



# Gateway Prep Afterschool Program 2023-2024



**BOYS & GIRLS CLUBS  
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO PROGRAM WINTER BREAK	2 NO PROGRAM WINTER BREAK	3 NO PROGRAM WINTER BREAK	4 NO PROGRAM WINTER BREAK	5 NO PROGRAM WINTER BREAK
Getting Along with Others	8 K/2 SEL Positive Action (P): Superfriend: Respect, Friendliness, Empathy AmeriCorps STEM Culture Club & Yarn Club  3/5 Project Learn Math Academic Activity (Math) Frisbee Club & Dance Club	9 K/2 Project Learn Math Academic Activity (Math) Frisbee Club & Dance Club  3/5 SEL Positive Action (P): Superfriend: Respect, Friendliness, Empathy AmeriCorps STEM Culture Club & Yarn Club	10 K/2 SEL Positive Action (B): Superfriend: Respect, Friendliness, Empathy AmeriCorps STEM Culture Club & Yarn Club  3/5 Project Learn Literacy Academic Activity (Literacy) Frisbee Club & Dance Club	11 K/2 Project Learn Literacy Academic Activity (Literacy) Frisbee Club & Dance Club  3/5 SEL Positive Action (B): Superfriend: Respect, Friendliness, Empathy AmeriCorps STEM Culture Club & Yarn Club	12 K/5 SEL: Kid-Grit Community Building Jewelry Club Discover, Play, Engage Activity Choice Based Rotation
Getting Along with Others	15 NO PROGRAM MLK DAY	16 K/2 Project Learn Math Academic Activity (Math) Frisbee Club & Dance Club  3/5 SEL Positive Action (P): Superfriend: Kindness, Choosing not to Bully AmeriCorps STEM Culture Club & Yarn Club	17 K/2 SEL Positive Action (B): Superfriend: Kindness, Choosing not to Bully AmeriCorps STEM Culture Club & Yarn Club  3/5 Project Learn Literacy Academic Activity (Literacy) Frisbee Club & Dance Club	18 K/2 Project Learn Literacy Academic Activity (Literacy) Frisbee Club & Dance Club  3/5 SEL Positive Action (B): Superfriend: Kindness, Choosing not to Bully AmeriCorps STEM Culture Club & Yarn Club	19 K/5 SEL: Kid-Grit Community Building Jewelry Club Discover, Play, Engage Activity Choice Based Rotation
Getting Along with Others	22 K/2 SEL Positive Action (P): Superfriend: Cooperation & Courtesy AmeriCorps STEM Culture Club & Yarn Club  3/5 Project Learn Math Academic Activity (Math) Frisbee Club & Dance Club	23 K/2 Project Learn Math Academic Activity (Math) Frisbee Club & Dance Club  3/5 SEL Positive Action (P): Superfriend: Cooperation & Courtesy AmeriCorps STEM Culture Club & Yarn Club	24 K/2 SEL Positive Action (B): Superfriend: Cooperation & Courtesy AmeriCorps STEM Culture Club & Yarn Club  3/5 Project Learn Literacy Academic Activity (Literacy) Frisbee Club & Dance Club	25 K/2 Project Learn Literacy Academic Activity (Literacy) Frisbee Club & Dance Club  3/5 SEL Positive Action (B): Superfriend: Cooperation & Courtesy AmeriCorps STEM Culture Club & Yarn Club	26 K/5 SEL: Kid-Grit Community Building Jewelry Club Discover, Play, Engage Activity Choice Based Rotation
Getting Along with Others	29 K/2 SEL Positive Action (P): Superfriend: Review AmeriCorps STEM Culture Club & Yarn Club  3/5 Project Learn Math Academic Activity (Math) Frisbee Club & Dance Club	30 K/2 Project Learn Math Academic Activity (Math) Frisbee Club & Dance Club  3/5 SEL Positive Action (P): Superfriend: Review AmeriCorps STEM Culture Club & Yarn Club	31 K/2 SEL Positive Action (B): Superfriend: Review AmeriCorps STEM Culture Club & Yarn Club  3/5 Project Learn Literacy Academic Activity (Literacy) Frisbee Club & Dance Club	<b>Contact Info</b> Lily Hansen - Site Coordinator  Email: lily.hansen@bgc utah.org	Phone: (801) 372-3849  Program Address: 201 E. Thoroughbred Way

