



High Meadows Happenings

camp@highmeadows.org

7/18/2014



This Week's News

770-993-7975



- Calendar Events for all camp:

Wednesday, 7/23rd is *Alphabet Soup Day!*

Friday 7/25th is **ALOHA FRIDAY** & Full Day Camp Lunch Cookout



Don't forget to "like" High Meadows Camp on Facebook in order to keep up with the latest announcements and camp news.

- If your children enjoy High Meadows Camp, they may also love attending High Meadows School! There will be an informational coffee on Thursday, July 31 from 9:00 – 11:00 a.m. for any parents who may be interested in learning more about High Meadows School. For more information, please contact Laura Nicholson, the Director of Admissions at (770) 993-2940 or at lnicholson@highmeadows.org.



- People Highlight: CAMP KUDZU** provides an opportunity for campers with Type 1 Diabetes to experience day camp here at High Meadows as well as residential camping at a variety of locations. This week, we were privileged to host 36 campers from Camp Kudzu ages 5 – 9. These campers were integrated into our Grasshopper and Junior programs. For more information regarding Camp Kudzu, please visit www.campkudzu.org.

- New Place Highlight: THE PLAYSCAPE** - Ants camp was only held first session this summer so that construction could begin on High Meadow's newest feature, the Preschool Playscape. The Playscape is more than just a playground. In keeping with the spirit of High Meadows, it will be a nature-based discovery area filled with places to play, learn, wonder, and dream. The Playscape was designed by a landscape architectural firm who took input and ideas from High Meadows administrators, staff, faculty, and parents.



- This week our featured camp value was **Communication**. We hope that you take the time to discuss this and the other previously-highlighted values of the week with your camper.

High Meadows campers practice communication as a tool for understanding and cooperation.

High Meadows campers appreciate the power of communication to increase respect and strengthen community.

High Meadows campers understand that communication is not just about self-expression, but also about listening to others.

Grasshopper Gazette! ~ Marli

- On Wednesday, we designed and colored our Grasshopper groups' signs.
- Today, we joined the Juniors on the Jell-O slide.
- We will be making our special Grasshoppers t-shirts and Monday and/or Tuesday. If you have not already done so, please send your Grasshopper camper with a plain, white t-shirt on Monday.



Juniors Journal! ~ Allison, Olivia, and Avery

- On Wednesday and Thursday, we had a great time Tie Dying our shirts!
- Today, we all had a lot of fun cooling off on the Jell-O slide!



Grasshopper and Junior Snack Menu

Snack Menu	Mon	21 st	Moon Pies
	Tues	22 nd	Veggie Cups
	Wed	23 rd	Alphabet Pizzas
	Thurs	24 th	Haystacks
	Friday	25 th	Cookie Decoration/Tea Party

Super Senior Shout Outs! ~ Jennifer & Jake

- One of the favorite activities in Super Senior camp is the singing of our time-honored camp songs! This week, we have been working on two Super Senior standards, "The Underwear Song" and "Mrs. Murphy's Chowder".





Senior Quest Quips & Legend Lore! ~ Cristina & Andy

- Today was First **LIVESTOCK** of the session! Livestock takes place every Friday in The Barn Theatre for Senior campers and counselors who want to show off their talents, sing camp songs or have skit challenges.



- **Legend River Trip** will be Wednesday, 7/23. The 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



- **Legend Overnight** will be Thursday, 7/24. 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)
- ✓ Sleeping bag & pillow
- ✓ Sleepwear and toiletries
- ✓ Clothing for the next day, which will be Aloha Friday (so pack a Hawaiian shirt or a lei)

Since Friday, 7/25 will also be the All-Camp Cookout, your camper will only need one lunch for Thursday. 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/registration/forms>

You may email it to camp@highmeadows.org or print and turn it in to a counselor.

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 and camp songs in the Barn Theatre, and finish the night with an American Indian Ceremony presented by the Native Lore 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

Make your own taco bar (with lettuce, cheese, salsa, tomatoes, beans, meat, etc.)
Ice cream sandwiches and popsicles for desert

Breakfast: A variety of fruit

An assortment of cereals
A plethora of Juices & milk
And of course... Donut Trivia

- **Quest** has been enjoying the Question of the day when they are challenged to answer questions based on HM facts or random trivia.

Nurse Nook



- * Keep hydrated after camp too!
- * Make sure to eat a good breakfast before coming to camp!
- * Don't forget hats and water bottles!!!
- * Please contact the nurse directly if you have any questions or health concerns. (678) 507-1180