



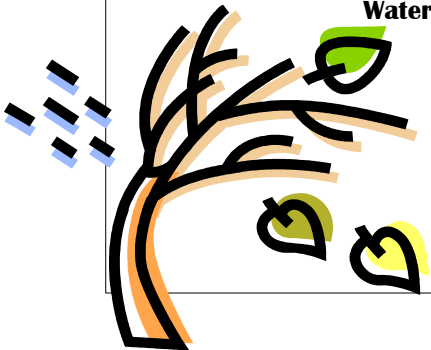


Discovery: Week Eight

Weather Week



Monday July 27	Tuesday July 28	Wednesday July 29	Thursday July 30	Friday July 31
Swimming 	Hurricane Harbor	Swimming 	Castaic Lake	Pickwick Bowling
Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 8:00am Arrival Time: 5:30pm	Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 8:30am Arrival Time: 5:30pm	Departure Time: 11:00am Arrival Time: 4:00pm
Things To Bring: Lunch Snacks Sunscreen Towel Swim Suit Swim Shoes Water	Things To Bring: *Money for Lunch Snacks Sunscreen Swim Suit Towel Swim Shoes	Things To Bring: Lunch Snacks Sunscreen Towel Swim Suit Swim Shoes Water	Things To Bring: Lunch Snacks Sunscreen Towel Swim Suit Swim Shoes Water	Things To Bring: Lunch Snacks Sunscreen Money (Optional) Water



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.

