>5:00</b>	Shower Hour
<b>6:00</b>	Dinner
<b>7:00</b>	Chofesh
<b>7:45</b>	Havdallah
<b>8:30</b>	Evening Program
<b>9:00</b>	Olim Bedtime
<b>9:30</b>	Tsofim Bedtime
<b>10:00</b>	Bogrim Bedtime
<b>10:30</b>	Chalutzim Bedtime

Friday's schedule has shortened activity periods and an extended shower hour before we slow things down as we enter Shabbat.



## Choosing Activities

Each day, campers have a combination of bunk activities and electives. Bunk activities are preassigned, giving campers an opportunity to experience everything at camp as a bunk. This exposes campers to lots of different activities while strengthening the bonds and friendships within the bunk group — their core “family” at camp. Electives are selected individually each week, and they are a chance for campers to delve deeper into activities to improve skills, work on more complex projects, or specialize in a new interest. Campers can repeat electives space-permitting, so if a camper wants to become a rock star by taking guitar lessons all summer long, they can!

## Swimming

Olim campers in 2nd-5th grades take American Red Cross swim lessons every other day, taught by our certified lifeguards and swim instructors. To participate in any lake activity or water sport, campers are required to pass a swim test. If a camper in any unit doesn't pass the swim test, our trained swim instructors can work with them individually to help improve their swimming skills.

All campers can choose free swim daily as an elective, using the period to swim, play in our Aqua Park on our inflatable water toys, or hang out on the grass by the water (Nine Square and Ga Ga are favorite waterfront hangout pastimes!)

Each elective cycle offers a selection of different electives offered by our swim staff. Some past favorites have included snorkeling, junior lifeguarding, swim team, and diving.

## Jewish Life at Camp

Camp Kingswood is a Kosher camp offering campers the opportunity to experience the warmth and joy of living as part of a vibrant Jewish community. We integrate positive Jewish identity development, Jewish values, and a connection to the land and culture of Israel into our camp experience. We do this through experiential programming, music, community rituals like Friday night candle lighting, and the integration of Jewish themes and content in activities, like cooking, art, and nature. Shabbat, in particular, is a beautiful, almost magical experience at camp, with campers each having a turn to take part in leading Shabbat services, accompanied by our talented song leaders on guitar.

Kingswood is a place where anyone, regardless of their background, will feel welcome and encouraged to explore their spirituality.

## Bar and Bat Mitzvah Training

Weekly B'nei Mitzvah training is offered to any child whose Bar/Bat Mitzvah is within six months of camp for a fee of \$200. Please send all materials with your child, and submit the B'nei Mitzvah Tutoring Form on CampInTouch by May 1.

## Bunking

Living in a cabin is like a sleepover party every night! At Camp Kingswood, a camper's bunk becomes their family, and campers return summer after summer to be with their best friends at camp. Still, even at home, campers know they may not always get along with their siblings, but they're still family. At camp too, we teach that living with others is so fun — and it can be hard! Navigating these challenges is part of camp, and it helps campers develop skills like flexibility, problem solving, and teamwork. We remind campers that while not everyone will be their best friend, they can still be kind, helpful, and friendly bunkmates.

Cabin assignments are announced to campers upon arrival on the first day. We do not share bunk assignments with families in advance of camp. Cabins are assigned based on grade in school, age, if they've attended before, and their interests. Assignments balance the best interests of the individual with the best interests of the group. Campers are invited to request two friends on the Bunk Request Form. We do our best to place each camper with at least one friend, and mutual first requests are given priority. If you have a concern regarding bunking, please be in touch.

You can help us create an amazing bunk experience for your camper by:

- Encouraging your child to welcome new campers into their bunk if they've been there before by being welcoming, friendly, and supportive, and helping new campers feel just as home as they do!
- Reminding them that everyone's grown up and changed a ton since camp last year, including them!
- Practicing how to approach new campers and make others feel included. Helping them remember some strategies to manage disappointment — whether it's related to their bunk assignment or anything else throughout the session. Talking through what it's like to live in a shared space with other kids and some of the issues that could arise if it's their first time at overnight camp.
- Reminding them that if they need anything, or could use someone to talk to, their counselors are there for them, and they can go to them anytime. Each bunk has 2-4 bunk staff depending on their age and size of group, so there's always someone to turn to.
- Letting them know that in addition to their counselors and unit head, at Kingswood there are Camper Care specialists living at camp who are social workers, psychologists, or therapists at home during the year. Our camper care team is also available for campers to check in with anytime.

- Packing a few “comfort” items for your camper to take to camp, like photos of family, favorite books, or a small non-valuable item (or a picture of one) that has sentimental meaning.

## Food

Good food can make or break a camper's experience, and knowing this, we take food VERY seriously! We work with our awesome food service directors to create menus that are delicious, kid-friendly, healthy, and plentiful. Every meal comes with lots of options, including a full salad bar with choices of proteins and rotating sides and salads. One member of our chef team is solely devoted to special dietary needs and food allergies, making sure our alternative meals are just as tasty and varied as the featured meal. Our team takes pride in making most meals from scratch, and campers working in the garden drop off veggies and herbs to incorporate into recipes. Bet you didn't know we were farm-to-table! ;-)

Please do not send your camper with any food, snacks, or candy. Food in the bunks, no matter how tightly sealed, will inevitably lead to bugs and critters in the cabins. More importantly, we cannot have a camper unknowingly exposed to a food they could be allergic to. Counselors are instructed to confiscate and dispose of any food sent to camp. Sneaking in food puts counselors in the position of policing, and that doesn't make camp fun for anyone. We have plenty of opportunities throughout the session to eat special snacks, treats, and candy (see next section — Canteen!).

