



SUMMER BREAK 2019  
- Week at a Glance -  
- Week 6 -

Date	Plan	Menu
Monday August 5 <sup>th</sup>	CLOSED CIVIC HOLIDAY	
Tuesday August 6 <sup>th</sup>	Centre Day Crazy Carnival	<b>Morning Snack:</b> Pancakes <b>Lunch:</b> Tortellini <b>Afternoon Snack:</b> Rice Krispies
Wednesday August 7 <sup>th</sup>	<b>Field Trip</b> K-1: Stanley Park 2-7: UBC Pool <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:15 p.m.	<b>Morning Snack:</b> Smoothie <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Fishy Crackers & Seaweed
Thursday August 8 <sup>th</sup>	<b>Field Trip</b> All: Playland <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:30 p.m.	<b>Morning Snack:</b> Cereal <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Pretzels & Secret Sauce
Friday August 9 <sup>th</sup>	<b>Field Trip</b> K-1: Jericho Beach 2-7: Stanley Park <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:00 p.m.	<b>Morning Snack:</b> Yogurt & Granola <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> 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.