



St. Benedict School Extended Day  
4811 Wallingford Avenue North Seattle, WA. 206.518.6009

## 2014 Summer Session – Weekly Activities

Welcome to St. Benedict Extended Day Summer Session. We provide an all-day summer program from 6:30 AM to 6:00 PM for students ages 5 through 12. Our emphasis is to explore new interests and enjoy creative fun.

There will be 18-20 field trips that support weekly themes. Participants will also enjoy a variety of other daily activities such as:

- ≈ Health & Fitness - Outdoor Playground Time ≈
- ≈ Guest Speakers ≈
- ≈ Arts & Crafts & Cooking Projects ≈
- ≈ Theatre and Dramatic Activities ≈
- ≈ Water Games & Slip `n Slides ≈
- ≈ Creating Books and Journaling ≈
- ≈ Dancing & Relay Races & Obstacle Courses ≈
- ≈ Building Social Skills In Group Settings and Individually ≈
- ≈ Weaving Art, Communication, Math, Science, Reading, and Writing Into Our Weekly Themes ≈
- ≈ Daily Relaxation - Time for student-selected reading material, encouraging imagination and creative thinking. ≈

Come Join Us For

A Fun and Invigorating Summer filled with discovery and  
adventure!

## Each Week At A Glance


June 12 & 13: ~ Welcome to Summer ~

Let's have two exciting days celebrating the end of the school year. Special crafts and games with a field trip each day.

Field Trips: The Movie Theatre and the Family Fun Center in Tukwila

June 16 – 20 ~ Cooking Week~

Get ready for a mouthwatering, savory, and delectable week! We will be baking, cooking and creating with food. So wake up your taste buds, bring your appetite and get ready to cook.

Field Trip:  and Greenlake Park  
Field Trip: Pudge Bros. Pizza and Meridian Park  
Field Trip: Rocky Mountain Chocolate Factory  
Family Night Dinner prepared by Kim Stewart

June 23 – 27 ~ Animal Planet ~

We learn about the rainforest ecosystem, habitat, and the creatures that live there. Please bring your favorite stuffed animal and build a 3 dimensional diorama of its habitat. This week will be all about animals: from the China panda bear to the Meerkat at the Woodland Park Zoo.

Field Trip: Rainforest Café  
Field Trip: Woodland Park Zoo  
Field Trip: Wallingford Park and Guest Speaker with exhibit: The Insect Safari

June 30th - July 3 (Closed July 4<sup>th</sup>) ~ Science Week ~

This week we will visit SS&E (Scientific Supply and Equipment), a scientific supply company. We will view everything from test tubes to new state of the art microscopes. This week is all about experiments and documenting what works, and what does not. Stay tuned for many more surprises!

Field Trip: SSE Scientific Supply and Equipment  
Field Trip: Pacific Science Center  
Field Trip: Meridian Park

July 7 – 11

~ Under Construction ~

Our guest speaker, Charlie Stewart, will teach us how to use hand tools to construct a project.

We will be building bridges with various materials (straws, sticks or Lincoln logs) to discover their load capacities. We will also build structures out of cans, cardboard and recycling materials. Then using printed plans, we will make structures out of Lego's and Kinex.



Field Trip: MOHAI

Field Trip: Visit various construction sites. Guest speaker Charlie Stewart.

Field Trip: Seattle Center outdoor pool

July 14 – 18

~ Boat Week ~

Get ready for seafaring around Seattle and learning about the fantastic history of Seattle's waterways! Each day we will build a boat and test different designs to see how much cargo it takes to sink them. Then on to racing homemade ice boats, all the while learning correct boating terminology.

Field Trip: Neighborhood Park

Field Trip: Ferry Boat Ride

Field Trip: Ride the Ducks Seattle

July 21 – 25

~ Space, the Final Frontier ~

This week we will study the stars and solar system. Dress up as an alien all week! Create spaceships! With many more 'Space' activities!

