



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

Date	Plan	Menu
Monday July 15 th	Centre Day Science & Inquiry	Morning Snack: Pancakes Lunch: Spaghetti & Caesar Salad Afternoon Snack: Pita & Hummus
Tuesday July 16 th	Field Trip K-1: Vancouver Aquarium 2-7: Maple Grove Pool Depart: 9:30 a.m. Return: 4:00 p.m.	Morning Snack: Egg & Toast Lunch: Sandwiches Afternoon Snack: Veggie Straws
Wednesday July 17 th	Field Trip K-1: Maple Grove Pool 2-7: Vancouver Aquarium Depart: 9:30 a.m. Return: 4:00 p.m.	Morning Snack: Cereal Lunch: Sandwiches Afternoon Snack: Fruit Jello
Thursday July 18 th	Field Trip K-1: Terra Nova Park 2-7: Kitsilano Beach Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Smoothie Lunch: Sandwiches Afternoon Snack: Popcorn
Friday July 19 th	Field Trip K-1: Kitsilano Beach 2-7: Terra Nova Park Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Yogurt & Fruit Lunch: Sandwiches Afternoon Snack: 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.