



SUMMER BREAK 2019
- Week at a Glance -
- Week 9 -

Date	Plan	Menu
Monday August 26 th	Centre Day Going Green	Morning Snack: Pancakes Lunch: Spaghetti & Caesar Salad Afternoon Snack: Edamame
Tuesday August 27 th	Field Trip K-1: Kidtropolis 2-7: Hillcrest Pool Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Eggs & Toast Lunch: Sandwiches Afternoon Snack: Trail Mix
Wednesday August 28 th	Field Trip K-1: Stanley Park 2-7: Laserdome Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Cereal Lunch: Sandwiches Afternoon Snack: Crackers & Cheese
Thursday August 29 th	Field Trip K-1: Bear Creek Train & Mini Golf 2-7: End of Summer Dance Party Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Smoothie Lunch: Sandwiches/Grilled Cheese & Soup Afternoon Snack: Pretzel & Secret Sauce
Friday August 30 th	K-1: End of Summer Dance Party 2-7: Granview Lanes Depart: 10:00 a.m. Return: 4:00 p.m.	Morning Snack: Yogurt & Fruit Lunch: Grilled Cheese & Soup/ Sandwiches Afternoon Snack: 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.