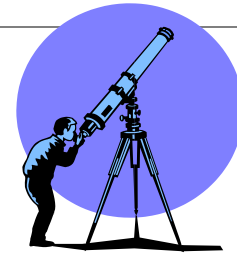


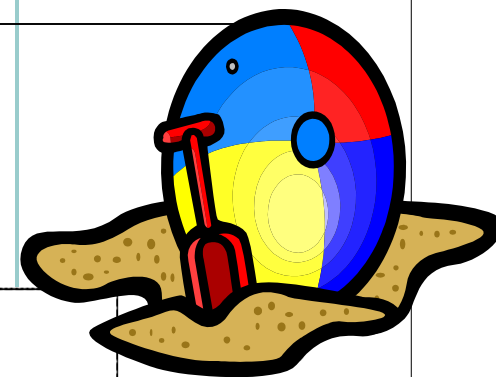


Adventure: Week Eight



Monday July 27	Tuesday July 28	Wednesday July 29	Thursday July 30	Friday July 31
<p>Swimming @ McCambridge</p> 	<p>Batting Cages</p>	<p>Griffith Park Observatory</p>	<p>Beach Overnight</p> 	
<p>Departure Time: 12:00pm</p> <p>Arrival Time: 4:00pm</p>	<p>Departure Time: 10:00am</p> <p>Arrival Time: 4:00pm</p>	<p>Departure Time: 10:00am</p> <p>Arrival Time: 4:00pm</p>	<p>Departure Time: 12:00pm</p>	<p>Arrival Time: 4:00pm</p>
<p>Things To Bring: Lunch Snacks Sunscreen Towel Swim Suit Swim Shoes Money (Optional)</p>	<p>Things To Bring: Lunch Snacks Sunscreen Money (Optional)</p>	<p>Things To Bring: Lunch Snacks Sunscreen Water Money (Optional)</p>	<p>Things To Bring: *See Separate Flyer For What To Bring</p>	



Food and Fun: Tune Out the TV

- Limit TV and other screen time to less than 2 hours per day.
- Consider having screen-free days for the whole family—your children will take their cues from you!
- Help children deal with boredom by suggesting other activities like family game nights or reading.
- Try to not allow TV during meals or homework times.

