

# Provo Peaks Afterschool Program 2023-2024



**BOYS & GIRLS CLUBS  
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Managing Me	30	31	1 Project Learn: Brain Train (Power Hour) SEL (P) - My Stuff, Our Stuff Group 1 Physical Rotation Group 2	2 Project Learn: Brain Train (Power Hour) SEL (P) - My Stuff, Our Stuff Group 2 Physical Rotation Group 1	3 STEM Rotation all groups SEL (B) -My Stuff, Our Stuff (all members) Recess Table Time/ Free Time
Managing Me	6 Project Learn: Brain Train (Power Hour) SEL: SMART Moves group 1 Art Rotation group 2	7 Project Learn: Brain Train (Power Hour) SMART Moves group 2 Art Rotation Group 1	8 Project Learn: Brain Train (Power Hour) SEL (P) - Mid Survey Group 1 Physical Rotation Group 2	9 Project Learn: Brain Train (Power Hour) SEL (P) - Mid Survey Group 2 Physical Rotation Group 1	10 STEM Rotation all groups SEL (B) -Mid Surveys (all members) Recess Table Time/ Free Time
Managing Me	13 Project Learn: Brain Train (Power Hour) SEL: SMART Moves group 1 Art Rotation group 2	14 Project Learn: Brain Train (Power Hour) SMART Moves group 2 Art Rotation Group 1	15 Project Learn: Brain Train (Power Hour) SEL (P) - Managing Money and talents Group 1 Physical Rotation Group 2	16 Project Learn: Brain Train (Power Hour) SEL (P) - Managing Money and Talents Group 2 Physical Rotation Group 1	17 STEM Rotation all groups SEL (B) -Managing Money and Talents (all members) Recess Table Time/ Free Time
Managing Me	20 Project Learn: Brain Train (Power Hour) SEL: SMART Moves group 1 Art Rotation group 2	21 Project Learn: Brain Train (Power Hour) SMART Moves group 2 Art Rotation Group 1	22 <b>No Club-Thanksgiving Break</b>	23 <b>No Club-Thanksgiving Break</b>	24 <b>No Club-Thanksgiving Break</b>
Managing Me	27 Project Learn: Brain Train (Power Hour) SEL: SMART Moves group 1 Art Rotation group 2	28 Project Learn: Brain Train (Power Hour) SMART Moves group 2 Art Rotation Group 1	29 Project Learn: Brain Train (Power Hour) SEL (P) - Gratitude and Love Group 1 Physical Rotation Group 2	30 Project Learn: Brain Train (Power Hour) SEL (P) - Gratitude and Love Group 2 Physical Rotation Group 1	1 STEM Rotation all groups SEL (B) -Gratitude and Love (all members) Recess Table Time/ Free Time

## Daily Schedule

### Monday & Tuesday

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

### Wednesday & Thursday

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

### Friday

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

Emily Hakala  
Site Coordinator  
Email: [provopeaks@bgcutah.org](mailto:provopeaks@bgcutah.org)  
Phone: (801) 717-0809  
Program Address: 665 E Center St. Provo



# NOVEMBER 2023

# [Provo Peaks]

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



**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, Mid-surveys*

## Get To Know



### Emily Hakala!

Emily is our NEW Site Coordinator for Provo Peaks! We have loved getting to know Emily, as she gets to know all of you. Emily is a lover of the outdoors and traveling! Emily is a senior in the communications program at BYU.

Emily has a passion and love for getting to know and help students and families.

## Upcoming Events

Program Closed Thanksgiving Break:  
11/22 - 11/24

## Happy Birthday!

1- Emily  
6- Jenasis  
14- Caeleb  
26- Jhandery



### CLUB CLOSED

November 22 -24  
Happy Thanksgiving!



### Contact Information:

**Emily Hakala - Site Coordinator**

**Phone: (801) 717-0809**

**Email: [provopeaks@bgcutah.org](mailto:provopeaks@bgcutah.org)**



[www.facebook.com/BGCUtah](https://www.facebook.com/BGCUtah)

### Project Learn

Monday - Thursday

3:45pm - 4:15pm

Homework Help, HYL A Games and Activities, Reading time

### STEM Labs

Fridays 2:00pm - 3:00pm

Drops on a coin, Spaghetti Towers, Gratitude chain

### Enrichment

Monday - Thursday

4:15pm 5:15pm

Would you Rather, 4 corners, thankful turkeys,

### SEL (Prevention and Behavior)

SMART MOVES

Mondays & Tuesdays

At 4:15pm

Calm Bottles, I Can Plan, Coping Strategies

Positive Action

Wednesday & Thursday at 4:30pm

Fridays at 2:30pm

Managing Me and Mid-surveys



[www.instagram.com/bgcutah](https://www.instagram.com/bgcutah)