

# Beth Am 6th - 8th Grade Retreat FAQs

## Q. Who can go?

A. All 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students are welcome to attend the retreat regardless of whether they are registered in a Beth Am Youth Program!

## Q. Why should I go?

A. Our Beth Am Youth Retreat is part of our education programs and is a wonderful chance to build great memories with Beth Am staff and dozens of friends, to share in the experience of prayer and learning, and enjoy original programs that will make you laugh and learn.

## Q. What will we be doing?

A. We will be doing a variety of fun and exciting programs based on the theme of “*What’s God got to do with me?*” We will enjoy meals together, as well as share in the joy of Shabbat. There will be fun art projects, as well as opportunities for sports and hiking. There will also be plenty of free time to hang out with your friends.

## Q. Will both groups be together the whole time?

A. We are running 2 retreats concurrently. The 4<sup>th</sup> -5<sup>th</sup> Grade Retreat participants and the 6<sup>th</sup> – 8<sup>th</sup> Grade Retreat participants will be together during services and meals. Programs and cabin assignments will be by grade.

## Q. I usually have lots of homework - can I still come?

A. There is time set aside for free time on Saturday afternoon as well as at night in the cabins, so if needed you can do your homework then. You will be home by noon on Sunday, so you will also have time to do homework on Sunday afternoon.

## Q. What should I pack?

A. Everyone should pack plenty of WARM CLOTHES!! Although it may be warm or hot during the day, the nights get fairly cold. We may have wet weather. It is advised to bring warm layers: jackets, hats, extra socks, etc. We also recommend that everyone pack at least one extra pair of sneakers, in case of rain!!! For a more complete packing list, please check the Beth Am web site at: [www.betham.org/youth/retreats.html](http://www.betham.org/youth/retreats.html)

- Bed linens are **NOT** provided, so everyone needs to bring a sleeping bag and pillow. You should also pack other personal items, such as shower shoes (i.e. flip flops), shampoo, soap, toothpaste, flashlight, towel, etc.
- Please **DO NOT** bring the following: open-toed shoes, money or valuables, candy or snacks. There will be plenty of snacks throughout the weekend!!!

# Retreat FAQs continued

## Q. What if I need to come late or leave early?

A. In order to ensure participant safety, build community, and to make the retreat experience as meaningful as possible, full participation – from beginning to end – is necessary. The Youth Retreat is packed FULL of activities so we don't want you to miss out on any of it! If you cannot attend the entire retreat, please contact Shaina Wasserman at (650) 493-4665. We may be able to create alternate arrangements for you.

## Q. What if my child takes medications?

A. We will make sure your child get their medication as per your doctor's orders. Please bring any medication they take regularly or in case of any other conditions, such as asthma or allergic reactions. To ensure that each person receives the right medication at the right time **ALL** medications will be held by Retreat Staff. Medications will be collected at the bus check-in and returned when we return to Beth Am on Sunday. If your child will be bringing medication, please make sure to include the necessary information on the Emergency Information section of the Registration form.

## Q. What if I want to stay in a cabin with my friends?

A. If you have other friends who are in the same grade as you, please put down all of their names on the appropriate line on the registration form. We cannot guarantee that you can be with all of your choices but we will do our best to accommodate your requests.

## Q. I have turned in my registration forms, how do I know if I am going on the retreat?

A. You will receive a confirmation by email approx. 3-4 days after your registration forms have been received. If your forms are received after the February 12<sup>th</sup> deadline we will do our best to guarantee you a space and you will receive an email confirmation informing you of our availability.

## Q. I have more questions, whom do I contact?

A. All additional questions should be directed to the Beth Am Retreat Coordinator, Caroline Kosaka. Please contact: [retreats@betham.org](mailto:retreats@betham.org)

**Please return your registration forms by February 12, 2010**

Congregation Beth Am Youth Education Office  
Attention: Caroline Kosaka/Retreat Coordinator  
26790 Arastradero Road  
Los Altos Hills, CA 94022-1916

**Beth Am 6<sup>th</sup>- 8<sup>th</sup> Grade Retreat**  
**March 12-14, 2010**  
**REGISTRATION FORM**

Please complete **all** 6 pages of this form. A separate registration form with Emergency contact information is needed for each participant.  
Please send all completed forms, along with the Non-Refundable \$45 registration fee (see Fee Information page\*\*) to:

Congregation Beth Am Youth Education Office  
Attn: Retreat Coordinator  
26790 Arastradero Road  
Los Altos Hills, CA 94022-1916

**Please Print Very Clearly!**

Participant Name: \_\_\_\_\_ Grade \_\_\_\_\_ Gender: F M

Parent/Adult Caregiver Name(s) \_\_\_\_\_

Primary Mailing Address \_\_\_\_\_

Parent Phone No. (H) (C) (W) \_\_\_\_\_ (H) (C) (W) \_\_\_\_\_

Parent E-mail address \_\_\_\_\_ Participant E-mail \_\_\_\_\_

Roommate Requests (We will do our best to honor requests, but we cannot guarantee it.):

EMERGENCY INFORMATION In case of an emergency please list 2 individuals we can contact if Parent/Adult Caregiver is not reachable

Name, Relation to Participant, Phone Number (specify H, C, W)

1. \_\_\_\_\_ (H) (C) (W) \_\_\_\_\_
2. \_\_\_\_\_ (H) (C) (W) \_\_\_\_\_

Please list any medical issues that might affect the participant's stay at the retreat (i.e. allergies, diabetes, etc.)

