



FAMILY GUIDE SUMMER 2023



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www.highmeadowscamp.org

WELCOME TO HIGH MEADOWS SUMMER DAY CAMP 2023!



We are looking forward to spending an enjoyable and enriching time with your child. We hope this guide will familiarize you with some of the special features and expectations of our program. Get ready for lots of summer fun!

OUR STRUCTURE

Grasshoppers: rising Kindergarteners

Juniors: rising 1st & 2nd graders

Super Seniors: rising 3rd & 4th graders

Senior Quest: rising 5th & 6th graders

Senior Legend: rising 7th – 9th graders

CIT: rising 10th & 11th graders

Each division is headed by a *Unit Leader*. There are multiple groups per unit, each with two *Counselors*. Your child's Counselors and Unit Leader are your primary resource for camp information. Qualified and/or certified *Specialists* oversee various planned activities. *CITs* (Counselors-In-Training) are former campers who assist at camp in various capacities while participating in a structured leadership development program.

FRIEND REQUESTS

One of the benefits of camp is that it provides an opportunity for children to make new friends and develop social skills. We try to accommodate one friend request, if it is reciprocal, but cannot tailor groups to suit multiple friends that want to be together. Campers in the same Unit see each other throughout the day at activities and at lunch.

ARRIVAL

Day campers should arrive between 9:00 and 9:15. **Campers may not be dropped off before 9:00.**

A staff member will greet you on the driveway and check your child in. You will then drive to your camper's drop-off point where a counselor will help your child out of the car. Specific instructions will be given the first days of camp. **Please do not exit your car or open the driver side door during carpool** (it may get torn off by passing cars!). We are happy to help your child in and out of the car and to help fasten seat belts. If you feel the need to personally help your child, please park in a designated parking spot.

We ask that all campers arrive on time. Late campers will be detained at the Camp Office until a staff member is available to accompany them to their group.

Please notify the Camp Office in writing at least a day in advance via email (camp@highmeadows.org) about any changes in camper transportation plans. We strive to make drop-off and pick-up as safe and expedient as possible and appreciate your cooperation.

LATE ARRIVALS

Late arrivals must check in at the Camp Office. Campers will be kept in the Camp Office until a staff member can take them to their group. **Non-staff members may not wander nor accompany campers around campus.** If you know in advance that your child will be arriving late or will not be attending camp, please notify us.

BUS TRANSPORTATION

If your camper is using our bus service, please be at the designated pick-up point on time. The bus is scheduled to LEAVE at the noted time. We cannot wait for late campers. A bus counselor will receive your child and take attendance. Bus riders are expected to follow all safety and behavior rules which will be explained by the counselor on the first day. Inappropriate or disruptive behavior may result in a child not being permitted to ride the bus. Parents will be responsible for alternate transportation. Bus fees cannot be refunded.



The first few days of each session can be hectic and it may take some time for the campers and buses to fall into a routine. Please be patient. Any changes to bus schedules should be worked out in the first week.

Please make sure the Camp Office has your current home/work/cell phone numbers so that we may contact you immediately about any known transportation issues. We also ask that your camper's transportation plans remain consistent throughout the session.

Buses cannot stop on the route other than at designated pick-up points. If you are late and are chasing the bus, please do not honk, yell, or bump. Proceed to the next stop for your camper to safely board. Know your camper's bus route!

For safety reasons, if there is a miscommunication regarding transportation, or if campers are not picked up on time, they will be kept on the bus until the last stop, where they will wait with supervision until things are sorted out.

DEPARTURE

The Day Camp program ends at 4:00 PM. Cars wait in a carpool line until buses are loaded and have left. It is best to arrive between 4:10 and 4:15 to pick up your campers. Cars may not park on the driveway before 3:45. **We do not offer after-care.**

Departure procedure is the same as at drop-off. If there are changes in your pick-up plans (carpool, someone other than usual picking up, etc.), we must be notified in writing (email: cbrinker@highmeadows.org) at least a day in advance. Anyone picking up campers may be asked for identification. All persons listed on the Health History Form or Registration Form are considered authorized to pick-up campers.

EARLY DEPARTURES

If you need to pick your camper up early, you must notify the office in writing via note or email (cbrinker@highmeadows.org) at least a day in advance. Due to the nature of the program, it is extremely difficult to get a camper ready to go without this advance notification. Early departures will be met at the Camp Office **on the half hour**, where you will be asked to sign out your camper. To avoid congestion and disruption of programming, we do not allow any camper to be picked up between 3:31 and 4:00.

SIGN IN/SIGN OUT

If you arrive at camp late, are picking up a camper early, or are on campus for any other reason, we ask that you sign in at the Camp Office. For our campers' safety, we need to know who is on campus at all times. Because of the nature and goals of our program, and for safety reasons, we cannot accommodate visitors or observers during the camp day.

