



SUMMER BREAK 2019
- Week at a Glance -
- Week 2 -

Date	Plan	Menu
Monday July 8 th	Centre Day Fiesta Fun	Morning Snack: Pancakes Lunch: Tacos Afternoon Snack: Nachos
Tuesday July 9 th	Field Trip K-1: Lynn Canyon 2-7: Hillcrest Pool Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Egg Wraps Lunch: Sandwiches Afternoon Snack: Trail Mix
Wednesday July 10 th	Field Trip K-1: Chaldecott Waterpark 2-7: Lynn Canyon Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Cereal Lunch: Sandwiches Afternoon Snack: Fishy Crackers & Seaweed
Thursday July 11 th	Field Trip/Centre Day K-1: Grouse Mountain 2-7: In House Presenter: Urban Safari Depart: 10:00 a.m. Return: 5:00 p.m.	Morning Snack: Smoothie Lunch: Sandwiches/Stir Fry Rice Afternoon Snack: Pretzel & Secret Sauce
Friday July 12 th	Field Trip K-1: In House Presenter: Urban Safari 2-7: Grouse Mountain Depart: 10:00 a.m. Return: 5:00 p.m.	Morning Snack: Yogurt & Granola Lunch: Stir Fry Rice/Sandwiches Afternoon Snack: S'mores

*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.