

HIGH MEADOWS HAPPENINGS

2025 Camp Newsletter



Session 3, Week 3
July 28 - August 1, 2025

THIS WEEK AT CAMP



Senior Quest campers are proud of the fire they made!



Juniors play an intense game of Gaga Ball!



Seniors pose in front of the Tipi!



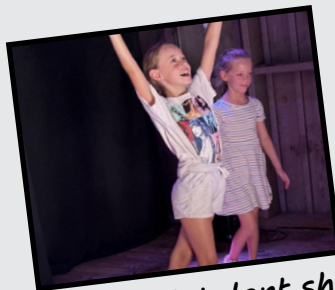
Grasshoppers have fun in the pool.



Senior Quest celebrated Holiday Day for Unit Choice.



Incredible ceramics projects by Seniors!



Juniorstock talent show



Fun with bubbles on Origin Trail Day!



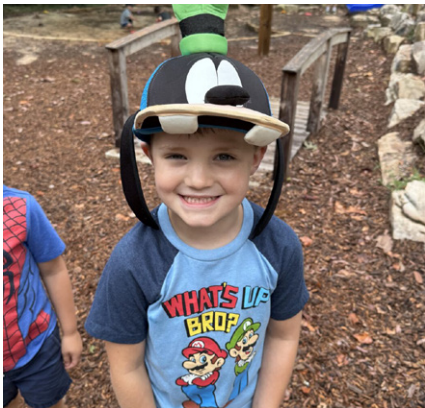
Seniors hang out in a fort in the woods.



A slam dunk display took place in the Community Center.

SPECIAL EVENTS





SPOTLIGHTS & VALUES



High Meadows Camp Facts

Each summer, we calculate some fun statistics that are unique to High Meadows Camp. Want to know how many gallons of water the pool holds or how many hot dogs we cooked during the past nine weeks? We have the answers!

- Water capacity of the swimming pool = 61,000 gallons
- Approximate number of arrow shots at archery classes = 20,205
- Approximate number of hot dogs grilled for cookouts = 1,736
- Approximate age of Grandfather tree, the oldest tree on campus = 467
- Approximate number of shirts tie-dyed = 445
- Approximate number of Woodworking projects = 372



Value of the Week: Reflection

We end the summer with an emphasis on Reflection, giving campers the opportunity to reflect not only on their time at High Meadows Camp, but also on our communal history, through the celebration of Origin Trail Day.



SPOTLIGHTS & VALUES

Activity Spotlight: Nature

Nature class at camp is designed to immerse campers in the natural world, fostering a deep connection and understanding of the environment. For younger campers, the focus is on building foundational skills such as observing animals, identifying native plants, and handling creatures, which builds confidence and awareness in nature.

For Senior campers, the Nature class is integrated with the Knighthood program and its progressive levels: Page, Squire, Sentry, and Knight. At the Page level, campers learn to identify leaves and animals, and participate in activities like the stalking game. As Squires, they advance to identifying trees by touch, studying songbirds, animal tracks, and learning about weather patterns. Sentry-level campers delve into wild edibles, rocks, minerals, and leading nature walks. At the Knight level, campers identify trees, teach classes, create nature photo journals, make wild tea, and complete a capstone nature project. This comprehensive program teaches campers essential outdoor skills, fosters self-reliance, and instills a deep appreciation for nature, preparing them to thrive in and respect the natural world.



Location Spotlight: The Tipi

When High Meadows began, there was recognition on the part of our founders and early leaders that we have much to learn from the people who walked this land before us. Not only in our immediate vicinity, but throughout our country. Native Americans had, through centuries of living on the land and observing the plants and animals who had lived here long before them, developed a huge respect for and knowledge of the world around them. As a way of focusing this appreciation at High Meadows, a Sioux tipi was chosen to define a space, to call the eye upward, to excite the intellect, and to refresh the senses. Mark Warren, namesake of Shadowfox Trail and originator of the Knighthood program, lived in the original Tipi for two winters and wrote a memoir about his experience. [Click here to watch a video on the history of the Tipi.](#)

2026 Camp Dates

12:00

Session 1

June 1 - June 19

Session 2

June 22 - July 10

Session 3

July 13 - July 31

Registration for
returning families will
begin in December.

*We hope to see
you in 2026!
For Session 2,
there will be
no camp on
July 3, 2026.*

*Please keep
us updated on
any contact
information
changes.*

HIGH MEADOWS CAMP SURVEY



We want your feedback!

