



Parent Handbook 2020-21

– Our Mission –

Our mission is to promote and build high self-esteem, positive values, personal growth, and a strong sense of identity through an engaging connection to the Jewish community. We strive to foster spiritual and personal growth through learning new skills and interacting with others in a safe, challenging, and stimulating environment, while laying the foundation for life-long friendships. Our goal is to provide children with a safe environment to make new friends, learn new skills, and gain independence.

– General Information –

Program Hours

Full Day: 7:15 am-6:00 pm
School Day: 7:15 am-2:00 pm
After School: 2:00-6:00 pm

Contact Info

Jodi Sonenshine
678.812.3761
jodi.sonenshine@atlantajcc.org
clubj@atlantajcc.org
atlantajcc.org/clubjyourway

Program Costs

Full Day: 7:15 am-6:00 pm
\$1,050/month Member
\$1,150/month Community

School Day: 7:15 am-2:00 pm
\$700/month Member
\$800/month Community

After School: 2:00-6:00 pm
\$425/month Member
\$525/month Community
We also have two flexible options: 4 days a week for \$400/month or 3 days a week for \$385/month.

Drop-Off & Pick-Up Times and Locations

Full Day: 7:15 am-6:00 pm

Drop-Off: 7:15-7:40 am for K-2nd grades at our MJCCA Day Camps grounds and for 3rd-5th grades at the Kunanisky Family Center (KFC Building).

Pick-Up: 5:15-6:00 pm at our MJCCA Day Camps grounds for all grades.

School Day: 7:15 am-2:00 pm

Drop-Off: 7:15-7:40 am for K-2nd grades at our MJCCA Day Camps grounds and for 3rd-5th grades at the Kunanisky Family Center (KFC Building).

Pick-Up: 1:30-2:00 pm inside the Main Building at the Club J Check-out Table.

After School: 2:00-6:00 pm

Carpool Drop-Off: 2:00– 2:15pm at the Kuniansky Family Center Building.
Pick-Up: 5:15-6:00 pm at our MJCCA Day Camps grounds.

Late Drop-Offs/Early Pick-Ups*

8:00am – 2:00pm – Inside the Main Building at the Club J Desk
2:30pm – 5:00pm – Tent alongside outdoor pool loop

Must have dismissal number to check out children

PARENT COMMUNICATION

A clear line of communication between parents and staff is critical to the success of the program. Our directors work directly with your child's counselors and should be the primary source of communication. During the day, staff are directly involved with the children and will not be available to speak with you. Please contact a director with any questions or concerns. Children are not permitted to make a phone call unless supervised by a director.

COHORTS/GROUPINGS

All children are placed in groups based on their school grade, school, and learning requirements. They will interact only with their cohort throughout the day. While we will make every effort to honor groupmate requests, they cannot be guaranteed. Cohorts will have up to 15 children and up to 3 staff.

REQUIRED SUPPLY LIST

- 2 Bags
- Lunch
- Snacks
- Water Bottle
- Laptop or Chromebook with charger
- Headphones
- A book to read
- Specific school supplies for assigned projects
- Weekly schedule of online learning including usernames, passwords and links

The MJCCA is here to help oversee your child's remote learning, including assisting with logging in and out of all platforms, turning in assignments online, and helping with schoolwork, if time allows. **Our staff members are NOT teachers and we are not a substitute for your child's education. Instead, we are here to HELP with your child's remote learning experience.**

Food

Lunch

Children need to bring their lunch daily. We do not mandate what individuals bring in their own lunches, however, in order to observe all dietary, allergy, and health issues, children, are not permitted to share food brought from home. Children who forget their lunch will be provided one lunch by the camp office at no cost. Any additional lunch provided will be charged to the family at \$7 per lunch.

Lunches will not be refrigerated, so please pack an ice pack in your child's lunch.

Snacks

Snacks WILL NOT be provided this year due to the new COVID-19 guidelines.

