

Cascade After School Program 2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	1 No Programs -Christmas Break-	2 No Programs -Christmas Break-	3 No Programs -Christmas Break-	4 No Programs -Christmas Break-	5 No Programs -Christmas Break-
Getting Along with Others	8 Power Hour STEM Labs- Science Clubs K-2: Weather Club 3-6: Cake Decorating Club	9 Power Hour SEL (P)- Superfriend: Respect, Friendliness, Empathy Clubs K-2: Cake Decorating Club 3-6: Weather Club	10 Power Hour STEM Labs- Science Clubs K-2: Weather Club 3-6: Cake Decorating Club	11 Power Hour SEL (B)- Superfriend: Respect, Friendliness, Empathy Clubs K-2: Cake Decorating Club 3-6: Weather Club	12 KidGrit Physical, Creative, & STEM Rotations Gratitude
Getting Along with Others	15 No Programs -Martin Luther Kings Jr. Day-	16 Power Hour SEL (P)- Superfriend: Kindness, Choosing not to Bully Clubs K-2: Cake Decorating Club 3-6: Weather Club	17 Power Hour STEM Labs- Science Clubs K-2: Weather Club 3-6: Cake Decorating Club	18 Power Hour SEL (B)- Superfriend: Kindness, Choosing not to Bully Clubs K-2: Cake Decorating Club 3-6: Weather Club	19 KidGrit Physical, Creative, & STEM Rotations Gratitude
Getting Along with Others	22 Power Hour STEM Labs- Science Clubs K-2: Weather Club 3-6: Cake Decorating Club	23 Power Hour SEL (P)- Superfriend: Cooperation, Courtesy and Manners, Fairness Clubs K-2: Cake Decorating Club 3-6: Weather Club	24 Power Hour STEM Labs- Science Clubs K-2: Weather Club 3-6: Cake Decorating Club	25 Power Hour SEL (B)- Superfriend: Cooperation, Courtesy and Manners, Fairness Clubs K-2: Cake Decorating Club 3-6: Weather Club	26 KidGrit Physical, Creative, & STEM Rotations Gratitude
Getting Along with Others	29 Power Hour STEM Labs- Science Clubs K-2: Weather Club 3-6: Cake Decorating Club	30 Power Hour SEL (P)- Superfriend Review Clubs K-2: Cake Decorating Club 3-6: Weather Club	31 Power Hour STEM Labs- Science Clubs K-2: Weather Club 3-6: Cake Decorating Club	1	2

Daily Schedule

Monday-Thursday	Friday
2:15-2:30 Check-in, Snack 2:30-2:45 Structured Recess 2:45-2:50 Transition 2:50- 3:10 Circle-up 3:10-3:15 Transition 3:15-3:45 K-2 (SEL-Positive Action or STEM Labs), 3-6 (Power Hour) 3:45-3:50 Transition 3:50-4:20 3-6 (SEL-Positive Action or STEM Labs), K-2 (Power Hour) 4:20-4:25 Transition 4:25-5:25 Enrichment Clubs 5:25-5:30 Transition 5:30 Snack, Check-out	2:15-2:30 Check-in, Snack 2:30-2:45 Structured Recess 2:45-2:50 Transition 2:50- 3:10 Circle-up 3:10-3:15 Transition 3:15-4:00 SEL-SMART Moves 4:00-4:05 Transition 4:05-4:25 Rotation 1 (Creative) 4:25-4:30 Transition 4:30-4:50 Rotation 2 (Physical) 4:50-4:55 Transition 4:55-5:15 Rotation 3 (STEM) 5:15-5:20 Transition 5:20-5:30 Gratitude 5:30 Snack, Check-out



Contact Info
Heather Bowcutt <i>Site Coordinator</i> Email: Cascade@bgcutah.org Phone: (801) 372-6113 Program Address: 860 E 200 N St, Orem, UT 84097



January Club & Activity Details

Message to Parents:

Welcome back! We hope you all had a relaxing Christmas break and time spent with your loved ones. We are excited to jump back into afterschool programs. We look forward to continuing to build relationships with the youth, teach the youth new skills that can help them in the future, and watch them grow into future leaders!