## Canteen

Two to three times each week, campers visit Canteen, where they choose their own special snack (included in the cost of camp) and can purchase games, forgotten toiletries, and seriously cool camp gear. While our online camp store is open all year, every summer we introduce new camp gear only available at the in-person Canteen. For 2023 we'll have a line of special 110th anniversary items for sale. We stock sunscreen, toothpaste, toothbrushes, postcards, stamps, and other essential items campers can purchase if they forget or run out.

We recommend families provide campers with at least \$50 for a 3.5 week session for Canteen. Families can prepay for Canteen and/or add money to their campers' accounts throughout the summer using CamplnTouch or the Companion app via credit card. Families can also pay for Canteen by check or cash prior to camp, or by bringing a labeled envelope to give to the bus staff at drop-off. The remaining balance at the end of the summer will go toward our Kingswood Camper Scholarship Fund. If you would prefer to request a refund of the unspent balance, please contact us in writing by August 18, 2023.

## Camp Gear

Every camper receives one Camp Kingswood t-shirt at camp. Lots of other Kingswood gear is available for purchase both at camp at Canteen and at the online camp store. Visit our online store at [www.amerasport.com/CAMP\\_KINGSWOOD/departments/1166](http://www.amerasport.com/CAMP_KINGSWOOD/departments/1166) to find Kingswood clothing and gear for your whole family! You can find most items on the camp packing list there too, including great camp duffel bags.

## Birthdays

Birthdays at camp are the best! Campers' birthdays are celebrated all day long, with a special birthday cake for their bunk served at lunch, and the whole camp singing to them while they 'skip around the room.' We are happy to make birthday cakes according to any specific dietary needs or allergies. Campers with birthdays during their camp session are permitted to have a birthday phone call home and to receive a birthday package, addressed to "Camper Name - Birthday Package." Please call or email our camp office at least 24 hours in advance to schedule your birthday call.

This year we're celebrating a very special birthday - our 110th Anniversary! We'll be celebrating with special events and programs all summer.

## Overnights and Trips

Every cabin has one overnight during each 3.5 week session. Staffed by a trained trip leader, overnights are an opportunity for campers to experience the fun of sleeping under the stars, cooking over a fire, and relaxing in a tent. Olim bunks camp in our Kingswood woods, while the older units take advantage of our breathtaking New England surroundings to explore the mountains and lakes in Maine and New Hampshire. Chalutzim campers take their adventure further with a multi-day trip each session.

\*Two-weekers may or may not be at camp for their cabin's overnight.

## Visiting Day

Visiting Day is back live for 2023! Visiting Day will be Tuesday, July 18, only for the families of our Full Summer campers. Families are invited to spend part of the day with their camper(s) in Bridgton and part of the day at Kingswood. A Visiting Day schedule and details will be shared separately with our Full Summer families. For parents not able to make it in-person, our staff will make sure your campers have a great day, and we'll share instructions prior to camp to schedule a Virtual Visit instead.

# Getting Ready for Camp

The months leading up to camp are an exciting time, but can also be overwhelming and stressful. We'd love to help you make the transition to camp as easy as possible. Campers get homesick - parents get homesick - both are normal! :)

## Talking to Your Camper Before Camp

For kids, camp is usually amazing, but it doesn't always feel that way instantly. Homesickness is healthy and normal to some degree, and our counselors are trained to talk with kids openly and honestly to help them work through their feelings. Most campers need a few days to adjust to life at camp and being away from home. During this time, signs of homesickness are natural, since many campers miss their home surroundings. Our counselors are trained to provide a strong support system to assist campers in coping with their concerns. Overcoming this adversity is a great thing, and it helps campers gain independence and learn how to overcome challenges.

Please do not be alarmed if a staff member contacts you during camp. We are committed to transparency and honesty with our families, so at times we may reach out to give you a heads up or solicit your input so we can create the very best camp experience for your camper.



### HERE ARE A FEW TIPS TO PREPARE YOUR CAMPER FOR CAMP:

- Project confidence and excitement for your child as they prepare for camp, no matter how anxious or nervous you may be. Just as we teach our staff that campers "mirror" their words and behaviors, a child's attitude and comfort with leaving home will often mirror that of their parents. When a camper is told by a parent "if you don't like it I'll come get you," that camper is likely to have a much more difficult transition. Please don't tell them you'll come get them if they're homesick! This sends a message that you're not confident in their ability to succeed or in our ability to support them, and they need to hear the opposite message. You want them to know you believe in them, and that they have the resilience to conquer hard stuff. Let your child hear you say how much you trust Camp Kingswood and the camp staff. In a moment of feeling sad or needing

guidance, they'll remember that you trust us, and it will help them trust us too!

- Talk with your camper before camp about communication expectations. Tell them you'll be writing and when you will expect them to write. At Kingswood we don't allow phone calls home. It might seem like a quick phone call with your camper will help with homesickness, but please trust our experience that a phone call home will often make matters worse.
- Talk through different situations they may encounter and help them prepare. What will they do if they can't find their rain jacket? What if they have a disagreement with a bunk mate? What if they're hungry? Practice some basic skills like making a bed and folding clothes. The more campers can talk through scenarios and practice, the more prepared they'll be, and the more empowered they'll be to handle the challenging moments.



## Packing

A detailed packing list can be found at the end of this Family Handbook and in your CampInTouch account. Please include your child when packing for the summer. When parents and campers pack together, campers can visualize what's where and it makes unpacking at camp much easier!