PLEASE SEND YOUR OWN SNACKS FOR YOUR CHILDREN DAILY.

We recommend at least two snacks.

What to Bring

Please send the following with your child each day:

- 2 Bags
 - o One for School Equipment
 - o One for Lunch/Snacks
- Lunch
- Snacks
- Laptop/Tablet, Charger & Headphones
- List of All Assignments(including log-in information, usernames, passwords and links
- All Homework Supplies
- A Book to Read
- Water Bottle
- Sunscreen
- Bathing Suit & Towel for Wednesday Swim Days
- Face Mask

PLEASE LABEL EVERYTHING WITH FIRST AND LAST NAMES!

Visitors

For the safety of your child, the MJCCA will not allow any visitors to our programs at this time for any reason.

Child Abuse

The MJCCA is legally required to report any instance of observed or suspected child abuse or neglect.

Electronics Policy

Children WILL be allowed to bring whatever electronic devices they need to complete their virtual learning assignments. The MJCCA is not responsible for your child's device.

Lost and Found

We will not have a lost and found due to the new COVID-19 guidelines. Items that are labeled will be returned with your child. All other items will be donated or discarded daily.

Custody Agreements

The MJCCA does not maintain custody agreements.

Photographs

We may take photographs of your child for promotional purposes of MJCCA programs or events. Please inform the MJCCA in writing if you would not like your child's image used.

Child's Behavior

For the safety and enjoyment of all children, Club J Your Way enforces a discipline policy in the event that a child is repeatedly disruptive to the group or abusive to other children or staff. Disciplinary actions include: calling a parent, suspension, or dismissal of the child. Please review the Behavior policy in your CampMinder account.

- Health Information and Program Policies -

Allergies

Children are not permitted to share food or sunscreen at the MJCCA. We provide a nut-free area/table for lunch. Your child's group can certainly join your child as long as they do not have nuts or traces of nuts in any item in their lunch. We have extra sunscreen for children who run out or forget to bring his or her own. If your child should not use our sunscreen, please let us know in writing before the day starts.

Emergencies

In case of an emergency, we will make every attempt to contact parents first. If parents and emergency contacts are unable to be reached, arrangements have been made with Children's Healthcare of Atlanta to provide medical treatment.

Sick Policy/Health For 2020

- A health history form must be submitted (online) prior to the start of the program.
- It is the responsibility of each family to inform the staff of any changes to the information submitted on the health history form.
- If a child is sick or is suspected of being sick, they will visit a Club J Your Way Director.
- If a child presents symptoms related to COVID-19 (fever at or greater than 99.5°F, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, and/or vomiting), the child will be separated from the group until a parent/guardian can pick them up. They will be supervised by an adult from 6 feet away.
- **In accordance with our local health mandate: Children will not be permitted to return to the program until they have either had a negative COVID-19 test or have been free of fever and fever medication for seventy-two (72) hours, other symptoms have improved, and at least ten (10) days have passed since symptoms first appeared.**

If Someone Tests Positive for COVID-19

- Children/staff will not be permitted to return to camp until they have been free of fever and fever medication for seventy-two (72) hours, other symptoms have improved, and at least ten (10) days have passed since symptoms first appeared. Siblings of sick child/staff must also quarantine for 2 weeks and meet criteria above.
- The cohort will be immediately called and required to self-quarantine for 2 weeks. Please note, no refunds will be given for tuition during a temporary class or school closure that lasts fewer than 14 days.
- The MJCCA will work with the Board of Directors and local health officials to determine if a full program closure is needed for a certain amount of time.

If Someone Is Exposed to COVID-19

- Exposure is defined as sharing a household or having close contact (more than 15 minutes without being 6 feet apart) with anyone with COVID-19 or has symptoms of COVID-19.
- Children/staff who were exposed will not be permitted to return to Club J Your Way until they have been free of fever and fever medication for seventy-two (72) hours, other symptoms have improved, and at least ten (10) days have passed since symptoms first appeared or since awareness of COVID-19 exposure.
- Members of the cohort that the exposed child or counselor are in will be notified that a person in their cohort was in direct contact with someone who tested positive – and we will be in contact with everyone if we learn more details.
- It will be up to each of the other families in the cohort if they would like to continue sending their child until more information is learned and/or test results are in.

