



High Meadows Happenings

7/22/2016 camp@highmeadows.org

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

- Calendar Events for all camp:
Wednesday 7/27 is Unit Choice Theme Day. See below for each Unit's choice.
Friday 7/29 is Oregon Trail Day and the last day of camp!

- Today was **ALOHA FRIDAY** as well as our All Camp Hot Dog Cookout!



- Wednesday was **Western Wednesday!**



- **Class Highlight:** **TRADITIONS** – High Meadows, like many successful camp programs, has a unique body of tradition and lore that has developed over time. In order to give the younger campers a knowledge and sense of the rich heritage and history of High Meadows, a class in our traditions is part of the programming for Grasshoppers, Juniors and Super Seniors. In this class, counselors teach about the lore, history and heritage of High Meadows through games and activities. Some of these activities include learning the story of the founding of High Meadows in Native American sign language, making butter, learning about Pioneer survival techniques, and searching for the Creatures of High Meadows.

- **This week's value was COOPERATION.** We hope that you take the time to discuss this and the other upcoming values of the week with your camper. High Meadows campers practice cooperation through respectful communication and group problem solving. High Meadows campers understand that we practice cooperation not only in games and activities, but also by being kind to our peers and having a positive attitude.

Questions for discuss with your camper:

- What is cooperation? What does cooperation look like?
- What does it feel like when you cooperate?
- How does cooperation help our community?
- What does it mean to have a positive attitude?
- What is respectful communication? How is this a part of cooperation?
- What are some ways we can practice cooperation at Camp?

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.



~ Mother Nature (Bunny)

- We visited the pond and learned about the creatures and plants that live there.
- We had pineapple and coconut for snack today to celebrate Aloha Friday!
- We made our Ants T-shirts today.
- Our Unit Choice for next Wednesday 7/27 is **Pajama Day**.



~ Kimmie

- We had Sensory Day in Unit Discovery.
- We cooled off on the Waterslide this week.
- We did a Dinosaur Egg hunt in Sports.
- Our Unit Choice for next Wednesday 7/27 is **Career Day**.



Grasshoppers
Snack Menu

Mon 25th
Tues 26th
Wed 27th
Thurs 28th
Friday 29th

Frozen Fruit Pops
Graham Cracker Robots
Cookies
Ants on a Log
Popsicles



~ Allison and Kaela

- We made Haystacks on Wednesday to celebrate Western Wednesday!
- We played "Sheriffs and Bandits" in Sports.
- We cooled off on the Waterslide this week.
- Nature and Traditions paired up to take the Juniors to the Grandfather Tree today.
- Our Unit Choice for next Wednesday 7/27 is **Decade Day**.



Juniors
Snack Menu

Mon 25th
Tues 26th
Wed 27th
Thurs 28th
Friday 29th

Mini Pizzas
Candy Sushi
S'mores
You pick
Popsicles and Watermelon



~ Jennifer and Morgan

The **NO TV CHALLENGE** ~ A great camp tradition that starts on Monday 7/25 at camp and ends Thursday 7/28 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 learned how to stalk in Nature and went on the stalking poles.
- We cooled off on the Waterslide this week.
- Our Unit Choice for next Wednesday 7/27 is **Book and Movie Character Day**.





~ Annie, Katie, and Andy

- Legend had a great time on the Amicalola River on Wednesday. Despite an early downpour, they also had an amazing Overnight on Thursday which included a friendly Camper vs. Counselor scooter basketball 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 7/27 is **Mystical Magical Space Day**.
- Legend's Unit Choice for Wednesday 7/27 is **Senior Citizen Day**.
- **Quest Lake Trip** is Monday 7/25, 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 Tuesday 7/26, 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

Pizza, chips, fruit bowl

Peanut butter and Jelly sandwich alternative

& of course S'mores!!

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



CIT Corner ~John and Hannah

- This week CITs have been thriving in their units! 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 session have included the wall on the upper meadow, teepee shuffle and an original version of acid river. 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 7/27 is Greek Day!



PHOTO OF THE WEEK

Jay Dickerson (center), one of our four founders, visited camp on Thursday to check in. While he was here, he took the time to pose for a photo with a Super Seniors Nature class, who happened to have recently learned the history of High Meadows in sign.

