



High Meadows Happenings

7/5/2019 camp@highmeadows.org

This Week's News 770-993-7975

- Calendar Events for all camp:
Wednesday 7/10 is Unit Choice Theme Day. See below for each unit's choice.
Friday 7/12 is Water Carnival Day and the last day of Second Session!
- Today was **PIRATE DAY** as well as our ALL CAMP COOKOUT!



- Wednesday was **WESTERN WEDNESDAY!**



- **Tradition Highlight:** **LIVESTOCK** is the High Meadows weekly variety show, named in honor of "Woodstock". It has been a weekly tradition for over twenty years. The first two Fridays of each session, Seniors campers gather in the barn theater to perform everything from skits to music to comedy to poetry! Counselors usually host it and get everyone started by singing our Livestock song. On the last Friday of each session, Seniors host the rest of the camp on the high meadow and campers from all units get to perform. For the past couple of years,

Seniors have been experimenting with different formats for Livestock a couple of times a summer, including Randomstock (where campers sign up and perform a random improv act that they draw from a hat) and today's Counselorstock (where roles are reversed; Campers host and Counselors perform). Regardless of the format, it is always a good time for both campers and counselors alike.



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

High Meadows campers have the skills and the freedom to explore, be creative, and problem solve independently. High Meadows campers practice personal responsibility and self-advocacy. High Meadows campers have the confidence to express themselves as individuals and respect the individuality of others.

Questions to discuss with your camper:

- What is independence? What does independence look like?
- How do we practice independence at camp?
- What opportunities do we have to express ourselves at camp?
- What does it feel like to be independent?
- What does it mean to respect the individuality of others?



- 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

- Our Unit Choice for next Wednesday 7/10 is **Hat Day!**
- If you have not already done so, please send in a plain white t-shirt with your camper by Monday 7/8
- In Art this week, we colored in American flags to celebrate July 4th, and also made tipis today.





~ Tierney

- Our Unit Choice for next Wednesday 7/10 is **Cartoon Character Day!**
- Campers made their own picture frame to commemorate their time in Grasshoppers!
- This week, Grasshoppers groups have participated in the Water Challenge to see which group refilled their water bottles the most often.

- We cooled off on the waterslide on Tuesday!

Grasshoppers Snack Menu	Mon	8 th	Wands
	Tues	9 th	Veggie Cups
	Wed	10 th	Mickey Mouse Oreos
	Thurs	11 th	Graham Cracker Strawberry Cheesecakes
	Friday	12 th	Popsicles



~ Travis and Anna

- Our Unit Choice for next Wednesday 7/10 is **Alphabet Soup Day!**
- If you have not already done so, please send in a plain white t-shirt with your camper by Monday 7/8 for Tie-Dye.
- Please send a trash-free lunch with your camper next week, as we will be having a No-Trash challenge!



Juniors Snack Menu	Mon	8 th	Haystacks
	Tues	9 th	Spider Snacks
	Wed	10 th	Banana treats
	Thurs	11 th	Butterfly bags
	Friday	12 th	Popsicles





~ Jennifer and Rob

- Our Unit Choice for next Wednesday 7/10 is **Neon Dance Party Day!**
- The **NO SCREEN CHALLENGE** ~ A great camp tradition that starts on Monday 7/8 at camp and ends Thursday 7/11 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, tablets, smartphones, 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 cooled off on the waterslide on Tuesday!

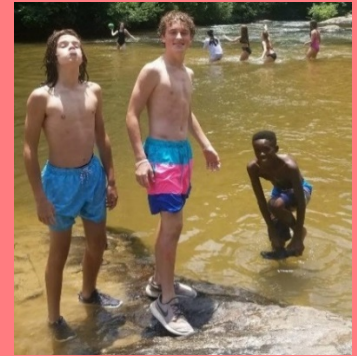


~ Annie, Max, Tina, Rey, and Matt



- The Unit Choice for both Quest and Legend on Wednesday 7/10 is **Video Game Character Day!** Please limit the apparel to games rated E or E-10. We ask that campers bring the spirit of their character to camp, but leave their electronics and collectibles at home. We are looking forward to a wild and wacky day!

