



SUMMER BREAK 2019  
- Week at a Glance -  
- Week 8 -

Date	Plan	Menu
Monday August 19 <sup>th</sup>	<b>Centre Day</b> Sensory Summer	<b>Morning Snack:</b> Pancakes <b>Lunch:</b> Quesdilla, Guac & Toppings <b>Afternoon Snack:</b> Sweet Pita & Hummus
Tuesday August 20 <sup>th</sup>	<b>Field Trip</b> K-1: Terra Nova Park 2-7: Kitsilano Pool <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:00 p.m.	<b>Morning Snack:</b> Egg Wraps <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Fruit Kebabs
Wednesday August 21 <sup>st</sup>	<b>Field Trip</b> K-1: Douglas Park 2-7: Science World <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> Pudding
Thursday August 22 <sup>nd</sup>	<b>Field Trip</b> K-1: Science World 2-7: Terra Nova Park <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 August 23 <sup>d</sup>	<b>Centre Day</b> End of Summer BBQ	<b>Morning Snack:</b> Yogurt & Granola <b>Lunch:</b> Hot Dog & Potato Wedges <b>Afternoon Snack:</b> Berry Crisp

\*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.