Field Trip: Pacific Science Center

Field Trip: Columbia Tower

Field Trip: Living Computer Museum

July 28 – August 1

~ Emergency Week ~

This week we will have daily search and rescue events. We will learn how to be prepared 'MacGyver' style. Create a first aid kit out of an Altoid tin. Visit and learn from the best, the police and fire department.

Field Trip: Seattle Metro Police Museum

Field Trip: Seattle Fire Department

Field Trip: Seattle Center Pool

August 4 – 8

~ Gold Rush & Wild Wild West ~

Dress up for the Wild West! Treasure Hunts and Scavenger Hunts daily. Make a treasure chest and fill it with booty! Singing and storytelling around the campfire. Yee Ha!

Field Trip: Oxbow Park

Field Trip: University Bookstore

Field Trip: Klondike Gold Rush National Historical Park

August 11 – 15

~ Music Makers~

This week come dressed as your favorite musician or rock star! We will make a music video! Karaoke. Learn about musical instruments from an accordion to a Tibetan music bowl. Learn how music affects your mood. Make musical instruments out of recycling materials.

Field Trip: EMP Music Experience

Field Trip: Petosa Accordion Store

Field Trip: Neighborhood Drum Shop.

August 18 - 22

~ Gross & Slimy Week ~

This is a week not to be missed! Participate daily in a 'What is it?' contest. Experiment with muck and yuck! Woo Hoo, Slip-N-Sliding in goo! This week will be gooey, slimy, sticky and smelly.

Field Trip: Seattle Center Outdoor Pool

Field Trip: Comic Book Store

Thursday Family Dinner: Prepared by Kim Stewart, 4:30 to 5:30

## Important Summer Session Guidelines

All School Rules apply for Extended Day throughout the summer.

Washington State specifies minimum staffing requirements. Staff and provisions will be provided based on daily enrollment. Staffing will be 1 staff per 8-10 students. All ages will be grouped together.

### Food:

Nutritious, hearty, morning and afternoon snacks will be provided.

Please send a 'sack lunch' daily with your child in a *disposable* bag with your child's name on it. Provide a lunch that does not require cooking, heating, or refrigeration. Please make sure a

healthy drink or two is included in your child's lunch each day. Do not send soda or glass containers.

#### Attire and Accessories:

Send your child with a backpack, sweatshirt, towel, sunscreen, water bottle, tennis shoes and an extra change of socks & clothes (to be left on-site for the duration of the Summer Session, and refreshed as needed). Put your child's name on all items. Close toe shoes are to be worn every day. No Flip Flops. Please send your child in clothing appropriate for each day's weather.

#### Sunscreen:

Send your child to Extended Day with sunscreen already applied every day. Our first scheduled out-side play time is between 9:00 and 10:00 AM. We will reapply sunscreen for the two later outside play times.

#### Field Trips:

Parents will be responsible for paying non-refundable field trip fees such as venue admission tickets and transportation fees, in advance on the first of each month. Field trip fees are billed separately from tuition. Field trips are every Tuesday, Wednesday and Thursday from 10:AM to 4:30 PM. You will be notified of any changes to this schedule via email. On field trip days, all staff and students attend the field trip and there is no Extended Day supervision left at school.

Field trip transportation is by Metro bus and walking. Do not schedule any appointments for your child on field trip days as we cannot guarantee to be back by a certain time or to meet you at a certain location during our trip.

Please make sure to send a fully disposable lunch in a sturdy plastic sack. We do not take lunchboxes or paper lunch sacks on fieldtrips.

#### Do Not Bring:

Please do not allow your child to bring toys, any type of trading cards, hand held video games, flip-flops or personal sports equipment. These items can be lost, broken or misplaced. Students sometimes have a hard time sharing, so this avoids disappointment. If these items appear, we will set them aside for your child until the days-end, with the understanding that the item(s) should stay at home. Extended Day is not responsible for lost or broken items brought to the Summer Session.