



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

Date	Plan	Menu
Monday July 13 <sup>th</sup>	<b>Centre Day</b> Up and Atom!	<b>Morning Snack:</b> Oatmeal <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Edamame
Tuesday July 14 <sup>th</sup>	<b>Group 1:</b> Bear Creek Park <b>Group 2:</b> Connaught Park <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:30 p.m.	<b>Morning Snack:</b> Smoothies <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Seaweed + Goldfish
Wednesday July 15 <sup>th</sup>	<b>Group 1:</b> Connaught Park <b>Group 2:</b> Bear Creek Park <b>Depart:</b> 10:00 a.m. <b>Return:</b> 4:30 p.m.	<b>Morning Snack:</b> Oatmeal & Toppings <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Veggie + Dip + Crackers
Thursday July 16 <sup>th</sup>	<b>Group 1:</b> Granville Island <b>Group 2:</b> Hasting Mills Park <b>Depart:</b> 10:30 a.m. <b>Return:</b> 4:00 p.m.	<b>Morning Snack:</b> Smoothies <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Pita + Hummus
Friday July 17 <sup>th</sup>	<b>Group 1:</b> Hasting Mills Park <b>Group 2:</b> Granville Island <b>Depart:</b> 10:30 a.m. <b>Return:</b> 4:00 p.m.	<b>Morning Snack:</b> Pancakes <b>Lunch:</b> Sandwiches <b>Afternoon Snack:</b> Smores

\*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.