



 **Camp Nageela**
midwest
2024 Girls Family Guide

Welcome:

Welcome to Camp Nageela Midwest Girls 2024!

My name is Rivki (Cherrick) Gaynor, Associate Director of Camp Nageela Midwest Girls. I am so excited to spend time this summer with your daughter(s) in one of the most amazing places in this world. I have seen the most incredible friendships, growth, and maturity blossom through camp, and I am so happy your family will be joining us for this experience.

I was born and grew up in the Chicagoland area where I lived until 2020. I am now blessed to live in Israel with my husband John and our two sons, Chaim (turning 2 on July 3 in camp) and Moshe (will be 7 months). We are all excited to spend our summer in our home away from home- Camp Nageela Midwest. I know those who have been to Camp Nageela Midwest before feeling the same way and for those who are coming for the first time- you are about to experience this magic. Camp Nageela Midwest 2024 has an unforgettable program, incredibly dedicated staff, and many surprises! We cannot wait!

Please take the time to review this handbook with your child. It is important that you familiarize yourself and your child with the various policies to ensure a great summer experience. Should you have any questions or if there is anything you would like to discuss please do not hesitate to reach out. Please contact our office at 773-604-4400 or email me directly at rivki@campnageelamidwest.org. I look forward to welcoming you and your daughter(s) to the Camp Nageela Midwest Family this summer.



Rivki (Cherrick) Gaynor
Associate Director- Camp Nageela Midwest Girls



Mission:

Camp Nageela Midwest was founded in 2007 with the mission and vision to create an incredible and unique summer camp experience for children and teens from all Jewish backgrounds and affiliations. The dream was to create the ultimate camper's dream environment- beautiful campgrounds, a fun and thrilling program, a non-pressured growth encouraging atmosphere with dedicated and encouraging staff members. And why leave the fun for summer alone- let it continue with programs throughout the year! Our dreams have been fulfilled beyond our greatest expectations.

Our mission at Camp Nageela Midwest is to engage tomorrow's Jewish leaders to be strongly affiliated, proud Jews; to challenge today's Jewish youth to discover their hidden talents and develop them in the service of others, and to create everlasting friendships and community.

Our core values of Adventure, Discovery, and Friendship are incorporated into our structure and program. Each week, one camper is inducted to the Tree of Values for excelling and modeling each value. Read more below:

Adventure: Camp Nageela Midwest provides every camper with the chance to explore beyond their perceived limits and uncover new adventures. Whether it is the first time sleeping away from home, climbing the high ropes course, flying down the zip line, camping overnight in a tent, or boating across the lake- campers are encouraged and supported as they try new experiences!

Discovery: Camp Nageela Midwest was created with the core belief that a Jewish residential camp is the perfect opportunity to help children and teens discover Judaism. In Camp Nageela Midwest, Jewish life is not taught, it is caught. Jewish values and ideals are integrated into our daily program. For most campers, Camp Nageela Midwest is their only immersive Jewish experience. Campers do not need any prior Jewish knowledge or experience before coming to camp.

Campers are exposed to traditional Judaism each day during the camp program, Tefillah, Huddle, Keshet, and Shema Circle during the week, and a full gamut of meaningful Judaic activities and programs on Shabbat. Every summer, the entire Camp Nageela Midwest joins together for a beautiful and festive Bat Mitzvah party celebrating the entire grade of campers becoming Bat Mitzvah.

In Camp Nageela Midwest, campers are infused with a joyful attitude towards Judaism. Our Leadership and Cabin Staff are chosen to serve as Jewish role models. It is our goal that every camper returns home with a sense of Jewish identity and pride.

Friendship: Camp Nageela Midwest Girls is a warm and welcoming environment that hundreds of campers and staff call home. We have created a unique community that welcomes kids and teens from all Jewish backgrounds and affiliations and provides them with the most amazing staff and incredible opportunities. We take immense pride in providing exceptional and compelling summer camp programming that is geared to all Jewish girls- their talents, their voices, and their needs while encouraging them to forge strong bonds of friendship that often continue throughout the year and for life. All counselors, specialty staff, and direct leadership staff in camp are female. We use the pronouns she/her and many of our songs use girls, women, she, and/or her (unless specifically requested by the camper/staff member). We celebrate Jewish women and infuse that sense of pride in our campers.

