**FAQ’s for Parents 11-12-19**

1. **How will Camp develop my daughters’ confidence and leadership?**

The middle school years are the in-between time of life where girls may feel insecure about who they are, and often look to other girls for their place in a group. At High Rocks camp they learn to be confident in their own voice and their own self. This is easier for them in an environment where they are part of groups with other girls they don’t yet know. This leads to deep friendships, and many successes; doing things that are a little out of their comfort zones, with each other’s’ help.

1. **How will Camp help my daughter in preparing for college?**

High Rocks is designed to give confidence to the girls in subjects they might not “like” or feel like they are good at. For example, Math and Science are important for most jobs in their future, and at High Rocks they will experience those classes in small hands-on groups with wonderful experienced teachers who want all the girls to love these subjects.

1. **What are the benefits of coming to Camp for my daughter?**

After coming to Camp, your daughter will be connected to all the other girls, and a network of special mentors. These include the staff, the Americorps mentors , and 8 college Interns who have come from many different colleges to work with these girls; building up their confidence and motivation all year long. They will get as much help as they want with finding things they are really interested in pursuing, taking college trips, “service trips”, and other trips which give them chances for leadership all year.

1. **How did High Rocks start?**

High Rocks started with New Beginnings Camp 1996 as a BIG IDEA of having a “Gifted Program in the Woods”. The idea was to give girls a camp where, by the end, they would feel smart, beautiful, bonded to each other and ready for high school. The classes, including Horses, Outdoor Science, Math, Art, Writing, and a daily discussion group and campfire, have stayed pretty much the same for over 20 years. And having it all outside makes it a really unusual experience, with challenges involving the unpredictable weather, and the lack of normal distractions.

1. **What are some “distractions” the girls will learn to live without?**

Cellphones don’t work very well anyway in our campground, and with many teens seeming dependent on them, we feel like a “device free” two weeks helps build confidence too. And we don’t have TV’s or phones or private rooms. But we do have one of the most beautiful spots in the West Virginia. Owls and fireflies and a huge diversity of wildlife and trees and mountains all around. This gives girls a different, quieter environment to think ,write poetry, play music, and make some deep friendships that may last a lifetime. Girls sleep 4 to a shelter in cots, where they may hear scary noises outside, but squirrels in the leaves usually are the cause. Girls love to get and write letters, a new experience for most.

1. **How is the food at Camp?**

The food is wonderful! The food is what we all wish we could have every day, made for us and our families. Hot breakfast every day with fruit, yogurt, toast or bagels, juice, cocoa, tea and coffee. Main meal at lunch is different every day with a meat and non-meat choice, vegetable choices , and a Huge salad bar daily with lots of choices. Plus always a peanut butter/jelly/ lunchmeat choice. A homemade dessert most nights. Everyone has a water bottle, and we all drink a lot of water. The combination of healthy food, less sugar, and more exercise contributes to every girl feeling beautiful at the end of 2 weeks.

1. **What happens in a typical Day of Camp?**

In New Beginnings, girls are put in groups of 6-8 to rotate thru Math, Horses, Creative Expressions (art and writing), Outdoor Science, and a daily, Perspectives Group, (discussions with different points of view). In addition, they all have a daily chore, end the night with a robust Campfire, and have “Lights Out” in their shelters at 9:30 (with bedtime stories from the Interns. Camp also includes 2 Special Days when we do something different (often a surprise).

1. **Can my daughter miss part of camp?**

Camp is planned out to follow a certain pattern and rhythm. The goal is to have all the girls feeling smart, happy and bonded by the last couple of days. It doesn’t work as well for a girl not to experience the whole thing, and sometimes is harder for the

classes and other girls.

1. **What happens if my daughter gets hurt or sick?**

We have a physician, a nurse, and a hospital close by. We are diligent about about looking after any health issue. At the same time, most girls will get pretty tired after their first few days, as they love to stay up and talk (after lights out). The combination of healthy food exercise, and lots of water usually has them feeling a lot better soon. There is always a staff member to talk to, and a cup of tea. We will let you know if your daughter is hurt or sick.

1. **How much does it cost?**

If you and your parents are committed to you coming we are committed to help find financial aid. We ask that all families contribute as they are able. Private donors make up much of our funding.