



SUMMER BREAK 2020 - Bayview
- Week at a Glance -
- Week 3 -

Date	Plan	Menu
Monday July 13 th	Centre Day Up and Atom!	Morning Snack: Oatmeal + Fruit Lunch: Sandwiches Afternoon Snack: Granola Bars + Goldfish
Tuesday July 14 th	Community Trip: Almond Park Depart: 10:30 a.m. Return: 4:00 p.m.	Morning Snack: Oatmeal + Fruit Lunch: Sandwiches Afternoon Snack: Bear Paws + Pita + Hummus
Wednesday July 15 th	Field Trip: Granville Island Depart: 10:30 a.m. Return: 4:00 p.m.	Morning Snack: Oatmeal + Fruit Lunch: Sandwiches Afternoon Snack: Fig Bars + Crackers
Thursday July 16 th	Community Trip: Camosun Bog Depart: 10:30 a.m. Return: 4:00 p.m.	Morning Snack: Oatmeal + Fruit Lunch: Sandwiches Afternoon Snack: Welch's Fruit Snacks + Pita + Hummus
Friday July 17 th	Field Trip: Bear Creek Park Depart: 10:00 a.m. Return: 4:30 p.m.	Morning Snack: Oatmeal + Fruit Lunch: Sandwiches Afternoon Snack: Made Good Granola Bites + Pita + Hummus

*Food menu subject to change.

*Please bring a backpack containing:

- Face Masks/Cover – Recommended by bus company on bus trips
- A water bottle
- Walking shoes or boots (weather appropriate footwear)
- Weather appropriate outdoor wear (hat)
- Bathing suit and towel

Sun Safety Guidelines: Sunscreen (minimum SPF 30) must be applied to potentially exposed skin regardless of the weather. The use of hats and sunglasses should also be encouraged. Exposure to direct sunlight between the hours of 11:00 a.m. – 3:00 p.m. should be limited and monitored. Multiple shade and water breaks to minimize the risks of sunstroke and dehydration should also be offered and monitored.