BARNYARD



Campers will have opportunities to visit our Barnyard to learn about and to interact with our farm animals. As there are inherent risks with any animals, campers must demonstrate calmness, gentleness, and the ability to follow instructions. Pony rides may be offered to campers in our Grasshopper and Junior programs. The weight limit for our Ponies is 85 lbs. Campers who do not meet this requirement will be placed in alternate activities while their group is riding ponies.

SWIMMING

We feel that water safety and comfort, without accessories, is an important skill for all children to learn. All campers visit the pool every day, weather and other conditions permitting. The pool is staffed by a team of certified lifeguards and trained lookouts. Each camper should bring his/her swimsuit daily (or wear it underneath their clothing) and have a towel clearly marked with their name.



Campers are evaluated at the beginning of each session and placed into groups according to their ability. Swim time is divided into instructional swim and free swim. Swim lessons are mandatory. Children who choose not to participate in lessons may sit on the pool deck during the period. Alternate activities are not provided. Senior campers take lessons until they pass Knighthood requirements.

Flotation devices, goggles, etc., are not used during lessons.

For safety reasons, to prevent loss, and to keep our pools clean, we do not allow jewelry (including piercings) of any kind in the swimming pools. Campers with earrings or other jewelry will be asked to remove them before swimming.

LOST AND FOUND

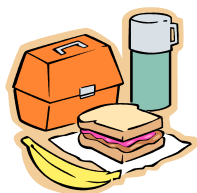
Labeling all your camper's clothing and belongings helps keep our lost and found boxes relatively empty. We cannot assume responsibility for anything brought to camp, but we will try to help locate missing items. Found items are kept by the Community Center. Items unclaimed at the end of each session are donated to charity.



CELLPHONES, ITHINGS, ETC.

Campers may not use cellphones or electronic devices at camp. Because we have so many fun and unique things for your camper to do at High Meadows, campers should not bring collectibles, toys, personal sports equipment, or electronics onto the buses or camp property. Because they are not part of the program and we do not allow them at camp, we cannot be responsible for them. Weapons, firearms, fireworks, and flammable or explosive novelties are strictly prohibited, as are alcohol, cigarettes (including e-cigarettes), and drugs. High Meadows reserves the right to inspect any bags or packages brought onto campus and to confiscate prohibited items.

Campers are not permitted to bring pocket knives. Of note to parents, smoking, vaping, and drinking alcoholic beverages are strictly prohibited on High Meadows property. Please don't puff in the carpool line.



LUNCH AND SNACKS

We encourage healthy habits among our campers and sincerely hope that parents will cooperate with us by providing lunches that are balanced, nutritional, and produce a minimum of trash. Lunches should be packed in reusable containers. We are very active in recycling and composting and ask that you minimize the disposable items you send to camp. **Trash may be sent home with your camper.** We do not have cold storage facilities for lunches, so please pack ice in your reusable, labeled lunch box / bag. Campers are provided easy and frequent access to water and hydrating drinks throughout the day. Encourage your camper to drink plenty of water at home also. We do not allow glass bottles or cans at camp. Bees, yellow jackets and other insects enjoy flying into them.

Due to various food allergies and special dietary requirements our campers may have, we discourage the sharing of food, including treats brought for Birthdays. You are welcome to discuss alternatives with the Unit Leader.

RESPONSIBLE BEHAVIOR

Campers are expected to be able to interact and function positively in a group setting. Camp staff are not able to provide dedicated or specialized one-on-one care. Any special needs of campers must be discussed with camp administrative staff prior to registration.



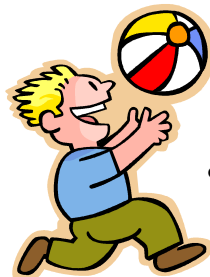
High Meadows believes that responsible behavior develops most readily in an environment of encouragement, acceptance, understanding, and consistency. To structure such an environment, we apply certain management principles, particularly those of consequential thinking and positive discipline.

Rights: All campers have a right to respectful, considerate treatment, meeting of physical needs, and an atmosphere of accountability.

Privileges: All campers have the privilege to fully participate in the camp program and activities. This privilege is offered uniformly and portions are withdrawn only for deviation from acceptable behavior.

Expectations: Expectations of campers, parents and staff include:

- Considerate treatment of all people: physically, verbally, and non-verbally.
- Considerate treatment of the High Meadows camp environment, including animals, facilities, landscape, and plants.
- Appropriate language at all times and in all situations.
- Punctuality.