Face Coverings

- Children and Staff are required to arrive to the MJCCA wearing a mask.
- Please send your child to the MJCCA with an extra mask.
- Staff will be required to wear masks all day. The only exceptions are while eating/drinking and for outdoor mask breaks while socially distanced.

- Children WILL be required to wear masks while indoors and social distancing is not possible. When outdoors – children will be allowed to remove masks while socially distanced.
- The MJCCA will have extra masks on site in the case a child or staff member needs.

Daily Health Screening

- As per CDC guidelines, all children will have their temperatures taken and logged upon arrival.
- Any child who presents with a fever at or greater than 99.5 will not be allowed in the program and must adhere to steps for readmittance outlined in our Sick/Health Policy for 2020.
- Passengers in the car at drop off will also be asked a series of health screening questions daily.

Increased Handwashing/Sanitization

- Children and staff will sanitize their hands immediately upon arrival.
- Children and staff will sanitize their hands between activities.
- Staff will carry cleaning products with them to each activity to sanitize all equipment after use.
- Bathrooms will be cleaned multiple times throughout the day.
- An art bin will be created for each group to use to minimize the sharing of high-touch objects.

Groups/Cohorts

- Groups will be limited to a maximum of 15 children and 3 staff members. Cohorts will be permitted to engage with each other but will not be permitted to engage with other cohorts without social distancing.
- Groups will remain the same throughout the month to the extent possible, which creates the “cohort.”
- Virtual learning groups will be created to keep similar grades and schools together when possible.
- Groupmate requests can be made but are not guaranteed.
- Groups will have their own designated learning space indoors and a designated activity space outdoors down at camp.
- Program-wide gatherings will be prohibited.

Immunization Policy

Parents must certify that their child is up to date on all required immunizations appropriate for the child's age. If not, they must provide appropriate documentation for a medical exemption. (certification by parent or legal guardian required). Only medical exemptions approved by the MJCCA will be allowed.

Medication

A Director will contact you regarding the administration of any over-the-counter medication for any reason. Club J Your Way staff can administer prescription medication when we receive all appropriate medical forms. All prescription medication must be in the original container with the pharmacy label. All over-the-counter medication must be in the original packaging and clearly marked with your child's name.

Sunscreen

Please apply sunscreen on your child BEFORE sending them to the program and send your child with sunscreen in a clearly marked bottle with their name on it. This year due to COVID-19 guidelines, our preference is that your children apply their own sunscreen, however if a child needs help, our staff will wear gloves to assist. Our staff will always supervise the process of applying sunscreen.

Smoking, Illegal Drugs, and Alcohol

The MJCCA does NOT tolerate the use, possession, or influence of illegal drugs or alcohol. Smoking is NOT permitted on the MJCCA grounds – this includes vaping. Any staff member who violates these rules will be subject to immediate disciplinary action, including dismissal.

Personal Property Policy

The MJCCA is not responsible for loss or damage to personal property. The MJCCA will not reimburse and/or replace any personal items that are lost, damaged, or stolen. Please be advised that any personal items brought to the MJCCA are done so at the owner's own risk. This includes, but is not limited to, personal equipment such as sports equipment, laptops, and electronics.

Weapons

No weapons of any kind are allowed on property at the Marcus JCC of Atlanta. This includes Camp Isidore Alterman and all other facilities that may be hosting any kind of programming. Weapons include, but are not limited to, guns, knives, brass knuckles, and batons.

