



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

Date	Plan	Menu
Monday July 13 th	Centre Day Up and Atom!	Morning Snack: Oatmeal Lunch: Sandwiches Afternoon Snack: Edamame
Tuesday July 14 th	Field Trip: Granville Island Depart: 10:30 a.m. Return: 4:00 p.m.	Morning Snack: Smoothies Lunch: Sandwiches Afternoon Snack: Seaweed + Goldfish
Wednesday July 15 th	Community Trip: Balaclava Park Depart: 10:30 a.m. Return: 4:00 p.m.	Morning Snack: Cereal Lunch: Sandwiches Afternoon Snack: Veggies + Dip + Crackers
Thursday July 16 th	Field Trip: Bear Creek Park Depart: 10:30 a.m. Return: 4:00 p.m.	Morning Snack: Waffles Lunch: Sandwiches Afternoon Snack: Popcorn
Friday July 17 th	Community Trip: Pacific Spirit Park Depart: 10:30 a.m. Return: 4:00 p.m.	Morning Snack: Fruit Salad and Yogurt Lunch: Sandwiches Afternoon Snack: 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.