



SUMMER BREAK 2019  
- Week at a Glance -  
- Week 3 -

Date	Plan	Menu
Monday July 15 <sup>th</sup>	<b>Centre Day</b> Science & Inquiry	<b>Morning Snack:</b> Pancakes <b>Lunch:</b> Spaghetti & Caesar Salad <b>Afternoon Snack:</b> Pita & Hummus
Tuesday July 16 <sup>th</sup>	<b>Field Trip</b> K-1: Vancouver Aquarium 2-7: Maple Grove Pool <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:00 p.m.	<b>Morning Snack:</b> Egg & Toast <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Veggie Straws
Wednesday July 17 <sup>th</sup>	<b>Field Trip</b> K-1: Maple Grove Pool 2-7: Vancouver Aquarium <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:00 p.m.	<b>Morning Snack:</b> Cereal <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Fruit Jello
Thursday July 18 <sup>th</sup>	<b>Field Trip</b> K-1: Terra Nova Park 2-7: Kitsilano Beach <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:00 p.m.	<b>Morning Snack:</b> Smoothie <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Popcorn
Friday July 19 <sup>th</sup>	<b>Field Trip</b> K-1: Kitsilano Beach 2-7: Terra Nova Park <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:00 p.m.	<b>Morning Snack:</b> Yogurt & Fruit <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Cookies

\*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.