



High Meadows Happenings

6/28/2019 camp@highmeadows.org

This Week's News

770-993-7975



- **Calendar Events for all camp:**
Wednesday 7/3 is **WESTERN WEDNESDAY!**
NO CAMP ON THURSDAY, JULY 4th! Enjoy the holiday with your family!
Friday 7/5 is **PIRATE DAY** as well as our All Camp Hot Dog Cookout
- **CARPOOL TIP:** To avoid waiting in line arrive at 9:15 for drop off and 4:15 for pickup. Cruise right through! If you do wait in line, please remember – NO IDLING - Little lungs at work!
- Today was **ALOHA FRIDAY!**



- **Class Highlight: DISCOVERY**
Our newest Specialist activity (in its sixth year) is Discovery. Discovery focuses on age-appropriate activities that promote learning through exploration and creative problem solving skills. A wild-card class, activities campers do in that class range from egg races, teambuilding games, human foosball, Pictionary, charades, and making oobleck.



- **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 discussion 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

- Today, we made s'mores for snack.
- In Arts and Crafts this week, we made bunny pictures and leis.
- Please send in a plain white t-shirt with your camper by Monday 7/1.
- Reminder- Ants will NOT be participating in the All Camp Hot Dog Cookout next Friday 7/5, so please remember to pack a lunch.
- Reminder – Ants drop-off begins at 9:15. If you arrive prior, do not block the drive. Please wait in a parking space.



~ Tierney

- For snack this week, we have made Trail Mix, Apple Cars, Candied Grapes, and Graham Cracker Oceans.



Grasshoppers
Snack Menu

Mon 1st
Tues 2nd
Wed 3rd
Thurs 4th
Friday 5th

Dirt Cups
American Flag Fruit Skewers
Haystacks
NO CAMP
Cheese and Apple Pirate ships



~ Travis and Anna

- Please send in a white t-shirt with your child by next Monday 7/1, as we will be tie-dyeing shirts.
- For snack this week, we have made Pizza Muffins, Veggie Cups, Candied Grapes, and Magic Wands.



Juniors Snack Menu	Mon 1 st	Tues 2 nd	Wed 3 rd	Thurs 4 th	Friday 5 th
	Popcorn Bar	Scavenger Hunt	Fruit Pops	NO CAMP	Watermelon



~ Jennifer and Rob

- We have also been learning all of the traditional Super Senior Camp songs such as "Mrs. Murphy's Chowder", "Darlin", and "Tom the Toad".



~ Annie, Tina, Rey, Max, and Matt

- Today was the first **Livestock** of the session! Livestock takes place every Friday in the Barn Theatre for Seniors campers and counselors, who want to show off talents, sing camp songs or have skit challenges.
- During Senior Activity, we have done Blob Tag, Capture the Flag, Gaga, Friendship Bracelets, and Basketball.

- Quest has been enjoying castle challenges including everything from riddles to trivia 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 Monday 7/1. 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 Tuesday 7/2. 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.
- Sleeping bag and pillow
- Sleepwear and toiletries
- Attire for Western Wednesday.
- 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 Tuesday, as we will be providing lunch for Senior Legend campers!



Details: Legend campers will begin the evening with a group meeting where they plan the night. They will play a friendly game of Camper vs. Counselor soccer, enjoy a dip in the pool, eat a scrumptious meal prepared by the CITs, enjoy some down time with games in the Barn Theatre and dessert, and finish the night with a ceremony prepared by campers and counselors. 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, and Lunch Menu	Vegetarian options will be available	
DINNER	BREAKFAST	LUNCH
Pre-dinner snack	A variety of fruit	Pizza
Taco Bar	An assortment of cereals	
Chips and Fruit Salad	A plethora of juices and milk	
Peanut-free Butter and Jelly Sandwich	And of course..... Donut Trivia!	
Ice cream sandwiches and popsicles for dessert		

CIT Corner ~Hannah and Andy

- Aloha to all and happy Friday again. Session II is off to an incredible start. The Counselors in Training have had a great time acclimating to the program, teambuilding, and jumping into other units at camp. High Meadows is fortunate to have such a hardworking and passionate group of CITs. Just as they did last session, in small groups they have begun to produce instructional videos for counselors. We're looking forward to more fun and excitement next week, including the Senior Legend overnight, Western Wednesday, Pirate Day, and the Hotdog Cookout. (Insert fireworks here!) All that action will be packed into just four days since we don't have camp next Thursday, July 4th. (You're welcome for the reminder.)

Thanks for reading. Until next Friday.
Handy (Hannah and Andy)



Pool Post- Lynda and Amanda

- We feel that water safety and comfort, without accessories, is an important skill for all children to learn. As such, we do not allow campers to swim with goggles during instructional swim (unless they have a Doctor's note). However, campers may use goggles during free swim.
- This first week of the session, all full-day campers were tested on their swim ability and assigned to the appropriate lesson group and section of the pool. We are looking forward to many sunny days of pool-time fun!



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

SPECIALIST SPOT- GRACIE AND ERIC- A Brief recap of what all the Specialist activities did with each Unit!

- **Nature**- Elena and Josh
-This week in Nature, we took an introductory hike down Shadowfox Trail. We also learned about clouds and made thermometers.
- **Traditions**- Grace
-In Traditions this week, we learned what a tradition is, and visited a camp tradition called the Labyrinth. Juniors and Super Seniors learned how to build Shelters in the woods, while Grasshoppers created their very own creature!
- **Arts and Crafts**- Dax and Cate
-Grasshoppers began their week by using and creating with clay, making their very own clay fish. They also created their own pennants to hang in the art room.
-Juniors began the week creating pinch pot water animals in the theme of water carnival. They also created hanging paper spirals to decorate their homes.
-Super Seniors began the week creating fish tanks/ bowls with fish and other water themed objects out of clay. They also created their very own Leis for Aloha Friday.
- **Sports**- Tristan and Fiona
-Grasshoppers played “Bears out of the Cave” and parachute games where we allowed them to practice following instructions and staying active through various activities.
-Juniors also played ‘Bears out of the Cave”, as well as Dodgeball, where we the kids were encouraged to be physically active and practice sportsmanship, and an ability to follow instructions.
-Super Seniors played Soccer, King and Queen Dodgeball, competitive Rock-Paper-Scissors, and stations. Through these activities, they practiced teamwork and good sportsmanship.
- **Discovery**- Ben and Hayleigh
-This week in Discovery, all groups have worked on team building with games such as “Don’t Wake the Dragon”, Hidden Letters, The Ball Game, Charades, Pictionary, a hula hoop pass game, and relay races with noodles and plastic balls.
- **Archery**- Jackson and Cam
-In Archery, we are teaching kids how to shoot and getting them familiar with the bow and arrow. So far this session, kids are hitting the target and shooting with the correct form.
- **Woodworking**- Andy
-Super Seniors are very excited to be working in the new Woodworking area also known as the “Woodchip Factory”. Super Seniors have invented some new project ideas and are ready to bring their ideas to life!