

Cascade  
After School Program  
2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Managing Me	30	31	1 Theme- Halloween/Day of the Dead SEL Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	2 Theme- Halloween/Day of the Dead SEL (B)- My Stuff, Our Stuff Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	3 SEL: SMART Moves (K-2) Rain Sticks Relaxation, (3-5) Calming Bottles STEM Rotations Power Hour FUN Friday Parent Night- 5:00-6:30 PM
Managing Me	6 Theme- Turkey/Bird Week SEL Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	7 Theme- Turkey/Bird Week SEL (P)- Mid-Survey Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	8 Theme- Turkey/Bird Week SEL Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	9 Theme- Turkey/Bird Week SEL (B)- Mid-Survey Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	10 SEL: SMART Moves "I Can" Plan STEM Rotations Power Hour FUN Friday
Managing Me	13 Theme- Superhero SEL Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	14 Theme- Superhero SEL (P)- Managing money & talents Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	15 Theme- Superhero SEL Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	16 Theme- Superhero SEL (B)- Managing money & talents Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	17 SEL: SMART Moves (K-2) Coping Strategies Game, (3-5) Coping Blocks STEM Rotations Power Hour FUN Friday
Managing Me	20 Theme- Thanksgiving SEL Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	21 Theme- Thanksgiving SEL (P)- Managing thoughts, actions and intro to big feelings Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	22 THANKSGIVING BREAK - NO PROGRAM	23 THANKSGIVING BREAK - NO PROGRAM	24 THANKSGIVING BREAK - NO PROGRAM
Managing Me	27 Theme- Fairytale SEL Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	28 Theme- Fairytale SEL (P)- Gratitude & Love Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	29 Theme- Fairytale SEL Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	30 Theme- Fairytale SEL (B)- Gratitude & Love Rotation 1 (Physical) Rotation 2 (Creative) Power Hour	1

Daily Schedule

Monday-Thursday

Check in/Snack time- 2:15-2:40  
Recess- 2:40-3:10  
Positive Action/SEL- 3:10-3:45  
Power Hour/Homework Help- 3:45-4:30  
Rotations- Club 1/Club 2- 4:35-5:00  
Rotations- Club 2/Club -1 5:00-5:30  
Pick up- 5:30

Friday

Check in/Snack time- 2:15-2:40  
Recess- 2:40-3:10  
SMART- 3:10-3:45  
Power Hour/Homework Help- 3:45-4:30  
STEM- 4:35-5:00  
Fun Friday- 5:00-5:30  
Pick up- 5:30

Contact Info

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