Camp Nageela Midwest is a safe space for all participants. Bullying is inexcusable and not tolerated. Our leadership addresses all incidents of bullying seriously and trains staff to promote communication with their campers so both staff and campers will be comfortable alerting us to any problems during their camp experience.

Camp Sessions and Dates:

Discover Session: June 23- June 27

2 Week Session: June 23- July 7

Full Camp Session: June 23- July 15

SIT Session: June 23- July 15

Travel Information:

For your reference, travel information can also be found on our website. Please click on the 'Current Families' tab and click on 'Travel.' Please note that all times are listed in Central Standard Time. There are no additional fees to use any of the camp transportation options.

The first day of camp is an exciting start to the summer. We want to ensure that your camper has many welcoming staff members and starts developing relationships from the start.

For travel to camp for full session or 2-week session, Camp offers transportation from both Chicago O'Hare and Chicago Midway airport. For travel from camp for full session and 2-week session campers, Camp offers transportation to Northbrook in addition to both Chicago O'Hare and Chicago Midway airports.

For Discover session campers, we recommend parent drop-off and pick-up. Please contact us to inquire about the airport and other options.

All parents must fill out the transportation form as part of the pre-camp forms packet, so we know how the camper is getting to and from camp.

Full Session Travel Times:

First Day of Camp:

Private Drop-Off: Drop-off in camp is between **4:30 - 5:30 PM**. [Click for directions](#).

O'Hare / Midway Airport Travel* to Camp: Camp Nageela Midwest arranges transportation to camp from both Chicago airports. Campers flying into Chicago O'Hare or Chicago Midway airport are asked to book flights landing on the first day of camp between **11:45 AM - 2:45 PM**. During that time, the CNM staff will be at the airport to greet each camper and then travel together to camp. There is no staff supervision in the airport before **11:45 AM**.

Last Day of Camp:

Private Pick-up: Pick-up from camp between **7:30 - 8:00 AM**. [Click for directions](#).

O'Hare / Midway Airport Travel* from Camp: Camp Nageela Midwest is arranging transportation to both Chicago O'Hare and Chicago Midway airports. All flights should be scheduled to depart between **11:30 AM - 3:00 PM**. Once arriving at the airport, staff will accompany campers to their assigned gates. There is no staff supervision in the airports after **3:00 PM**.

Northbrook Bus: The Northbrook transportation is scheduled to arrive in Northbrook between **8:15 - 8:30 AM**. Exact address and chaperone contact information for the most up-to-date arrival time on the day of travel will be sent to all participants.

Two Week Session Travel Times:

First Day of Camp:

Private Drop-Off: Drop-off in camp is between **4:30 - 5:30 PM**. [Click for directions](#).

O'Hare / Midway Airport Travel* to Camp: Camp Nageela Midwest arranges transportation to camp from both Chicago airports. Campers flying into Chicago O'Hare or Chicago Midway airport are asked to book flights landing on the first day of camp between **11:45 AM - 2:45 PM**. During that time, CNM staff will be at the airport to greet each camper and then travel together to camp. There is no staff supervision in the airport before **11:45 AM**.

Last Day of Camp:

Private Pick-up: Pick-up from camp between **9:30 - 10:00 AM**. [Click for directions](#).

O'Hare / Midway Airport Travel* from Camp: Camp Nageela Midwest is arranging transportation to both Chicago O'Hare and Chicago Midway airports. All flights should be scheduled to depart between **1:00 PM - 4:00 PM**. Once arriving at the airport, staff will accompany campers to their assigned gates. There is no staff supervision in the airports after **4:00 PM**

Northbrook Bus: The Northbrook transportation is scheduled to arrive in Northbrook at **10:15 AM**. Exact address and chaperone contact information for the most up-to-date arrival time on the day of travel will be sent to all participants.

Discover Session Travel Times:

Private Drop-Off: Drop-off in camp is between **4:30 - 5:30 PM**. [Click for directions](#).

Private Pick-up: Pick-up from camp between **5:30 - 6:00 PM**. [Click for directions](#).

