



HIGH MEADOWS HAPPENINGS

7-5-2024

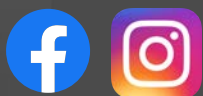
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Wednesday was Red, White, and Blue Day!

Calendar of all camp events:

- Wednesday July 10th is **Unit Choice Day**. See below for each unit's theme choice.
- Friday July 12th is **Water Carnival Day**, and the last day of 2nd session!
- Don't forget to "like". High Meadows Camp on Facebook and "follow" us on Instagram @highmeadowscamp in order to keep up with the latest announcements and camp news.



People Highlight- The CIT program

- While one section of this newsletter provides a weekly recap of the CITs' activities, this article offers a deeper insight into the journey of becoming a CIT (Counselor in Training). The invitation to join the CIT program is extended to campers who have successfully completed their final year of Senior Legend (in good standing) and are about to enter 10th grade. Upon acceptance into the program, their CIT training commences in the winter, typically in late January or early February, with a retreat. This retreat is designed to foster team building and create a space for them to get better acquainted with each other.

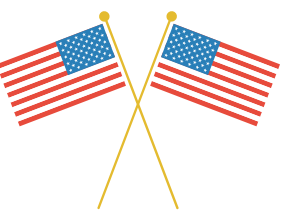
- The program is a unique two-year journey, divided into nine weeks, with the first three weeks completed in the first year and the remaining six weeks in the second year. During their first year, CITs experience a diverse range of units and specialist activities, rotating every two days. In their second year, the rotation occurs on a weekly basis, which allows for deeper immersion. CITs play a pivotal role not just in direct interaction with campers, but also behind the scenes. They take charge of preparing the daily bug juice for Seniors campers and hoisting the flag on the low meadow. This week, they've been particularly busy, preparing meals for the Senior Legend campers during their overnight and serving hot dogs and snacks at the all-camp cookout. Their day concludes with an enriching lesson or team-building activity guided by the CIT program directors, Rey and Danielle. The end of their second year culminates in a reflection project, offering them an opportunity to contemplate their personal growth at High Meadows. The CIT program is a vital component of High Meadows Camp, with approximately 40 staff members this summer being proud alumni of the program. Below are some memorable moments from the CIT retreat held in January.



Value of the week: INDEPENDENCE

This week's value was INDEPENDENCE.

- High Meadows campers have the skills and the freedom to explore, be creative, and problem solve independently.
- High Meadows campers practice personal responsibility and self-advocacy.
- High Meadows campers have the confidence to express themselves as individuals and respect the individuality of others.





Grasshoppers Gazette (Richard)

- Grasshoppers had a sensational second week! We crafted spectacular projects in Arts and Crafts, ventured into the woods for thrilling games, and zoomed down an exhilarating waterslide. Plus, we noshed on juicy hot dogs at the Wednesday cookout. We're already buzzing with excitement for our final week, especially for Western Wednesday, our Unit Choice for next Wednesday 7/10. Yeehaw!



Juniors Journal (Anna, Brooke, and Kayla)

- This week, the Juniors had a splash-tastic time on the waterslide and relished a delightful hot dog cookout, where they cheered on their counselors in "Minute to Win It" challenges. To spread some kindness, they created heartwarming posters for the Seniors, ensuring a lovely surprise upon their return from the lake. Our action-packed days were filled with crab soccer and human battleship games! As we look forward, mark your calendars for Decade Day, our Unit Choice for next Wednesday, 7/10. Groovy!



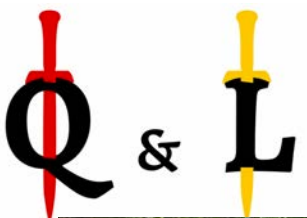


Super Seniors Shout Outs (Steven and Jen)

- Super Seniors had a fabulous week of fun! We're nearly done building our six forts in the woods. Some of them are so camouflaged that you can hardly tell that they are there. We played multiple games of Ga-Ga and have been practicing a special song to sing at Livestock next week. We played king and queen dodgeball and ultimate football in Sports and on Friday we played crab soccer and battleship, put together by the CITs. To finish it off, we swam with our counselors and played volleyball and catch down at the pool. What a great week we've had! Our Unit Choice for next Wednesday 7/10 is Camper-Counselor Switch Day!



- **The NO SCREEN CHALLENGE!** Formerly known as the "NO TV CHALLENGE", this is a great Super Seniors tradition that starts on Monday July 8th at camp and ends Thursday July 11th when the Super Seniors go home. Campers who are interested in taking on the challenge are encouraged not to use any electronics for 4 days. This includes computers, tablets, smartphones, smart watches, video games, VR headsets, and of course, TV. At the end of the session, successful campers will be honored for their dedication and group effort with a traditionally decorated feather.



Senior Quest and Legend (Annie, Tina, and Matt)





Senior Quest Quips (Morgan)

- Senior Quest had a fantastic second week of second session. Our campers attended some fabulous classes and ventured to the shores of Lake Allatoona, all while staying hydrated. On Wednesday, they ate hundreds of hot dogs while cheering on their brave counselors in “Minute to Win It”. We are manifesting that the third week of the session can be as extraordinary as this one was. Our Unit Choice for next Wednesday 7/10 is Zoom Call Day!
- Quest Evening is Tuesday 7/9 and is a wonderful way to spend an evening on our campus.
- Details: Quest campers will enjoy a group activity, take a dip in the pool, eat a meal prepared by the CITs, enjoy some down time, and finish the night with...what else...s’mores! Rain or shine, we plan on having a great time! Campers who do not plan on staying for the evening will go home the same way they always do at 4:00pm.
- Pick-up will be at 8:30pm at the carpool location. No bus service!
- Any evening medication must be turned in to a counselor in the prescribed container with any instructions needed. If needed, please fill out and turn in the medication release form found on our website at this [link](#). You may email it back to camp@highmeadows.org or print it and turn it in to a counselor.



Senior Legend Lore (Tyler)

- Senior Legend had an outstanding second week of camp. We had an earlier-than-usual overnight where campers played against counselors in a game of soccer, followed by a dip in the pool and highlighted by an archery tournament taking place in the Sasquatch's domain. Our counselors killed it in "Minute to Win It" by taking home the championship belt! We ended the week off by having a relaxing day at Lake Allatoona. We cannot wait to finish the session strong. Our Unit Choice for next Wednesday 7/10 is Furniture/ Appliance Day!



CIT Corner (Rey and Danielle)

- The CITs had an electrifying week, which kicked off with time in our units on Monday and Tuesday. We excelled at serving the Legend campers during their overnight and all campers for the Red, White, and Blue Day hot dog cookout extravaganza on Tuesday night and Wednesday, respectively. We wrapped up the week by playing battleship and crab soccer with the Juniors and Super Seniors.



- There is still **limited** space available for Juniors 3rd session. If interested, please register ASAP at this [link](#)!



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