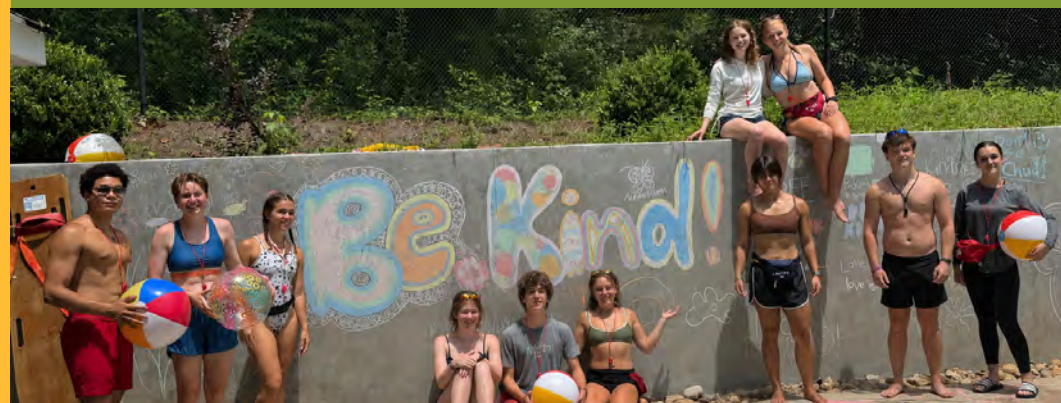


Session 3- Week 1: July 13th-July 17th, 2026

High Meadows Camp Happenings

Special Day Spotlight: Camp Kindness Day

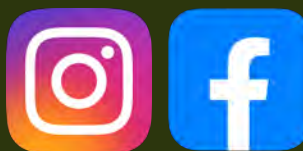
From the desk of Hannah, our MESH Specialist: Wednesday was Camp Kindness Day! Campers and staff celebrated by playing Camp Kindness Bingo and wearing conversation-starter stickers that encouraged new friendships, meaningful conversations, hilarious and heartwarming anecdotes, and plenty of smiles. It was the perfect way to bring this week's value, communication, to life. Whether it was introducing yourself to someone new, checking in on a friend, or simply sharing a kind word, every conversation helped strengthen our camp community.



Special Event Spotlight: Camp Rock 3 Bus Tour

Big news to share! Today, High Meadows was the first of just 8 camps nationwide selected to receive a surprise visit from the Camp Rock 3 "All Roads Lead to Camp" Bus Tour, part of a special collaboration between the American Camp Association, the American Camp Foundation, and The Walt Disney Company. Campers were treated to photo moments, giveaways, and fun surprises inspired by the film, all in celebration of a nationwide effort to expand access to camp for hundreds of youth through Disney-supported "camperships." It was such a fun and meaningful way to celebrate the confidence, friendship, and sense of belonging that camp brings to life!

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!



Next Week at Camp



Wednesday, July 22nd

- Decade Day!
- Senior Legend Lake Trip!

Thursday, July 23rd

- Senior Legend Overnight!

Friday, July 24th

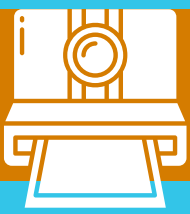
- Fairytale Friday!
- Hot Dog Cookout!



HOTDOG COOKOUT

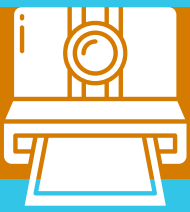
- Hot Dogs (Kosher and Vegetarian options available)
- Carrots
- Chips
- Cookies





CAMP ROCK 3 BUS TOUR





MEADOW MOMENTS



Campers in Grasshoppers (left), Juniors (center), and Super Seniors (right) enjoying the tire swing.



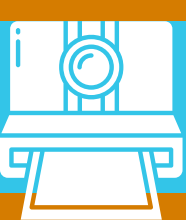
Reunited and it feels so good in Senior Quest!



Campers in Seniors enjoy meeting the goats (top) as a Grasshoppers camper rides Tinkerbelle the pony (bottom).



Juniors campers playing a fun game of Ga-Ga!



TODAY WAS SPORTS FAN DAY!



ANNOUNCEMENTS

- If you need to pick up your camper early, be sure to call or e-mail Chad (cbrinker@highmeadows.org) ahead of time so that your camper is ready and waiting for you when you arrive.
- Carpool Tip: If you want to skip the long line, arrive around 4:10pm.