Airport Travel:

We understand and appreciate that by choosing Camp Nageela Midwest, many parents are also committing to send their child a great distance. The partnership between parents and camp is essential in ensuring everyone has a safe, positive summer experience. We are committed to working with your family to make getting to and from camp as safe and easy as possible.

If flying to or from O'Hare or Midway, your child will be assigned a staff member who will meet them in the airport and who you will be in contact with directly on travel day. If your child is flying as an unaccompanied minor, you will provide your airlines with the name and contact information of the Camp Nageela Midwest staff member and the staff member will go through security and meet your child at the gate.

A few days before Travel Day, Camp Nageela Midwest will email all parents with specific chaperone contact information. Please be in touch with the chaperones on Travel Day regarding any day of questions and coordination. All luggage should be clearly labeled. If your child is flying to and from camp, keep in mind that many airlines charge extra for luggage and carry-on bags. Please contact your airline for up-to-date regulations and fee policies. Alternatively, families can choose to ship their child's luggage to camp. We recommend that you use www.lugless.com for this service.

Please remember that cell phones and valuables are collected when campers arrive in camp and are please send a ,If your child needs a fully charged phone for travel .not returned until departure portable charger that can be kept in the cabin throughout the session and charged before departure to be ready for use.

General Communication from Camp:

Photos: Once a day 50+ pictures will be posted using the Camp Minder photo platform, which can be accessed using your Camp Minder account. There may be days during the session that your child will not appear in pictures or might be pictured but not smiling to your liking :) Please know that this does not mean your camper is not enjoying themselves. Some campers are just a little camera shy, and others might be too busy.

Videos: On Friday afternoon in camp, our camp media team shares a montage of photos and videos to recap the week. At the beginning of the following week, the video is uploaded to our Instagram and YouTube.

Social media: The camp will consistently post pictures and updates to the [Camp Nageela Midwest Facebook page](#) and [Instagram account](#). There will be both 'posts' and 'stories'. Keep in mind that stories can only be viewed for 24 hours from the time they are posted.

Parent Facebook Page: Camp Nageela Midwest parents have developed an online community of sharing information and advice through the [Parents Facebook page](#). Please feel free to join the conversation.

Email: Essential information will be communicated to parents via email to the parent email addresses listed on each camper's application.

Specific Camper Communication:

Medical: There are three occasions in which the camp will contact a parent directly for a medical purpose; a) if the child is being given medicine that is not 'over the counter', b) if the child needs to or has spent a night in the health center, c) if the child needs to be taken off campus. The nurse will call the primary parent's phone number as it is listed on the camper's application.

Behavioral: If a parent needs to be made aware of a behavioral situation during the camp session, the parent will be contacted by either the Camp Director, Division Head, or the Social Worker.

Adjusting to Camp:

While the camp experience is a positive and enjoyable one, we anticipate there may be some campers who take longer to adjust to their new surroundings. To ensure a smooth transition, please inform a member of the Leadership Staff of any unique/complex family dynamics that may affect your child's adjustment to camp. Areas of concern may include bedwetting, food allergies, suspicion of eating disorder, physical or emotional limitations, changing of schools or any other medical/familial issues. Difficulties at home, such as recent or pending separation or divorce, sickness, or death, may impact your child's adjustment as well. Please be honest and open with us for the benefit of your child. The more knowledge we have beforehand, the better we will be able to care for your child during the camp session.

Your privacy, as well as your child's privacy, will always be respected. All information will be kept strictly confidential. If you prefer, you may ask to speak with the Camp Director directly.

Medical Care:

The well-being of your child is of paramount concern to us. At camp, we understand that the decision to send your child away to camp is a sensitive one and we thank you for entrusting your child with us. Our responsibility is to ensure that we care for our campers throughout their stay in the camp. The Camp Nageela Midwest Health Center provides medical coverage 24 hours a day, 7 days a week during the camp season with full-time medical staff. The Health Center staff care for all routine health issues at camp free of charge.

The Health Center stocks basic 'over the counter' medications, which are dispensed following parental approval as indicated on the Health History form. It is extremely important for us to know about any special medical needs your child may have. Please call the Director or Camp Nurse to discuss these matters. All information will be held strictly confidential.