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“High Meadows Camp is a place where you can be yourself, whom ever that may be at that time. It is a place where you grow as a person and it molds you for the rest of your life. Much of how I live my life today was shaped by my days on the Meadow. Every time I think of camp, I smile. Some of my closest friends were campers and later counselors with me and it is a friendship to last a lifetime.”

Katherine Pebworth, Ph.D.

The First Knight of High Meadows Camp



UNIT UPDATES

Grasshopper Gazette (Richard)

Grasshoppers had an action-packed third and final week of camp! This week was full of highlights and creative fun. In Nature class, we embarked on an exciting hike down Shadowfox Trail, exploring the beauty of the forest. Traditions was a blast with a thrilling scavenger hunt using maps we crafted ourselves. Our artistic talents shined in Arts & Crafts as we created stunning collages. We also enjoyed cup stacking in Discovery and learned about our campus animals at the Barnyard. Dressing up in our silliest outfits for Wacky Tacky Day was a hit, and we had a fantastic time playing carnival games hosted by the older kids for Origin Trail Day. It's bittersweet to see this amazing summer session come to an end. Oh, what an incredible journey it has been!



Juniors Journal (Kayla & Olivia)

Our Juniors had another spectacular week filled with adventure, creativity, and celebration! In Nature, we finished the summer with a thrilling walk down Shadowfox Trail! In Crafts, we got artsy by creating colorful paper link chains. Each link represented a memory, a friend, or just a fun design, and by the end, we had beautiful chains stretching across the room! Discovery took a silly and scientific twist. The campers played real life Angry Birds with box towers and dodge balls and also practiced their technical skills building structures with dough and noodles! Wednesday brought an explosion of color and creativity as we celebrated Neon and Camo Day! On Thursday, the excitement continued with one of our favorite traditions: Tie-Dye! Friday was a special and heartfelt day—Origin Trail Day. Dressed in our unit colors, as camp creatures, and even the tire-swing! We Thank you to all our amazing Juniors for a summer full of sunshine, silliness, and so many smiles. We'll miss you all and can't wait to see you next year!



Super Seniors Squad (Steven & Demi)

Super Seniors had a jammin' last week of camp! We sang our favorite camp songs, finished up our woodworking projects, and made lots of unforgettable memories! We played Car Lot, lots of Gaga Ball and Dodgeball, and we finished the session playing our favorite game, Manhunt. We've had such an amazing summer and are already looking forward to next summer! Have a great school year everyone!



Senior Quest Quips (Morgan)



Senior Quest had an amazing final week of the summer. We cooled off at the lake, ate s'mores at the late night, and dressed up for Holiday Day. We worked hard to achieve our Knighthood goals and celebrate our accomplishments. The summer ended with an amazing Origin Trail celebration and profound ceremony. Our campers leave the summer with unforgettable memories of everything from Livestock to four square and we hope to see everyone again next summer!





Senior Legend Latest (Tyler)



Senior Legend had a thrilling final week of the summer. We started off the week with our “Legend day” on Monday. Campers had the awesome opportunity to play Social Ball amongst other exciting activities. Legend campers were also hard at work ensuring that they completed all of those tough requirements. On Thursday, all of senior camp watched as Miles G. put on his Knight Play, which he passed and achieved the level of Knight in performing arts. We ended the week with an Origin Trail celebration, consisting of numerous booths run by Seniors. The activities called back to the lore of High Meadows Camp. Countless memories were made this summer, and we cannot wait to see everyone next summer for another year of fun!



CIT Corner (Danielle)



The final week of camp was all about reflection, and our CITs leaned in. From creating unforgettable moments with campers and counselors to showing up big at Senior Quest Evening, the week was packed with heart, purpose, and a little bit of pizzazz thanks to temporary tattoos at Origin Trail Day! During fifth period, CITs gathered for intentional group time, diving deep into what leadership means. They revisited personal goals from the start of the summer and explored what kind of role models they want to be in the future. They asked big questions: What kind of leader do I admire? How do I want to make people feel? The conversations were thoughtful, honest, and occasionally snack-fueled.

Second-year CITs led the charge with powerful reflections that had the whole group nodding, laughing, and maybe tearing up just a little. These sessions weren't just a look back—they were a launch pad for the future.

A massive shoutout goes to our graduating CITs: Brady, Daniel, Devon, Kamryn, Luke, and Quinn! We're so proud of you. Your growth, humor, and heart have left a mark on camp—and we can't wait to see where you go from here.



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and exposure to a variety of cultures and
backgrounds.”

— HMS Parent

