

Heritage Afterschool Program 2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Positively Me	28 No Club No School	29 Power Hour Positive Action SEL (P) <i>"Feeling good with positive action"</i>	30 Power Hour Positive Action (SEL)	31 Power hour Positive Action SEL(B) <i>"Feeling good with positive action"</i>	1 SMART Moves Kid-Grit Lesson
Positively Me	4 ★★★ NO CLUB HAPPY LABOR DAY ★★★	5 Power Hour Positive Action SEL(P) <i>"A positive way to do everything: Thoughts-Actions-Feelings Circle"</i>	6 Power Hour Positive Action (SEL)	7 Power hour Positive Action SEL(B) <i>"A positive way to do everything: Thoughts-Actions-Feelings Circle"</i>	8 SMART Moves Kid-Grit Lesson
Positively Me	11 Power Hour Kid-Grit Lesson	12 Power Hour Positive Action SEL(P) <i>"Feeling good about ourselves is our strongest motivation"</i>	13 Power Hour Positive Action (SEL)	14 Power hour Positive Action SEL(B) <i>"our opinion influences how we feel about ourselves and determines our happiness"</i>	15 SMART Moves Kid-Grit Lesson
Strong Body & Mind	18 Power Hour Kid-Grit Lesson	19 Power Hour Positive Action SEL(P) <i>"Healthy body and mind"</i>	20 Power Hour Positive Action (SEL)	21 Power hour Positive Action SEL(B) <i>"Healthy body and mind"</i>	22 SMART Moves Kid-Grit Lesson
Strong Body & Mind	25 Power Hour Kid-Grit Lesson	26 Power Hour Positive Action SEL(P) <i>"Eating for health, avoiding harmful substances"</i>	27 Power Hour Positive Action (SEL)	28 Power hour Positive Action SEL(B) <i>"Eating for health, avoiding harmful substances"</i>	29 SMART Moves Kid-Grit Lesson

Monday-Thursday Schedule	Friday Schedule
3:30-3:40 pm Welcome Check-in/Wash hands 3:40- 3:50 pm - Super Snack/ Daily rundown 3:50-4:20 pm - Outside Recess/wash hands 4:20-4:50 pm - Power hour (Homework) 4:50-5:20 pm - Activity/PA 5:20-5:30 pm - Clean up/ hand out PM snack/Check-out	12:00-12:15 pm - Check-in/Wash hands 12:15-12:20 pm - Snack 12:20-12:50 pm - Recess 12:50-1:20 pm - Power Hour 1:20-1:50 pm - Activity/PA/SEL 1:50-2:20 pm - Free Play 2:20-3:20 pm - Club Time 3:20-3:40 pm - Wash hands/Snack 3:40-4:15 pm - Recess 4:15-5:15 pm - Team building Activity 5:15-5:30 pm - clean up/check out

Contact Info
JC Sparks Site Coordinator Email: jc.sparks@bgcutah.org Phone: 801-372-3434
Program Address: 747 E Riverside Dr. St. George UT

