

# Mt Nebo Afterschool Program 2023-2024



**BOYS & GIRLS CLUBS**  
OF UTAH COUNTY

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	31	1
					<u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> Open Computers (Baguley) Rm 221 3D Printing/Maker Space (Lai) Library Drama Rehearsals (Schofield) Rm 300
Power of Thoughts & Actions	No Clubs 6	5 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SEL (P)Power of Thoughts Sewing (Baguley) Rm 221 Ping Pong (McGregor) Front Commons Lacrosse (Weaver) Gym 3D Printing/Maker Space (Lai) Library (see notes below)	6 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> Crafts/Quilting (Baguley) Rm 221 Drama Rehearsals (Schofield) Rm 300 3D Printing/Maker Space (Lai) Library (see notes below)	7 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SEL (B) Power of Actions Science (Mendenhall) Rm 208 Rollerblading (Cope) Aux gym Drama Rehearsals (Schofield) Rm 300 Math (Luckau) Rm 203	8 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SMART - SEL Building Your Group Norms Open Computers (Baguley) Rm 221 3D Printing/Maker Space (Lai) Library (see notes below) Drama Rehearsals (Schofield) Rm 300
My Self-Concept	No Clubs 11	12 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SEL (P)Power of how I see myself Sewing (Baguley) Rm 221 Ping Pong (McGregor) Front Commons Lacrosse (Weaver) Gym Drama Rehearsals (Schofield) Rm 300 3D Printing/Maker Space (Lai) Library (see notes below)	13 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SEL (B)Defining and choosing my success & happiness Crafts/Quilting (Baguley) Rm 221 Drama Rehearsals (Schofield) Rm 300 3D Printing/Maker Space (Lai) Library (see notes below)	14 <u>No Clubs - Parent Teacher Conference</u>	15 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SMART - SEL All the Feels Open Computers (Baguley) Rm 221 3D Printing/Maker Space (Lai) Library (see notes below) Drama Rehearsals (Schofield) Rm 30
Healthy Eating & Movement	No Clubs 18	19 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SEL (P)Eating for health Sewing (Baguley) Rm 221 Ping Pong (McGregor) Front Commons Lacrosse (Weaver) Gym 3D Printing/Maker Space (Lai) Library (see notes below)	20 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> Crafts/Quilting (Baguley) Rm 221 Drama Rehearsals (Schofield) Rm 300 3D Printing/Maker Space (Lai) Library (see notes below)	21 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SEL (B)Move my mood Science (Mendenhall) Rm 208 Rollerblading (Cope) Aux gym Drama Rehearsals (Schofield) Rm 300 Math (Luckau) Rm 203	22 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SMART - SEL Emotions Head to Toe Open Computers (Baguley) Rm 221 3D Printing/Maker Space (Lai) Library (see notes below) Drama Rehearsals (Schofield) Rm 30
Sleep & Safety	No Clubs 25	26 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SEL (P)Sleep & Rest Sewing (Baguley) Rm 221 Ping Pong (McGregor) Front Commons Lacrosse (Weaver) Gym 3D Printing/Maker Space (Lai) Library (see notes below)	27 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> Crafts/Quilting (Baguley) Rm 221 Drama Rehearsals (Schofield) Rm 300 3D Printing/Maker Space (Lai) Library (see notes below)	28 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SEL (B)Safe Actions Science (Mendenhall) Rm 208 Rollerblading (Cope) Aux gym Drama Rehearsals (Schofield) Rm 300 Math (Luckau) Rm 203	29 <u>Morning</u> Power Hour/Study hall <u>Afternoon:</u> SMART - SEL Before, During, and After Open Computers (Baguley) Rm 221 3D Printing/Maker Space (Lai) Library (see notes below) Drama Rehearsals (Schofield) Rm 30

## Daily Schedule

### Mornings

7:30 am - 8:00 am: Power hour/Study hall

### Afternoons

2:40 pm - 2:45 pm: School is Released.

Students head to cafeteria to check-in

2:45 pm - 2:50 pm: Check-in and snacks\

2:45 pm - 3:15 pm: SEL Positive Action Lesson - SMART Moves

3:15 pm - 4:30 pm: Club Time

4:30 pm- 4:35 pm: Snacks

4:40 pm: Busses Leave

4:40 pm - 5:30 pm: Enrichment

5:30 pm Clubs Closed

### Fridays

Afternoon Schedule as Normal

2:45 - 3:45 SEL SMART Moves Offered

## Contact Info

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