

# *Shomrei Adamah* Logistical Manual Fall 2014



Teva  
116 Johnson Road  
Falls Village, CT 06031  
Phone: (860) 612-TEVA  
[hazon.org/teva](http://hazon.org/teva)

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## Dear Parents,

Your child will soon have the opportunity to participate in an award-winning experiential Jewish environmental education program with the Teva, a program of Hazon at the Isabella Freedman Jewish Retreat Center. This letter answers some of the questions parents have asked us in the past. Please feel free to check out our website ([hazon.org/teva](http://hazon.org/teva)) or contact us (860-612-8382), [teva@hazon.org](mailto:teva@hazon.org) with any additional questions or concerns you might have.

**Goals:** Teva integrates outdoor environmental education with Jewish concepts and values through exciting hands-on activities in a cooperative, non-competitive residential setting. Teva students develop a greater sense of responsibility, independence, and self-esteem. Students will come away from this experience excited about the natural world and more knowledgeable about what Judaism has to contribute to our understanding of the environment.

**Curriculum:** Over the course of four days and three nights, students participate in two types of daytime classes: *Limudei Chutz* (outdoor learning) and two *Chuggim* (electives). In *Limudei Chutz*, students study earth sciences, plant and animal life, and the connections between them that allow ecosystems to function. Through experiential activities, they will also explore Jewish wisdom on humanity's role in Creation. They also participate in group challenges, which promote communication, trust, and creative problem solving. In *Chuggim*, students are able to choose from electives relevant to Teva's mission. Chuggim options often include drama, music, arts and crafts, cheese making, movement, survival skills, meditation, and more. One of the two *Chuggim* slots is a hands-on *Beit Midrash* (Jewish text study) where students learn that Torah is not only studied on a page but is brought to life in practical application in the world. Evening programs include a night walk and an exciting interactive presentation. New songs are taught daily and journal writing is strongly encouraged. Also, the students lead *shacharit* services, with input from the Teva Learning Alliance educators. *Brachot* (blessings) are said before and after eating, and taught for other natural events, as a means of heightening awareness and expressing wonder and gratitude.

**Facilities:** Teva is based at the Isabella Freedman Jewish Retreat Center, in Falls Village, CT. It offers comfortable winterized lodging and strictly kosher food. The forest, lake, and fields serve as the outdoor classroom. Isabella Freedman is also host to the Adamah program which includes a farm, goats and chickens, a pickling and cheese making operation, and a farm-to-table kitchen.

**Safety:** All staff are first aid and CPR certified. A Teva medic will be in residence during daytime hours and there is a hospital within 15 minutes of the center, for any medical emergencies.

**Staff:** The on-site Teva administrative team includes a program and education director, a program associate, a medical professional, and a teaching staff of qualified field group leaders and specialists. Schools also bring teacher chaperones.

With this letter, you should receive from your school a Packing List, Permission Slip, Medical Form, Medical Authorization and Release, and Participant Behavioral Contract. The last four items all need to be completed, signed, and returned to the school in advance of your child's attendance.

We hope you are as excited about the program as we are! We look forward to meeting your child.

B'vrachah,  
**Lauren Greenberg**  
Teva Program Coordinator  
116 Johnson Road  
Falls Village, CT 06031  
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**Sample schedule based on the 4  
day program**  
(Subject to change)

