

KOCHAVIM KHRONICLE: WEEK 1

July 1, 2016

Dear Kochavim Parents,

Kochavim kicked off Kayitz 2016 with tons of ruach (spirit)! Our chanichim (campers) learned Kochavim cheers and have all started to invent their own bunk cheers. **Can you hear them at home?** We begin each morning with tefillot on our "kef (fun) deck." Then we're off to fun-filled activities including morning instructional swim followed by low ropes, sports, yoga, chocolate chip cookie-making in bishul (cooking), necklace and self-portraits in omanut (arts and crafts), and, of course, more swimming in the afternoon. Throughout the day, campers are having a tutim ("sweet") time getting to know their bunkmates and counselors. We are so excited for another action-packed week!

In other news, Kochavim has ketzev (rhythm)! Every day, we do a cheer in which the leader plays a rhythm with bongo drums and the edah follows with clapping. We end by shouting "Ketzev Kochavim Hey!" Rhythm and clapping is also an important piece of our "Hamotzi" chant. Just before we say the blessing, we focus everyone's attention by saying the following line several times: "Before our bread, Hamotzi is said." Please read the Kochavim Khronicle each week for further installments of our bracha (blessing) songs.

Finally, Kochavim campers are on the move! Trekking around camp, playing "Adom and Yarok" (Run and Freeze) as we transition from one program to the next, climbing on the monkey bars, and swimming are great ways to stay fit and release energy. We've also been enjoying the Imagination Playground mobile play system, which is a set of large foam blocks in unique shapes and sizes that allow our chanichim to engage in creative and open-ended play. Kochavim campers are also learning important sports skills in their many and varied sports activities each week.

We are looking forward to a summer that is tutim. If you have any questions or concerns, feel free to contact us at (845) 358-6240. Thank you for your support.

Shabbat Shalom,
Abra Goldemberg and Yoni Cooper, Rashei Edah (Division Heads)
Jenna Roth, Sgan Rosh Edah (Assistant Division Head)
and the Kochavim Staff

Here are some **REMINDERS FOR KOCHAVIM CAMPERS** to help our days go as smoothly as possible.

- **If you haven't already done so, please send in a labeled Ziploc bag with a complete extra set of clothing** (bathing suit, underwear, shorts, socks, t-shirt and kippah or hat) to keep in your child's cubby. **Every item should be labeled individually** with your child's first and last names. You may also wish to send in swim goggles (if your child uses them) and a hairbrush to be kept in camp.
- **Your camper will have 2 swims every day. He/she should come to camp wearing one bathing suit and have a second dry one in his or her bag to change into after the first swim.**
- **Regardless of the morning weather or the weather forecast, your child should always come to camp wearing a bathing suit under his or her clothes.** This will make it easier to get the children into the water quickly.
- **Be sure to pack a change of clothing and one towel in your child's backpack.** We recommend that you send these items inside a plastic grocery-type bag.
- Your child should have received a Kochavim folder. **Be sure to check the folder each evening** for artwork, camp letters, and correspondence from counselors. **Please return the folder every morning.** If you have a message for your child's counselors or the camp office, please either call the office at (845) 358-6240 and leave a message with the office staff, or seal the message in an envelope, label with the recipient's name, and place in your child's folder.
- If you haven't already done so, please join our closed Facebook group by searching "Kochavim Korner 2016".