## Luggage

Please pack in a maximum of two duffel bags, making sure all luggage is securely closed and labeled with your camper's name and city. Prior to camp, all campers will be mailed a set of color-coded luggage tags, which should be attached securely to their luggage in a visible location. These luggage tags ensure that nothing gets lost

on the first day, and helps our luggage team deliver your camper's luggage right to their bunk.

A luggage truck accompanies the buses departing from our primary Boston camper drop-off/pick-up at JCDS, in Watertown, MA, and campers arriving on all other buses are invited to put their luggage under the buses. For an added convenience, all families are invited to use ShipCamps, a door-to-door camp luggage service. Most commonly used by our campers who fly to camp, ShipCamps arranges for duffel bags to be picked up and delivered after camp to your home, and the bags will be in your child's cabin when they arrive. You sign up with ShipCamps and specify dates, and they arrange the rest with us. Please schedule bag arrival for 3 days prior to the start of your camper's session, and pick-up for their last day of camp. Learn more and sign up at: <https://shipcamps.com/camp-kingswood>.

## Clothing

Campers and staff dress informally at Kingswood. Many of the styles campers are used to won't make sense at camp, so please work with your child to help them choose appropriate clothing. Send only clothes that are comfortable and will hold up in the laundry, rather than clothing that, if lost or ruined, would cause you or your child to be upset. Please do not send clothing that may be seen as provocative or disrespectful. This would include, but would not be limited to clothing that allows underwear to show, or clothing with curse words or drug references.

Camp is not responsible for any lost, damaged, misplaced, or stolen items. We do our best to return any labeled items to campers, so please label every item you send with your child to camp, including towels, waterbottles, and hats. We recommend using a permanent marker or pre-made labels or stickers, designed for camp. Some of our families recommend Mabel's Labels, affordable and high quality stick-on, iron-on, and stamp-on customizable labels in several sizes and fun customizations.

Please leave at home:

- Technology, including cell phones, smart watches that connect to wifi or cellular service, gaming devices, TVs/DVD players/screens, video games, walkie talkies, devices with touch screens, or any other handheld device with games, internet, or movies.



- Weapons, knives, drugs, alcohol, cigarettes, e-cigarettes, vape pens, pornography, lighters/matches, and fireworks.
- Food, snacks, or drinks.



## Shabbat and Special Clothing

Shabbat is a very special time at camp, and on Friday nights campers wear clean, nicer clothes, such as collared shirts, skirts, dresses, and non-athletic shorts. At the end First and Second session campers also will wear Shabbat-attire for our all-camp closing Banquet. Some campers also like to pack a few extra items in anticipation of other special events, such as costume parties, themed programs, or Talent Show acts. An outfit that works for each possible Color War Team (red, blue, green, or yellow) is also recommended, although we also sell Kingswood t-shirts in each Color War team color in Canteen.

## Laundry

Laundry service is provided for all campers, and laundry bags are provided. Laundry is sent out weekly, and comes back the next day washed and dried. Campers are reminded when to drop-off and pick-up their laundry bags, and counselors help younger campers through the process of putting their clothes away in their cubbies. Some campers like to also bring a laundry bag from home so they have one to use while clothes are being laundered.

## Lost and Found

We make every effort to help campers keep track of their belongings, but things still get lost. We recommend labeling with a laundry-safe permanent marker or with iron-on labels (see Clothing section above). Only clearly labeled items will be saved after camp. We will email families to let them know a labeled item was left, and the family will be responsible for paying to have the forgotten items returned. Unclaimed items left after the end of the camp season will be donated on August 18, 2023. Camp Kingswood does not assume responsibility for lost or damaged items.

# Communication

## CampInTouch & Companion App



Everything you need to access as a camp parent before and during camp lives in your CampInTouch account. To access your account from a computer, visit **kingswood.campintouch.com**. To access your account from your phone, download Companion, the app version of CampInTouch. This makes your life as a camp parent a million times easier! You can do so much through the app, including uploading camp forms prior to the summer and seeing photos during camp. The app is available on the Apple App Store and Google Play Store. Download the app on your phone and log in with your CampInTouch details. When

prompted, upload a picture of your camper and the app will use facial recognition software to bring photos of your camper to the top of your feed every day during camp. More detailed instructions are provided in the app.

Each parent needs their own individual account, and your login is your email address. If you don't remember your log-in details, click on "Retrieve/Set Password" and follow the instructions to reset your password.

### GUEST ACCOUNTS

You can add guest accounts in CampInTouch for friends and family so they can also view photos and videos and send emails to your campers.

## Sending & Receiving Mail

**Incoming:** Please write to your camper(s) often! Campers love to receive mail, especially in an envelope with a stamp! Many parents write their first letter before the camper leaves home, so it's received in the first days of camp. Mail is distributed every day at lunch except Saturdays.

To send a letter to your camper, please send it to:

Your child's full name  
Camp Kingswood  
104 Wildwood Road  
Bridgton, ME 04009

**Outgoing:** Campers are encouraged to write letters during rest hour, and they're required to send a letter to their home address every Sunday and Wednesday (we check!). Please send enough stamps, stationery, and pens to accommodate your camper's needs, but if they run out, we sell these items in Canteen. To make letter-writing as easy as possible for your camper, please consider sending pre-addressed envelopes, or print labels for them to bring. You can include one sheet of labels with the camp return address, and another with multiple labels for family and friends. These can be kept in a folder with stamps, and maybe even a few fill-in letters for younger campers! Please be aware that the US Postal Service can take a few days.