Swimming

- Swimming will take place on Wednesdays, when possible!
- Children who would like to swim in the deep end of the pool will be required to take a deep end swim test. Children who successfully pass the deep end swim test will be given a swim band to wear on their wrist each day. Children who do not pass the swim test will be required to stay in the shallow end of the pool.
- Cohorts will be free to swim as a group but will not be permitted to swim with other cohorts.
- Toys, floats, lifejackets, and other high-touch objects will not be permitted.

Activities

- To the extent possible, activities will take place outdoors.
- Activity periods will be scheduled around virtual learning schedules.
- Extra time will be allotted between each period for sanitization and bathroom breaks.

Water

- Children are strongly encouraged to drink water throughout the day.
- All children will be required to bring their own water bottle to the program.
- Please label everything with first and last name! Any water bottles left behind without a label will be thrown away at the end of each day.
- Bottle re-fill stations will be located throughout the MJCCA and counselors will require their group to take water breaks in-between activity periods.
- For safety reasons, the fountains will only be able to fill up water bottles and not for children to drink directly from.

Bathroom Policy

- All children enrolled in Club J Your Way are expected to be toilet trained. Toilet trained means that the child wears underwear, does not wet or soil him or herself except on rare occasions, can express to an adult when he or she has to go to the bathroom and can handle himself or herself in the bathroom independently. This includes being able to manage his or her clothing, operate a toilet, and clean his or her own body.

Important Transportation Information

- Each child will receive a dismissal number for the program. You must give this number to our staff when you pick up your child from carpool. We will not release children to anyone without their dismissal number. Your child's dismissal number will be listed in your monthly welcome emails.
- Early pick-ups and/or late drop-offs for all children must be requested in writing to clubj@atlantajcc.org.
- Due to the new COVID-19 guidelines, children will not be permitted to leave mid-day for activities and then return to their group. (i.e. swim lessons, gymnastics, etc) If your child has an activity scheduled for after the program, please contact us so that we can help facilitate getting them to their programs.

Full Day Program: 7:15 am-6:00 pm

- Morning carpool will run from 7:15-7:40 am for K-2nd grades at our MJCCA Day Camps grounds and for 3rd-5th grades at the Kunanisky Family Center (KFC Building).
- Afternoon carpool will start at 5:15 pm at our MJCCA Day Camps grounds for all grades.
- Carpool will be the only available means of drop-off and dismissal for Club J Your Way.
- Parents and passengers of the car are not permitted to exit their vehicle at any time.
- Staff will not be permitted to enter your vehicle, nor will they be permitted to buckle seat belts and/or car seats. In the case that your child will need help, please be prepared to drive to the main parking lot in order to exit your vehicle and assist your child.

School Day Program: 7:15 am-2:00 pm

- Morning carpool will run from 7:15-7:40 am for K-2nd grades at our MJCCA Day Camps grounds and for 3rd-5th grades at the Kunanisky Family Center (KFC Building).
- Afternoon pick-up will run from 1:30-2:00 pm inside the main building at the Club J check-out desk. Parents will need to park in the main lot and come into the main building to pick up their children.
- Parents and passengers of the car are not permitted to exit their vehicle at any time.
- Staff will not be permitted to enter your vehicle, nor will they be permitted to buckle seat belts and/or car seats. In the case that your child will need help, please be prepared to drive to the main parking lot in order to exit your vehicle and assist your child.

After School Program: 2:00-6:00 pm

- Drop-off will run from 2:00 – 2:15 pm each afternoon at the Kuniansky Family Center (KFC Building).
- Afternoon pick-up will start at 5:15 pm at our MJCCA Day Camps grounds.
- Parents and passengers of the car are not permitted to exit their vehicle at any time.
- Staff will not be permitted to enter your vehicle, nor will they be permitted to buckle seat belts and/or car seats. In the case that your child will need help, please be prepared to drive to the main parking lot in order to exit your vehicle and assist your child.

