

## Easter Holidays 2019

## Spring into Spring

We will be open from 8am-6pm every day.

**The activities we have on offer include:**

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april			
MON 8	DAFFODIL MAKING	L	CHEESY SNAILS
TUES 9	CONTAINERS AND POTS	N	CHEERLEADING WORKSHOP
WED 10	BUG HUNT	C	CLIMBING BEANSTALKS
THUR 11	WIDE-MOUTHED FROG	H	POND DIPPING
FRI 12	DEN BUILDING		CAMPFIRE*
			<small>*THE GARDEN PEARLS ONLY</small>
MON 15	WOODEN SPOON RABBITS	L	YARN CHICKS
TUES 16	POM-POM ANIMALS	N	GINGERBREAD RABBITS
WED 17	EASTER BONNET COMPETITION	C	EGG ROLLING AND RACES
THUR 18	EASTER CARDS	H	EASTER EGG HUNT
FRI 19 & MON 22		CLOSED	

WE WILL TRY TO GO OUTDOORS AS MUCH AS POSSIBLE (WEATHER PERMITTING) SO PLEASE BRING APPROPRIATE CLOTHING

Children may bring their own toys from home but Tic Tac cannot accept any responsibility for them being misplaced or broken.

We will provide juice and toast in the morning and a snack and juice in the afternoon. Please provide a **healthy** packed lunch and a still drink per child. Please **DO NOT** bring anything containing **NUTS**.

**PLEASE NOTE** – Children may not bring mobile phones or any other technological devices to the Club. If it is necessary for your child to have their phone the phone will be locked in the office and returned at the end of the session.

Please inform us which days you require childcare. The cost of childcare is £15 per child per day. Please inform the club the day before if you wish to cancel otherwise a cancellation charge of £10 per child will be charged.

*Thank You!*

**TicToc**  
OUT OF SCHOOL CLUB

© Swansfield Park Primary School

01665 602267

Free call  
during school hours

01665 606032

[illegible]

With today's  
price tag, you'll  
and welcome the  
flight award certificate!

Give your furry friends  
the flight of their lives at

# The 2019 Family Fun Day

**BRING YOUR FAVORITE BOY  
TOY FOR A DAY OF  
FUN AND ADVENTURE  
WITH PRIZES - AND THE  
FLIGHT OF THEIR LIVES!**

**ST PETER & ST PAUL CHURCH AND CHURCHYARD**

**SATURDAY MAY 11TH 11AM - 3PM**

Toddy 'Wings' Zip Wipe • Toyer Tug • Bunting Ball • Heritage Tug  
Toys and Children's Books • Wings • Awards • Children's Secret Tombola  
Children's Creative Activities • Games • Preserve Stall  
Plant Stall • Jewellery Stall • Fun & Games throughout the day  
Great Raffle • All Day Refreshments • BBQ & Sale, Candy Floss and Ice Cream  
Musical Entertainment from Local Schools and Morris Dancers

Preserving the heart of Tring for future generations to enjoy

For further information visit [www.HeritageHub.Churchyard.co.uk](http://www.HeritageHub.Churchyard.co.uk) 01494 81137 or 01494 81138

**TRING**

**ADMISSION FREE**

Open to All  
Open to All

# watch the sugar

You might be surprised to see how much sugar is in your food and drink\*



More than the maximum amount for an 8 year old



There are 7 cubes in 1 can of sugary fizzy drink



A muffin contains around 5 cubes of sugar

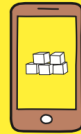


A bowl of ice cream contains around 8 cubes of sugar



\*Based on Kantar data 2014

The Change4Life Sugar Swaps app is designed to show quickly and easily how much total sugar is in the things you're having. Just scan the barcode and see how much total sugar it contains. Download for free from the App Store (Google Play coming soon). Let's start scanning!



## Love your labels

When shopping choose colour-coded front of pack nutrition labels that have more green on them than red.

Remember, eating wholegrain cereals and plenty of fruit and vegetables helps to ensure children are eating enough fibre. Fibre is an important part of a healthy balanced diet.

hi.

MY NAME IS

Zoey

AUSSIE MIX

3 MONTHS OLD

DREAM JOB

Camp counselor

FAVORITE TOYS

gigantic EEYORE & SANTA ALLIGATOR

BRINDLE W/ WHITE TRIM & ADORABLE BROWN TUMMY SPECKLES

happy brown eyes

gigantic EEYORE & SANTA ALLIGATOR

5% CHASE TAIL

10% ROLL AROUND ON BACK

15% PUPPY NAP

15% PESTER THE BIG DOGS TO PLAY

55% PUPPY PLAY TIME

Zoey is sweet, loving, playful, and a little goofy. She loves attention and eats up any opportunity for fun. As a puppy, she'd be best in a home willing to spend the time training her. She does well with other pets and with children, especially children with lots of energy for puppy playing.

CUTE QUIRK

Plays with her reflection in the mirror.



ADOPT ME!

PET RESCUE NETWORK  
314.995.9260  
petrescuenetworkstl@gmail.com  
petrescuenetworkstl.com

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