<p><b>Day 1</b></p> <p>10:30 Arrival</p> <p>11:00 Field Games</p> <p>12:00 Orientation 1</p> <p>12:30 Lunch</p> <p>1:30 B'reisheet Performance</p> <p>2:00 Limudei Chutz 1</p> <p>4:30 <i>Hafsakah</i> (Free Time)</p> <p>6:00 Orientation 2 – Chuggim Demos</p> <p>6:30 Dinner</p> <p>7:30 Night Walk</p> <p>9:00 Campfire and Singing</p> <p>9:30 Snack &amp; Lylah Tov</p>	<p><b>Day 2</b></p> <p>7:30 <i>Tefillot</i> (Prayers)</p> <p>8:30 Breakfast</p> <p>9:30 Limudei Chutz 2 (w/ Lunch)</p> <p>3:00 <i>Hafsakah</i> (Free Time)</p> <p>4:30 Predator Prey (All-school game)</p> <p>6:00 Singing/WTVA</p> <p>6:30 Dinner</p> <p>7:30 <i>Chuggim</i> (electives)</p> <p>9:00 Snack, Singing, &amp; Lylah Tov</p>
<p><b>Day 3</b></p> <p>7:30 <i>Tefillot</i> (Prayers)</p> <p>8:30 Breakfast</p> <p>9:30 Limudei Chutz 3 (w/ Lunch)</p> <p>2:30 <i>Hafsakah</i> (Free Time)</p> <p>4:00 <i>Chuggim</i> (electives)</p> <p>5:30 Singing/WTVA</p> <p>6:00 Dinner</p> <p>7:00 Evening Program</p> <p>9:30 Snack, Singing, &amp; Lylah Tov</p>	<p><b>Day 4</b></p> <p>7:00 Luggage Drop-off</p> <p>7:15 <i>Tefillot</i> (Prayers)</p> <p>8:30 Breakfast</p> <p>9:30 Limudei Chutz 4</p> <p>11:00 Bringing it Back To Our School</p> <p>11:45 Lunch, singing and evaluation</p> <p>12:30 Closing Ceremony</p> <p>1:15 Departure</p>

## Teva Sample Menu

This is a sample menu based on the 4 day Teva program; all meals are subject to change.

All food served at Teva is vegetarian. Teva strives to use as many seasonal and local ingredients in its menu, utilizing the on-site Adamah farm. Each meal contains a "Taste of Teva" dish which is usually a seasonal vegetable grown on the Adamah farm and prepared in a new and interesting way.

Teva attempts to provide for all special dietary needs and food allergies with advanced communication from parents or schools. To requests a special meal or ensure an allergen safe menu, please contact Teva at least three weeks prior to your arrival. Contact the Program Coordinator at 860-612-8382 or e-mail [teva@hazon.org](mailto:teva@hazon.org) with subject 'Allergies'.

	Breakfast	Lunch	Dinner
Day 1		Mac & Cheese Tomato Soup Sautéed Greens Salad bar	Make your own Burrito Rice and Beans Veggie Chili Onions, Mushroom, Squash, Shredded Cheese Salad bar Cookies
Day 2	Scrambled Eggs Hash Browns Fresh Fruit Cold Cereal Oatmeal Yogurt Orange Juice	"Trail Lunch" Sunflower butter & Jam Cheese or Hummus HB Eggs Bread/Pita Trail Mix Veggie Sitcks Whole Fruit	Pasta Bar Pesto, Marina, Vegan Cheese Sauce Carrot Soup Roasted Vegetables Salad bar Cookies or brownies
Day 3	Pancakes Fresh Fruit Cold Cereal Yogurt Oatmeal, Orange Juice	"Trail Lunch" see Day 2	Vegetable Pot Pie Sautéed Greens Celery Root Soup Salad Bar Ice Cream
Day 4	Oatmeal Bar Fresh Fruit Cold Cereal & Granola, Cheese, Yogurt, Juice, Hard Boiled Eggs Orange Juice	Whole Wheat Pizza – Cheese & Assorted Vegetable/Vegan Squash Soup Salad Bar Fresh Fruit	

\*Salad Bar: Fresh & Lacto-fermented (pickled) Vegetables, Salad Greens, Assorted Dressings & Condiments, HB Eggs, Sunflower/Pumpkin Seeds; Dried Fruit

\*Snacks are served every afternoon and evening

\*Sunflower butter, bread, and jam available at all meals

## Suggested Clothing and Equipment List

Please send students with clean but old clothing. New clothing may look like old clothing when children get home. Clothing should be marked with the student's name. Students should be prepared for cool nights, however **weather is unpredictable, students should be prepared for all possible conditions.**

