



# High Meadows Happenings

6/3/2016 [camp@highmeadows.org](mailto:camp@highmeadows.org)

## This Week's News

770-993-7975



- Calendar Events for all camp:  
Wednesday 6/8 is Pajama Day! Be sure to send a change of clothes so your child doesn't sweat all day!  
Friday 6/10 is Unit Pride Day as well as our All Camp Hot Dog Cookout!

- Today was **TIE DYE DAY**



- **Place Highlight: Shadowfox Trail** ~Shadowfox Trail is the main path that snakes through the forests near Senior Camp and the Pool. Along this path are many famous High Meadows landmarks, such as Merlin's Pond, Lake Avalon, the Ropes course, Wampus Cat Springs, and Old Stonehenge. Shadowfox Trail is named for Mark Warren, the first head of Senior Camp (whose Native American name is Shadowfox). This trail is a favorite destination for Senior-level nature, pioneering, and native lore classes as well as nature hikes for Grasshoppers, Juniors and Super Seniors.



- This past week our value was **CONFIDENCE**. High Meadows campers have confidence in their skills and ability to explore and express themselves. High Meadows campers have the confidence to work and problem solve independently and have pride in their accomplishments. High Meadows campers have positive attitudes and enthusiasm and celebrate the differences in others.

We emphasize confidence at the beginning of the summer in order to encourage campers to try new things and to have a positive attitude that sets the tone for their experience at High Meadows Camp.

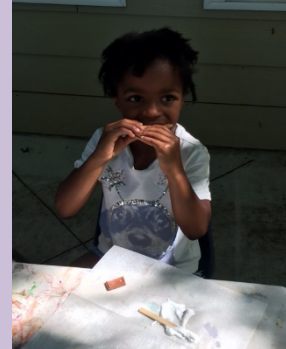
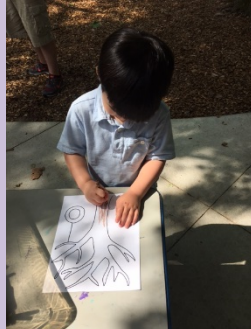
We hope that you take the time to discuss this and the other upcoming values of the week with your camper.

- 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.



## Ants Announcements! ~ Jan

- Every afternoon, we have been doing two special activities. First, we ask the campers what they have seen. We select one of the special things that we see at camp and add it to our mural and write it on a popsicle stick that will become one of the sun's rays. Second, we take down one of the links of our construction paper days of camp chain. On each link is a question that we discuss.
- We visited the tire swing and then colored some tire swings on paper for an art project.
- We made S'mores and heard a special story today!



## Grasshoppers Gazette! ~ Kimmie

- Please send a plain white T-shirt with your child by Tuesday June 7<sup>th</sup>, as we will be making our Grasshoppers shirts on that day.
- For Unit Pride day next week, Grasshoppers will be wearing ORANGE!

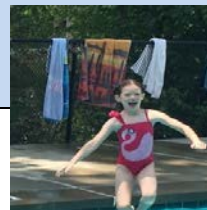
Grasshoppers Snack Menu	Mon	6 <sup>th</sup>	Veggie Cups
	Tues	7 <sup>th</sup>	Frozen Fruit Pops
	Wed	8 <sup>th</sup>	Cookies
	Thurs	9 <sup>th</sup>	Teddy Bear Toast
	Friday	10 <sup>th</sup>	Watermelon



## Juniors Journal! ~ Allison and Kaela

- Junior campers will be decorating shirts during the last week of the last week of the session. Please send your camper with a plain, white or light colored t-shirt labeled with your child's initials by Thursday 6/9.
- Next Tuesday, we will be having our tea party with tea and crumpets (juice and cookies).
- For unit pride day next week, Juniors will be wearing BLUE!

Juniors Snack Menu	Mon	6 <sup>th</sup>	Fruit Kabobs
	Tues	7 <sup>th</sup>	Tea Party
	Wed	8 <sup>th</sup>	Magic Wands
	Thurs	9 <sup>th</sup>	Ants on a log
	Friday	10 <sup>th</sup>	Out to Sea (Blue Jell-O with orange slices and blueberries)



## Super Seniors Shout Outs! ~ Jennifer and Jake

- We have also been learning all of the traditional Super Senior Camp songs such Tom the Toad, Mrs. Murphy's Chowder, and God Bless My Underwear.
- We played the ever favorite game of Camper vs. Counselor Hide and Seek.
- If you have any empty plastic gallon milk jugs sitting around, please send them with your camper.