Social Emotional Learning:

Positive Action - Social Emotional Learning curriculum is an evidence based program that is integrated in afterschool activities to build a positive environment throughout the program -- an environment that encourages students to do their best and be their best. Positive Action teaches real-life concepts that help students feel good about themselves. This program is run Tuesday & Thursday with new topics each week. The January theme is getting along with others, a great way to start off the new year!

KidGrit - Kid-grit™ is a holistic approach to creating a well-rounded student. The curriculum is focused and committed to a developmental approach promoting the nourishment of a child's intellect, emotion, and intuition, along with conditioning his/her body through delicious nutrient-dense food, movement, and breathing.

Academic Support:

Power Hour - The main focus of power hour will be to help youth complete homework assignments, work on HYLE activities and also participate in our reading program. Our goal is to help youth reduce missing assignments by aligning with school day teachers and completing daily assignments at programs to allow family time at home.

STEM Labs:

Science - Youth will have the opportunity to participate in a new experiment every Monday. Youth will focus on learning about observation, hypothesis, and the scientific process in these experiments. Youth will be participating in STEM activities that comprehension skills and build a deeper understanding of certain math and science topics. Youth will have the opportunity to participate in STEM every Monday, Wednesday and Friday.

Enrichment Clubs:

Weather/Natural Disaster Club - Youth in the monthly club will learn and understand about weather and natural disasters, like tornados, volcanoes, and hurricanes through engaging STEM activities and experiments. Club activities that we will be doing are tornados, and hurricanes in a bottle, flash flood in a box, building a thunderstorm, snowstorm in a jar, all about clouds, and hail storms. This will help youth to understand the world around them, teamwork, meteorology, and chemistry. The last day of the club they will be participating in a showcase demonstrating all of the concepts they have learned throughout the month. This club is offered to K-2 on Monday and Wednesday and offered to 3-6 on Tuesday and Thursday.

Cake Decorating Club - Cake decorating takes time and skill. We are offering this club as a way for youth to practice their skills and put them to the test. This club will be about learning everything about cake and icing, how to make icing, cookie decorating, piping flowers, cupcakes and roses. The last day of club youth will be able to use all of the skills they have learned to decorate their own cake. Students will be able to learn teamwork, patience, hard work, science, and baking. This club is offered to K-2 on Monday and Wednesday and offered to 3-6 on Tuesday and Thursdays.

JANUARY 2024

Cascade

860 E 200 N St, Orem, UT 84097 | (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 getting along with others.

Get To Know



Hello! My name is Ashlin Charlton. I'm the Program Manager here at Cascade. I am from Arkansas, and I'm currently going to school at UVU for Elementary Education. I love Chick-fil-A, dogs, and my sweet fiancé William. This is my second year at the Boys & Girls Club, and I love the opportunity to work with your kiddos.

Upcoming Events

No Upcoming Events in January



www.instagram.com/bgcutah

Happy Birthday!

Angel 1/10
Valerie 1/22



CLUB CLOSED

January 1-5: Christmas Break
January 15: Martin Luther King Jr. Day



Contact Information:

Heather Bowcutt - Site Coordinator

Phone: (801) 372-6113

Email: Cascade@bgcutah.org



www.facebook.com/BGCUtah

Project Learn

Monday-Thursday

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

STEM Labs

Monday & Wednesday

During our power hour on Tuesdays and Thursdays, members have the opportunity to participate in STEM labs after they have completed their daily homework.

Enrichment

Everyday

Enrichment clubs are to further enrich and broaden our members' experiences by offering a variety of clubs that members have a choice between. These clubs are changed on a monthly basis.

Prevention & Education

Tuesday, Thursday, & Friday

Positive Action & 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.



Utah State Board of Education

