

# Coral Cliffs Afterschool Program 2023-2024



| SEL Weekly Focus | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|------------------|--|---|---|---|--|
| Managing Me      | 30<br>SEL(P)Positive Action<br>My Stuff, Our stuff<br>Magic Treehouse Club<br>Power Hour                         | 31<br>Kid-Grit Lesson<br>Magic Treehouse Club<br>Power Hour                         | 1<br>SEL(B)Positive Action<br>My Stuff, Our Stuff<br>Magic Treehouse Club<br>Power Hour | 2<br>STEM<br>Magic Treehouse Club<br>Power Hour | 3<br>Pos of the week/Journal Club<br>SMART Moves Lesson<br>Power Hour  |
| Mid Survey       | 6<br>SEL(P)Positive Action<br>Mid Survey<br>Disney Club<br>Power Hour  | 7<br>Kid-Grit Lesson<br>Disney Club<br>Power Hour                                   | 8<br>SEL(B)Positive Action<br>Mid Survey<br>Disney Club<br>Power Hour                   | 9<br>STEM<br>Disney Club<br>Power Hour          | 10<br>Pos of the week/Journal Club<br>SMART Moves Lesson<br>Power Hour |
| Managing Me      | 13<br>SEL(P)Positive Action<br>Managing Money & Talents<br>Gratitude Club<br>Power Hour                          | 14<br>Kid-Grit Lesson<br>Gratitude Club<br>Power Hour                               | 15<br>SEL(B)Positive Action<br>Managing Money & Talents<br>Gratitude Club<br>Power Hour | 16<br>STEM<br>Gratitude Club<br>Power Hour      | 17<br>Pos of the week/Journal Club<br>SMART Moves Lesson<br>Power Hour |
| Managing Me      | 20<br>SEL(P)Positive Action<br>Managing thoughts & actions into big feelings<br>Fall Festival Club<br>Power Hour | 21<br>Kid-Grit Lesson<br>Fall Festival Club<br>Power Hour                           | 22<br>Thanksgiving Break  | 23<br>Thanksgiving Break                        | 24<br>Thanksgiving Break   |
| Gratitude & Love | 27<br>Thanksgiving Break   | 28<br>SEL(P)Positive Action<br>Gratitude & Love<br>Fall Festival Club<br>Power Hour | 29<br>SEL(B)Positive Action<br>Gratitude & Love<br>Fall Festival Club<br>Power Hour     | 30<br>STEM<br>Fall Festival Club<br>Power Hour  | 1<br>Pos of the week/Journal Club<br>SMART Moves Lesson<br>Power Hour  |

| Daily Schedule Mon-Thurs |   | Daily Schedule Friday |                                     |
|--------------------------|---|-----------------------|-------------------------------------|
| 2:35-2:45                | CHECK IN  | 1:00-1:15             | CHECK IN                            |
| 2:45-3:00                | Snack Time  | 1:15-1:45             | Recess                              |
| 3:00-3:15                | Feelings Check-in                                 | 1:45-2:00             | PM Snack                            |
| 3:15-3:45                | Recess  | 2:00-2:15             | Feelings Check-in                   |
| 3:45-4:15                | Positive Action/SEL OR Kid-grit Lessons/SEL, STEM | 2:15-2:45             | Power Hour                          |
| 4:15-4:30                | Power Hour  | 2:45- 3:00            | Snack Time                          |
| 4:30- 5:15               | Club Time   | 3:00-3:30             | Outside Club                        |
| 5:15-5:30                | Snack Time  | 3:30-4:00             | ClubTime / Meditation / Brain Break |
| 5:30                     | PICKUP  | 4:00-4:30             | SMART Moves                         |
|                          |   | 4:30-5:30             | FUN Friday Club                     |
|                          |   | 5:30                  | PICK UP                             |



| Contact Info   |
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| Program Address: 2040 w 2000 n St George, UT   |

# November 2023

## CoralCliffs

2040 W 2000 N St George, UT | 801-372-3555



**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



Hey! My name is Savannah Tenney and love being here at BGC! I'm from Las Vegas, Nevada. I moved to St. George to attend UTU for dental hygiene. Something I like to do when I'm home is go on hikes with my border collie, Skeeter.

### Upcoming Events

THANKSGIVING BREAK 22nd-27th

## Happy Birthday!

Amy 11/1  
Bella 11/9  
Matteo 11/24  
Ivie 11/25  
Rebecca 11/29



**CLUB CLOSED**

THANKSGIVING BREAK: 22nd--27th



### Contact Information:

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

### Positive Action SEL

November 1st, 6th, 8th, 13th, 15th, 20th, 29th  
We will be doing Unit 3: Managing Me

Positive Action Empowers Greatness with the direct moment-by-moment practice of thinking, acting, and feeling.

### STEM CLUB

November 2nd, 9th, 16th, 30th  
Each week we will have an integrated science club. The STEM lessons will correspond to our clubs every week!

### Kid-Grit SEL

November 7th, 14th, 21st, 28th  
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 movement, and breathing.

### SMART MOVES

November 3rd, 10th, 17th

SMART Moves is a suite of Targeted Programs and other resources designed to help young people develop healthy decision-making attitudes and skills.



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

