

Session 2 - Week 2: June 29th - July 2nd, 2026

High Meadows Camp Happenings

Staff Spotlight: Rey

Rey is one of our CIT co-directors and is celebrating his tenth summer at camp. He began as a Seniors counselor, before becoming Senior Legend Unit Leader, for one summer, and is now one of our CIT directors, a role he has held for six summers. Camp is a true family affair for Rey. His wife Tina (not the Tina who helps run CITs) works in Seniors as a MESH Specialist. His daughter, who has attended camp since she was a Grasshopper, is now in the CIT program. His son also attended and worked at camp in the past. During the school year, Rey teaches 4th grade in DeKalb County. A native New Yorker, he is reveling with joy after the Knicks' recent championship.



Next Week
at Camp

Mon, July 6
Senior Quest Lake Trip

Tues, July 7
Senior Quest Late Night

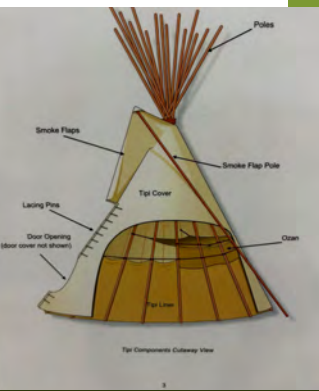
Fri, July 10
Water Carnival Day (final
day of 2nd Session!)

HAPPY
★★ 4TH ★★
OF JULY

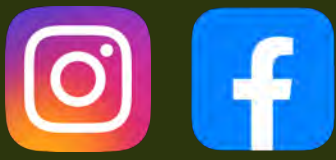


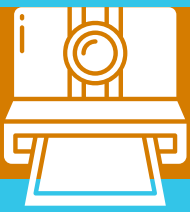
Special Activity Spotlight: Tipi Liner Painting

This week campers added their hand prints to the liner that goes inside the Tipi. We gather hand prints as part of the design to have a visual representation of our High Meadows community. This liner will be a map of High Meadows with the hand prints representing the grass of the meadows.



Don't forget to "like" High Meadows Camp on Facebook, and "follow" us on Instagram at @highmeadowscamp to keep up with the latest announcements and camp news!





MEADOW MOMENTS



Campers in Grasshoppers (left), Juniors (center), and Super Seniors (right) cool off while playing water games.



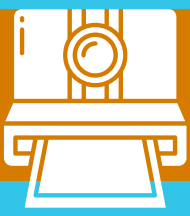
Senior Quest campers pose during a game of Social Ball on the low meadow.



Campers in Super Seniors (top) and Senior Legend (bottom) show off their archery skills!



A Juniors camper and her counselor working on an experiment in Discovery class.



ANIMAL ADVENTURES



In Barnyard, a Grasshoppers camper rides Tinkerbell the pony (left), a Juniors camper rides the Ollie the horse (center), and Tinkerbell gets groomed by Seniors campers (right).



Campers in Juniors read books about animals while waiting their turn to ride our ponies.



Senior Quest campers (top) feed Sugar the rabbit as Juniors campers mine for gems while waiting to ride the ponies.



Seniors campers petting Roger the donkey in Animal Care class.

TODAY WAS RED, WHITE, & BLUE DAY!



PLUS OUR HOT DOG COOKOUT!



TUESDAY WAS SUPERHERO/ VILLAIN DAY!





QUICK ANNOUNCEMENTS:

- Parents and guardians, please help ease our carpool line and subsequent traffic backup on Willeo Road by not arriving on campus prior to 8:55 a.m. and 3:55 p.m. To avoid waiting in the driveway line, we suggest arriving at 9:10 a.m. and 4:10 p.m.
- Please help out our security staff by making sure to use your blinker when entering and exiting campus!
- If your child needs to be buckled in, please pull to the end of the line so we can keep the rest of the line moving.
- Also, if you have any spare newspaper or magazines lying around, our Arts & Crafts team would love to take it off your hands.



GRASSHOPPERS GAZETTE

WEEK RECAP: RICHARD

Grasshoppers had a thrilling week of camp! This week in Arts & Crafts, campers brought out their artistic skills and painted their clay sculptures, and also made paper collages. In Sports, we beat the heat by playing Water Weasel. At Discovery, we learned all about density and did a cool experiment with dish soap, oil, and water. At Nature, we took a trip down Shadowfox Trail to build magic wands! Campers also got to ride Tinkerbell the pony down at the barnyard. We ended the week by hanging out with friends and eating hot dogs and other yummy food at the hot dog cookout. What a great week this has been!

COMING UP: For next Wednesday July 8th, our Unit Choice is When I Grow Up / Career Day!



JUNIORS JOURNAL

WEEK RECAP: KAYLA & LIV

Laughter, creativity, and adventure filled our week in Juniors as campers painted clay, built chalk castles, and enjoyed friendly competition with Water Weasel, tag, and Capture the Flag. Between dragon training at the pool and bringing camp history to life during Traditions, there was never a dull moment. We topped it all off with a hot dog cookout, watching our counselors in Minute to Win It games alongside a Red, White, and Blue Day celebration. We are continuing to make memories that will last all summer!

