



## Chots' Shot

At our Creve Coeur location, we have a portion of the day called Lodge Time. It is J Day Camps' version of recess. Campers spread out all around the Pavilion and do their own thing. There is always a Gaga game going on, campers playing basketball, tossing a Frisbee, many campers running around creating their own games, and the competition at the four-square court is always fierce and fun.

Lodge Time is one of my favorite times of the day because it gives our campers the chance to play completely on kid terms. Most of the camp day is pre-planned – we tell the campers what activity they are doing at what time. Even with our focus activities – Camper's Choice, where we give them a few activities from which they can choose – these activities are still staff led. Lodge Time is where campers get to make all the decisions about on what they play and how the play it. The staff is still supervising, and many join in with the games, however, they are not the leaders of the activities.

In today's world, so much of a child's day is pre-programmed for them by adults. Study after study has found that kids need a chance to play by their rules in games that they have chosen. That is the purpose of Lodge Time. Last week was so hot, we did not spend much time outside in the afternoon. Monday morning, we had huge rain storms. By Monday afternoon, after both the heat and rain cleared out, we had an extended Lodge Time. We did not plan it that way, it just happened. As I'm sure most of you would imagine, I spend most of my day solving both small and large problems. Monday afternoon was one of those times which makes it all worthwhile. So many kids having such a good time all doing their own thing. It was a very cool thing to see.

Remember, you can find more pictures from this week at: [facebook.com/groups/jdaycamps2019](https://facebook.com/groups/jdaycamps2019).

And please join us Monday, July 29 at 7pm for The Israeli Scout Caravan. The Caravan is a group of Israeli teenagers, traveling the U.S. to sing, dance and bring a bit of Israel to camps and communities. The performance takes place in the Performing Arts Center (PAC) at SFC (J in Creve Coeur).

Happy Camping,  
Chots



# Quick Hits from around Camp!



## Sports Camp

This week's featured game was the classic playground game, kickball! Campers focused on their foot-eye coordination and defensive teamwork to secure a win for their team. After a rain delay on Monday we had beautiful weather and great field conditions that added to the fun atmosphere of the tournament of the week!

For the new game of the week, the campers were challenged to a good old game of bowling... with a football! Instead of rolling the oddly shaped ball, campers were expected to throw the football at the pins and knock down as many as possible. Score was kept just like regular bowling as campers competed for the high score and some friendly bragging rights!



## Camp of the Arts

Hey there Arts Camp Family! This week in Arts Camp, we welcomed some familiar faces back and enjoyed getting to know the new campers as well! We began the week by making paper lanterns and decorating them with markers, crayons and paint. Campers also created initial art by cutting paper plates into their initials! Campers also recreated their favorite animal using their handprints! It's been a great week in Arts Camp and we hope everyone has an great weekend!

## Camp Essman Gadol

This week of camp was super fun! One thing that was super exciting was the petting zoo that came. The campers loved petting and playing with all the fun farm animals. As an entire camp, we played a huge game of Name That Tune. In art, campers made paper plate animal masks and toilet paper roll binoculars. In drama, we played fun games like big booty and honey I love you. The kids also played on the playground and competed in fun sports like soccer. It was especially great seeing everyone practice their archery skills. The cooking activity was strawberry shortcake cups and the campers devoured them. The weather was so nice, and the campers really loved swimming every day. Shabbat was fun as always with lots of singing and celebrating. Overall it was a really great week of camp and we can't wait for more awesome weeks.



## Gymnastics Camp

As Gymnastic Camp wraps up their summer, campers have worked extremely hard and have all progressed with their gymnastic skills. The stations that the campers had the chance to work on was bars, vault, floor and beam. Everyone jumped for excitement when we had an obstacle course and did many team building activities. This week we had a petting zoo come to the J, and the campers had a chance to pet some animals. I and all my staff are extremely happy and proud of how hard the campers have worked this summer. Many friendships and memories were made in these fast weeks. Great job campers! Have a great school year.



## Camp Baer

This was the week that summer camps dream about! A rainy start led to a beautiful week with sunny skies and warm, but not hot, weather. Campers this week were re-evaluated by their swim instructors, and once again many of our campers moved on to the next swim level! The J Day Camps values our opportunity for interactive swim lessons and greatly appreciate our J aquatics department for all that they do to further the development of our campers throughout the summer. Campers and counselors gave off the vacation vibes for the Hawaiian Wacky Wednesday theme. As far as the eye could see, bright colors and comfy clothes were scattered across the J campus. This week, a fencing instructor taught the campers the basics of fencing. Kids learned terminology and practiced techniques such as the lunge, parry, and riposte, while their counselors cheered them on. We concluded our week with Israel Alive day. On Friday, our Israeli Super Star, Ariel, led a day of fun that was entirely themed around Israeli traditions and culture. Campers learned how to spell their names in Hebrew and gained a deeper understanding about Israeli customs through a multitude of fun and educational activities. With good activities and wonderful weather, fun was effortless this week!

## Camp Nat Koplar

This week at Koplar, our Literacy/STEM theme was “How Do Dinosaurs Say Goodnight.” We enjoyed making our own dinosaurs with sticky packaging noodles, playing in the sensory tables with dinosaurs and in nature, the campers made ants with egg carton pieces. They carefully counted the right number of legs and antenna and body parts! Next week will be our last week at Camp Koplar! We have had a great summer and look forward to have the best last week ever next week!





## Teen Camp

This week at Teen Camp we traveled to Purina Farms, where we explored the farmland, met lots of animals and saw an incredible dog show! Following our trip we came back to the J for our lock-in. At the lock-in we had kickball, a science experiment involving soda and mentos, sundae bar and a classic game of hide-and-seek around the J. On Wednesday, we rode the trains and explored the Museum of Transportation and on Thursday we made our way back to Sports Fusion for laser tag, mini golf and other fun! It's been a jam packed week at Teen Camp and we can't wait for next!



## Camp Essman Katan

What a beautiful week to be outside at camp! The petting zoo was a blast. Your campers enjoyed petting and feeding all the animals, especially the baby cow! Everyone was very gentle touching their fur and giving the animals lots of hugs. Dressing up for Hawaiian Day was another great time at camp. Picking out a colored lei to wear and doing the hula dance was very entertaining for all! They also had fun playing "limbo" while listening to Hawaiian music. "How low can you go?" ALOHA!

The campers continue to progress during swim lessons. Many of the campers are floating on their backs and putting their faces in the water blowing bubbles! They also love playing "Red Light, Green Light" in the pool. Hard to believe next week is our last week of camp; it has gone by too fast!

## Kids' Triathlon

Swim, bike and run your way around the J's campus!



Sunday, September 8  
Heats start at 8am



Staenberg Family Complex  
2 Millstone Campus Drive  
St. Louis, MO 63146

Marilyn Fox Building  
16801 Baxter Road  
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