

# HIGH MEADOWS HAPPENINGS

*2025 Camp Newsletter*



**Session 3, Week 1**  
**July 14-18, 2025**



# THIS WEEK AT CAMP



*A Junior enjoys Discovery with a specialist.*



*Do we have a future NBA Slam Dunk Contest champ at camp?!*



*Ketchup at camp?! Only on Alphabet Soup Day!*



*Seniors enjoy resting in a tree.*



*A Pirate came to camp on Alphabet Soup Day!*



*Juniors explore the woods during group time!*



*Taking a spin on the Tire Swing!*



*Dream on! Friday was Alphabet Soup Day!*



*A Junior plays on the Tire Dragon.*



*Seniors enjoy a class in the barn.*



# SPOTLIGHTS & VALUES

## Meet Our New Animals: Maple & Mint, Ollie, & Tinkerbell

On the left, meet Maple & Mint! Maple (brown-haired) and Mint (white-haired) arrived before the start of the spring semester when Maple was just five weeks old and Mint was six weeks old. They are Katahdin lambs Ollie (center) joined us in the fall of 2024 and is loved by our campers. Ollie is a blonde Quarter Horse, and you will often spot him exploring the Lower Meadow or giving pony rides. He is 29 years old and came to us from Barnyard Manager Katie Kerner's farm. Tinkerbell (right) is a 19-year-old Welsh Pony.

From the Barn: It's been an awesome first week of session three. Campers enjoyed pony rides, played fun games, got to know a few of our incredible animal residents, and showed off their creativity by painting our sweet pony, Tinkerbell!



## Value of the Week: Communication

We kicked off session three by focusing on communication. High Meadows campers:

- Practice communication as a tool for understanding and cooperation
- Appreciate the power of communication to increase respect and strengthen community
- Understand that communication is not just about self-expression, but also about listening to others





# SPOTLIGHTS & VALUES

## Activity Spotlight: Performing Arts

Performing Arts is a class that offered to campers in the Senior Quest and Senior Legend programs. It allows campers to explore their creativity and build confidence on stage, with the goal of developing foundational theater skills from character creation to scene work and improvisation. As campers advance in the Knighthood program, the requirements for achieving levels become more challenging, as campers working on the Sentry level must create a structured piece with three distinct emotional changes. For the Knight level, campers must write and direct their own scripted play for a performance to demonstrate their mastery of Performing Arts.



## Tradition Spotlight: History of Livestock



When animals were moved to a new barn in 1985, campers found a new use for the old one. On Fridays after lunch, they gathered to sing and present skits. It became a tradition, and that's how the Barn Theatre name was born. In 1994, camp performances were renamed "Livestock!" Livestock still happens at High Meadows Camp today. For the first two weeks of camp, Livestock is only for Senior Quest and Senior Legend campers. On the last day of each session, all units gather for a big celebration that provides campers a chance to display their talents. Grasshoppers take part in "HopperStock," and Juniors participate in "JuniorStock," where campers and counselors alike perform.



July 21-25, 2025

**12:00**

Wednesday, July 23  
When I Grow Up Day

Wednesday, July 23  
Senior Legend Lake Trip

Thursday, July 24  
Senior Legend Overnight

Friday, July 25  
Tropical Day

Friday, July 25  
Hot Dog Cookout

*Mark your  
calendars  
for these  
week two  
theme  
days &  
events!*



# HOT DOG COOKOUT MENU

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Hot Dogs  
(Kosher / Halal / Vegetarian  
options available)

- CARROTS
- CHIPS
- COOKIES



# UNIT UPDATES

## Grasshopper Gazette (Richard)

Grasshoppers had a wonderful first week of third session! There was lots of communication with new friends and even animals. While hiking along Shadowfox Trail, the group explored new things and created fairy wands. Clay animals came to life during Arts & Crafts, and there was fun competition in Ga-Ga during Sports. We built Telescopes, and everyone learned about mazes in Discovery. In keeping with camp traditions, stories were shared, and bracelets and necklaces were made. Group time even included a little bowling! For Camp Kindness Day, we created thank-you cards for the nurses. One of the highlights was getting a chance to ride the ponies. We're ready to hop into week two!



## Juniors Journal (Kayla & Olivia)

We had such a fun week with our Juniors! From the moment campers arrived, they were busy making new friends and trying new activities, filling each day with laughter, teamwork, and excitement. In sports, we played Gaga, Bomberball, and one-ball Dodgeball, a Junior favorite! It was awesome to see campers encouraging one another and playing with great sportsmanship. Wednesday was special as we celebrated Camp Kindness Day. Campers worked hard to complete their Kindness Bingo cards by helping others, saying kind words, and including everyone in games. In Arts & Crafts, campers let their creativity shine while making beautiful clay projects and thank you cards for our amazing Healthy Center, Barnyard, and Waterfront staff—spreading a little extra joy and gratitude around camp. We are so proud of the friendships they've made and the kindness they continue to show. We can't wait for another week of fun, laughter, and lasting memories!