Required Supply List

- Laptop to access your school's online learning. Students will be bringing in their own devices for this program. Devices should be fully charged prior to arrival and a charger should be brought in as well. Computers need at least 8GB of RAM. We recommend Windows 10 and all Windows updates should be made before sending your child to Club J Your Way.
- Headphones with a microphone will allow students to independently engage with their virtual programs.
- Please bookmark all websites so they can be easily accessed at Club J.
- A list of all device-specific, email, or portal/website usernames and passwords that your child could need to access their daily schoolwork. You will also be required to fill out a schedule of their online meeting times and classes so that we can support their time management.
- You will be responsible for school supplies specifically requested by your child's school or teacher. The MJCCA will provide markers, pencils, pens, and standard supplies as available, but your child may need specific supplies requested by the school or teacher to be most successful.
- A book to read.
- Labels – please make sure ALL items coming in with your child are labeled so that we can make sure they all go home with your child!

- Behavior Guidelines and Discipline Policy During Club J Your Way -

The MJCCA wants all our children to have a great time when they participate in Club J Your Way. We feel it is our responsibility to engage children in fun and meaningful group activities that give them a sense of belonging and freedom to express themselves. We understand that praise and positive reinforcement are effective methods of behavior management. We also understand that we must act as role models for the children by paying attention to their interests and treating them with respect and kindness. We will set clear guidelines for them and will be consistent in our interactions with them.

We will make every effort to help children understand acceptable and unacceptable behaviors; however, it is important that children enrolled in our program are able to follow behavior expectations and to fully participate in program activities.

Parents/Guardians are required to inform the MJCCA in writing of any special circumstances that may affect the child's ability to participate fully and to stay within the guidelines of acceptable behavior – including behavioral problems, psychological, medical, or physical conditions. In these circumstances, one-on-one counselors (facilitators), provided by and paid for by parents/guardians, are welcome in our program to help assist the child to participate and follow our behavior expectations. The MJCCA is not responsible for providing one-on-one care. **Children enrolled in our programs must have the ability to participate in a group care environment with a ratio of 1 staff member to 12 children.**

Behavior Expectations

Due to the program modifications made this year as a result of COVID-19, we want all parents to acknowledge that it may not be the best fit for every child. We are unable to tolerate any behavioral issues of any kind for the safety and wellbeing of all children and staff.

- Children attending our program must:
 - Participate in their virtual learning with minimal assistance
 - Participate safely and willingly with a group of peers in a variety of settings and activities
 - Remain with the group and follow directions provided by staff
 - Cooperate with and respect all staff, campers, MJCCA equipment, and facilities
 - Display non-aggressive behaviors
 - Not be a threat to themselves or others
 - Be able to go to the bathroom independently
- Threatening behaviors that are unacceptable include, but are not limited to:
 - making fun of or insulting someone
 - bullying
 - making obscene gestures or comments or using foul language
 - touching one's self or others inappropriately
 - revealing private parts of the body
 - punching, kicking, slapping, biting, or inappropriate physical contact of any kind
 - taking someone's things or stealing
 - writing nasty things about someone
 - shouting at someone
 - gossiping about someone
 - threatening someone with physical violence
- Failure to adhere to any of these guidelines will result in immediate dismissal and inability to return, with no refund.

- We highly advise reviewing this with your child **before** the first day of the program

Discipline Policy During Club J Your Way

Step One:

Children who fail to meet the stated behavior expectations, or who participate in unacceptable behaviors as described above, will be given a verbal warning by their counselor. At that time, staff will point out the unacceptable behavior, will discuss how this behavior affects others, and will offer suggestions for the child to use an alternative, positive behavior. Children will be guided in an age-appropriate manner. Younger children may require more coaching than older children, who may only receive one verbal warning. If the incident warrants, the child may receive an immediate 1-3-day suspension from Club J Your Way.

Step Two:

If a child continues to have difficulty with his or her behavior, the child's parent/guardian will be notified with an incident report and/or a phone call during program hours. The child will be asked to take responsibility for the behavior by describing the behavior to his or her parents/guardians. We ask that parents assist us in helping children to be accountable for their own behaviors. A child that admits to and takes responsibility for his or her mistakes is taking a step toward changing the behavior. At this point, the child will help to decide on a consequence for the behavior that will be designed to help change the behavior while in our program. (For example, a child that throws a ball at someone's head may become a referee for that game in the future, making sure nobody breaks the rules; or the child may be asked not to participate in a favorite activity for a time.)