In the event of a medical emergency, as deemed by our health care staff, we will do our best to contact the parent or legal guardian immediately. However, if a parent/guardian cannot be reached we reserve the right to make decisions regarding your child's medical needs as specified in the permission to treat section of the camp application and Parent Authorization form

Medical History:

Parents must disclose any medical, physical, or emotional conditions their child may have with the director and/or nurse prior to camp, as specified on the health history form. All information will be kept strictly confidential.

Parents are also urged to inform us of any personal situations which may affect their child's stay at camp. Dismissal from camp resulting from an undisclosed situation, including medical, emotional, familial, or other, will not be eligible for any refund.

Allergies: Our medical staff strongly advise parents of children with a history (or suspected history) of seasonal/environmental allergies to discuss the possibility of taking a proactive or preventative approach with their child's doctor. Any suggested treatment should begin a few weeks prior to the child going to camp. We hope this will help ease any discomfort your child may experience during the summer.

Immunizations: All campers and staff are required to be up to date on all required immunizations to ensure the safety of our community. An immunization record must be submitted with your camp forms.

Medical Insurance: The Parent Authorization form including a copy of both sides of a valid insurance card must be received prior to your camper's arrival in camp. All campers attending camp are required to have medical insurance. If you have a separate prescription drug plan which covers your drug charges, please make sure that a copy of that card is attached to your child's authorization form as well. The local pharmacy accepts various insurance plans. If your plan is not accepted and/or a co-pay is required, you will be responsible for payment and the card on file will be automatically charged.

Keep in mind that blood tests, x-rays, lab work, or any further consultation with outside doctors are the parents' fiscal responsibility. We recommend that you check with your insurance to find out what

provisions they offer for out-of-network emergency care, what type of notification they require, and their approval process.

If you do not currently have medical insurance or would like to purchase a supplemental policy, please reach out to Leah Weinberg of Evergreen Benefits Group at leah@evergreenbenefitsgroup.com. There are a range of insurance options beginning at basic coverage for one month only that are available for purchase.

Communicating with Camp:

Before the start of the camp session, you will receive an email introducing you to your child's Division Head. This person is the best point person during the camp season if you have any specific questions regarding your child's wellbeing. If you have any questions (such as transportation, canteen balances, paperwork, etc.) please contact our office via phone or email.

Send Mail to Your Camper:

Letters and Postcards: Parents and friends are encouraged to send mail as often as they wish. Mail is delivered daily and distributed to each camper. To send mail to a camper simply address the envelope or postcard as follows:

[Camper Name]
Camp Nageela Midwest
26710 W Nippersink Road
Ingleside, IL 60041

Package Policy:

Campers may receive packages in flat envelopes only, not larger than 12" x 15" and 1" thick. We will not distribute any boxes or envelopes larger than that size.

Please note that food cannot be sent to camp. Camp Nageela Midwest reserves the right to check all packages before distributing. Should a parent need to send a larger package, please contact your child's Division Head.

Emails: Parents are encouraged to send emails to their camper via Camp Minder by using their Camp InTouch account. Camp Minder does charge a nominal fee for sending emails, using their "camp stamp" currency system. Camp Nageela Midwest provides every family with 5 camp stamps per week. Please note that emails are printed in black and white. Emails are printed in the morning and distributed with the other mail.

Phone Calls: Parents can call camp if they have a matter that needs addressing and can expect to receive a phone call back from your child's Division Head or from the Camp Director. Campers can speak to parents over the phone on birthdays and in cases of emergency **only**.

Mail from Your Camper:

Campers are encouraged to write home often. Parents should send stationery (paper, pens, envelopes, and stamps) so that campers can write as much as they wish. There are 2 days a week that campers are required to send a postcard home, which is provided by camp.

Food and Nutrition:

At Camp Nageela Midwest we take pride in serving your children food that they love! Our goal is to create a kid friendly and nutritious dining experience. Whole grains, fresh fruit, and vegetables are a part of the daily menu. Our lunchtime salad bar is a camper and staff favorite! We offer an afternoon snack, which provides our campers with the perfect boost of energy to continue their day.

