



High Meadows Happenings

6/30/2017 camp@highmeadows.org

This Week's News 770-993-7975

Limited space is still available for our 3rd session this summer, so if you are interested, register soon!

- **Calendar Events for all camp:**
NO CAMP ON TUESDAY, JULY 4th! Enjoy the holiday with your family!
Wednesday 7/5 is Character Day!
Friday 7/7 is **TIE DYE DAY** as well as our All Camp Hot Dog Cookout!
- Today was **Red, White, and Blue Day**



- **New Animals Highlight:** We have two new campus animals since last summer, both of whom were rescued. Our new equine, Bella Luna, is a 16 year old thoroughbred horse (16.2 hands high) who was rescued after being neglected. When she first arrived on this campus, she was so thin that her ribs were visible. Now she is healthy and giving rides to campers. Her story was profiled by the [AJC](#), [CBS46 News](#), as well as [WSB Channel 2](#). Our second new animal is Willow the lamb. Born May 17th, she is a Gulf Coast native sheep and also the sister of Lulu (our other ovine on campus). She was rescued after her mother died from complications giving birth. Willow is currently living at home with Nanci (our Animal Care Manager), visiting High Meadows during the day until she gets big enough to live full time with our other goats and sheep.



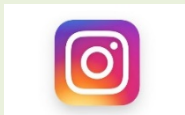
- **This week's value was Respect!** We hope that you take the time to discuss this and the other upcoming values of the week with your camper.

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 take down one of the links of our construction paper days of camp chain. On each link is a question that we discuss. Second, we have learned two songs, our Good Morning song and our Good-Bye song.
- We made s'mores and learned the story of how they got their name.
- Please send in white t-shirts with your camper by Friday 7/7, as we will

be making Ants t-shirts.



~ Kimmie

- We hiked down Shadowfox Trail in Nature class.
- We made our Grasshoppers unit sign during group time.



Grasshoppers
Snack Menu

Mon 3rd
Tues 4th
Wed 5^h
Thurs 6th
Friday 7th

Scavenger hunt
NO CAMP- 4th of July holiday
Tea party (cookies and juice)
Spider snacks
Tie-dye fruit cups



~ Kaela, Mary, and Eddie

- We took part in a scavenger hunt on Monday.
- We played a game of Manhunt in Sports.
- Please send in white t-shirts with your camper by next Monday 7/3, as we will be tie-dying.



Juniors
Snack Menu

Mon 3rd
Tues 4th
Wed 5th
Thurs 6th
Friday 7th

Haystacks
NO CAMP- 4th of July holiday
Sugar cookies
Frozen fruit pops
Watermelon



~ Jennifer and Rob

- 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 played with Sensory art tables in Arts and Crafts.





~ Annie, Tina, and Andy

- Today was the first **LIVESTOCK** of the session! 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 dress-up challenges. 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 7/5. 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 7/6. 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 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 Bar

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!

CIT Corner ~Hannah and Warren

- We have thoroughly enjoyed getting to know our new CITs and introducing them to 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 that week. At the end of the week each CIT presents an expressive project to our group as a whole.
- A few examples of this week's projects include a PowerPoint presentation on communication incorporating a Boy Scout method of teaching called E.D.G.E, High Meadows' newest animal addition, Willow, to accompany a project about communication, and an exceptionally animated description of a journey through Super Seniors through the lens of a map.
- We are seeing much growth and development in these young adults both in and out of their units. These projects help us better understand their views and experiences. 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 has to offer.
- We have also continued our Life Skills course during 5th period based on the interests and needs of our current CITs. This week our classes included, Perseverance, Inspiration and Finding Your Spark taught by Kaela (Juniors Unit Director), Difficult and Awkward Situations (Linda Wise, HMS preschool teacher), and Games, Games, Games!
- We cannot wait to see what the rest of this session has in store for the CIT program!



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