## Sending & Receiving E-mail



As an alternative to sending letters through the U.S. mail, we offer families the service of emailing back and forth with your camper, using CampInTouch or Companion. With the exception of Saturdays, every day we print emails at 11 am to distribute at lunch, and we scan camper emails to be emailed home around 3 pm. Each email you send costs one 'CampStamp' which is the equivalent of \$1, but Kingswood offers complimentary unlimited camper emails home. CampStamp packages rollover from year-to-year and can be purchased directly through your CampInTouch account.

When you send an email through this system, you can check a box to have a blank page of coded stationery printed and stapled to your camper's email for them to write you back. They write you on this page and our office staff scans it and sends it to you as an email. **We recommend pre-printing a set of these blank coded pages, called 'Letter Stacks' from your CampInTouch account to send with your camper to camp.**

Please also still send physical letters through the mail, because really, nothing beats the feeling of getting a real-life envelope from home!

Note: The CampInTouch system only supports English characters, so e-mails in Hebrew, Russian or another language using non-English characters will show up as garbled in the email. Please contact [jon@campkingswood.org](mailto:jon@campkingswood.org) to discuss an alternate way to send non-English letters.

## No-Package Policy

Campers may receive flat envelopes, but not packages. Items such as photographs, books, and magazines can fit in a flat envelope, but larger items and boxes will be returned to the sender at your expense. Please make sure to share this with any friends or family who may want to send a package to camp this summer. Exceptions are made only for forgotten items with prior approval from the camp office and for birthday packages. If you need to send a lost item to a camper, please send an email first to [directors@campkingswood.org](mailto:directors@campkingswood.org), with "Lost Item Package" in the subject line. We'll know to look out for it, and we will make sure to get it to your camper as soon as it arrives. Birthday packages should be labeled "Camper's Name - Birthday Package."

## Phone Calls/Phones

Campers are not allowed on the phone except for in emergencies or on their birthday. Please explain to your camper that they will not have access to phones while at camp, and that instead there will be friendly and trustworthy counselors to talk to in camp.

In the weeks leading up to camp, every new camper and their parent will receive a welcome call from their Unit Head, providing a chance to ask any last-minute questions. Within the first week of camp, parents of new campers will receive a call from the Unit Head or a member of our Camper Care team for an update and check-in. From then on, the Unit Head will be someone you may hear from throughout the summer for basic day-to-day questions, such as if your camper breaks their glasses or if you call with a general, "how's my camper doing?" question.

During camp, please call the camp office with any questions. Our office staff will route your call to the appropriate member of our team, and they will get back to you within 24 hours. Our directors and camp staff are not immediately available because they're out in camp! Depending on the nature of your call, it could be returned by a unit head, a director, a nurse, or a camper care specialist. When you request an update on your child's well-being, we're going to want to take some time to observe and collect honest feedback before getting back to you, so thanks in advance for your patience.



## Photos

We upload pictures every day except Saturdays to CampInTouch to provide a peek into life at Kingswood, and we post a "Top 20" of the daily photos on Facebook and Instagram. We post cabin photos in the first 24 hours of each session so everyone can see their child, and we post a number of videos throughout each session.

We understand how exciting and reassuring it feels to see your child in photos, but please remember, we're a camp that specializes in taking care of kids, not taking pictures! :) We do our best to capture the excitement of the summer, and most often, parents will see a couple of images of their child throughout the session. Please don't let photos be a measure of your child's happiness at camp! When parents judge their child's success on whether or not they see them in photos, or if they're in the front or back of the group, or if they're wearing a shirt two days in a row, or if it looks like they're not smiling - it's a slippery slope! Please trust if there's a reason for concern we'll call you. Please also refrain from sending letters requesting (or bribing!) them to "find the photographer and jump in front of the camera!" This makes kids feel bad, and that's the last thing we want when they're at camp.



## Kingswood Blog and Social Media

We post to the Kingswood blog three times each week, sharing highlights, insights into life at camp, and a summary of what's been going on. The blog is a great way to find out what's been happening to inform your letters to your camper! We also post on Facebook, Instagram, and YouTube throughout the summer, and invite you to follow us online.

# The Kingswood & Family Partnership

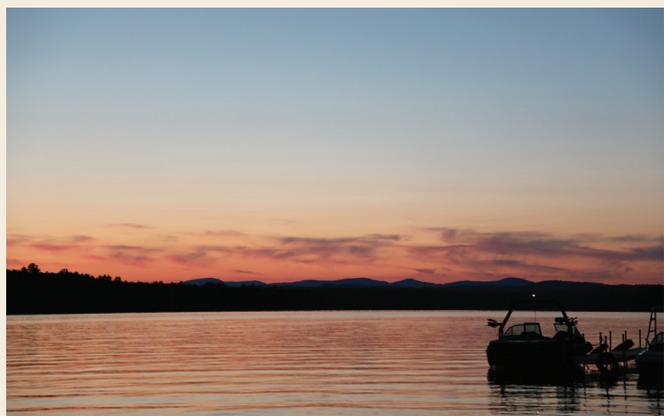
At Camp Kingswood, we cherish our relationships with our camp families, and we consider you part of our Kingswood family for life. Because of this, we invest deeply in these relationships, working in partnership to solve challenges, celebrate camper successes, and be available for any questions or conversations during the summer and throughout the year. On a very rare occasion, there could be a time when we determine we have reached an impasse with a parent, such that it undermines our ability to work effectively with the family. Should this occur, we reserve the right to ask for a child to be picked up at camp without a refund.

Please show your child that you support and understand our policies and practices. If there's something that doesn't make sense to you, please be in touch so we can talk further to provide the philosophy and reasoning behind our very intentional ways of doing things at Camp Kingswood!

