



Cooking: July 17th-21st

Things to remember:

EVERY day your child should have:

..sunscreen applied before arriving at Kids Inc.
We do not reapply until after lunch!

- ..lunch with a frozen gel pack (no warm-ups)
- ..water bottle with **NAME** on it
- ..backpack with name
- ..change of clothes
- ..book to read
- ..change of shoes or water shoes/flip flops
- ..on warm days, water play may be included, Make sure your child/ren have extra clothes and/or swimsuit/towel which can be left in cubby. Please clear out at the end of each week

All children must be at camp by 9:00 AM on field trip days. Field trips leave Kids Inc by 9:10.

You can find the weekly newsletters on our website in the summer tab... www.kidsincseattle.com, posted weekly on the Friday before the intended week.

	MONDAY 7/17	TUESDAY 7/18	WEDNESDAY 7/19	THURSDAY 7/20	FRIDAY 7/21
SLIMY FLOWERS <small>Kindergarteners</small>	Activities at the center See Activity Plan Sheet	Field Trip to Veraci Pizza and Gilman Park	Activities at the center See Activity Plan Sheet	Activities at the center See Activity Plan Sheet	Field Trip to Ross Park
FLYING TACOS <small>1st & 2nd Grades</small>	Field Trip to Golden Gardens	Activities at the center See Activity Plan Sheet	Field Trip to Ballard for the Taste of Ballard!	Activities at the center See Activity Plan Sheet	Activities at the center See Activity Plan Sheet
Happy Jalapeños <small>3rd, 4th & 5th Grades</small>	Activities at the center See Activity Plan Sheet	Field Trip to Uwajimaya	Activities at the center See Activity Plan Sheet	Field Trip to Theo's Chocolate	Activities at the center See Activity Plan Sheet

Breakfast is an important meal. We serve a breakfast "snack" at Kids Inc. and it is only for those early morning campers. The children run and play hard. They need the energy to make it to lunch. Please make sure your child eats a healthy breakfast at home before coming to camp! Thank you for your cooperation.

Cooking Week The Slimy Flowers (K's)

I hope you are hungry! It's Cooking Week and we are going to make some delicious foods! We start off making aprons and we will create personal pizzas, because on Tuesday we will visit Veraci Pizza to see how the pros do it and then spend the rest of the day at Gilman Park. Wednesday, Scandinavian food will be the theme. We will be making mashed potatoes with Swedish meatballs and learning how to "catch fish" and "milk" a goat! Thursday is bike day along with "healthy" snacks such as fruit smoothies, kale chips and fruit kabobs. Friday ends the week with a trip to Ross Park.

Henry



Cooking Week Flying Tacos (1st, 2nd Graders)

It's Cooking Week! This week we will test our culinary skills as we discover recipes from a variety of cultures. We will try our hand at some Hawaiian dessert, Thai soup, Mexican snacks and a Scandinavian breakfast! We will relax and prepare for our busy week at Golden Gardens on Monday and take a look at professional establishments in action as we tour our local shops here in Ballard on Wednesday. Also, we welcome kids to bring their favorite family dishes to share for our pot-luck lunch on Friday! Kids Inc. campers are in for a treat this week! Bon Appetite!

Lindsay and Sebastian

Cooking Week Happy Jalapeños (3rd -5th Graders)

Bonjour, Hola, Kon'nichiwa, Welcome to cooking week!!! This week we are visiting three different counties to sample some of their most tasty cuisine. Monday we are traveling to Japan and making fluffy cheesecake and sushi. Tuesday we are going to go on a field trip to Uwajimaya and have a picnic. Wednesday we will be traveling to Europe and sampling some French cuisine; making crepes in the morning for breakfast, then whipping up some crème brulee and vol-au-vents. Thursday we will finally be making the field trip we have waited so long for...the Theo Chocolate Factory!!! Then Friday we will be wrapping up our world wind trip in Mexico. Learning how to make Enchiladas Blanca's, Horchata, and stuffed peppers. Do not miss this amazing culinary adventure. Happy Jalapenos we can't wait to see you there!

Cecilia and Morgan

Beach Day/Park Day/Everyday

Please note the schedule above for Beach and Park day. **Don't forget to apply that sunscreen before your child gets here to Kids Inc. everyday.** The kids will be leaving by 9:10 and returning by 3:00 pm.

Washington Administrative Code insists that either all children have freezer packs in their lunch or we must carry portable coolers on our fieldtrips. **We are asking for your support. Please make sure that your child has a freezer pack in their lunch. A frozen water bottle works great. Thanks for your help.**