Step Three:

If the child's behavior continues to be disruptive or threatening, the child will be subject to suspension or dismissal, at which time **refunds will not be given**. Parents/guardians will be called immediately and asked to pick up the child right away. Depending upon the nature of the event, the child may be dismissed for the remainder of the day or suspended for more than one day. Our staff will work closely with parents to help a child succeed in group care, however, it is ultimately the parents' responsibility to deal with any major difficulties that a child is having. If, after repeated interventions and attempts to help a child learn positive behaviors, the child continues to be unable to function in a group care environment, that child may be asked to leave our program permanently.

Behaviors that may lead to immediate dismissal, suspension or expulsion from our program without any prior incident; include but are not limited to:

- fighting or other violent or dangerous behavior
- inappropriate actions; including, but not limited to, cursing, bullying, conversations of an adult nature, exposing inappropriate body parts, inappropriate touching of one's self or another individual
- running away from their designated group area
- possession of a weapon of any kind
- vandalism or destruction of property
- theft

Inclusion at Club J Your Way

The MJCCA's Inclusion Program strives to provide the support and flexibility necessary to enable youth with special needs to participate in our innovative programs alongside their typically developing peers. Youth with special needs are supported by our Inclusion Team through program accommodations and may also receive individualized support. Our Inclusion Team collaborates with parents, educators, and staff to ensure the best possible program placement for youth of all abilities. The goal of our Inclusion Program is to provide the support necessary so all youth may access the transformative opportunities available at the MJCCA. **For new participants seeking inclusion support, an intake process must be completed prior to confirmed enrollment. This will ensure that your child's experience is as successful as possible.**

Please complete the intake process on the application which includes the questions below.

1. What type of support, if any, does your child receive at school?
2. Does your child have a specific diagnosis?
3. What are your child's strengths and weaknesses?
4. What are your child's current areas of need or challenges?
5. Will your child be taking medication during the program?
6. Does your child have a physical condition that would impact their participation?

Due to the fast-paced environment of Club J Your Way (including many transitional periods), we want all parents to acknowledge that it may not be the best fit for every child.

Participants who are the most successful include:

- Children who participate safely and willingly with a group of peers in a variety of settings and activities
- Children who display non-aggressive behaviors
- Children who can keep their hands to themselves
- Children who are not a threat to themselves or others
- Children who remain with the group and follow directions provided by staff
- Children who understand the difference between right and wrong decisions

Should behavior incidents occur, each participant and incident is evaluated on a case-by-case basis.

- What was happening before the incident?
- What are the known challenges for this participant?
- What are the participant's goals (i.e. social skills, self-regulation, etc.)
- What supports are in place? (i.e. facilitator, communication device, etc.)

Should there be issues that consistently arise, it will be up to staff discretion whether to put one-to-one facilitation in place or if dismissal is necessary.

Should facilitation be required, we encourage all families to provide their own support staff. If you need assistance in this process, we can help you. Please note, if we are able to provide the staff for you, there is an additional charge of \$300/week based on a 5-day enrollment schedule. Additionally, it may take some time to get staff hired in our system. Your child will not be allowed to return to the program until this process is completed. While we aim for a 2-week turn around, we have encountered situations where it has been longer. All facilitators will be required to follow the same safety protocols and procedures as Club J Your Way staff and participants, including social distancing, usage of masks, and bringing their own food.