## Screen-Free Policy

At Kingswood we believe in giving every camper an authentic camp experience, which means we are proudly unplugged! Camp is a wonderful opportunity for kids to unplug from technology and develop deep relationships and communication skills without distractions. Technology interferes with our goals of promoting socialization and instilling a love of the outdoors. It also creates unnecessary divisions between campers who can afford expensive devices and those who cannot.

Please do not send your child to camp with any electronics, especially a cell phone or a watch with phone capacities. In today's connected world, we know that this can be a challenging break for some campers (and parents!), but we find that campers express gratitude for the break from their electronics. Overnight camp is one of the only places where kids today can have an extended respite from their phones, and kids report feeling less stressed and anxious at overnight camp when they're not tethered to social media. We see this break from devices as being critical for healthy and happy kids and teens.



As a parent, do not knowingly send your camper to camp with a cell-phone, as this puts your camper in a position where they will have to lie to their counselors and staff, and it models distrust in camp and disregard for camp policies. When parents sneak phones in with their kids, it undermines our counselors and impacts their child's ability to attend camp in future summers. If you have concerns about your camper's readiness to be disconnected from their cell phone, please be in touch with a director so we can talk through a plan to help.

Without their cell phone, campers are better able to focus on relationships, friendships, and their own problem-solving. Like we say at Kingswood, "there's no reception in the woods, but you get a stronger connection!"

Campers who fly may bring a cell phone with them to contact their parents throughout their journey and upon safe arrival. Once at camp, the cell phone will be labeled and stored in a secure safe in the camp office until the camper's departure from camp. We will make sure they receive their phone back fully charged for their journey home.

## Music

Music is an important part of camp, and we appreciate the desire for campers to bring their own music to camp. If only cassettes were still a thing! ;-) To prevent the urge to play games or watch shows, we only allow campers to bring small mp3 players, iPods or personal radios without Wi-Fi, cellular, games, or watching capabilities. SanDisk makes high quality, inexpensive mp3 players that meet all our requirements for camp; or iPod shuffles and iPod nanos (without touchscreens) also meet our requirements.

Any device that can connect to a Wi-Fi or cellular network, such as iPod touches, later generation iPod nanos, smart watches, and any kind of smartphone, will be stored in a secure safe in the camp office until the camper's departure from camp.

## Books

We strongly recommend sticking to regular old-school books, and we encourage campers to expand their bunk library by sharing! We do allow e-readers at Kingswood, but only without Wi-Fi access or games.

## Cameras

Campers may bring disposable cameras, Polaroids, and/or digital cameras without internet capabilities. Phone cameras are not permitted.

# Camper Code of Conduct

## **PARENTS, PLEASE READ THIS SECTION WITH YOUR CAMPER.**

We encourage campers and staff to respect themselves and others, our camp and facilities, and our earth and environment. Camp Kingswood is committed to providing a safe camp environment in which relationships are characterized by dignity, respect, and fair treatment. Any behavior in violation of the following policies or practices will be discussed with the campers and parents, and may result in an early termination of the camper's session.

## **BULLYING**

Our definition of bullying is unwanted, aggressive, repeated behavior involving a real or perceived power imbalance. Campers must not bully, threaten, or intimidate other campers or staff. This behavior is not tolerated, and stands in contradiction to the values of Camp Kingswood.

## **APPROPRIATE BEHAVIOR**

To demonstrate respect for others and ourselves, only appropriate language is acceptable, in words and in music choices. Threats or physical violence toward campers or staff members is not permitted. Campers are expected to dress appropriately at camp at all times. This includes wearing the proper attire to activities, such as sneakers to sports, and a bathing suit to swimming. Clothing with lewd or suggestive language or references to alcohol or drugs is prohibited, as is any clothing with messages of hate.

## **GRAFFITI**

Graffiti is not permitted, as it shows disrespect to the property and environment of camp. Throughout the summer there will be Director approved opportunities for campers to leave their mark at camp. Unapproved graffiti will result in a \$50 removal fee per location.

## **SAFETY**

Campers may not possess or use any kind of tobacco products, matches, lighters, fireworks, or open flames for any purpose at camp. Weapons are not permitted at camp or off-site programs. In addition to all assumed weapons, a weapon also includes any items, body parts, or words used in an inappropriate way, which may cause threat, harm, or intimidation to others or yourself. If there is any suspicion that a camper is harming themselves in any way, we reserve the right to send the camper home for their own safety, to receive the attention and supervision required. Possession, consumption, or use of alcohol, illegal drugs, or the illegal use of legal drugs is prohibited at camp. This includes edible marijuana, vape pens, and any drug paraphernalia.

## **BOUNDARIES**

Campers must stay with their assigned group with appropriate supervision. Campers

may only leave the campgrounds on supervised trips. Campers must attend all scheduled activities, meals, and programs, unless excused by a staff member, and then only if supervised. Campers must follow the assigned curfew and may not “sneak out” of their cabin. Campers are only allowed in their own cabin and bathroom facilities. Entrance in other camper living spaces is only allowed with staff permission and supervision.

### **OUT-OF-CAMP TRIPS**

As a camp community, it is important to remember that when we are out of camp on field trips and overnights we are representing Kingswood and should conduct ourselves in a way that makes us proud. This means being respectful, kind, safe, and responsible at all times. We expect campers to be ambassadors of Kingswood and to uphold our values and standards even when off camp property. This includes not engaging in behaviors such as shoplifting, cursing, or any other actions that could reflect poorly on Kingswood. Any campers who are found to be engaging in these behaviors will be subject to disciplinary action, which may include being sent home. By being mindful of our actions and behavior, we can ensure that we are always upholding the Camp Kingswood values and standards.

