



SUMMER BREAK 2018
- Week at a Glance -
- Week 7 -

Date	Plan	Menu
Monday August 13 th	Centre Day Tie Dye and Button Making	Morning Snack: Bagels Lunch: Chicken Nuggets, Rice, Carrot Medallions Afternoon Snack: Crackers & Cheese
Tuesday August 14 th	Fieldtrip Lynn Canyon Depart: 9:45 a.m. Return: 4:30 p.m.	Morning Snack: Cereal Lunch: Sandwiches Afternoon Snack: Brownies & Milk
Wednesday August 15 th	Field Trip Maple Grove Pool Depart: 10:00 a.m. Return: 3:30 p.m.	Morning Snack: Eggs & Toast Lunch: Sandwiches Afternoon Snack: Popcorn
Thursday August 16 th	Field Trip Bear Creek Park Depart: 9:30 a.m. Return: 4:30 p.m.	Morning Snack: Smoothie Lunch: Sandwiches Afternoon Snack: Ritz Bitz, Veggies & Dip
Friday August 17 th	Field Trip YK: Jericho Beach OK: Kits Pool Depart: 12:00 p.m. Return: 4:00 p.m.	Morning Snack: Yogurt & Granola Lunch: Ginger Orange Tofu Stir Fry & Rice Afternoon Snack: Watermelon & Chips

*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.