- For Senior Activity this week, we have played Capture the Flag, basketball, water weasel, and other games. Quest played a game of Social Ball while Legend was on the river!
- Legend had a great time on the Amicalola River on Monday. They also had an amazing Overnight on Tuesday which included a friendly Camper vs. Counselor soccer game, fun on the waterslide, dinner, down time on the low meadow, dessert, games in the barn theater, a special campfire ceremony prepared by campers, and of course, Donut Trivia breakfast.



- **Quest Lake Trip** is Monday 7/8, Quest campers will load up on a bus and make the short drive to Victoria Beach on Lake Allatoona, weather permitting. What to bring: Close-toed shoes with heel straps (old tennis shoes or Keens are the best for protecting feet in the water), towel, sunscreen and bug spray.
- **QUEST EVENING** on Tuesday 7/9, is a wonderful way to spend an evening on our campus.

Details: Quest campers will enjoy a group game, take a dip in the pool, eat a scrumptious meal prepared by the counselors, enjoy some down time, 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 or print it 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, as well as water & juice

Taco Bar

Peanut-free Butter and Jelly sandwich alternative

& of course S'mores!

CIT Corner ~ Hannah and Andy

- Hi. Hello. Greetings. Happy Friday as always. We hope you enjoyed your 4th of July festivities. Unsurprisingly, we've had another thrilling camp week! CITs, as usual, have put tremendous amounts of energy into giving campers the best experience possible. In addition, we dressed up for Pirate Day today and dressed up for Western Wednesday on (you guessed it) Wednesday. Some CITs stayed on Tuesday for the Senior Legend Overnight, prepping food, joining in the activities, and sleeping comfortably on the ground. The group has also spent significant time working on their video projects. Next week, we should have two new CIT-produced instructional videos on High Meadows traditions and safety in woodworking. Finally, today was the camp-wide hotdog cookout, and we had the pleasure of serving the rest of the camp. What an opportunity. Things next week to look forward to: Senior Quest Evening, Kitchen Utensil Day, Water Carnival Day.

Thanks for your readership. Have the loveliest weekend of the week!

Handy



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 went to the Grandfather Tree, used our senses while playing the hiding game, and learned about various animal bones and structures.
- **Traditions**- Grace
- This week in Traditions, Grasshoppers created words during our ABC Scrabble Scavenger hunt and we dressed up the Counselors so they could perform the story of King Arthur! They also decorated their own crowns.
-This week in Traditions, Juniors and Super Seniors also did an ABC Scrabble Scavenger hunt and the campers performed the story of King Arthur!
- **Arts and Crafts**- Dax and Cate
-This week in Arts and Crafts, Grasshoppers designed their own cardboard octopi and made self-portrait aquariums for the Water Carnival.
-This week in Arts and Crafts, Juniors made cat eyes out of yarn and self-portrait aquariums for the Water Carnival.
-This week in Arts and Crafts, Super Seniors did ribbon weaving and made self-portrait aquariums for the Water Carnival.
- **Sports**- Tristan and Fiona
-This week in Sports, Grasshoppers played Switcheroo Dodgeball where they practiced good sportsmanship.
-This week in Sports, Juniors played car lot, King and Queen Dodgeball, and Atomic Jelly Beans, which are all games meant to help the Juniors practice teamwork and strategy.
-This week in Sports, Super Seniors played Manhunt, Bomberball, and Pirates' Treasure, which all exercised different skills and parts of their body while they had friendly competition through teamwork and strategy.
- **Discovery**- Ben and Hayleigh
-This week in Discovery, all units explored chemical reactions when they made exploding chalk bags. They also teamed up to guide each other through a course with their eyes closed. Later in the week, the units made sound maps where they sat with their eyes closed and listened to the sounds around them.
- **Archery**- Jackson
-This week in Archery, we did balloon pop shooting to focus on aiming and improving accuracy. We also did flight shooting, which uses the back muscles to help our archers get further distance when shooting.
- **Woodworking**- Andy and Cam
-This week in Woodworking, Super Seniors have been working on their projects. After cutting pieces, nailing the projects, and sanding them, they are finally starting to come together. Some of the projects Super Seniors have chosen to make include birdhouses, tanks, planes, cars, and sailboats.