### **YEAR-ROUND ONLINE COMMUNICATION**

We support campers' desires to connect with their camp friends virtually, but we ask that it be done in a safe and respectful way. If you reference Camp Kingswood online, another camper or future parent is just as likely to find your content as they are to find the official camp website. In light of this, we require that all campers and parents observe the following guidelines when referring to Camp Kingswood, its programs or activities, or its campers or staff members online. Violation of the Camp Kingswood Year-Round Communication Policy may impact a camper's ability to attend Kingswood in future summers.

Be respectful in all online communications related to or referencing Camp Kingswood or any member of the Camp Kingswood community. Do not use obscenities, profanity, or vulgar language related to Camp Kingswood or any member of the Kingswood community. Do not use the internet to harass, bully, or intimidate other campers or employees of Camp Kingswood. Behaviors that constitute harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, color, or disability; sexually suggestive, humiliating, or demeaning comments; and threats to stalk, haze, or physically injure another person.

Parents and campers, after reading this section together, download and sign the Camper Code of Conduct (in CampInTouch or Companion), upload and submit.





## Full Disclosure

When completing your camper forms, please err on the side of oversharing. Sometimes parents hesitate to share information about their child's behavior or past experiences, out of fear the information may be used to label their child. We understand parents want their child to have a fresh start at camp. Knowing about a learning difficulty, ADHD, social challenges, a death, or a family change

makes a big difference in helping us to be sensitive to your child's needs. Information is confidential, and our only goal is to better understand your child, and make the most of their Kingswood experience.

## Visitors

Visitors are only allowed at Camp Kingswood with prior approval from a director.

## Gratuities

Our staff work tirelessly to create the magic of camp, and we know they play a special role in the lives of our campers. We love that families want to show gratitude to our counselors for their hard work, and we invite you to make a donation in their honor to our Staff Enrichment Fund, which goes directly to fund staff programming, training, and special events. Kingswood staff are not permitted to accept gratuities, as this contradicts our values and sends the message to staff that campers from families without the means to tip deserve less attention and love. We want our staff to feel equally appreciated, and our campers to feel equally supported. When parents write notes of gratitude we share those letters with the entire staff, including shout-outs to individuals. This is a great way for staff to feel recognized and appreciated!



# Transportation

There are several options for Kingswood campers to get to and from camp for 2023. We will provide bus services from the New York, Boston, and Portland areas, and a chaperoned flight option from Florida. There is a \$200 round-trip transportation fee for all campers that will be added to your balance in your CamplnTouch account upon completion of the Transportation Form. This transportation fee includes all bussing during the camp session, and is the same charge regardless of whether a camper flies, drives or is picked up at camp. Drop-off at camp is not permitted.



Our primary drop-off location is the Jewish Community Day School in Watertown, MA. From there, campers ride on buses by age-group, meeting other kids and counselors from their unit before arriving to camp. From all other airport and city camper departure locations campers will ride to camp on one bus with campers of mixed grades.

Please complete the Camper Transportation Form available in your CamplnTouch account, and return it to us by May 1, 2023.

At the end of the session, parents are asked to be at their camper's return destination with time to be parked and waiting for the bus. Campers will only be released to a parent or guardian camp has had previous contact with. If a family requires pick up by a different adult, the request must be made in writing. Prior approval with photo ID is required one week before the pick-up date.



## Arrival Days: June 25 and July 20, 2023

### BY BUS

Please arrive to the Boston bus drop-off location **30-60 minutes prior** to departure for our intake procedures. Please arrive to the Portland and New York buses **15-30 minutes prior** to bus departure.

**Boston**  
**(2.5 - 3 hours from camp)**  
The busses will pull out at 10am

**Location**  
Jewish Community Day School  
57 Stanley Avenue  
Watertown, MA 02472

**Portland**  
**(1 hour from camp)**  
The busses will pull out at 12pm

**Location**  
Congregation Bet Ha'am  
81 Westbook Street  
South Portland, ME 04106

**New York**  
**(5.5 - 6 hours from camp)**  
The busses will pull out at 7am

**Location**  
Showcase Cinema de Lux  
Cross County  
2 South Drive  
Yonkers, NY 10704



### **BY PLANE**

Please do not book any plane tickets outside of these time windows without speaking with us first. We're happy to help figure out the logistics of getting to and from camp.

### **PORTLAND**

Campers flying into Portland should land close to but no later than 12 pm at the Portland International Airport (PWM -

please make sure not to book to Portland, Oregon!). Our staff will greet campers as they come off their flights, help them with luggage, and take them to camp directly.

### **BOSTON**

Campers flying into Boston should land close to but no later than 10:30 am. Unaccompanied campers will be greeted by camp staff at their gates, and everyone will gather at a designated meeting spot, selected based on the flights and terminals of the campers flying.

### **FLORIDA**

Campers flying from the Miami/Fort Lauderdale area have the option of joining a chaperoned flight from camp. To join the group flying together, please book a ticket for your camper on the following flights:

American Airlines 1982 departing MIA at 6:18am for CLT  
American Airlines 2283 departing CLT at 9:05am for PWM

## Departure Days: July 9, 18, August 3, and 13, 2023

### BY BUS

Please arrive to the bus arrival locations 15 minutes prior to arrival times.

