






Voyager: Week Eight

World Week



Monday July 27	Tuesday July 28	Wednesday July 29	Thursday July 30	Friday July 31
Gymnastics	Swimming 	Placerita Nature Center	Swimming 	Seaside Lagoon 
Departure Time: On Site	Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 9:00am Arrival Time: 4:00pm	Departure Time: 12:00pm Arrival Time: 4:00pm	Departure Time: 9:00am Arrival Time: 5:00pm
Things To Bring: Lunch Morning Snack Sunscreen	Things To Bring: Lunch Morning Snack Sunscreen Towel Swim Suit Swim Shoes	Things To Bring: Lunch Morning Snack Sunscreen	Things To Bring: Lunch Morning Snack Sunscreen Towel Swim Suit Swim Shoes	Things To Bring: Lunch Morning Snack Sunscreen Water Money (Optional)



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.