GRASSHOPPERS GAZETTE

WEEK RECAP: RICHARD

Grasshoppers hopped into an amazing first week of Session 3! Down at the Barnyard, campers made new friends with the animals and even went on pony rides! The exploration continued in Discovery, as campers learned all about volcanoes. In Arts & Crafts, campers got their hands dirty making clay art and other fun crafts. Out in Sports, campers brought their all to some exciting games. And in Nature, campers hiked into the woods to make their very own magical wands! Can't wait to hop into week two. Keep on hopping!



JUNIORS JOURNAL

WEEK RECAP: KAYLA & LIV

What an exciting week in Juniors! Campers enjoyed pony rides at the barn, created colorful key chains in Arts & Crafts, where they started exciting clay projects. We stayed active with Ga-Ga and Soccer in Sports, explored nature on a hike down Shadowfox Trail, and wrapped up the week by showing our team spirit on Sports Fan Day! We love making memories together and can't wait for another week of camp fun!

COMING UP:

Please send in a plain white t-shirt with your camper early next week, as we will begin tie-dying shirts on Wednesday 7/22.



SUPER SENIORS SNAPSHOT

WEEK RECAP: STEVEN & DEMI

Super Seniors had a rockin' first week of third session, reminiscing with old friends and making new ones that will last a lifetime. In Nature, we began discovering the natural world around us, and in Discovery, we learned the importance of working together as a team. Over in Arts & Crafts, we made creatures out of clay and snakes out of beads. Additionally, we have started learning some new skills in Archery and Woodworking! We've danced and sung our favorite camp songs all week while we play our favorite games such as Zebratonicus tag and King and Queen Dodgeball in Sports. We can't wait for another incredible week of fun in the sun!



SENIOR QUEST QUIPS

WEEK RECAP: MORGAN

Senior Quest had a magnificent first week of third session. We made new friends and signed up for the unique classes that Senior Camp has to offer. Our Knighthood journey began early and many of our campers are already making real strides toward achieving their goals in their classes. Senior Activity was a consistent source of joy this week as we engaged in great games of Soccer, Bomberball, and Ga-Ga before capping the week with a truly unique Livestock. We cannot wait to see what week two holds!



SENIOR LEGEND LATEST

WEEK RECAP: TYLER

Senior Legend had a great first week of third session. The festivities started with "Running of the Bulls" where each camper picked eight classes they found exciting. Following that, they got a head start on Knighthood, learning everything that each class consists of. During Senior Activity, all of the seniors got together to play large group games such as Multi-Ball Soccer, Bomberball, and Capture the Flag and each game was more intense than the last. We ended the week with the first livestock of the session, seeing various acts that had us applauding nonstop. Week two will be full of more memories and we cannot wait!

COMING UP

The Senior Legend Lake Trip is Wednesday, July 22nd. Senior Legend campers will load up on a bus and make the drive to Lake Allatoona. 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.

Note: If the water conditions are unsafe, the trip may be called off.

The Senior Legend Overnight is Thursday, July 23rd. 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 Fairytale Friday.
- 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 or print and turn it in to counselor.

OVERNIGHT MENU

Pre-Dinner Snack

Dinner: Sandwich Bar!

Dessert: Ice Cream Sandwiches/ Popsicles

Breakfast: Assorted fruits, cereals, donuts



CIT CORNER

WEEK RECAP: DEE & TINA

The CITs had a fabulous start to third session. We welcomed a small but mighty new batch of first years CITs and they made connections all over camp while learning about the exciting challenges and opportunities the CIT program provides.



INTRODUCING: 2026 CAMP SHIRT

Our 2026 camp shirt uses our traditional iconography of the High Meadows Hawk holding the sword, Excalibur. This design invokes the idea of a camper's colorful painting of this classic HMC symbol. Our color selection is reminiscent of those on our Social Ball pole but with a retro feel given by the crisp sand color of the shirt.



From the desk of Morgan, our esteemed Designer



NURSE'S NOOK



Remember to
bring your
water bottles!

CAMP SONG OF THE WEEK:

Tom the Toad

Oh Tom the Toad, oh Tom the Toad,
why did you jump into the road?
You did not see that semi-truck,
And now you are a pile of muck.
Oh Tom the Toad, Oh Tom the Toad ,
why did you jump into the road?



VALUE OF THE WEEK:

COMMUNICATION



During the first week of Session 3, campers learned about COMMUNICATION.

- High Meadows campers practice communication as a tool for understanding and cooperation.
- High Meadows campers appreciate the power of communication to increase respect and strengthen community.
- High Meadows campers understand that communication is not just about self-expression, but also about listening to 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!

