



High Meadows Happenings

7/1/2016 camp@highmeadows.org

**NO CAMP ON
MONDAY, JULY 4th!
ENJOY THE
HOLIDAY!**

This Week's News **770-993-7975**

• Calendar Events for all camp:
Wednesday 7/6 is Unit Choice Theme Day. See below for each Unit's choice.
Friday 7/8 is Water Carnival Day and the last day of second session.

- Today was **Red, White, and Blue Day** as well as our All Camp Hot Dog Cookout!



- Wednesday was **Sports Fan Day!**



- **People Highlight:** **LYNDA and MARY ANN** are our Waterfront Directors. Making-up two thirds of the famous "sisters three" of High Meadows, they have been mainstays of the swimming program for 29 and 31 summers respectively. Many of their family members have also been integral members of the High Meadows community. Their other sister, Karen has also been Pool Director. All of their children, nieces, and nephews were campers here. Three of them are currently on staff as counselors (Karen's son Jeff, Lynda's son Jake, and Lynda's daughter Amanda). Mary Ann's grandchildren are now 3rd generation High Meadowers as campers in Grasshoppers and Senior Quest respectively.



Nurse Nook
* Keep hydrated and remember to send a water bottle with your camper daily!
* Please contact the nurses directly if you have any questions or health concerns. (678) 507-1180

- **This week's value was INDEPENDENCE.** We hope that you take the time to discuss this and the other upcoming values of the week with your camper.

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

Questions to discuss with your camper:

- What is independence? What does independence look like?
- How do we practice independence at camp?
- What opportunities do we have to express ourselves at camp?
- What does it feel like to be independent?
- What does it mean to respect the individuality of others?



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



~ Jan

- We made our Ants T-shirts today.
- We made paper horses and tissue paper trees in Art.
- Our Unit Choice for next Wednesday 7/6 is **Hat Day.**



~ Kimmie

- We made our Grasshoppers t-shirts this week.
- We had a Nature Scavenger hunt in Unit Discovery where we collected things from Nature and used clay to create something out of them.
- We cooled off on the Waterslide this week.
- Our Unit Choice for next Wednesday 7/6 is **Disney/ Superhero Day.**



Grasshoppers
Snack Menu

Mon 4th
Tues 5th
Wed 6^h
Thurs 7th
Friday 8th

NO CAMP
S'mores
Banana Pops
Trail Mix
Popsicles



~ Allison and Kaela

- We tie dyed our shirts this week.
- We visited and learned about the campus animals in Nature this week.
- We cooled off on the Waterslide this week.
- Our Unit Choice for next Wednesday 7/6 is **Wacky Tacky Day**.



Juniors
Snack Menu

Mon 4th
Tues 5th
Wed 6th
Thurs 7th
Friday 8th

NO CAMP
Fruit Rockets
Watermelon
Magic Wands
Popsicles and Watermelon



~ Jennifer and Jake

The **NO TV CHALLENGE** ~ A great camp tradition that starts on Tuesday 7/5 at camp and ends Friday 7/8 when the campers go home. Campers who are interested to take on the challenge are encouraged to not use any electronics for 4 days. This includes computers, cell phones, video games 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.

- We played Camper vs. Counselor hide and seek, Capture the Potato, and Water Weasel in Sports.
- We cooled off on the Waterslide this week.
- Next Thursday 7/7 is Mud Day, so don't be surprised if your camper comes home extra dirty!
- Our Unit Choice for next Wednesday 7/6 is **Halloween Costume Day**. Make sure the costumes aren't too scary!



~ Annie, Katie, and Andy



- Today, one of our Pioneering classes cooked potatoes underground. They first built a hole and built a fire, made grass mats to wrap the potatoes and cover the coal-filled hole, and then cooked them for two hours. Finally, they turned them into delicious mashed potatoes!



- Legend had a great time on the Amicalola River on Wednesday. They also had an amazing Overnight on Thursday which included a friendly Camper vs. Counselor soccer game, a dip in the pool, dinner, an archery tournament, dessert, games in the barn theater, a special ceremony prepared by campers in our Native Lore classes, and of course, Donut Trivia breakfast.
- Quest's Unit Choice Day for Wednesday 7/6 is **Video Game Character Day**. Please limit the apparel to games rated E or E10. We ask that your campers bring the spirit of their character to camp, but leave their electronics and collectibles at home. We are looking forward to a wild and wacky day!
- Legend's Unit Choice for Wednesday 7/16 is **Decade Day**.
- **Quest Lake Trip** is Tuesday 7/5, Quest campers will load up on a bus and make the short drive to Victoria Beach on Lake Allatoona. What to bring: Close-toed shoes with heel straps (old tennis shoes are the best for protecting feet in the water), towel, sunscreen and bug spray.

- **QUEST EVENING** on Wednesday 7/6, is a wonderful way to spend an evening on our campus.

Details: Quest campers will enjoy a group game of Survival Quest, take a dip in the pool, eat a scrumptious meal prepared by the counselors, enjoy some down time with games in the Barn Theatre, maybe some ol' camp songs and finish the night with... what else... S'mores! Rain or shine, they 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 4:00. **Pick-up will be at 8:30** at the carpool location. No bus service! Any evening medication must be turned in to a counselor in the prescribed bottle & with any instructions needed. If needed, please fill out & turn in the Medication Release form found on our website: <http://www.highmeadowscamp.org/registration/forms>
You may email it back to camp@highmeadows.org, fax to 678-507-1189 or print and turn it in to a counselor.

What to bring: A mess kit (we encourage using a reusable plastic plate, bowl, cup, fork/spoon)

Dinner: Snack provided, water & Juice
Sandwich bar, chips, fruit bowl
Peanut butter and Jelly sandwich alternative
& of course S'mores!!



CIT Corner ~John and Hannah

- This week CITs have spent more time in their units than usual! Helping out with the Senior Legend overnight, Hot Dog Cookout, and actively learning and growing in units has kept everyone busy and required elevated energy levels. Recognizing the CITs this session is extremely important to us. We appreciate their positive attitudes and willingness to jump in wherever they are needed! Skill building activities this week included the wall on the upper meadow and the spider's web behind Stonehenge. This unique group has grown so much in just two short weeks. We are seeing so much growth and strong leadership skills in this talented group of individuals. Last week's values presentations were tremendously inspiring and creative. We cannot wait to hear their verbal expressions relating to their values this afternoon. Keep up the hard work!
- Our Unit Choice for next Wednesday 7/6 is "Ask us what our Unit Choice is" Day.

Tipi Updates

-Ever since our last tipi of three years was blown down during the school year, we have been in the process of putting together High Meadows' ninth tipi. Every camper has had the opportunity to put their hand print on the tipi as a way of leaving their mark at High Meadows for future years. Hats off to Gracie, Courtney, Chase, Madi, Carolann, Shira, and Jason for their hard work in making this possible.