#### **Boston**

**(2.5 - 3 hours from camp)**

The busses arrive at 12pm

#### **Location**

Jewish Community Day School  
57 Stanley Avenue  
Watertown, MA 02472

#### **Portland**

**(1 hour from camp)**

The busses will arrive at  
10:30am

#### **Location**

Congregation Bet Ha'am  
81 Westbrook Street  
South Portland, ME 04106

**New York** (only July 18 and  
August 12)

**(5.5 - 6 hours from camp)**

The busses will arrive at 3pm.

#### **Location**

Showcase Cinema de Lux  
Cross County  
2 South Drive  
Yonkers, NY 10704

### BY PLANE

#### **PORTLAND**

The bus will arrive to the Portland International Airport at 10 am. Please book flights that depart between 11:30 am and 2:30 pm. Campers will be with camp staff until they are checked in and greeted by a parent or an airline agent for unaccompanied minors.

#### **BOSTON**

The bus will arrive to Logan International Airport at 11:30 am. Please book flights that depart between 1:30 pm and 3:30 pm.



#### **FLORIDA**

Campers flying to the Miami/Fort Lauderdale area have the option of joining a chaperoned flight from camp. To join the group flying together, please book a ticket for your camper on the following flights:

#### **July 18**

JetBlue B6 407 departing PWM at 9:50am for JFK

JetBlue B6 2993 departing JFK at 1:00pm for MIA

#### **August 13**

American Airlines 4645 departing PWM at 9:03am  
for DCA

American Airlines 2878 departing DCA at 11:55am  
for MIA

Please note that there is **not** a chaperoned flight option on July 9 and August 3.

# Health and Wellness

While most campers stay healthy throughout the summer, occasionally campers become ill or injured at camp. When that happens, they're in great hands with our Health Center team! Our Health Center is staffed 24/7 by experienced nurses, and our team of camp doctors are available around the clock to consult and advise.

## Illness and Emergency

Treatment at the Health Center in 2023 will be based on our Camp Kingswood Standing Orders (detailed standardized and approved treatment protocols for ailments, injuries, and illnesses) and our COVID protocols, which are reviewed and approved annually by our overseeing doctor. This results in quality and consistency of medical care.

### **You WILL be notified if:**

Your child spends the night in the Health Center, needs to be taken to an out-of-camp doctor, emergency room or clinic, or has been prescribed any type of medication. In these situations, we provide camper medical insurance that can be applied in tandem with your family's insurance plan for coverage. In some cases, we may ask that you pick up your child so they can recover more comfortably at home and receive the care they require. In that situation, it's the responsibility of the parent or guardian to pick up the child from camp.

### **You will NOT be notified if:**

Your child spends less than 24 hours in the Health Center, or if your child has a headache, minor cuts or bruises, insect bites, sore throats or upset stomachs. While we won't notify you in these situations, if you have any reason for concern or want to check in with our nurses about something your child shares in a letter home, we welcome parent outreach to check in!



## Physician's Exam, Health History & Immunization Forms

The Physician's Exam, Health History, and Immunization Form are available in your account to print. Please mail, email, or upload the forms once completed and signed by a doctor by May 1, 2023. **The State of Maine requires a current medical form be completed within the calendar year from the first day of camp.** Please be sure to have your doctor sign off on all prescriptions and OTC medications, and let us know of any last-minute changes in writing.

## Medications

The State of Maine has strict ordinances in place about what summer camp nurses can and cannot do in regards to children's prescription medications. For this reason, we are required to partner with a pre-packaged medication service, even though we understand this adds an additional and annoying step for our families. Because this is required by law, we cannot ask our nurses to break the law by making an exception for your child. Using a service like CampMeds allows our nurses to dispense medications safely and quickly, minimizing the time campers need to wait in line, which allows them to return to their camp day faster.

All prescription medications in 2023 must come through **CampMeds**. Last summer as we transitioned to a new company we did not charge families a penalty for not using CampMeds, but for 2023 families will be charged a \$200 penalty for each medication sent directly to camp. There is a one-time CampMeds registration fee of \$65/75 depending on session length. Please see the CampMeds information in your account. All medications must be received by CampMeds 30 days in advance of your child's first day of camp (**May 26 for Session I and June 20 for Session II**). Prescriptions received after that deadline will incur a penalty from CampMeds. No prescriptions will be accepted by CampMeds within fifteen days of the first day of your camp session.



## Eye Care

If your child wears glasses they are required to come to camp with a second pair. Glasses are sometimes broken or misplaced at camp, and even a day without glasses at camp can feel isolating and scary for a camper. If your child wears contact lenses, please send them with extra lenses and cleaning solution.

## Orthodontics

We are equipped at camp to handle minor repairs to braces. Should emergency attention be needed, we will bring your child to a local orthodontist unless we're

instructed otherwise on your child's medical form.

## Lice

Please check your child's head for lice in the days leading up to camp and treat, to be sure your child is completely lice-free before camp. All campers and staff are checked for lice upon arrival. Any children found with lice will be treated by professionals, with the family billed for the cost of treatment.



## Bedwetting

Each child develops at their own pace, and for some campers, bedwetting can be a challenge, regardless of their age. We understand this can be a source of embarrassment for some campers, and we handle bedwetting sensitively and confidentially, with an individualized proactive plan that allows campers to feel empowered and comfortable while at camp. If you anticipate that your child will wet their bed while at camp, please be in touch so we can make a plan with you and your child.

## Severe Food Allergies and Deitary Needs

We make every attempt to accommodate campers with a range of food allergies and dietary needs, and one member of our chef team is solely dedicated to special meals and dietary accommodations. We are a nut-aware camp, and we do not cook with nuts or use nut products. We do not serve food in the dining hall that is processed in a facility that uses nuts or that contains nuts.

