

Provo Peaks After School Program 2023-2024



SEL Weekly Focus	Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Gratitude & Love	Nature	27	28	29	30	1 STEM Rotation all groups SEL Positive Action (B) - Building a strong mind (all members)
Managing me	Winter	4 Project Learn: Brain Train (Power Hour) Group 1: SEL SMART MOVES -Coping Strategies Gallery Group 2: Art Rotation	5 Project Learn: Brain Train (Power Hour) Group 1: Art Rotation Group 2: SEL SMART MOVES Coping Strategies Gallery	6 Project Learn: Brain Train (Power Hour) Group 1: SEL Positive Action(P) - Managing Anger, jealousy, and frustration Group 2: Physical Rotation	7 Project Learn: Brain Train (Power Hour) Group1: Physical Rotation Group2: SEL Positive Action (P) - Managing Anger, jealousy, and frustration	8 STEM Rotation all groups SEL Positive Action (B) - Managing Anger, jealousy, and frustration
Getting Along With Others	Kindness	11 Project Learn: Brain Train (Power Hour) Group 1: SEL SMART MOVES- Post-Survey Group 2: Art Rotation	12 Project Learn: Brain Train (Power Hour) Group 1: Art Rotation Group 2: SEL SMART MOVES- Post Survey	13 Project Learn: Brain Train (Power Hour) Group 1: SEL Positive Action(P) - Managing worry, fear, and loneliness Group 2: Physical Rotation	14 Project Learn: Brain Train (Power Hour) Group 1: Physical Rotation Group 2: SEL Positive Action (P) - Managing worry, fear, and loneliness	15 STEM Rotation all groups SEL Positive Action (B)- Managing worry, fear, and loneliness
Getting Along With Others	Careers	18 Career Exploration all groups Physical Rotation	19 Career Teach Rotations	20 NO CLUB Winter Break	21 NO CLUB Winter Break	22 NO CLUB Winter Break
		25 NO CLUB Winter Break	26 NO CLUB Winter Break	27 NO CLUB Winter Break	28 NO CLUB Winter Break	29 NO CLUB Winter Break

Daily Schedule		
<u>Monday & Tuesday</u> 3:20pm Program begins & Snack 3:35pm Circle Up-SEL 3:45pm Project Learn: Power Hour/ Brain Train 4:15pm SEL- SMART Moves/ Art Rotation 5:00pm Clean up 5:30pm Program Closes, Checkout	<u>Wednesday & Thursday</u> 3:20pm Program begins & Snack 3:35pm Circle Up-SEL 3:45pm Project Learn: Power Hour/ Brain Train 4:15pm SEL -Positive Action Group 1 (Group 2 Thursday) Physical Rotation Group 2 (Group 1 Thursday) 5:00pm Clean up 5:30pm Program Closes, Checkout	<u>Friday</u> 1:30pm Program begins & Snack 1:50pm Circle Up-SEL 2:00 pm STEM Rotation 2:30pm SEL Positive Action Rotation (all members) 3:00pm Recess/Table Time 3:15pm Clean Up 3:30pm Program closes, Checkout



Contact Info
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December Newsletter

Provo Peaks

665 E Center St. Provo | 801-717-0809



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.



Get To Know Addy Jensen!



Meet Addy, our new Youth Development Specialist! She is so excited to be working with the Boys & Girls Club! Addy is currently studying Public Health at BYU with an emphasis in health promotion. Addy is from Folsom, California and loves going to the coast whenever she visits there! Addy also loves to travel, one of her favorite places she's visited is Morocco. She also enjoys painting and playing racquetball.

Upcoming Events

Winter Festival - More Details to Come!

Program Closed - Winter Break:
December 20 - January 2

Happy Birthday!

15 - Fatuma
23 - William
23 - Caleb
31 - Luisa

CLUB CLOSED

December 20th - January 2nd
Enjoy Winter Break!!
Happy New Year!



Project Learn

Monday - Thursday
3:45pm - 4:15pm

STEM Labs

Fridays 2:00pm - 3:00pm

Enrichment

Monday - Thursday
4:15pm - 5:15pm

SEL

December Focuses:
Gratitude and Love, Managing Me,
Getting Along with Others
Mondays & Tuesdays
At 4:15pm

Positive Action

Wednesday & Thursday at 4:30pm
Fridays at 2:30pm



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