## CIT Corner ~ John and Hannah

- We are very excited about launching our CIT Values Program. Each week CITs will focus on a particular value that makes up High Meadows Camp as a whole. Their assigned weekly value will depend on the year and week of the program that the CIT is in. They will learn, experience, and demonstrate that value in the groups that they are shadowing in that week. At the end of the week, in order to show mastery and understanding of their assigned value, each CIT will present an expressive project to our group as a whole. We are also introducing a Life Skills course during 5<sup>th</sup> period based on the interests and needs of our current CITs. These classes will vary from skills such as gardening and fire building to a mother's perspective on camp and college preparation and survival skills.
- Today, we were very proud of each and every project the C.I.T.s presented and we look forward to the coming weeks! **Our CIT overnight will be on Wednesday, June 22<sup>nd</sup>. Please let us know ahead of time if your CIT will be attending.** We cannot wait to see what the rest of this session has in store for the CIT program!

As her weekly project, Avery wrote this poem reflecting on the value of EXPLORATION:

I take a deep breath and a sigh of relief,  
For summer is here, though it may just be brief.  
My eyes take in sights of the views of the camp,  
The sun shines so bright whilst the grass is so damp.

Memories allude of the past once present,  
Of younger me during a summer well-spent,  
Smiles on campers, their laughter like songs,  
Counselors that taught me to always be strong.

EXPLORATION is defined as "the action of traveling in or through an unfamiliar area in order to learn about it";  
However, exploration to me means something a bit more personal.

Exploration to me means pushing my abilities,  
Whether that may be my mental skills or physical capabilities.  
Camp has taught me to be confident and to always be kind,  
Camp has taught me that friendship and support is not hard to find.

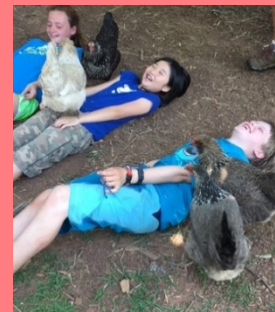
Now I am older and notice the lessons I learned,  
For once I was a camper, but the tables have turned.  
I would not be the person that I am today  
Without going to camp for the first time in May.

I would not be surrounded with those I hold close  
And would not be myself without the paths that I chose.  
I am learning to open my eyes and continuously explore my boundaries  
Because if I had not done that before, I wouldn't have what the present carries.

One's mind is different along with their perspective,  
But camp taught me that diversity is connective.  
Because without accepting differences everyone would be the same,  
And I don't know about you all, but to me that sounds pretty lame.

Being different is wonderful for perfection can't be defined,  
And now I finally came to accept that perfection is induced by mankind.  
Camp has taught me to be myself and to follow my passion and dreams,  
And through hard times now I can think of everything that EXPLORATION means.

## Senior Quest Quips & Legend Lore! ~ Annie, Katie, and Andy



- Today was the first **LIVESTOCK** of the Summer! Livestock takes place every Friday in the Barn Theatre for Senior campers and counselors who want to show off talents, sing camp songs or have skit challenges.
- **Quest** has been enjoying castle challenges including everything from riddles to races. One of the features of Camelot is the Camelot Cairn, a special pile of stones located in the meeting place of Senior Quest. The castle shields are hung from the cairn in a way that signifies progress in the castle challenges.
- **Legend River Trip** is Wednesday 6/8. Legend campers will load up on a bus and drive through the Georgia countryside to the Edge of the World, a special place on the Amicalola River that we have been taking campers for decades for wading and safe, shallow water play.  
What to bring: Close-toed shoes with heel straps (old tennis shoes are the best for protecting feet in the water), towel, sunscreen, bug spray, water bottle and lunch.



- **Legend Overnight** is Thursday 6/9. This is a wonderful experience spending a night on campus under the stars.



### What to bring:

- Water bottle
- A mess kit (we encourage using a reusable plastic plate, bowl, cup, fork/spoon) for dinner and for the cookout on Friday
- Sleeping bag & pillow
- Sleepwear and toiletries
- Attire for Unit Pride Day
- Any evening/morning medication must be turned into a counselor in the prescribed bottle and with any instructions needed. Please fill out and turn in the Medication Release form found on our website: <http://www.highmeadowscamp.org/document.doc?id=76>

You may email it to [camp@highmeadows.org](mailto:camp@highmeadows.org) or print and turn it in to a counselor.

**No need to bring a second lunch on Thursday**, as we will be having the all-camp cookout on Friday afternoon.

Details: Legend campers will begin the evening with a group meeting where they plan the night. They will play a whole group game, enjoy 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 an American Indian Ceremony prepared by voluntary campers in the Wilderness classes. They will bed down for the night in a location of their cabin (castle) choosing. Rain or shine, we plan on having a great time!

Dinner & Breakfast Menu: Vegetarian options will be available.

Dinner: Pre-dinner snack  
Hamburgers/Veggie Burgers and all the fixins'  
Chips, veggies and fruit  
Ice cream sandwiches

Breakfast: A variety of fruit  
An assortment of cereals  
A plethora of Juices & milk  
And of course... Donut Trivia

### **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