## Daily Schedule

<b>Monday K-2</b> 2:50-3:10 Snack 3:15-3:35 Recess 3:40-4:25 SEL: Positive Action (P) / Yarn Club 4:30-5:20 AmeriCorps STEM / Culture Club 5:20-5:30 Clean-up 5:30 Parent pick-up <b>Monday 3-5</b> 2:50-3:10 Snack 3:15-4:00 Project Learn Math / Frisbee Club 4:05-4:25 Recess 4:35-5:20 Academic Activity Math / Dance Club 5:20-5:30 Clean-up 5:30 Parent pick-up	<b>Tuesday K-2</b> 2:50-3:10 Snack 3:15-3:35 Recess 3:40-4:25 Project Learn Math / Frisbee Club 4:30-5:20 Academic Activity / Dance Club 5:20-5:30 Clean-up 5:30 Parent pick-up <b>Tuesday 3-5</b> 2:50-3:10 Snack 3:15-4:00 SEL: Positive Action (P) / Yarn Club 4:05-4:25 Recess 4:35-5:20 AmeriCorps STEM / Culture Club 5:20-5:30 Clean-up 5:30 Parent pick-up	<b>Wednesday K-2</b> 2:50-3:10 Snack 3:15-3:35 Recess 3:40-4:25 Positive Action (B) / Yarn Club 4:30-5:20 AmeriCorps STEM / Culture Club 5:20-5:30 Clean-up 5:30 Parent pick-up <b>Wednesday 3-5</b> 2:50-3:10 Snack 3:15-4:00 Project Learn Literacy / Frisbee Club 4:05-4:25 Recess 4:35-5:20 Academic Activity / Dance Club 5:20-5:30 Clean-up 5:30 Parent pick-up	<b>Thursday K-2</b> 2:50-3:10 Snack 3:15-3:35 Recess 3:40-4:25 Project Learn Literacy / Frisbee Club 4:30-5:20 Academic Activity / Dance Club 5:20-5:30 Clean-up 5:30 Parent pick-up <b>Thursday 3-5</b> 2:50-3:10 Snack 3:15-4:00 SEL: Positive Action (B) / Yarn Club 4:05-4:25 Recess 4:35-5:20 AmeriCorps STEM / Culture Club 5:20-5:30 Clean-up 5:30 Parent pick-up	<b>Friday K-5</b> 12:50-1:00 Transition to class 1:00-1:30 SEL- KidGrit 1:35-2:35 Discover, Play Engage Activity 2:40-3:10 Snack & Recess 3:15-4:15 Jewelry Club 4:15-5:15 Community Building 5:15-5:30 Clean-up 5:30 Parent Pick-up   
--	---	--	---	--

# January Club & Activity Details

## Message to Parents:

The mission of Boys and Girls Clubs of Southern Utah is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive, caring, and responsible citizens and leaders.

Through clubs and activities, we hope to expand and grow children's interests, hobbies, life skills, and character. We support and encourage all students to participate and have fun!

## **Creative Dance Club-Ms. Jen-K/2 Tuesday & Thursday, 3/5 Monday & Wednesday**

Creative dance engages kids minds and bodies through structured movement improvisation games. Kids will explore how dancers interact with space, time, and energy, as the building blocks of dance. Kids will explore how dancers interact and create with other dancers; and start to explore how ideas, feelings, and stories can be translated into dance through their own movement creation.

- Week #1: Dancers will learn basic creative dance vocabulary and dance positions through fun movement games
- Week #2: Dancers will engage in movement games that explore space, time and energy as individuals and with other dancers
- Week #3 Dancers will engage in movement creation with other dancers through guided, structured movement improvisation games
- Week #4 Dancers will start exploring ideas of movement abstraction: translating ideas, feelings, or stories into original dance movements

## **Jewelry Club - Miss. Avery-K/2 Monday & Wednesday, 3/5 Tuesday & Thursday**

Jewelry Club will engage students' creativity and fine motor skills through fun beading and jewelry making techniques and projects. Students will finish this club with string bracelets, jewelry set, and a beaded lizard 'ornament'.

- Week #1: Students will first learn how to make string bracelets. They will be taught different patterns, and choose what design they would like to do. We will use braiding disks.
- Week #2: Students will start making matching sets of jewelry, but we will start with beaded necklaces. They will be shown different patterns, and will choose what they want to do.
- Week #3: Students will keep working on matching sets of jewelry, but this week they will work on either earrings or bracelets.
- Week #4: Students will have time to finish up any unfinished projects they were making, or if they are finished they will be free to make another piece of jewelry.
- Extra activity: Learn how to make beaded lizards

## **Yarn Crafts Club - Miss. Siena -K/2**

Yarn Club will engage students' creativity and fine motor skills through fun yarn crafts. Older students will build knitting skills, while younger students use yarn as a creative outlet through fun project based activities.

