

# Washington Afterschool Program 2023-2024



**BOYS & GIRLS CLUBS  
OF UTAH COUNTY**

| SEL Weekly Focus | Monday                                               | Tuesday                                                                                                                       | Wednesday                                                | Thursday                                                                                                             | Friday                                                                |
|------------------|------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| Managing Me      | 30<br>Wellness Club<br>Power Hour<br>Kid-Grit Lesson | 31<br>Team Building Club<br>Power Hour<br>Positive Action<br>SEL(P)<br>"My stuff, Our stuff"                                  | 1<br>Art Club<br>Power Hour<br>Positive Action<br>(SEL)  | 2<br>STEM Club<br>Power hour<br>Positive Action<br>SEL(B)<br>"My stuff, Our stuff"                                   | 3<br>Kindness Club<br>Bumpin Books<br>SMART Moves<br>Kid-Grit Lesson  |
| Managing Me      | 6<br>Wellness Club<br>Power Hour<br>Kid-Grit Lesson  | 7<br>Team Building Club<br>Power Hour<br>Positive Action<br>SEL(P)<br>"Managing money & talents"                              | 8<br>Art Club<br>Power Hour<br>Positive Action<br>(SEL)  | 9<br>STEM Club<br>Power hour<br>Positive Action<br>SEL(B)<br>"Managing money & talents"                              | 10<br>Kindness Club<br>Bumpin Books<br>SMART Moves<br>Kid-Grit Lesson |
| Managing Me      | 13<br>Wellness Club<br>Power Hour<br>Kid-Grit Lesson | 14<br>Team Building Club<br>Power Hour<br>Positive Action<br>SEL(P)<br>"Managing thoughts, actions and intro to big feelings" | 15<br>Art Club<br>Power Hour<br>Positive Action<br>(SEL) | 16<br>STEM Club<br>Power hour<br>Positive Action<br>SEL(B)<br>"Managing thoughts, actions and intro to big feelings" | 17<br>Kindness Club<br>Bumpin Books<br>SMART Moves<br>Kid-Grit Lesson |
| Managing Me      | 20<br>Wellness Club<br>Power Hour<br>Kid-Grit Lesson | 21<br>Team Building Club<br>Power Hour<br>Positive Action<br>SEL(P)<br>"Gratitude & Love"                                     | 22<br>                                                   | 23<br>                                                                                                               | 24<br>                                                                |
| Managing Me      | 27<br>                                               | 28<br>Team Building Club<br>Power Hour<br>Positive Action<br>SEL(P)<br>"Managing Anger, jealousy, and frustration"            | 29<br>Art Club<br>Power Hour<br>Positive Action<br>(SEL) | 30<br>STEM Club<br>Power hour<br>Positive Action<br>SEL(B)<br>"Managing Anger, jealousy, and frustration"            | 1<br>Kindness Club<br>Bumpin Books<br>SMART Moves<br>Kid-Grit Lesson  |

| Monday-Thursday Schedule                                                                                                                                                                                                                                                                                    | Friday Schedule                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3:30 pm Welcome Check-in/Wash hands<br>3:30- 3:45 pm - Super Snack/ Daily rundown<br>3:45-4:15 pm - Outside Recess/wash hands<br>4:15-4:35 pm - Power hour (Homework)<br>4:35-4:45 pm - Positive Action (SEL)/ Kid-Grit<br>4:45-5:25 pm - STEM/Club<br>5:25-5:30 pm - Clean up/ hand out PM snack/Check-out | 12:00 pm - Check-in/Wash hands<br>12:00-1:00 pm - Club Recess<br>1:00 - 1:45 pm - Computer Lab/ Kid-Grit<br>1:45- 2:15 pm - Positivity Circle /Journaling Club<br>2:15 - 2:40 pm - Super Snack<br>2:40-3:00 pm - Bumpin Books<br>3:00-3:45 pm - Outside club time<br>3:45- 4:00 pm - Smart Moves<br>4:00- 4:30 pm - Meditation Club / Mindfulness<br>4:30- 5:25 pm - Fun Friday Club/Special Guest<br>5:25-5:30 pm - Clean up/Check-out |



**Contact Info**

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 Site Coordinator  
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NOVEMBER 2023

# WASHINGTON

300 N 300 E, Washington, UT 84780 | (801) 372-5776



**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

## Get To Know

LEXI LARSEN  
YDP



Hi! My name is Lexi Larsen and I'm from Draper, Utah. I came down to St. George for school. I'm a Junior at Utah Tech University and on the cross country and track team!

## Upcoming Events

**22nd - 27th Thanksgiving Break**

HAPPY  
*Birthday*  
TO YOU

Asher 11/6  
Miguel 11/13  
Milo 11/5  
Racyn 11/23  
Rosalyn 11/9

## CLUB CLOSURES



**22nd - 27th Thanksgiving Break**

“And all at once, summer collapsed into fall.” – Oscar Wilde.



**Shaleigh Stallcup - Site Coordinator**

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## Project Learn

*Monday-Thursday*

The main focus of power hour will be to help members complete homework assignments, work on HYLEA activities and also participate in our reading program.

## STEM Activity

*Thursdays*

Each week we will have an integrated science club. The STEM lessons will correspond to our clubs every week!

## SEL (Prevention & Behavior)

*Monday-Friday*

Positive Action, Kid-Grit, & SMART Moves curriculum focus on providing youth with important social-emotional skills. All SEL skills are taught through daily lessons and then integrated throughout the rest of programming.

## SMART MOVES

*Fridays*

SMART Moves is a suite of Targeted Programs and other resources designed to help young people develop healthy decision-making attitudes and skills. That you feel good about yourself when you do positive action.



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

