



SUMMER BREAK 2019  
- Week at a Glance -  
- Week 5 -

Date	Plan	Menu
Monday July 29 <sup>th</sup>	<b>Centre Day</b> Culinary Creation	<b>Morning Snack:</b> Pancakes <b>Lunch:</b> Mac & Cheese <b>Afternoon Snack:</b> Chips & Salsa
Tuesday July 30 <sup>th</sup>	<b>Field Trip</b> K-1: Kidtropolis 2-7: Granville Island Waterpark <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:00 p.m.	<b>Morning Snack:</b> Eggs & Toast <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Trail Mix
Wednesday July 31 <sup>st</sup>	<b>Field Trip</b> K-1: Kitsilano Pool 2-7: Deer Lake Pedal Boat <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> Crackers & Cheese
Thursday August 1 <sup>st</sup>	<b>Field Trip</b> K-1: Movie: Toy Story 4 2-7: Jericho Beach <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:30 p.m.	<b>Morning Snack:</b> Smoothie <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Pita & Hummus
Friday August 2 <sup>nd</sup>	<b>Field Trip</b> K-1: Granville Island Waterpark 2-7: Movie: Toy Story 4 <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:30 p.m.	<b>Morning Snack:</b> Yogurt & Granola <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Brownies

\*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.