- 4 t-shirts
- 1 heavy shirt (*preferably wool or fleece*)
- 1 sweater or sweatshirt (*preferably wool or fleece*)
- 2 pairs of pants (*Jeans are not ideal because, once wet, they retain water for a long time.*)
- 3 pairs heavy long socks (no ankle socks)
- 3 pairs light long socks (no ankle socks)
- 4 changes underwear
- 1 pair of long underwear (*preferably silk and polypropylene, not cotton*)
- 1 pair sneakers (*old*)
- 1 pair sturdy, well-broken-in hiking boots (*waterproof*)
- Sock liners or plastic baggies - to be worn between socks and shoe/boot to keep feet warm and dry during rain
- Pajamas
- Warm winter hat (as Canadians call it a 'Toque')
- Hat with brim (*i.e. baseball hat*)
- Gloves
- Scarf
- Winter jacket
- Raincoat or poncho with a hood (***a must!***)
- Rain pants (Bottom halves get wet, too)
- **Warm sleeping bag or Blankets**
- **Pillow & pillowcase**
- **Sheets**
- **Two Water Bottles for the trail** (*make sure the lids closes tightly – bottles with straws are no good*)
- Toiletries (incl. Toothbrush, Toothpaste, Floss, Soap, Shampoo & Conditioner)
- Towel
- Laundry bag
- Pens, pencils
- Daypack/knapsack/school book bag
- *Kippah* (Required according to your school's custom)

Wool and Fleece are recommended due to their ability to retain warmth while wet and dry quickly. Students will spend extended periods of time outdoors, and may not have the opportunity to change immediately after getting wet.

### OPTIONAL EQUIPMENT

- binoculars
- compass
- flashlight
- camera
- books
- games

### DO NOT BRING (\*\*very important\*\*)

- money
- cell phones or other mobile devices
- knives of any kind, firearms or archery equipment
- electronic games, mp3 players, or ipods
- candy, gum, soda or any food
- firecrackers, fireworks, matches, lighters
- curling iron or blow-dryers

**\*\*Please send at least one used/empty cereal box with your child, which Teva uses as the cover for the Student Field Guide\*\***

**Thank you!**

### **SOME SUGGESTED PLACES TO SHOP:**

- Campmor – discount outdoor gear: 800.226.7667 [www.campmor.com](http://www.campmor.com)
- Sierra Trading Post – discount outdoor gear: 800.713.4534 [www.sierratradingpost.com](http://www.sierratradingpost.com)
- EMS, REI or other local outdoor and sporting goods stores



## Medication Authorization and Release

### IMPORTANT: Must read and sign below.

Should my child sustain or incur any accident or illness while attending the Teva program, a program of Isabella Freedman Jewish Retreat Center, I hereby authorize the Director of the program, or his agent, to execute any and all documents, including necessary releases, which might be required by any medical facility to perform any emergency care on my behalf.

In the event that the child has an accident or illness during the program which requires a visit to the doctor or a hospital, the existing family or school policies will represent the primary insurance coverage.

Should my child become ill, get a headache, catch a cold or have other minor medical or dental problems, I (please check one) **DO** \_\_\_\_\_ **DO NOT** \_\_\_\_\_ give permission for the administration of non-prescription medication at the discretion of the program's medical personnel and the school's chaperone.

In the event of a tick bite please **DO** \_\_\_\_\_ **DO NOT** \_\_\_\_\_ call me prior to tick removal by the Teva medic.

In the event my child sustains a minor injury that requires basic on-site medical attention please **DO** \_\_\_\_\_ **Do Not** \_\_\_\_\_ call me to apprise me of the situation.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_

Relationship \_\_\_\_\_ Date \_\_\_\_\_



## Teva Program Permission Slip and Behavioral Contract

I give permission for \_\_\_\_\_, who is currently in \_\_\_\_ grade to participate in the Teva Shomrei Adamah Program, a residential Jewish environmental education program of Hazon at Isabella Freedman Jewish Retreat Center.