Kosher dietary laws are observed. Please inform us of any special dietary needs before the start of the camping season including vegetarian, gluten-free, and more.

Please remember that NO outside food is to be brought or shipped to camp. Campers will have the opportunity to purchase food from the canteen, but no food or snacks should be sent from home. All food sent or brought from home will be confiscated and donated.

Canteen:

The canteen offers your child the opportunity to purchase snacks and various other camp items. There is a limited amount of CNM swag items available for purchase. Most swag items are available for purchase via our online store, available on our website. Campers also can withdraw cash from their canteen account before going on a trip. In the pre-camp communication, you will receive instructions to set up your camper's canteen account before camp begins. You can also add money directly to your child's account throughout the summer session.

At the end of the summer, all remaining balances of less than \$5 will be donated to the camp scholarship fund. For balances over \$5, you will be contacted with the choices of receiving the money back, forwarding towards the camp tuition for next summer or donating it to the camp scholarship fund.

Camp Nageela Midwest does not request a specific amount of canteen money to be put in your child's canteen account. However, most parents put in between \$40-\$60. Keep in mind that swag is much more expensive than a snack and can change the amount your child spends. Campers in the teen division do go on more trips and spend more money. You can add money to your child's account at any time.

Birthdays:

Any campers' birthday that falls out during camp is celebrated in a fun and memorable way. Camp Nageela Midwest also hosts a Bar/Bat Mitzvah party every summer that all campers enjoy!

Cash and Valuables:

It is strongly recommended not to send cash and other valuable items to camp. Passports, birth certificates, travel tickets, and other important documents will be collected upon arrival and stored in our locked and secured safe. Cell phones and any other electronics are also collected at that time. All items are returned on the last day of camp. If your child needs a fully charged phone for travel, please send a portable charger that can be kept in the cabin throughout the session and charged before departure to be ready for use.

Screen Free:

American adolescents on average spend more than 7 hours each day in front of screens, far more than the recommended usage. Camp is one of the few places throughout the year where kids can truly unplug. Our screen-free policy encourages campers to spend more time outdoors socializing with other campers, in addition to providing campers with a much-needed break from the world of technology.

Only electronics without a screen are allowed in camp. Campers that would like to bring music are encouraged to bring simple mp3 players. All other music players, eBook readers, portable game devices, and video players should remain at home. This includes tablets, phones, e-readers, kindles, etc.

These devices may be used during flight travel and on the bus to/from camp. Screens will be collected upon arrival and kept in the office safe with bunk valuables and returned at the end of the session. **Campers that would like to use their phones or other devices when traveling home are encouraged to bring a portable charger.**

Living Judaism:

Jewish camp is the perfect setting for children to build strong Jewish identities. Our goal is to ensure our campers learn and experience the values that make Judaism unique. Focusing on ethics, Jewish values, and basic Jewish customs, campers leave Camp Nageela Midwest proud of our rich heritage. Shabbat is a magical time in Nageela and full of tradition. We dress in Shabbat clothing and gather in song and dance at Pre-Shabbat Ruach. Candles are lit, special blessings are said, and a delicious meal of classic Jewish-style cuisine is served including home baked Challah and matzah ball soup.

Throughout Shabbat, we offer an array of special activities. Shabbat ends with the entire camp performing Havdalah together accompanied by the Camp band and a special Havdalah Dedication. Shabbat is always a CNM camper's highlight of the week!

Our goal with our Judaic program is for each child to feel comfortable- whether a first-time camper or in camp for years, whether having experienced Jewish traditions or not. There is no need for any camper to have any background knowledge or prior experiences before attending camp.

Judaic Tutoring: Some campers are interested in continuing their Bat Mitzvah studies during camp. Please reach out to your child's Division Head to arrange.

Lice Check:

All campers must come to camp free of lice. We highly recommend that parents check their child or get checked by a professional checker.

Camp Nageela Midwest will spot-check campers again upon arrival. Campers who are found with lice will be cleaned by professionals and \$150 will be charged to the parents' financial account. If you cannot check your child before camp and want it checked by a professional checker, please tell us, and we will ensure your child is checked upon arrival. There is a \$45 fee for his service.