## Super Seniors Squad (Steven, & Demi)

Super Seniors had a rockin' first week of camp! Going into third session, we were super excited to meet new friends, reunite with old ones, and create life-long memories. From exploring camp for the first time to returning to a favorite class, all of us had something to smile about this week. We played some of our favorite sports games such as Zebratonicus tag and Bomberball as well as starting and ending our days with classic camp songs like "Tom the Toad" and "Button Factory." We also dressed to impress on our first dress up day of the session, Alphabet Soup Day where we dressed up as something beginning with the first letter of our names. It's always fun to see the creative ideas that our campers have and it was a great way to kick off the session. Can't wait for even more fun next week!



## Senior Quest Quips (Morgan)



Senior Quest kicked off 3rd session with an unforgettable first week! Focusing on our value of the week, communication, Questors built and deepened meaningful connections with fellow campers and counselors as they dove into their carefully curated schedules. On Camp Kindness Day, Questors spread joy and appreciation all across camp through Camp Kindness Bingo, embodying the spirit of compassion in big and small ways. Throughout the week, they brought the heat (and stayed hydrated!) in All or Nothing Soccer, Capture the Flag, and Dodgeball, showing off teamwork, enthusiasm, and lots of laughter. On Friday, campers showcased their creativity with spirited Alphabet Soup Day costumes and ended the week on a high note, sharing songs, silliness, and joy at Livestock. We're so proud of all they've done, and we can't wait to see what adventures next week brings!





## Senior Legend Latest (Tyler)

Senior Legend had an exciting first week of the session. Each camper created their own schedule on the first day and began working on Knighthood requirements. As a unit, we played soccer, capture flag, Bomberball, and Zebratonicus Tag. The week ended with an exhilarating livestock where each castle performed a lip-sync skit. We can't wait for an action-packed week two!

**The lake trip is Wednesday, July 23.** Senior Legend campers will load up on a bus and make the short 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.



**The Senior Legend Overnight is Thursday, July 24.** Spending the night on our campus is a highlight of the High Meadows Camp experience for Senior Legend campers! Please bring:

- A mess kit (we encourage reusable plastic) for dinner and for the cookout on Friday
- A sleeping bag, pillow, sleepwear/toiletries, and attire for Red, White, & Blue day on Thursday.
- Any evening/morning medication must be turned into a counselor in the prescribed bottle along with any instructions needed. Please fill out and turn in the Authorization for Medication Form found at this [link](#), which you may email to [camp@highmeadows.org](mailto:camp@highmeadows.org) or print and turn it in to counselor.

See the next page for the overnight menu, including a sandwich bar for dinner!



## CIT Corner (Danielle)



CITs had a fantastic first week of third session. We met new friends and practiced our leadership skills. Congratulations to Lennon on delivering a lovely reflection and graduating from the CIT program!





SENIOR LEGEND OVERNIGHT

# MENU

JULY 24, 2025

## Dinner

Sandwich Bar

## Dessert

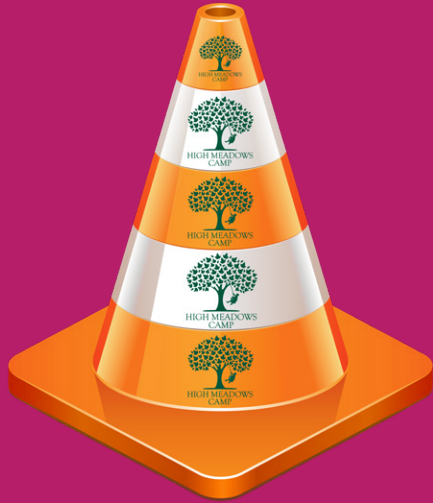
Popsicles and/or  
Ice Cream Sandwiches

## Breakfast

Assorted Fruits  
Cereals  
Donuts



# CAMP OFFICE REMINDERS



## Important Carpool Announcement

Parents and guardians, our security officer directs traffic on Willeo Road during camp carpool to make it a smooth, quick process. We know your children are eager to get to camp and just as eager to tell you about their day when it's over! Please assist our officer by using your turn signals, and please use both lanes when entering the driveway. Please do not arrive prior to 8:50 a.m. for morning carpool or 3:50 p.m. for afternoon carpool! Thank you!



## Follow us on Social Media & Stay Connected



High Meadows Camp  
**AND** High Meadows  
School are both on  
Facebook & Instagram.  
Follow us!

Need to Contact Us? Call  
(770) 993-7975 or email  
[camp@highmeadows.org](mailto:camp@highmeadows.org).





# HIGH MEADOWS SCHOOL

*Join us for a virtual info session  
on Tuesday, July 22 at 12:00 p.m.*

Want your child to experience a school where joy, wonder, and discover take place every day across 42 acres of historic farm property and in classrooms? Make plans to attend our virtual info session!



[Click here](#) to register for our virtual session.



Join us on Microsoft Teams on July 22 at 12:00 p.m. A link will be sent to all registrants!



“ We chose High Meadows because of its reputation for high academic performance and progressive, outdoor-based education. We also value the school’s focus on inclusion and exposure to a variety of cultures and backgrounds. ”

— HMS Parent