

# Heber Valley Afterschool Program 2023-2024



SEL Weekly Focus	Theme	Monday	Tuesday	Wednesday	Thursday	Friday
		27	28	29	30	1 Power Hour Clubs
December Holidays	Managing Me	4 SEL: SMART Moves STEM Clubs	5 SEL: Positive Action Prevention: "Managing Anger, jealousy, and frustration" Power Hour Clubs	6 SEL: Positive Action Behavior: "Managing Anger, jealousy, and frustration" Power Hour Clubs	7 Power Hour Clubs	8 Power Hour Clubs
December Holidays	Managing Me	11 SEL: Positive Action Prevention: "Managing worry, fear, and loneliness" STEM Clubs	12 Power Hour Clubs	13 SEL: Positive Action Behavior: "Managing worry, fear, and loneliness" Power Hour Clubs	14 Power Hour Clubs	15 Power Hour Clubs
December Holidays	Getting Along with Others	18 SEL: Positive Action Prevention: "Golden Rule-Know the Code" STEM Clubs	19 Power Hour Clubs	20 SEL: Positive Action Behavior: "Golden Rule-Know the Code" Power Hour Clubs	21 Club Closed Professional Development Day	22 Club Closed Winter Break
		25 Club Closed Winter Break	26 Club Closed Winter Break	27 Club Closed Winter Break	28 Club Closed Winter Break	29 Club Closed Winter Break

Daily Schedule MON	Daily Schedule TUES - FRI	Program Notes
<p>Monday</p> <p>Arrive 2:15-2:30</p> <p>Recess &amp; Snack 2:30-3:00</p> <p>SEL: Positive Action 3:00-4:00</p> <p>STEM 4:00-5:00</p> <p>CLUBS 5:05-5:40</p> <p>Clean up 5:40-6:00</p>	<p>Tuesday - Friday</p> <p>Arrive 3:15-3:30</p> <p>Recess &amp; Snack 3:30-4:00</p> <p>(Wed) SEL - Positive Action 4:00-4:30</p> <p>Power Hour/Academic Time 4:30-5:00</p> <p>CLUBS 5:05-5:40</p> <p>Clean up 5:40-6:00</p>	<ul style="list-style-type: none"> <li>• Students not at HVE will be bussed to HVE after school.</li> <li>• Snacks included.</li> <li>• <b>Club closes at 6:00 PM.</b></li> <li>• Pick up on the East side of HVE after 3:30 on Mondays and after 4:30 Tuesday-Friday. If picking up earlier, please call (801)-857-4793.</li> </ul>



Contact Info
<p>Ashley Parrott</p> <p>Area director</p> <p>Email: <a href="mailto:hebervalley@bgcutah.org">hebervalley@bgcutah.org</a></p> <p>Phone: (801)-857-4793</p> <p>Program Address: 730 S 600 W Heber City</p>



DECEMBER 2023

# Heber Valley

730 S 600 W Heber City, Utah 84032 | (801) 857-4793



**BOYS & GIRLS CLUBS**  
OF UTAH COUNTY

The mission of the Boys & Girls Clubs of Utah County is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive and responsible citizens and leaders.



*Our SEL focus this month is: Managing Me and Getting Along with Others*

## Get To Know



My name is Karla Dereat, I'm from Toluca, a place near Mexico City. I have had the opportunity to travel inside and outside my country such as

Los Cabos, Puerto Vallarta, Cancun, Huatulco, Merida, Mazatlan, as well as Paris, Belgium, Toronto, Italy, Amsterdam. I love to travel, I have been a teacher for more than 20 years and I love my profession. I'm married to a man who supports me in my projects always, I have 2 children, Sofia, 18 years old, and Aaron, 16, who are my driving force in life. In my free time, what do I do? Actually I don't have much, I like to go to walk, be at home watching movies, and cooking.

## Upcoming Events

*Winter Break*



## Happy Birthday!

Ember 1st  
Kodah 20th  
Benjamin 23rd



## CLUB CLOSED

December 21st: Professional Development Day

December 22nd - January 2nd:  
Winter Break

January 3rd: Professional Development Day



## Contact Information:

Ashley Parrott - Area Director Email:  
[hebervalley@bgcutah.org](mailto:hebervalley@bgcutah.org)

## Project Learn

Tuesday - Friday 4:30 - 5:00  
Project Learn or Power Hour is our homework help and literature time program.

## STEM Labs

Monday 4:00 - 5:00  
Students will have the opportunity to be involved in Science, Technology, Engineering and Math activities.

## Enrichment

Monday - Friday 5:05 - 5:40  
Each week students will have the opportunity to participate in Art Club, Craft Club, and Get Moving Club.

## SEL (Prevention and Behavior)

SEL: Positive Action  
Monday 3:00 - 4:00  
Wednesday 4:00 - 4:30  
Prevention and Behavior lessons:  
Managing Me  
Getting Along with Others



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Utah State Board of Education

