



SUMMER BREAK 2018
- Week at a Glance -
- Week 9 -

Date	Plan	Menu
Monday August 27 th	Centre Day Cardboard City	Morning Snack: French Toast Lunch: Fettuccini Alfredo & Steamed Broccoli Afternoon Snack: Apple Crisp
Tuesday August 28 th	Fieldtrip Terra Nova Depart: 10:00 a.m. Return: 3:15 p.m.	Morning Snack: Oatmeal Lunch: Sandwiches Afternoon Snack: Chips & Dip
Wednesday August 29 th	Field Trip Spanish Banks Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Muffins Lunch: Sandwiches Afternoon Snack: Mini Quiches
Thursday August 30 th	Field Trip YK: Go Bananas OK: Watermania Depart: 10:15 a.m. Return: 3:45 p.m.	Morning Snack: Hashbrowns Lunch: Sandwiches Afternoon Snack: Smoothies
Friday August 31 st	Centre Day End of Summer Dance Party	Morning Snack: Yogurt & Granola Lunch: Grilled Cheese Sandwich & Tomato Soup Afternoon Snack: Freezies

*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.