Behavior issues will be handled initially by the counselor and will be addressed by the Unit Leaders and Directors if necessary. Parents are notified of major issues and we appreciate their cooperation in helping keep our camp safe and enjoyable for all. Among the tools we use to help campers develop responsible and appropriate patterns of behavior are time-outs, contracts, creative writing, discussion, and service projects. In some situations, parents may be called to pick up a camper immediately, or a camper may be asked to remain at home for a day or two as a punitive and reflective measure. Certain situations call for the permanent withdrawal of a camper from the program. These may include: actual, threatened, intended, or implied physical violence towards campers, staff, or animals; grossly inappropriate gestures or actions; theft, vandalism, destruction of property, and the use or carrying of prohibited substances or items. **There are no refunds issued in these situations.**

OVERNIGHTS & TRIPS

Depending on their program, Senior Quest and Senior Legend campers (Rising 5th – 9th Graders) may have opportunities for an off-campus trip and an evening or overnight on campus. More detailed information regarding these activities will be sent home during the session.



THEME DAYS AND EVENTS



Theme days are generally held on Wednesdays and Fridays, and campers are encouraged (but not required!) to come in costume or dress up. Please do not make theme days stressful for yourselves – any level of participation (or not) is fine. Themes can be broadly interpreted and the point is to have fun and be creative. Please make sure any costumes are 1) comfortable and appropriate to the weather; 2) things you wouldn't mind getting wet or dirty; 3) not expensive, irreplaceable, or of significant personal value. As with all things at camp, please label items, as campers usually change out of them by the afternoon.

During costumed events, we do not allow weapons or depictions of horror or unusual cruelty, or that may be culturally insensitive.

SCHEDULES / ACTIVITIES

We provide a nurturing environment where campers can participate in both active and quiet out-of-doors activities in a social atmosphere of caring, acceptance, and respect. Activity skills are taught in a non-competitive way and emphasis is placed on conservation and environmentally sound principles.

Our website gives examples of activities and schedules for our various age groups. Specific activities and schedules are subject to change dependent on weather, staffing, enrollment, and other factors.



DIVERSITY AND INCLUSION

The High Meadows community values and supports diversity in all of its dimensions, including but not limited to each person's unique combination of race, ethnicity, gender identity, sexual orientation, socio-economic status, age, physical ability, learning style, religious beliefs, political views, perspectives, and life experiences.

By embracing diversity, we expand our understanding of others, stimulate our own learning and growth, and connect with one another and the world. Moving beyond simple tolerance builds a safe, positive, and nurturing environment that expands each individual's enduring sense of belonging and significance.

High Meadows recognizes the value of a camp experience for all children, promoting the importance of diversity, respect, and interaction with persons of different experiences, beliefs, and abilities. We respect individual identities and honor the use of preferred names and pronouns. We offer private bathrooms and changing rooms for those who choose to use them.

HEALTHCARE AT CAMP

High Meadows follows standards and recommendations of the American Camp Association. **If your child has special medical needs, please discuss them with the Camp Director before the session begins.** Medical information and medications for High Meadows School students do not transfer to camp.



Medications are strictly monitored, and access to them is restricted to key personnel. If your child has any medications that must be administered at camp, they must be in their **original container and box, and brought to the Health Center by the parent/guardian/bus counselor with a completed Authorization for Medication form** (on our website). **Prescription medication must have a prescription label stating the correct physician issued instructions. Herbal and homeopathic medicine and essential oils require a physician's order.** Please make sure the medication will not expire before the camp session ends.

No medication may be carried by the camper on campus, except for the following emergency medications: epinephrine auto-injector, rescue inhaler, diazepam, and diabetic medication and supplies. **If your child has a prescribed emergency medication, please bring 2 sets to the Health Center.** One will be kept in the Health Center, and the other will be kept with the camper after being processed by the Camp Nurse. Super Senior, Senior Quest, and Senior Legend campers are responsible for carrying their own emergency medication. **An emergency action plan form (completed by your child's physician within past 12 months) must accompany the emergency medication (forms are available on our website).** Campers with chronic health conditions should be able to monitor and manage their own care.

Over the counter medications (OTC) are stocked in the Health Center. A list of these is noted on the Health Form, and they require your electronic consent to have them administered at camp, if needed.

