

Cascade
After school Program
2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Learning positive thinking towards ourselves and others.	2 Theme-Disney SEL Rotation 1 (Enrichment) Rotation 2 (HYLA) Power Hour	3 Theme-Disney SEL (P)- <i>Thinking Big, Read on!</i> Rotation 1 (Enrichment) Rotation 2 (HYLA) Power Hour	4 Theme-Disney SEL Rotation 1 (Enrichment) Rotation 2 (HYLA) Power Hour	5 Theme-Disney SEL (B)- <i>Thinking Big, Read on!</i> Rotation 1 (Enrichment) Rotation 2 (HYLA) Power Hour	6 NO Club Teacher Work Day
We can learn how to establish healthy habits	9 Theme-Outdoors SEL Rotation 1 (Creative) Rotation 2 (Physical) Power Hour	10 Theme-Outdoors SEL (P)- <i>Building a Strong Mind</i> Rotation 1 (creative) Rotation 2 (physical) Power Hour	11 Theme-Outdoors SEL Rotation 1 (creative) Rotation 2 (physical) Power Hour	12 Theme-Outdoors SEL (B)- <i>Building a Strong Mind</i> Rotation 1 (creative) Rotation 2 (physical) Power Hour	13 SEL: <i>SMART Moves My Superhero Self/Changing impossible to I'M POSSIBLE</i> STEM Rotations Power Hour FUN Friday
Nutrition and staying away from harmful substances	16 Theme-Pumpkin SEL Rotation 1 (creative) Rotation 2 (physical) Power Hour	17 Theme-Pumpkin SEL (P)- <i>Decision making and problem solving</i> Rotation 1 (creative) Rotation 2 (physical) Power Hour	18 Theme-Pumpkin SEL Rotation 1 (creative) Rotation 2 (physical) Power Hour	19 NO Club Fall Break	20 NO Club Fall Break
Self Discipline	23 NO Club Teacher Professional Development	24 Theme-Autumn SEL (P)- <i>Self-Discipline</i> Rotation 1 (creative) Rotation 2 (physical) Power Hour	25 Theme-Autumn SEL Rotation 1 (creative) Rotation 2 (physical) Power Hour	26 Theme-Autumn SEL (B)- <i>Self Discipline</i> Rotation 1 (creative) Rotation 2 (physical) Power Hour	27 NO Club Teacher Comp Day
The benefits of sharing and why it's important	30 Theme-Halloween SEL Rotation 1 (creative) Rotation 2 (physical) Power Hour	31 Theme-Halloween SEL (P)- <i>My stuff, Our stuff</i> Rotation 1 (creative) Rotation 2 (physical) Power Hour	1	2	3

Daily Schedule	
<u>Monday-Thursday</u> Check in/Snack time- 2:15-2:35 Recess- 2:35-3:05 Positive Action/SEL- 3:05-3:35 Power Hour/Homework Help- 3:35-4:05 Rotations- Club 1/Club 2- 4:05-4:35 Rotations- Club 2/Club -1 4:35-5:15 Pick up- 5:30	<u>Friday</u> Check in/Snack time- 2:15-2:35 Positive Action/SEL- 3:05-3:35 Power Hour/Homework Help- 3:35-4:05 Rotations- Club 1/Club 2- 4:05-4:35 Rotations- Club 2/Club 1- 4:35-5:15 Pick up- 5:30



Contact Info
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