

Cascade
After School Program
2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Managing Me	27 Theme-Fairytale SEL Rotation 1- Physical Rotation 2- Creative Power Hour	28 Theme-Fairytale SEL (P)- Gratitude and Love Rotation 1- Physical Rotation 2 (HYLA)- Creative Power Hour	29 Theme-Fairytale SEL Rotation 1- Physical Rotation 2- Creative Power Hour	30 Theme-Fairytale SEL (B)- Gratitude and Love Rotation 1- Physical Rotation 2 (HYLA)- Creative Power Hour	1 SEL: SMART Moves (K-2) Coping Strategies Gallery (3-5) Coping Strategies Carnival! STEM Rotations: Circuits Power Hour FUN Friday
Managing Me	4 Theme-December Holidays Kid Grit: Intro to the Internet Rotation 1- Indoor Snowball Fight (Physical) Rotation 2- Christmas Countdown (Creative) Power Hour	5 Theme- December Holidays SEL (P)- Managing Anger, Jealousy, and Frustration Rotation 1- Snow Shovel Race (Physical) Rotation 2: Pointillism snowmen (Creative) Power Hour	6 Theme-December Holidays Kid Grit: Playing it Safe Rotation 1- Pickleball (Physical) Rotation 2- Paper Snowflakes (Creative) Power Hour	7 Theme- December Holidays SEL (B)- Managing Anger, Jealousy, and Frustration Rotation 1- Volleyball (Physical) Rotation 2- DIY Ornaments (Creative) Power Hour	8 SEL: SMART Moves Post-Survey & Reflection Evaluation Survey STEM Rotations: Magnetic Shapes Power Hour FUN Friday (Board Games)
Managing Me	11 Theme- December Holidays Kid Grit: The Digital Divide Rotation 1- Ultimate Tag (Physical) Rotation 2 - DIY Wreaths (Creative) Power Hour	12 Theme- December Holidays SEL (P)- Managing worry, fear, and Loneliness Rotation 1- Badmitten (Physical) Rotation 2 Finger Painting (Creative) Power Hour	13 Theme- December Holidays Kid Grit: Intro to the Internet (Action Project) Rotation 1- Elf trot (Physical) Rotation 2- Making christmas trees (Creative) Power Hour	14 Theme- December Holidays SEL (B)- Managing worry, fear, and Loneliness Rotation 1- Among us (Physical) Rotation 2- Circle Art (Creative) Power Hour	15 SEL: Christmas Sweater Problem Solving STEM Rotations: Slime Power Hour FUN Friday: Laser Tag
Managing me	18 Theme- December Holidays Kid Grit: Daily Gratitude Rotation 1- Basketball tag (Physical) Rotation 2 Coffee Filter Butterflies (Creative) Power Hour	19 Theme- December Holidays SEL: Santa's Emotions Rotation 1- Olympics (Physical) Rotation 2 - Forky Craft (Creative) Power Hour	20 Theme- December Holidays Kid Grit: Connection Rotation 1- Scavenger Hunt (Physical) Rotation 2 Marshmallow Constellations - Creative Power Hour	21 CHRISTMAS BREAK NO PROGRAM	22 CHRISTMAS BREAK NO PROGRAM
Christmas Break	25 CHRISTMAS BREAK NO PROGRAM	26 CHRISTMAS BREAK NO PROGRAM	27 CHRISTMAS BREAK NO PROGRAM	28 CHRISTMAS BREAK NO PROGRAM	29 CHRISTMAS BREAK NO PROGRAM

Daily Schedule

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



Contact Info

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DECEMBER 2023

Cascade Elementary

860 N 200 E St | 801-372-6113



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

Kylee Shelton



My name is Kylee Shelton. I am in my first year working for Boys and Girls Club, and my ninth year working for Alpine School District.

I enjoy running, baking, painting, and reading. I love working for Boys and Girls Club because I love seeing the growth that our students experience and being a part of their story.

Upcoming Events

December 21-January 5 Christmas Break
Club will resume January 8th

Happy Birthday!

4- Hannah G.
23- Atticus T.
29- Natalia L.
30- Alexander C.



CLUB CLOSED

December 21-January 5 Christmas
Break

Club will resume January 8th



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Project Learn

Monday - Friday, 3:45 pm - 4:30 pm

We hold Power Hour Monday-Friday where we help with homework, take time reading, and do HYLAs. This year we will be focused on math and reading.

STEM Labs

Friday, 4:35 - 5:00 pm

Our main STEM activity is held on Friday. Our STEM activities go along with our weekly club themes.

Enrichment

Monday - Thursday, 4:35 pm - 5:30 pm

We run enrichment clubs Monday-Thursday. This month our weekly club themes will be: Around the World, Safari, Fall, and Space.

SEL (Prevention and Behavior)

Positive Action: Pre-Survey, Feeling Good with Positive Actions

Monday - Thursday, 3:10 pm - 3:45 pm

SMART Moves

Friday, 3:10 pm - 3:45 pm



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Utah State Board of Education