Health Forms are vital in making our program safe and of maximum benefit to our campers. Prior to the first day of camp, please make sure to update: parent/guardian and emergency contacts, phone numbers, and email addresses, medical/mental/behavioral conditions, medications, and anything else the Health Center staff need to be aware of. Counselors and other staff members are informed of health and behavior issues which are directly pertinent to their function. Health Forms are printed or accessed electronically for off-campus trips in case of emergency. **Campers without completed Health Forms cannot participate in our program.**

Our professional Health Center staff tries to address issues to the best of their abilities. Some situations require that a camper be sent home, such as fever above 100.3 (or above 99.4 with symptoms), diarrhea, vomiting, symptoms of communicable diseases, and certain injuries. Health Center staff will attempt to notify parents immediately of issues they deem to be major medical concern. In extreme medical emergencies, the Camp Nurse or designee will call 911. For non-life threatening issues, we prefer that parents transport their children to a physician's office or hospital for further medical attention. We generally do not notify parents regarding minor issues which are easily taken care of and do not significantly affect the camper's day, such as cuts, scrapes, bruises, and insect bites. We will email parents to notify them of non-scheduled medication administration or may call if we feel an injury/illness needs follow-up.

We operate camp with our best attempt to adhere to current health guidelines. If recommendations from authoritative sources change (County Board of Health, CDC, etc.), we may adjust practices and policies at our discretion. The safety of our campers and staff is our primary concern and we may choose to go beyond current requirements in order to provide a safe environment. All registered families are expected to be fully informed of and to accept the risks of COVID-19

OUR ENVIRONMENT

Among the unique and well-appreciated aspects of High Meadows are our strong connection to the natural environment and the diversity represented by our community. Our campus and programs are designed to give campers ample opportunities to spend time in the out-of-doors, to experience traditional camp activities, to interact with others of diverse backgrounds, and to enjoy summer in an atmosphere of acceptance and respect.

Along with all the benefits of our natural environment, there are some specific issues that require consideration and caution. We want to provide a safe and embracing environment for all our campers and staff, and in return expect members of our community to be in accord with our environmental policies and our appreciation of nature.

Within our 40 acres, there are forests, meadows, natural springs, creeks, trails, and abundant flora and fauna. Most activities are held in the open-air, except when there is a threat of severe weather. Everyone attending High Meadows should be dressed appropriately and be aware of the potential of getting dirty, wet, hot, or cold, and of encountering indigenous plants and animals, including ones that are poisonous or venomous. Participants should also be able to navigate a variety of terrain.

We welcome your child to our community and unique environment. We hope to preserve the “magic of the meadows” and hope that all of our community members will understand and respect the characteristics which add such traditional richness and beauty to our program. Though some may find certain aspects inconvenient or uncomfortable, we believe that our program fosters an unparalleled respect for the natural world and its human diversity and offers abundant opportunities for growth and enrichment.



Registered families are expected to understand, accept, and support all policies and expectations of High Meadows Summer Day Camp.

High Meadows Summer Day Camp is not licensed, nor is required to be licensed, as a child care learning center by Bright from the Start: Georgia Department of Early Care and Learning.

High Meadows Summer Day Camp is accredited by the American Camp Association.

TOP TEN (+1) TIPS TO REMEMBER:

- 10) New, expensive clothing, gear, and jewelry are not appropriate for camp. If you mind getting it dirty or misplaced, please do not send it. Inevitably, things will get lost or misplaced. Labeling all items may help them get reunited with proper owners. Please help your child assume responsibility for his/her belongings.
 - 9) Close-toed, secure-back shoes are required for camp. Some Units may allow sandals or flip-flops to be worn only to/from the pool.
 - 8) Our goal is NO TRASH. Help us in our conservation and recycling efforts.
 - 7) Jewelry is NOT allowed in the pool. In fact, it is best left at home.
 - 6) When it comes to medications and health care, we do not take shortcuts or compromise our standards.
 - 5) Transportation is best handled with PATIENCE. The first few days of a session may go slowly until everyone is familiar with the process. Please help us by notifying us of transportation changes a day in advance.
 - 4) It is a good thing to apply sunscreen and insect repellent to campers before they arrive at camp. Waterproof sport cream is best. We cannot apply either product without parental consent.
 - 3) A water bottle with carrying strap (and labeled, of course!) is a great item for all campers. Freeze it overnight for a cool drink / cool-off compress that will last all day. Please keep your children hydrated at home as well!
 - 2) Among our goals are connecting kids with nature, developing real interpersonal skills, and helping kids become responsible and self-sufficient. Though they have their benefits in appropriate places and times, cellphones, music players, and other electronic devices detract from our goals and campers may not use them at camp.
 - 1) We play outside even in the rain, as long as there is no threat of lightning. Please send all-weather gear with your camper. An extra change of clothes is a good thing to pack just in case! It is not unusual for children to get wet, dirty, and tired at camp. Your camper WILL come home with wet shoes! It's all about making the most of the summer, having fun, and being a kid!
- BONUS!** In short, be sure to pack labeled lunch, swimsuit, towel, and water bottle each day, and don't send anything that should not get wet, dirty, or lost.

SEE YOU AT CAMP!