Bunk Requests:

Camp Nageela Midwest allows campers to request fellow bunkmates. The “Bunkmate Requests” form is available on your Camp InTouch account together with the other camp forms. We make every effort to honor bunk requests, but they are not guaranteed. Please request friends in your camper's current grade, as all campers are bunked by grade.

Forms can be submitted (and changed) until 2 weeks before the first day of the session. Campers can also submit a bed request (top or bottom bunk), but they are not guaranteed.

Clothing and Laundry:

It is of utmost importance to label each article of clothing and all belongings that your child brings to camp. Many people choose to order sew-on or iron-on name tapes to attach to their clothing. Another option is using a name stamp with permanent ink or a permanent laundry marker. Remember to label all bathing suits, bathrobes, towels, and miscellaneous nonclothing items (flashlights, books, etc.).

Laundry is done during your child's stay in camp free of charge. Please pack enough clothing to last at least 12 days (this is reflected on the packing list). We assume that all items given to us for laundering can be washed and dried in a standard washing machine and dryer. Please send a large, labeled mesh bag for socks, in addition to a regular labeled laundry bag to store dirty laundry. Camp Nageela Midwest does not assume responsibility for any items lost or damaged through the laundry service.

Lost and Found: Camp Nageela Midwest has a main area on the grounds where all lost and found items are kept. Campers are encouraged to check often if anything there belongs to them. At the end of the camping season, all remaining items are photographed and shared with parents. Parents can identify items that belong to them and then choose to pay for them to be mailed home or donate them to a local charity.

Please [click here](#) for the packing lists. Keep in mind that due to the nature of summer camp, it is best to refrain from sending overly expensive or fancy clothing that may get lost or damaged in the wash.

No laundry is done during the 5-day Discover camp session.

Safety and Security:

Camp Nageela Midwest works tirelessly to ensure that we are doing everything we can to ensure a safe and secure summer for our entire camp community. We are in touch with homeland security and local law enforcement regularly. As a year-round rental site, state and county forces are familiar with our site.

While the world is getting increasingly complex, we are proud of the safe environment that camp provides for today's youth. We promise to do everything we can to ensure that it remains that way for years to come. Considering the concerning rise in anti-Semitic incidents globally, we have made it our top priority to ensure that every camper feels safe and secure within our campgrounds. To this end, we are investing half a million dollars in comprehensive security upgrades throughout our facilities.

At Camp Nageela Midwest, the safety and well-being of our campers are paramount. We want you to feel confident entrusting your child to us, knowing that we have taken every measure to create a secure environment. We will continue to work closely with local authorities and security experts to stay informed of all security advisories and to adapt our plans and protocols accordingly

Leaving Campgrounds Without Permission:

The camp has a zero-tolerance policy in handling an individual who leaves campgrounds without prior permission and/or does not follow the camp's sign in/out procedures. Leaving campgrounds without permission will result in immediate dismissal from camp. This policy was adopted to ensure the safety of your child and we expect your full cooperation and understanding in this important matter. If someone other than a parent or legal guardian is picking up or dropping off a camper, explicit written permission must be given to the camp office prior to camp.

Other safety rules are explained to campers during camper orientation after they arrive at camp. Failure to comply with any of these rules will force an immediate dismissal from camp. Please understand and respect our need to always keep all campers safe.

Visiting Camp:

While Camp Nageela Midwest is not that far from many of our camper families, Camp Nageela Midwest does not allow families to visit during the camp season. Please allow your child(ren) the opportunity to fully experience the magical world of camp and the incredible independence, growth and development that camp offers.

Contact Camp Nageela Midwest:

Year-Round Office

5454 Fargo Ave
Suite 102
Skokie, IL 60077

Summer Camp

26710 W. Nippersink Rd
Ingleside, IL 60041

Phone: 773-604-4400

Email: info@campnageelamidwest.org

Admissions Department

admissions@campnageelamidwest.org

Rivki (Cherrick) Gaynor

Associate Director- Camp Nageela Midwest Girls

rivki@campnageelamidwest.org

[Click here](#) to download your countdown clock to Camp Nageela Midwest Girls 2024! Looking forward!