



SUMMER BREAK 2018
- Week at a Glance -
- Week 6 -

Date	Plan	Menu
Monday August 6 th	JKC CLOSED FOR AUGUST LONG WEEKEND	
Tuesday August 7 th	Centre Day Crafts and Creations	Morning Snack: Waffles Lunch: Tacos Afternoon Snack: Edamame & Veggie Straws
Wednesday August 8 th	Field Trip YK: Chaldecotte Water park OK: UBC Pool Depart: 9:45 a.m. Return: 4:00 p.m.	Morning Snack: Cereal Lunch: Sandwiches Afternoon Snack: Pudding
Thursday August 9 th	Field Trip Cultus Lake Depart: 8:45 a.m. Return: 5:15 p.m.	Morning Snack: Cereal Lunch: Sandwiches Afternoon Snack: Jello & Watermelon
Friday August 10 th	Centre Day Neighborhood Exploration	Morning Snack: Yogurt & Granola Lunch: Mini Burgers Afternoon Snack: Popcorn

*Food Menu subject to change.

*Please note: children are **not permitted** to bring money on trips.

*Please bring a backpack containing:

- A water bottle
- Walking shoes or boots (weather appropriate footwear)
- Weather appropriate outdoor wear (hat)
- Bathing suit and towel

Sun Safety Guidelines: Sunscreen (minimum SPF 30) must be applied to potentially exposed skin regardless of the weather. The use of hats and sunglasses should also be encouraged. Exposure to direct sunlight between the hours of 11:00 a.m. – 3:00 p.m. should be limited and monitored. Multiple shade and water breaks to minimize the risks of sunstroke and dehydration should also be offered and monitored.