I understand that there are inherent risks involved in any outdoor activity. I agree to hold harmless Hazon and their employees for any injury or illness experienced by my child that is not the result of negligence. I understand that I am responsible for all expenses related to any medical treatment both during Teva and after the program.

I understand that the director or school trip leaders may dismiss my child from the Teva program if, in their opinions, his or her conduct is not in the best interest of the entire group. I also understand that I am responsible for transporting my child in the case of a discipline problem or medical problem where the school leaders deem it necessary for the student to return home during the program.

Student's Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_ Relationship to Student \_\_\_\_\_

I (please check one)  do authorize  do not authorize Teva to use photographs, videotapes, etc., of students taken during the program for publication, display or other promotional purpose.

### Participant Behavioral Contract

All of the participants in the Teva program are responsible for their conduct and must be willing to abide by the rules and behavioral guidelines established for the program in order to participate. The specific guidelines for conduct include:

- \* Students will take responsibility for their safety, carefully listening to rules and instructions. Unsafe behavior or failure to follow instructions from teachers, chaperones, or Teva staff may result in dismissal from the program.
- \* Students will take responsibility for the smooth running of group activities. Behavior deemed anti-social by the Teva staff may result in dismissal from the program.
- \* Students must remain with the group at all times.
- \* No food or gum may be brought into camp because of *kashrut* (dietary laws) and animals.
- \* **Use and/or possession of firearms, knives, firecrackers, drugs, alcohol, tobacco, matches, lighters, or other items deemed dangerous is strictly forbidden.**
- \* **Students will not damage site property, Teva property or the personal property of others.**

If a Teva staff member determines that a student is being disruptive, he/she may be asked to take a 'time out'. During a "time out" the student will be apart from the group and not allowed to participate in any programming. If the student has been asked more than once to take a time out, or if he/she breaks a rule, he/she will be asked to do some form of Teva community service. Since disruptive behavior hurts our community, community service allows students to contribute back to it. If the student continues to be disruptive after doing community service, or if he/she breaks a rule that makes Teva unsafe for anyone, he/she will be dismissed from the program and a parent/guardian will be required to come pick up the student.

I understand that the Teva Learning Alliance's program is a class experience and that I / my child will be required to participate fully in all activities. I agree to abide by and support the policies and guidelines set forth.

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_

E-mail address: \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

E-mail address: \_\_\_\_\_

### **Staying in Touch**

I  Would /  Would not like to – receive future communications from Teva via email or newsletter.



# Teva Swag Order Form

Please submit this form to the school with your child's medical forms

## Teva Ts - \$18

Organic cotton, naturally light earthy color t-shirt. Features the Teva logo on the front and hand-drawn Hamsa (hand) or Torah Scroll design on the back.



### Adult and Children's T-shirts \$18

Adult Size	<u>Hand</u>	<u>Scroll</u>
Small	_____	_____
Medium	_____	_____
Large	_____	_____
XLarge	_____	_____
Child Size	<u>Hand</u>	<u>Scroll</u>
Child	_____	_____
Medium	_____	_____
Large	_____	_____



## Teva Tunes CD - \$20

This 2 CD set features all the Teva favorites including p'solet, decomposition, Adamah V'Shamayim, Deep Inside my Heart, tefillah tunes, and many more! Performed and recorded by Teva musicians, educators and students.



----- Please make checks payable to Teva-----

Total number of Teva Shirts	_____	x \$18 per shirt =	\$_____
Total number of Teva Tunes CD Sets	_____	x \$20 per CD Set=	\$_____
		<b>Total</b>	<b>\$_____</b>

Student's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

School Name: \_\_\_\_\_

Your Address: \_\_\_\_\_ Phone: \_\_\_\_\_