If your child is coming to camp with a life-threatening allergy, we require that they come to camp with two Epi Pens – one to keep on themselves or for the counselor to hold, and one to remain in the Health Center. Please be explicit in communicating the details of your child's allergy, even if you think we already know about it. If their allergy is food-related, we invite you to schedule a meeting with our food service directors so we can be best prepared to meet your camper's needs upon arrival.

## No Drug-Free Vacations

Occasionally, parents choose to discontinue medications for their child while they're at camp. The thinking is that if camp is a more relaxed environment than the structure of school, it's a good time for a break. In our experience, the opposite is true. While many children with behavioral challenges or attention difficulties thrive at camp, campers need their skills such as impulse control and focus just like at school, and not having the tools they rely on can put campers at a deficit, impacting their ability to make friends, follow directions, and participate successfully in communal cabin life.

Consult your child's physician prior to any medication changes for the summer. If there has been a change in medication within three months of attending camp, please make us aware of these changes so we can work collaboratively in support of your child's successful camp experience.

## Camper Care Team

Camp Kingswood employs a team of mental health professionals who live at camp 24/7 and work under the direct supervision of owner/director Jodi, who's a social worker herself. The camper care team works with our counselors and unit heads to support the emotional, psychological, and social needs of campers, helping them thrive while at camp. Some children may meet with a camper care specialist during their session if we think it could help them have a more successful camp experience, or if a camper makes the request. If your child sees a mental health professional at home, it's helpful for us to know the reasons for treatment, medications used, and to have the name and phone number of the treating therapist. There is an opportunity to provide camp with these details when filling out the Family Questionnaire. Privacy will be strictly maintained by Camp Kingswood, and this information will only be shared with the appropriate staff to ensure your child's safety and success at camp.

Since COVID, we have had a few requests from parents asking for their child to continue seeing a home therapist while at camp. If you have discussed this with your child's therapist and think this could be in the best interest of your child, please reach out to discuss this with us.



# Forms Checklist

All forms are due by May 1, and must be submitted individually for each camper.

## **TO ACCESS AND SUBMIT ONLINE FORMS:**

1. Go to [kingswood.campintouch.com](http://kingswood.campintouch.com) or use the Companion app.
2. Log in with the same username and password used to register.
3. Click on "Forms and Downloads."
4. Click on the name of the form you wish to fill out. Form links turn green when successfully completed.

The following forms must be completed and uploaded or submitted by email to [info@campkingswood.org](mailto:info@campkingswood.org), subject line "Forms," by May 1, 2023:

- Family Questionnaire
- Camper Questionnaire
- Camper Code of Conduct
- Bunkmate Request Form
- Transportation Form
- Canteen Spending Authorization
- Camper Code of Conduct
- B'nai Mitzvah Tutoring Form (only if applicable)
- Authorization to Release Information
- Note To My Counselor
- Medical Forms:
  - Health History Form
  - Physician Health Form
  - Immunization Form
  - Approval for Carrying and Self-Administration of Emergency Medication (only if applicable)
  - Covid-19 Vaccine Card, or letter of exemption

Forms requiring a doctor's signature and forms to print and fill out by hand can be scanned with your phone in the Companion app, scanned and emailed to [info@campkingswood.org](mailto:info@campkingswood.org), subject line "Forms," or mailed to:

Camper Forms  
Camp Kingswood  
104 Wildwood Road  
Bridgton ME 04009

# Packing List

Suggested apparel and accessories for a **3.5-week session**. Laundry is done once per week, even for our 2-week campers, so please plan accordingly.

## GENERAL

8 - 10 short sleeve shirts/tank tops  
3 long sleeve shirts  
2-3 sweatshirts  
3 pairs of sweatpants/leggings  
2 pairs of jeans/long pants  
5 pairs of shorts  
2 pairs of sneakers  
2 nicer outfits for Banquet and Shabbat

## UNDERWEAR

10 pairs of underwear  
10 pairs of socks  
2 sets of pajamas (with options for cold or hot nights)

## SWIMWEAR

3 bathing suits  
2 - 3 beach towels  
1 pair of flip flops, sandals or water shoes

## OUTERWEAR

1 raincoat with hood  
1 fleece  
1 pair of rain boots

## OUTDOOR GEAR

1 sleeping bag  
1 flashlight or headlamp & batteries  
1 pair of sneakers or hiking shoes  
1 hat  
1 bandana  
1 backpack or cinch-sack that can be used as a day pack for field trips or carrying around camp (not a rolling suitcase or backpack on wheels)

## BED & BATH

2 - 3 bath towels  
2 sets of sheets (twin-sized)  
2 pillowcases  
1 pillow  
1 - 2 blankets  
1 pair of shower sandals  
1 shower caddy or toiletries kit  
soap dish and soap  
shampoo  
collapsible cup  
toothbrush  
toothpaste and floss  
lotion  
deodorant or antiperspirant  
lip balm  
feminine hygiene products  
1 - 2 tubes of sunscreen  
1 can of insect repellent

## OTHER

Water bottle (*required - if they come without or lose it, a replacement bottle will be given from Canteen and your account will be charged.*)

Books

Games

Battery-operated clip-on fan

Watch

Stationery, pens & pencils

Letter Stacks (*printed from your account for your camper to email you*)

Extra pair of glasses/contacts

Musical instruments (*optional*)

Sports equipment (*optional - some kids bring baseball mitts, tennis racquets, lacrosse sticks, cleats, etc.*)

Stuffed animal (*optional*)

Photos to hang by bed (*optional*)