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## Countdown to Ramah Day Camp: How will my child stay healthy at camp?

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Shalom Ramah Day Camp Families,

Your child's health and safety is our #1 priority! Learn more about the ways we work to keep everyone healthy as well as the steps you can take now to ensure a successful and healthy summer at camp.



### Complete Your Health Forms Today!

Please complete the following health forms and upload documents to your [CampMinder account](#) or the [Campanion](#) App by May 1.

- [Physical](#) - Paper form filled out by your child's physician. You may also upload your state's standard health form.
- [Immunizations](#)
- [Health Insurance Card](#)
- [Health History](#) - Filled out by the parent/guardian online.

Ramah Day Camp must have a complete and current medical history for each camper and a report of a physical examination performed after April 1, 2023. **Campers will not be allowed to arrive at camp if their health forms are not on file.**



### Medication

If your camper needs any medication administered at camp, email the camp nurse at [nurse@ramahday.com](mailto:nurse@ramahday.com) by June 1 and send your child with the medication on the first day of camp. All medication should have clear directions of dosage and the time it is needed included with the medication itself or emailed to the infirmary.



### Medical Personnel

We are so excited to welcome Lindsay Garcia as our Ramah Day Camp nurse this summer! Lindsay is currently a Middle School Nurse in Vernon Hills and brings with her 15+ years of clinical experience.



Lindsay is so excited to take care of all of our campers this summer. She will handle all infirmity needs and dispense medications.



Further details about all of our medical policies will be available in our Parent Handbook, which will be published in the coming months. If you have specific medical questions, please be in touch with Director of Operations Scott Topal at [stopal@ramahwisconsin.com](mailto:stopal@ramahwisconsin.com).

[Our team](#) remains available and accessible to you. If you have any questions, concerns or topics you would like to discuss – we encourage you to [schedule a one-on-one conversation with a staff member here](#). Thank you for your continued partnership!

Shalom,



**Talia Derman**  
Director



**Dina Greenberg**  
Assistant Director



### Additional Reminders

<p><b>Countdown to Camp Informational Webinar for New and Returning Parents</b></p>	<p><b>New Parent Zoom Orientation (Parents/Guardians Only)</b></p>	<p><b>Camper Orientation Sunday, June 16 at Ramah Day Camp</b></p>
<p><b>Wednesday, April 17</b> 7:00 - 7:45 pm CDT <a href="#">Register Here</a></p>	<p><b>Wednesday, May 15</b> 7:30-8:15 pm CDT <a href="#">Register Here</a></p>	<p>10:00-11:00 am: New Campers, Pre-K &amp; K Campers, and Families 11:00 am - 12:00 pm: All Campers and Families</p>
<p><b>Form Due March 31</b> Camper Care Intake Form</p>	<p><b>Download the <a href="#">Campanion App</a></b></p>	<p><b>New Camper Calls</b></p>
<p><b>Forms Due May 1</b> All Health Forms Transportation Friendship Request Camper B'rit</p>	<p>Use your regular CampMinder credentials to log in. You'll be able to complete all your forms right in the app!</p>	<p>If you have not already done so, please <a href="#">click this link to schedule your new camper call</a>. Note: These calls are for parents of new campers only.</p>

Text Message Opt In

Winter Address:  
67 E. Madison St, Suite 1905  
Chicago, IL 60603  
312-606-9316

Camp Ramah in Wisconsin	Ramah Day Camp
3390 Ramah Circle	98 W. Hintz Road
Conover, WI 54519	Wheeling, IL 60089
715-479-4400	847-537-9700