K/2

- Week #1: Students will be introduced to yarn crafting by learning to make simple crafts that represent objects and animals from real life.
- Week #2: Students will learn how to use yarn to make giftable items for parents, friends, and family.
- Week #3: Students will once again use yarn to make crafts that represent objects and animals from real life.
- Week #4: Students will use yarn to create a fun reflection of themselves.

3/5

- Week #1: Students will be introduced to the materials and methods needed to knit a hat or headband out of yarn using a loom.
- Week #2: Students will begin making their choice of hat or headband with detailed instruction.
- Week #3: Students will be given time to work more independently on their hat or headband.
- Week #4: Students will finish their hats and headbands and have an awesome hand-made accessory.

## January Club & Activity Details (cont)

### **Culture Club - Ms. Melissa - K/2 Monday & Wednesday, 3/5 Tuesday & Thursday**

Culture club will be a fun way for students to learn about different cultures around the world through exploring each cultures language, traditional clothing/fashion, food, and cultural & holiday celebrations. January will focus on the culture of Spain.

- Week #1 Students will engage with the Spanish culture through activities that teach simple phrases and salutations in the Spanish language
- Week #2 Students will learn about the traditional dress of different regions in Spain. Children will create a paper doll and dress it in the appropriate traditional style from the region of their choice.
- Week #3 Students will learn about a few traditional Spanish cultural and holiday celebrations. Children will create holiday celebration crafts
- Week #4 Students will be trying and making traditional foods from Spain. (Gazpacho and Churros)

### **Frisbee Club - Ms. Sam -K/2 Tuesday & Thursday, 3/5 Monday & Wednesday**

Frisbee Club will introduce students to different games and activities using frisbees. Students will learn basic skills of throwing and catching frisbees, in addition to the rules and game play of various frisbee sports.

- Week #1 Students will start learning the basic skills of throwing and catching a frisbee
- Week#2 Students will learn the skills and basic game play of Tic Tac Toss, and practice their skills from week #1
- Week #3 Students will learn the skills and basic game play of Frisbee Tag, and practice their skills from weeks #1 &#2
- Week #4 Students will learn the skills and basic game play of Frisbee Bowling, and continue to practice their skills from the previous week

JANUARY 2024

# Gateway Prep

201 E. Thoroughbred Way | (801) 372-3849



**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 Getting Along with Others*

## Get To Know



### Avery Hunter - SEL Specialist

Hi! My name is Avery Hunter! I am the Social/Emotional Specialist. I was born and raised in Spanish Fork, Utah, and I am now currently a student at SUU, majoring in Elementary Education. I have been working with the Boys & Girls Club since summer, and it has been so much fun! I love being able to make connections with the kids. I believe it's so important to make sure each kid knows how important they are, and that's what I strive to do in my class! Some of my hobbies include dancing, working out, baking, and traveling.

## Upcoming Events

No Program January 1st - 5th (Boys & Girls Club Prep)

No Program January 15th (MLK Day)



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

Happy Birthday!

Zoie - 1/20  
Haley - 1/20  
Bella - 1/21  
Urifida - 1/31



**CLUB CLOSED**

Jan 1st - 5th  
Jan 15th



## Contact Information:

**Lily Hansen - Site Coordinator**  
Phone: (801) 372-3849  
Email: [lily.hansen@bgcutah.org](mailto:lily.hansen@bgcutah.org)

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

## Project Learn

**Tuesday & Thursday - K/2 Literacy PowerHour, Math PowerHour**  
**Monday & Wednesday - 3/5 Literacy PowerHour, Math PowerHour**

Students will have the opportunity to work on homework, class projects, and assignments. Students will also engage in math and reading through grade appropriate games, projects, and activities.

## STEM Labs

**Monday & Wednesday - K/2**  
**Tuesday & Thursday - 3/5**

Students will experience fun, age appropriate AmeriCorps STEM labs. This includes Science, Technology, Engineering, and Math.

## Enrichment-Clubs

Please see detail descriptions above  
**Tuesday & Thursday - K/2**  
**Monday & Wednesday - 3/5**

Discover, Play, Engage  
These activities are age appropriate, tactile, and fun. They promote learning in a playful way, that encourages students to try new things, and encourages team building along the way.

## SEL Prevention & Education

**Monday (P) & Wednesday (B) - K/2**  
**Tuesday (P) & Thursday (B) - 3/5**

This time will be centered around learning ways to develop our sense of self, how we can better ourselves and improve our relationships with those around us. We will focus on identifying emotions, learning healthy coping skills, and building healthy relationships with peers.