Please list the name and dosage schedule for ANY medication, including allergy medicine that the participant will bring to camp.

**\*\*\*Please note that all medication will be collected at bus check-in and will be dispensed by Retreat Staff for the duration of the retreat\*\*\***

Please list any dietary restrictions or special dietary needs:

My child is a vegetarian (Y) (N)      My child has nut allergies (Y) (N)      Other (please specify):

**Beth Am 6<sup>th</sup>- 8<sup>th</sup> Grade Retreat  
March 12-14, 2010**

**FEE INFORMATION**

**\*\* COST IS NOT AN OBSTACLE TO ATTENDANCE!**

**Camperships are Available.**

All 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students are welcome to attend the retreat regardless of whether they are registered in a Beth Am Youth Program!

\_\_\_\_\_ I would like more information about available campership money (our Executive Director, Debbie Coutant will contact you)

**For registration on or before February 12, 2010:**

\_\_\_\_\_ I am enrolled in a Beth Am Youth Education program. My \$45 retreat registration fee is enclosed.

\_\_\_\_\_ I am not an enrolled student and have not paid the retreat fee or the \$45 registration fee. My \$240 is enclosed.

**For registration after February 12, 2010:**

\_\_\_\_\_ I am enrolled in a Beth Am Youth Education program. My \$65 retreat registration fee is enclosed.

\_\_\_\_\_ I am not an enrolled student and have not paid the retreat fee or the \$65 registration fee. My \$240 is enclosed.

*We would like to include all of our 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students on our Youth Retreat. **Please deliver your form on or before February 12, 2010.** If we receive your form after the Registration Deadline, we will make every effort to include you. You will be placed on the waiting list and we will contact you as soon as possible to let you know if we are able to make arrangements for you to attend. There is a \$20 late fee for registrations received after February 12<sup>th</sup>.*

# **Beth Am 6<sup>th</sup>- 8<sup>th</sup> Grade Retreat**

**March 12-14, 2010**

## **PARENT/CAREGIVER PERMISSION**

I hereby give permission for \_\_\_\_\_ to attend Congregation Beth Am's 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grade Retreat at Walden West Camp from March 12-14, 2010. I release Congregation Beth Am from all responsibility other than food, housing, and supervised activities while at the Retreat. I give permission for authorized personnel to render emergency treatment to the participant if necessary. In addition, I also give Congregation Beth Am permission to use pictures of the participant that are taken at the Retreat for future promotional materials.

\_\_\_\_\_  
Printed Name of Parent/Adult Caregiver

\_\_\_\_\_  
Signature of Parent/Adult Caregiver

Relationship to Youth Participant: \_\_\_\_\_

Date \_\_\_\_\_

# Beth Am 6<sup>th</sup>- 8<sup>th</sup> Grade Retreat

## March 12-14, 2010

### YOUTH PARTICIPANT CONTRACT

To ensure the health, safety, and comfort of each participant, as well as to maintain a fun, pleasant, and enjoyable atmosphere for living and learning together, I hereby agree to abide by the following policies during the Beth Am Retreat from March 12-14, 2010.

1. I understand and agree that **NO NONPRESCRIPTION DRUGS OR ALCOHOL OF ANY KIND ARE ALLOWED ON THE RETREAT**. Additionally, I understand that if any problem should arise in this area, my parent(s) or adult caregiver(s) will be called immediately to take me home.

2. I understand and agree that it is my responsibility to **REMAIN IN THE SUPERVISED AREAS** of Walden West at all times and to **PARTICIPATE IN ALL PROGRAMMING AND ACTIVITIES**. I also understand that no walk-mans, iPods, radios, hand-held electronic games, or cellular telephones are allowed at programs or meals. *Cell phones must be kept in the cabin and turned off throughout the entire weekend.*

3. I understand and agree that **NO SMOKING OR STARTING FIRES** is allowed anywhere on the campgrounds due to high fire danger.

4. I understand and agree that I may **NOT BRING ANY FOOD INTO THE ROOMS** because it will attract mice, insects, and other animals.

5. I understand and agree that **NO VANDALISM OR GRAFFITI** will be tolerated. I also understand that I will be personally responsible for any damage or repairs that I might inflict.

6. I understand and agree that **I PLAY A CRITICAL PART TO THE SUCCESS OF THIS RETREAT, AND PROMISE TO SHARE MY HONEST OPINION, VOICE, AND POSITIVE ATTITUDE** throughout the weekend.

I have read and understand the above contract and agree to comply with all of these policies and rules throughout our weekend at Walden West Camp.

\_\_\_\_\_  
Printed Name of Participant

\_\_\_\_\_  
Printed Name of Parent/Adult Caregiver

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent/Adult Caregiver