



High Meadows Happenings

7/19/2019 camp@highmeadows.org



This Week's News 770-993-7975

- Calendar Events for all camp:
 Tuesday 7/23 is **CAMP KINDNESS DAY!**
 Wednesday 7/24 is **CHARACTER DAY!**
 Friday 7/26 is **ZOOQUARIUM DAY** as well as our All Camp Hot Dog Cookout!

- Today was **Wacky Tacky Day!**



- **Person Highlight:** Bunny (a.k.a. "Mother Nature") started working at High Meadows Camp and School in its first year, 1973. She has worn a variety of hats and T-shirts since then, including swim instructor, nature teacher, traditions counselor, surrogate animal mother, songwriter, legend weaver, Camp/Outdoor Education Director, and Ants Unit Leader. This session, she is hosting "Mother Nature Time", where each lower camp group gets to spend time with her once a week going on hikes with her and learning about High Meadows lore. Several of her family members have also been associated with the Camp and School. Both of her daughters, Anna and Perry, were students, campers and counselors at High Meadows. Her husband John was the first Chairperson of the Board. Even her mother, Ann Teeple, was a teacher at the School during its formative years. No longer living in the Roswell area, Bunny still faithfully returns to camp each summer.



- **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'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.



~ Jan

- Reminder- Ants will NOT be participating in the All Camp Hot Dog Cookout next Friday 7/26, 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.
 - We made s'mores today for snack and spent the week learning each other's names, as well as our morning and goodbye songs.
- Please send in a plain white t-shirt by Monday 7/22, as we will be making our Ants t-shirts!



~ Dani

- Please send in a plain white t-shirt with your camper ASAP, as we will be making our Grasshoppers shirts.
- We have been making snacks such as pizzas and popcorn. We have also been playing games and exploring camp.

**Grasshoppers
Snack Menu**

Mon 22nd
Tues 23rd
Wed 24th
Thurs 25th
Friday 26th

Trail Mix
Dirt Cups
Cat and the Hat Snacks
Veggie cups
Zoo cookies



~ Travis and Anna

- Please send in a plain white t-shirt with your camper ASAP, as we will be tie-dying shirts.
- We had watermelon for snack today and had pizzas and popcorn earlier in the week.
- We are trying to be as trash-free as possible, so please send a trash-free lunch with your camper.

**Juniors
Snack Menu**

Mon 22nd
Tues 23rd
Wed 24th
Thurs 25th
Friday 26th

S'mores Cups
Spider Snacks
Fruit Popsicles
Veggie Cups
Scavenger Hunt



~ Jennifer, Rob, and Sean

- Next Tuesday 7/23, we will be having Mud Day, so please send your camper with clothing that is okay to get very muddy!
- We have been learning all the classic camp songs such as "Darling", "Tom the Toad", and "I lost my underwear".





~ Annie, Max, Anne, 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 this week, we have played Blob Tag, Bomberball, Basketball, GaGa, and Dragon Tag.

- 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 7/24. 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 or Keens are the best for protecting feet in the water), towel, sunscreen, bug spray, water bottle and lunch.



- Legend Overnight is Thursday 7/25. 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 and pillow
- Sleepwear and toiletries
- Attire for Zooquarium 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 it 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 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 and dessert in the Barn Theatre, 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	Breakfast: A variety of fruit
Pasta	An assortment of cereals
Chips and Fruit Salad	A plethora of Juices and milk
Peanut-free Butter and Jelly Sandwich alternative	And of course... Donut Trivia!
Ice cream sandwiches and popsicles for dessert	

CIT Corner ~Hannah and Andy

- Blurb alert! Hi, hey, hello!! The start of Third Session has been just delightful! We started the week off on an empowering note with Javier Estrella, a High Meadows Board member and parent who spoke with CITs about the importance of pushing ourselves out of our comfort zones! We also were lucky enough to have Mr. Camp Director, John Dovic himself discuss practical tips and techniques for effective interview skills. Two CITs presented their final reflections to Leadership Staff on Thursday; congratulations and well done, Sydney and Will! Our CIT Overnight was a blast! We played social ball, greasy watermelon, made friendship bracelets and watched Napoleon Dynamite! Today, we are wrapping up this thrilling, eventful, reflective and transformative week with Wacky Tacky Day!! Yay!! Stay cool this weekend and don't forget to wear sunscreen!

Thanks for reading. See you next week!
Handy



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**- Alex and Josh
 - This week in Nature, Grasshoppers and Juniors used their minds to creatively craft tree and rock faces, exploring nature through their many senses, and got to reflect on their week by visiting the Water Garden.
 - This week in Nature, Super Seniors learned hiding skills, including how to camouflage akin to animals they find in the woods.
- **Traditions**- Grace and Cameron
 - In Traditions this week, Grasshoppers learned about two of our camp creatures, Delores the Dragon and the Rattle Heifer. We also showed them past camp shirts, sang songs, and played a game.
 - In Traditions this week, Juniors learned how to tell the story of High Meadows in Native American sign language. They also went on a scavenger hunt for old camp photos. Finally, we told the stories of two of our camp creatures, Delores the Dragon and the Rattle Heifer.
 - In Traditions this week, Super Seniors learned how Native Americans would stalk to hunt their prey and played a game with this skill. They also learned the stories of the Archery Monster and Wampus Cat. Finally, they learned how to tell the story of High Meadows in Native American sign language.
- **Arts and Crafts**- Dax and Cate
 - This week, Grasshoppers had the chance to play with clay. They made handprints with fun texture designs. They also created their very own monster and animal mouths.
 - This week, Juniors used cookie cutters to shape their clay into designs. They then cut the clay into pieces to make wind chimes. They also created Origami Animal snappers.
 - This week, Super Seniors created Spiral insects with clay. They also created Origami Animal snappers.
- **Sports**- Danny
 - Grasshoppers played competitive Rock-Paper-Scissors, an adaption of the game with a team element. Then, we played Car lot, a fun variation of Sharks and Minnows. We finished the week playing blob tag, a game where the taggers must hold hands
 - Juniors also played competitive Rock-Paper-Scissors and Car lot. They played a camp version of Dodgeball as well.
 - Super Seniors also started the week with competitive Rock-Paper-Scissors. They later played Bomberball and everyone-for-themselves Dodgeball. We finished the week by playing Crab Soccer and Blob Tag.
- **Discovery**- Lily and Hayleigh
 - This week in Discovery, Grasshoppers and Juniors made their own Play-Doh. They also experimented with corn starch and water to form oobleck.
 - This week in Discovery, Super Seniors sailed through this week in their one of a kind boats, which were and made and hand decorated. They also learned what makes a boat glide through water the fastest.
- **Archery**- Jackson and Teresa
 - In Archery this week, we had the kids get familiar with the bow and arrow. We learned the rules and got to learn names.
- **Woodworking**- Logan and Cam
 - 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! We also went over safety rules and how to properly use the different tools while practicing the correct techniques.