COMING UP: For next Wednesday July 8th, our Unit Choice is Juniors Pride Day. Campers should come wearing blue, our unit color.

- Please send in a plain white shirt for tie-dye by Monday if you haven't done so already!



SUPER SENIORS SNAPSHOT

WEEK RECAP: STEVEN & JEN

Super Seniors had a stupendous week! We started off by placing our hand prints on the Tipi canvas to leave our mark for the summer when the tipi is raised on the high meadow in a few weeks. During Nature class, we played 'Where the Wind Blows' and decided which creatures were venomous and which were poisonous. At Discovery, we constructed nature skeletons out of different items collected around campus and built some amazing structures out of straws. In Arts & Crafts, campers painted their clay creatures-which gave them a whole new look and also created camp collages while incorporating drawings of their friends. Super Seniors played Water Weasel, Car Lot and Every Man for Themself Dodgeball for sports. We've been working hard learning the lyrics to our parodied song for Livestock : "Ya gotta keep 'em Super Seniors," to be performed next Friday. We ended the week on Thursday with our Hot Dog Cookout lunch, sporting our patriotic red, white and blue apparel to commemorate America's upcoming birthday. We sure packed a lot of fun into our 4-day week and are looking forward to what's in store for the final week of second session!

COMING UP: For next Wednesday July 8th, our Unit Choice is Camo Day

- The **NO SCREEN CHALLENGE!** Formerly known as the "NO TV CHALLENGE," this Super Seniors tradition starts on Monday July 6th at camp and ends Thursday July 9th 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 QUIPS

WEEK RECAP: MORGAN

Quest had a powerful week of camp. We continued working towards our Knighthood goals as we grew as both campers and people. While Legend was at the lake, we had a lovely Quest Day where we beat the heat with a unique game of Water Social Ball. And today, we capped off the week with some delicious hot dogs at the cookout on Red, White, and Blue Day. We are going to have a restful long weekend and we're excited for week three!

COMING UP

Tuesday, July 7th: The Senior Quest Late Night

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, sing some ol' camp songs, 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!

IMPORTANT: 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.

LATE NIGHT MENU:

Pre-Dinner snack:

fruits, chips, crackers.

Dinner: Nacho bar/
sunflower butter &
jelly sandwich
alternative.

Dessert: S'mores.

- Our **Unit Choice** for next Wednesday July 8th is When I Grow Up / Career Day!

The Senior Quest Lake Trip: Monday, July 6th

Senior Quest campers will load up on a bus and make the drive to Red Top Mountain Beach. Campers should bring: closed-toed shoes with heel straps (old tennis shoes or Keens are best for protecting feet in the water), a towel, sunscreen, bug spray, and lunch.



SENIOR LEGEND LATEST

WEEK RECAP: TYLER

Senior Legend had a triumphant second week of the session. On Tuesday, we traveled to beautiful Red Top Mountain for a lovely day on Lake Allatoona, where we swam and played in the sun. Then on Wednesday, had an unforgettable Overnight where we played soccer, swam, dined on delicious tacos, and had our archery tournament before capping the night with a beautiful ceremony. Today, we woke up well-rested and ready for the Hot Dog Cookout and Livestock. We're hoping everyone has a restful Independence Day weekend and we're looking forward to Week 3!

- **COMING UP:** Our **Unit Choice** for next Wednesday, July 8th is Castle Choice Day!



CIT CORNER

WEEK RECAP: REY, DEE, & TINA

The CITs wrapped up another packed week focused on personal development, collaboration, and plenty of unforgettable moments. We rotated through each unit, cheering on campers, helping counselors wherever needed, and doing our part to keep the session running smoothly. At the Senior Legend overnight, we took charge of preparing and serving nachos for over 60 campers and staff, keeping everyone energized for a night full of activities while also forming new connections. The Hot Dog Cookout embraced a patriotic theme for Red, White, and Blue Day, with our group decorating tents using red, white, and blue flags from various countries. It was a great opportunity to highlight creativity, show off team pride, and enjoy some friendly rivalry. Overall, the week brought everyone closer together, sparked lots of laughter, and created meaningful memories. We're looking forward to everything Week 3 will bring.



NURSE'S NOOK

Remember to
dress lightly,
it's hot outside!



CAMP SONG OF THE WEEK :

This Land

This land is your land, this land is my land, from the high meadow, to the tire swing island, from the shadowy forest, to the square grounds, this land is made for you and me!

VALUE OF THE WEEK:



This week our 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.

SHOUT OUT: HIGH MEADOWS SCHOOL

High Meadows School serves students in Pre-K3 through 8th Grade. High Meadows has a reputation for high academic performance and progressive, outdoor-based education. The school focuses on inclusion, and exposes students to a variety of cultures and backgrounds.

Call (770) 993-2940 or email us at www.highmeadows.org/visit to inquire today! Tour our 42-acre campus firsthand.

We can't wait to meet you!