- Cancellation/Refund Policies –

- Refunds will only be issued if the MJCCA closes, not if a parent chooses to withdraw from the program for other reasons.
- If your child's school reopens for in-person learning and you withdraw your child, we will issue a full credit on the days left in that month.
- If the MJCCA makes the decision to suspend operation at any point in the year, you will receive a pro-rated refund for the affected portion of the program.
- If your child's cohort has a positive COVID-19 case, the entire cohort will be required to quarantine for two weeks. In addition, any other members of the household in MJCCA programs will also be required to quarantine. We are erring on the side of caution to do everything possible to prevent and limit transmission. Please note, no refunds will be given for tuition during a temporary class or school closure that lasts fewer than 14 days.
- Should you choose to withdraw from the program for future months, cancellation requests must be made in writing to clubj@atlantajcc.org and require a two-week notice.
- No refunds will be issued for families who choose to remove their child because of another child who is sick.
- No refunds will be made for absences.
- Registration fees are non-refundable and non-transferable.
- Monthly charges will be billed on the 3rd of every month.
- Monthly charges are the same regardless of the amount of school days in each month.

- Concussion Awareness -

What is a concussion?

A concussion is an injury to the brain. It can be caused by a blow or bump to or around the head. This causes the brain to move inside the skull which can change how the brain works or processes information. Adolescent athletes are particularly vulnerable to the effects of concussion. A concussion has the potential to result in a temporary disruption of normal brain function. Continued participation in any sport or activity following a concussion can lead to worsening concussion symptoms as well as an increased risk for further injury to the brain, and even death.

It is important to remember:

- A concussion usually does not result in loss of consciousness. Only about 10 percent of concussions involve a loss of consciousness.
- Headache is the most common symptom, but you do not have to have a headache to have a concussion.
- Since a concussion does not involve a structural injury to the brain, imaging such as a CT scan or MRI will look normal.
- Healing occurs over time and not right away.

Symptoms of a Concussion

Your child may not have symptoms until a few days after the injury. A symptom is what is reported by the child. Your child may report one or more of these symptoms:

- Confusion
- Clumsy movement or dizziness

- Nausea or vomiting
- Memory loss
- Tiredness
- Upset stomach
- Vision problems
- Sensitivity to noise and light
- Numbness or tingling anywhere on the body
- Loss of balance or trouble walking
- Mentally foggy, cannot think clearly or remember things
- Slurred speech or other changes in speech
- Irritable or more fussy than usual
- Acts differently than normal - does not play, acts fussy or seems confused
- More emotional, perhaps very sad or nervous
- Different sleeping patterns

New or Worsening Symptoms

You should watch your child very carefully in the first one to two days after a concussion. Call your child's doctor immediately, go to emergency room or call 911 if your child has any new symptoms or if symptoms get worse, such as:

- Headaches that get worse
- Clear drainage from the nose or ear
- Scalp swelling that gets bigger
- A seizure
- Neck pain
- Is hard to wake up
- Vomits more than once
- Acts differently than usual, such as if he does not play, acts fussy or seems confused
- Cannot think clearly or remember things
- Has weakness in the arms or legs or does not move them as usual
- Cannot recognize people or places
- Slurred speech
- Passes out

- Club J Your Way Directors -

<p>Jodi Sonenshine Director of Club J Your Way & MJCCA Day Camps jodi.sonenshine@atlantajcc.org 678.812.3761</p>	<p>Meryl Rindsberg Senior Program Director meryl.rindsberg@atlantajcc.org 678.812.3795</p>
<p>Mackenzie Sherman Director, Club J Your Way & Camp Isidore Alterman mackenzie.sherman@atlantajcc.org 678.812.4174</p>	<p>Ilana Schlam Director, Club J Your Way & Theme Camps ilana.schlam@atlantajcc.org 678.812.3727</p>
<p>Genevieve Peek Assistant Director, Club J Your Way genevieve.peek@atlantajcc.org 678.812.3881</p>	<p>Sarah Scheuer Director of Behavioral Support sarah.scheuer@atlantajcc.org 678.812.3886</p>
<p>Abby Lesorgen Director Club J Your Way & BBYO abby.lesorgen@atlantajcc.org 678.812.3899</p>	