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Before and After School Explorers

The Warm Weather is Back!

Summer seems to have come early to Sacramento this year and with it comes the warm weather! This said, BASE wanted to provide an update on how we help keep kids cool, as the temperature heats up:

- BASE staff frequently monitor the temperature and make a determination based on the temperature and BASE-activities whether or not to bring them inside. Student safety is always a top concern for the school and BASE, and monitoring student activity is a key component during the warm Spring/Summer months.
- Along with the warm weather come Spare the Air days. When these occur, we limit the time spent outside, typically to about 15 minutes at a time. This limits the exposure to the warm weather and pollutants, and at the same time allows them to burn off some stored energy.
- Realizing students have varying degrees of heat tolerance, students are always welcome to come inside the BASE room to cool off, and read a book or do homework.
- While outside, the students are encouraged to drink plenty of water. The school has 2 water fountains outside and there is one in the BASE room. Students are always welcome to come inside the BASE room to get their water bottles. Students are also encouraged by BASE staff to take short breaks in shady, cool areas.
- During the school year, parents are encouraged to apply sunscreen to their children before school. Over the Summer (when school is not in session), BASE will apply spray-on sunscreen twice a day for students whose parents have completed the Sunscreen Permission Slip found in the registration packet.



Thank you, and keep cool this Summer!

Jennifer Gardner

BASE Director

