



# High Meadows Happenings

6/24/2016 [camp@highmeadows.org](mailto:camp@highmeadows.org)

## This Week's News

770-993-7975



- Calendar Events for all camp:  
Wednesday 6/29 is Sports Fan Day!  
Friday 7/1 is **Red, White, and Blue Day** as well as our All Camp Hot Dog Cookout!
- Today was **CRAZY HAIR DAY!**



- **Tradition Highlight:** The **Rattle-Heifer** ~ Before High Meadows was a camp and school, the land was the residence and farm of the Franklin family. Legend has it that one of the Franklin's cows wandered out of its corral and remained on the land even after the founding of High Meadows. Legend also has it that a camper in the early days of the camp threw their bologna sandwich out of their cabin, where it was struck by lightning later that evening. The lightning strike turned the bologna into bolonium, a radioactive isotope of bologna. Later, the cow came across the bolonium and at the exact moment that the cow began to eat the bolonium, the cow was bitten by a rattlesnake. This event caused a fusion, melding cow and rattlesnake into a new creature: The Rattle-Heifer. Sometimes, while walking through the woods, it is said that one can hear the dreaded cry of this beast, which supposedly sounds something like, "rattle rattle rattle moo, rattle rattle rattle mooooo...". Obviously, this abomination is proof-positive as to why it is such a bad idea to litter at camp!



- **Special Visitor Highlight:** Today, High Meadows had a very special visitor. Jordan Hill, a professional storyteller based out of Tucson, Arizona who travels around speaking to schools and camps happened to be in the area, and as soon as High Meadows heard about it, we jumped on the opportunity to have him visit. Each unit went as a group to listen to his stories, ranging from Ancient Chinese tales to stories from Africa to Native American legends. His stories evoked feelings of excitement, passion, and energy from campers and staff alike. We are super thankful to Jordan for coming out. If you are interested in reading more about Jordan and his work, check out his website; <https://jordanhillstoryteller.wordpress.com/>

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

High Meadows Campers show respect:

- For others, through positive interaction
- For ourselves, by caring for our physical well-being
- For nature, through our commitment to protect the environment
- For our history, by honoring our community traditions

Questions for discuss with your camper:

- What did you learn about respect at camp?
- What does respect mean to you?
- How do you show respect at camp?
- How can you practice at home what you learned about respect?
- 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

• 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, fish pond, and vegetable garden this week.
- We made bird feeders for an art project.
- We made S'mores and heard a special story today!



~ Kimmie

• Please send in a plain white t-shirt with your camper by next Tuesday 6/28, as we will be making Grasshoppers shirts next week.

• For snack this past week, we had Haystacks today, Snack Necklaces yesterday, Fruit Skewers on Wednesday, Graham Cracker Robots on Tuesday, and Popsicles on Monday.

- We played a the ever fun guessing game of Pictionary in Unit Discovery.



Grasshoppers Snack Menu	Mon	27 <sup>th</sup>	Veggie Cups
	Tues	28 <sup>th</sup>	Frozen Fruit Pops
	Wed	29 <sup>h</sup>	Cookies
	Thurs	30 <sup>th</sup>	Teddy Bear Toast
	Friday	1 <sup>st</sup>	Watermelon



~ Allison and Kaela

- Junior campers will be tie-dying shirts next Tuesday 6/28 and Wednesday 6/29. Please send in a plain white t-shirt with your camper by Monday 6/27.
- For snack this past week, we had Crazy Faces, Pizza yesterday, Veggie Cups Wednesday, a Trail Mix on Tuesday, and Popsicles on Monday.
- We learned the story of King Arthur in Traditions.



Juniors Snack Menu	Mon	27 <sup>th</sup>	Haystacks
	Tues	28 <sup>th</sup>	Grape Caterpillars
	Wed	29 <sup>th</sup>	S'mores
	Thurs	30 <sup>th</sup>	Fruit Kabobs
	Friday	1 <sup>st</sup>	Graham Cracker Flags



~ Jennifer and Jake

- We have also been learning all of the traditional Super Senior Camp songs such Tom the Toad, Mrs. Murphy's Chowder, God Bless My Underwear, Ding Dong, and 12 Days of Camp.
- We learned how to stalk in Nature by playing the Stalking Game.





~ 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 6/29. 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 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 6/30. 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 Red, White, and Blue 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 a Native American 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

Taco Salad

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 Trivial!

### 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

- We have thoroughly enjoyed getting to know our new CITs and introducing them to the CIT Values Program. For those of you who are unfamiliar with the CIT Values program, each week CITs will focus on a particular value that makes up High Meadows Camp as a whole. 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 understanding of their assigned value and to share what they have learned while shadowing in their unit(s), each CIT will present an expressive project to our group as a whole.
- A few examples of last week's projects include: a 3D diorama of the pool with a well thought out explanation of how swimming helped both campers and counselors gain confidence, an interactive group discussion touching on confidence built at camp by leading a lesson in a nature class along with what it takes to build the confidence to lead a class, a Venn diagram comparing cooperation between ant insects and ant campers, pictures of places that have helped CITs gain confidence over the years of their experience as a camper as well as in the unit that they shadowed in during the week, an expressive poem about personal confidence at camp, and a pyramid with examples of ways to build confidence in each unit of camp. We are seeing much growth and development in these young adults both in and out of their units! We are thrilled with the projects that we have seen so far this summer and look forward to seeing what other forms of creative expressions this talented group of individuals has to offer.
- We have also introduced a Life Skills course during 5th 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. This week we focused a great deal on team building exercises and leadership development.



## Love Camp? Come learn more about High Meadows School!

You've seen how much your child has grown through the experiential outdoor programs at High Meadows Camp. The fun doesn't stop when the school year begins! Join us next week for an information session about High Meadows School to hear about how our beautiful campus is utilized to deliver an exceptional school experience to students ages 3 through 8<sup>th</sup> grade.

**Who?** Parents interested in learning more about High Meadows School's Preschool-8<sup>th</sup> grade programs.

**When?** Wednesday, June 29<sup>th</sup>, at 9:15 a.m.

**Where?** The Franklin House/ Main Office (brick house just below the preschool playground)

RSVP to Laura Nicholson at [lnicholson@highmeadows.org](mailto:lnicholson@highmeadows.org)