



High Meadows Happenings

7/21/2017 camp@highmeadows.org



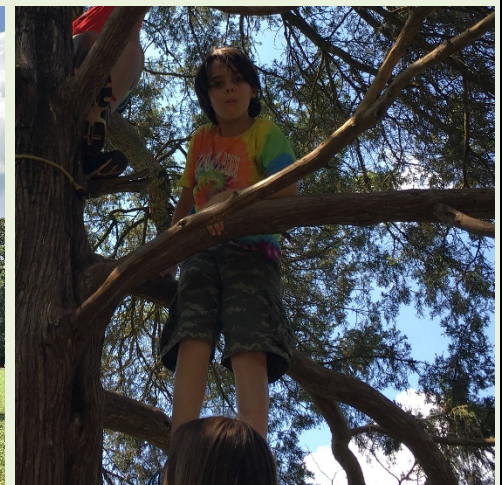
This Week's News 770-993-7975

- Calendar Events for all camp:
Wednesday 7/26 is Sports Fan Day!
Friday 7/28 is **UNIT PRIDE DAY** as well as our All Camp Hot Dog Cookout!
See below for which color your child's Unit will wear.

- **POOL POST** (Lynda)- At High Meadows, part of our instructional swim curriculum includes teaching children to swim without their goggles so that they are prepared to face any emergency water situation that may come their way. While we understand that some children may need goggles for medical reasons, any camper that brings goggles needs to be fully responsible for them (including knowing how to put them on).
- Today was **CRAZY HAIR AND HAT DAY!**



- **Place Highlight:** **THE CHICKEN TREE** is the nickname of a tree on the High Meadow located near Seniors carpool and our vegetable gardens. It is a male Juniper tree that got its nickname because the chicken coop used to be located nearby and when the tree was young and smaller, the chickens would come and climb it or rest under its shade. While the chicken coop has long since moved, the tree remains a favorite of our campers (especially our Seniors campers) who enjoy its shade and climbing its easy-to-navigate branches during carpool.



- **This week's 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)

- We made multiple variations of Ants on a Log for snack this week.
- We visited the compost, learned how it works, and got to hold earthworms.
- Reminder- Ants will NOT be participating in the All Camp Hot Dog Cookout next Friday 7/28, 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.



~ Kimmie

- We will be wearing orange for Unit Pride Day next Friday 7/28!
- Our campers have really enjoyed riding the ponies and exploring High Meadows.



Grasshoppers Snack Menu	Mon 24 th	Haystacks
	Tues 25 th	Fruit Skewers
	Wed 26 th	Sugar Cookies
	Thurs 27 th	Frozen Fruit Pops
	Friday 28 th	Watermelon



~ Kaela, Mary, and Eddie

- Weather permitting, we will be tie-dying shirts next week, so please send in a plain white t-shirt with your camper.
- We made collaborative maps of camp in Arts and Crafts.
- We will be wearing blue for Unit Pride Day next Friday 7/28!



Juniors Snack Menu	Mon 24 th	Magic Wands
	Tues 25 th	Tea Party (juice and cookies)
	Wed 26 th	Fruit kabobs
	Thurs 27 th	Ants on a log
	Friday 28 th	Watermelon



~ Rob and Alden

- We have also been learning all of the traditional Super Senior Camp songs such Herman the Worm, Bazooka Bubble Gum, God Bless My Underwear, and Top Notcher.
- We will be wearing green for Unit Pride Day next Friday 7/28!



~ 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.
- For Unit Pride Day next Friday 7/28, Quest will be wearing red, and Legend will be wearing yellow.



- **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 7/26. 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 7/27. 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 Unit Pride 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 ceremony prepared by camper volunteers. 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

Burger Bar

Chips and Fruit Salad

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 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. We had a fun time playing Social Ball and Capture the Flag at our CIT Overnight last night! Thank you to all of the CITs who came from previous session and all of the counselors who volunteered! Congratulations to our graduating CITs this week, Jack R. and William S.! Your reflections to leadership staff were fantastic. **CITs, don't forget to bring white clothing on Monday so that you can tie-dye on Wednesday!!** We cannot wait to see what the rest of this session has in store for the CIT program!

