



High Meadows Happenings

7/15/2016 camp@highmeadows.org

This Week's News

770-993-7975

- Calendar Events for all camp:
Wednesday 7/20 is Western Wednesday!
Friday 7/22 is **Aloha Friday** as well as our All Camp Hot Dog Cookout!
- Today was **WACKY TACKY DAY!**



- **Person Highlight:** **ANNIE KIMBALL** is our Senior Camp Director. She has been a student, teacher, camper, and Counselor at both High Meadows School and Camp over the years. Her two brothers have also attended and worked at camp here and now her son just finished his first year in Ants. As an avid artist, she has painted many things on our campus including some signs and a mural by the pool (pictured below). She was recently selected by the city of Woodstock in conjunction with the city of Atlanta to paint a mural in downtown Woodstock. She will be collaborating with members of the community to find out what makes Woodstock unique, which will drive the design and content of the mural!



- **Special Visitors 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 campers from Camp Kudzu ages 5 – 9. These campers were integrated into our Grasshopper, Junior, and Super Senior programs. For more information regarding Camp Kudzu, please visit www.campkudzu.org.



- 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.

Questions for discussion with your camper:

- What is communication? What does communication look like?
- What are some different ways we communicate?
- How is listening to others a part of communication?
- How can communication help us better understand others?
- How can we practice communication at camp?

- 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.



~ Mother Nature (Bunny)

- 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.

- For snack, we have been making different variations of Ants on a Log with combinations of celery, pretzels, and breadsticks (for the log), and raisins, chocolate chips, and beans (for the ants).
- Please send in a plain White t-shirt with your camper if you haven't already done so!



~ Kimmie

- Please send in a plain white t-shirt with your camper by next Tuesday 7/19, as we will be making Grasshoppers shirts next week.
- We have had several fun snacks this week including fruit kabobs and graham cracker flags.
- We made our group name signs during group time.

- Don't forget to check your camper's backpack for sunscreen and water bottles in the morning!



Grasshoppers
Snack Menu

Mon 18th
Tues 19th
Wed 20^h
Thurs 21st
Friday 22nd

Watermelon
Trail Mix
Haystacks
Veggie Cups
Fruit Skewers



~ Allison and Kaela

- Junior campers will be tie-dying shirts next week. Please send in a plain white t-shirt with your camper by next Tuesday 7/19.
- Juniors had several delicious snacks this week including watermelon, pizza bagels, and a popcorn bar.



Juniors
Snack Menu

Mon 18th
Tues 19th
Wed 20th
Thurs 21st
Friday 22nd

Veggie Cups
Fruit Cups
Haystacks
Trail Mix Scavenger Hunt
Ocean Cups



~ Jennifer and Morgan

- We have 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 have played several group games including Gaga, Hide and seek, and Capture the Flag in Sports!

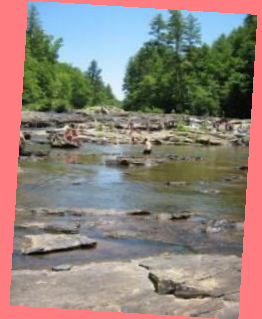


~ Annie, Katie, and Andy

- 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 7/20. 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 7/21. 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 Aloha Friday!
- 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

Sandwich 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

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 are very excited about continuing our CIT Values Program this session. Each week, CITs will focus on a particular camp 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, each CIT will present an expressive project to our group as a whole. This particular group of energetic CITs has shared ideas that are extremely creative, bringing a fresh new perspective and a different twist that we have not yet seen. This group has also shown extreme determination and cooperation during skill building activities. Thankfully, they were able to work together to locate a 'missing camper' on Wednesday during a drill conducted by John and Hannah. We cannot wait to see what the rest of this session has in store for the CIT program.

