



## Chots' Shot

The sun has risen on another summer of fun at the J Day Camps. It's always a treat to hear the voices and see the smiles that bring our camp to life each June. All the hard work of planning since the end of last summer is worth it when the first car door is opened on a new camp season. Last week, the counselors at J Day Camps went through staff training. It is a long week, where we get to know each other and go over the important skills and information they need to best serve your children and ensure they have a fun, safe summer. We covered the daily schedule, emergency procedures, child development, behavior management, and we even added customer service training this summer. From what I've seen so far, the staff took their training seriously and are putting their new skills to use.

I would like to use this space to give a bit of training to the parents too. A camp day is long, quick moving and full of activities. The campers come home tired and I know it is tough to get them to share what they did all day with inquisitive parents. Here are a few questions that may help get to the information you want to know.

1. What made you smile today?
2. What was the funniest things that happened this week?
3. What is one helpful thing you did today?
4. What challenges did your group face this week?
5. What made you proud?
6. If you could be counselor for a day, what would you do with your group?

Open ended questions allow for more detailed answers, which will help both you and your camper debrief the camp day and week. I hope you enjoy seeing some pictures of our week at camp. If you would like to see more please check out our Facebook page, <https://www.facebook.com/groups/jdaycamps2019>

I hope that everyone has a restful Shabbat & and enjoyable week.

Happy Camping!  
Chots

# Quick Hits from around **Camp!**



## Hyman Multin Sports Camp

For the tournament this week, the campers took part in Stanley Cup Floor Hockey in celebration of the Blues fighting for the Stanley Cup. Campers played for the Blues, Bruins, Sharks, or Hurricanes and fought hard for bragging rights by the end of the week. The campers built up their hockey skills throughout the week with some drills and skill development on Monday and Tuesday before putting their skills to the test in a skills competition.

The campers also got quite the workout with this week's new game, Cardio Cornhole. This twist on the popular backyard game forced campers to use their endurance and stamina to gain an advantage over the competition. Each group was split into teams and the objective was to toss a bean bag towards the board to score points. On the board counted as 2 points and in the hole counted as 3. It wasn't just about scoring points though, as the points had to be earned by running around the outside of the playing area and then collected in the form of tennis balls before returning to the line to throw again.

## Camp Sidney R. Baer

The summer has begun and one week is in the books! My staff and I had a wonderful time getting to know all the campers that have joined us. As with the first week of camp, much of the time was spent getting to know each other as well as getting oriented with the camp rituals. Flag Pole ceremonies, led by our song leader, Dorito, have been spirited and entertaining. Hot days gave the perfect excuse to take a dip in the chilly pools. Wacky Wednesday filled our flag pole ceremony with jerseys of all kinds with a strong representation from the Blues and Cardinals. Specialists created fun and productive activities for the campers. This week has been an ideal way to prepare ourselves for the wonderful summer we have ahead of us. I hope all the campers had an equally enjoyable week of camp!



## Gymnastics Camp

This week, the campers were grouped according to their beginning skill level. They learned team building skills which included games that challenged their ability to work together. The counselors guided the campers to advance in their skill-based levels. Skills such as forward/backward rolls, cartwheels, safely and properly jumping from the spring board to the vault block, learning new jumps and skills on the high and low beam and learning fun new skills on the bars. They performed a cheer at Shabbat for the entire camp. Campers had the opportunity to show off what they have learned this week and had fun together as a group. Having fun and keeping safe is our number one priority. I am very excited to see everyone's gymnastic knowledge expand throughout these fun weeks ahead! I look forward to a fun and exciting summer!



## Teen Camp

This week at Teen Camp we had some exciting field trips and activities! We went bowling, caught a movie at AMC and enjoyed the Saint Louis Science Center! In addition, different campers lead their group in games of soccer, kickball and matt ball. We are focused on making the Teen Camp feel like a team with their activities, trips and projects. Can't wait for next week!



## Camp Nat Koplar

We had a great first week of summer camp! We made leaf rubbings, played with bubbles, sang our little hearts out and learned some yoga poses. Nature with Ms. Karen was fun as we searched the playground for some of nature's treasures. Check out all our fun at Camp Koplar 2019! When you search for our name, there will be a sliding bar at the top of the screen. Click on "groups" and you'll find us!

## Camp of the Arts

We had a blast filling in the "pages" of our initial creative stories! The campers had a diverse activity list this week. One of those activities was a life-size superhero drawing where the campers would implement a tracing of the themselves or another camper to give it that extra custom feel. Starting on Tuesday, and finishing up on Thursday, the kids created gorgeous flowers with paper plates and watercolor paints. The campers wrapped up the week focusing on our favorite "animals" such as Hatchimals, Pokémon, and other earthlike-based creatures! Here at Arts Camp we know how to have fun, stay weird, and as always learn valuable skills in kindness and creativity! Thanks for such a fun first week and we look forward to another chapter in our 2019 Art Camp adventure!





## Essman Gadol

We had a great first week of camp in Essman Gadol! Our Wacky Wednesday was sports day and we had so many campers dress up in all different types of jerseys! (And lots of Blues shirts!) We enjoyed lots of fun activities while meeting new friends and we had a blast. In art we made glitter glue art and melt-a-beads. All the kids had such beautiful creations. The kids made cool pirate maps in nature and loved being creative with it. In TAG, (our Judaic activity) we learned about the Ten Commandments by creating and acting out skits for each commandment. The campers even had the chance to cook (and eat) super yummy Oreo balls. In science, the campers got a little messy and created their own slime! The campers even answered all the science questions! Essman Extravaganza is a bigger activity we have on Tuesdays with our whole camp so that we can all be together. This week we split into three groups and did a lip-sync battle and talent show. They all had a blast and sang their hearts out! We enjoyed participating in swim lessons and having free swim. At Shabbat we learned songs led by our song leader and enjoyed watching our camper slideshow! Thanks for a great week!



## Essman Katan

The first week of Essman Katan camp has been so much fun! Everyone is adjusting to their new classrooms and their caring teachers! We can already see new friendships forming among the children as new campers join our camp family. Everyone has loved getting together with the entire camp each morning for singing (Ruach-Spirit). Activities such as swimming, yoga, and stories with Dr. Steve have kept everyone very busy throughout the week.

This summer, we will focus on a mitzvah, or Jewish value, to foster strong character traits. This week, our mitzvah is Chesed which means kindness. Chesed means giving oneself fully, with love and compassion.



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