



SUMMER BREAK 2019
- Week at a Glance -
- Week 7 -

Date	Plan	Menu
Monday August 12 th	Centre Day Tropical Beach Bash	Morning Snack: Pancakes Lunch: Greek Salad, Rice, Pita & Hummus Afternoon Snack: Banana Bites
Tuesday August 13 th	Field Trip K-1: Lynn Canyon 2-7: Maple Grove Pool Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Eggs & Toast Lunch: Sandwiches Afternoon Snack: Veggie Straws
Wednesday August 14 th	Field Trip K-1: Maple Grove Pool 2-7: Capilano Suspension Bridge Depart: 10:00 a.m. Return: 4:30 p.m.	Morning Snack: Cereal Lunch: Sandwiches Afternoon Snack: Fruit Jello
Thursday August 15 th	Field Trip K-1: Fraser Valley Fish Hatchery 2-7: Spanish Banks Depart: 9:00 a.m. Return: 5:00 p.m.	Morning Snack: Smoothie Lunch: Sandwiches Afternoon Snack: Potato Chips
Friday August 16 th	Field Trip K-1: Chaldecott Waterpark 2-7: Lynn Canyon Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Yogurt & Granola 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.