

# Heritage Elementary After School Program 2023-2024



**BOYS & GIRLS CLUBS  
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Thinking Big, Read on!	2 SEL(P): Positive Action Club Game Club board game Power Hour	3 Game Club 10 dot dot Power Hour	4 SEL(B): Positive Action Club Game Club puzzles Power Hour	5 Game Club make a game STEM Power Hour	6 SMART MOVES SEL STEM POWER HOUR Game Club Video game
Building a Strong Mind	9 SEL(P): Positive Action Club Dinosaur Club Power Hour	10 Dinosaur club Power Hour	11 SEL(B): Positive Action Club Dinosaur Club Power Hour	12 no school	13 no school
Decision - making & problem solving	16 no school	17 Health Club Washing hands Power Hour	18 SEL(P): Positive Action Club Health Club Sleep Power Hour	19 SEL(B): Positive Action Club Health Club Brushing teeth Power Hour	20 SMART MOVES/SEL STEM POWER HOUR Health Club Active lifestyle
Self - Discipline	23 SEL(P): Positive Action Club sports club Power Hour	24 Sports club Power Hour	25 SEL(B): Positive Action Club Sports club Power Hour	26 CLUB CLOSED JUMP START	27 CLUB CLOSED JUMP START
My Stuff, Our Stuff	30 SEL(P): Positive Action Club Power Hour	31 HALLOWEEN Power Hour	1 Dia de los Muertos SEL(B): Positive Action Club Power Hour	2 Dia de los Muertos STEM Power Hour	3 Dia de los Muertos SMART MOVES SEL STEM POWER HOUR

### Monday-Thursday 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 - Club time/ SEL Positive Action  
 5:20-5:30 pm - Clean up/ hand out PM snack/Check-out

### Friday Schedule

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 - Club Time/ SEL SMART Moves  
 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



UTAH DEPARTMENT OF  
**WORKFORCE SERVICES**  
CHILD CARE

### Contact Info

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 Site Coordinator  
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