

Gateway Middle After School Program 2023-2024

JANUARY



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Happy New Year!</i>	1 WINTER BREAK NO AFTER SCHOOL	2 WINTER BREAK NO AFTER SCHOOL	3 WINTER BREAK NO AFTER SCHOOL	4 WINTER BREAK NO AFTER SCHOOL	5 WINTER BREAK NO AFTER SCHOOL
Strong Body and Mind	8 Club: Cooking Club: The Arts Club: IRL Gaming Project Learn/Power Hour	9 Club: Advanced Improv Club: Lego Robotics SEL Positive Action Prevention: Fairness	10 STEM Project Learn/Power Hour SEL Kid Grit	11 Club: Improv Club: Lego Robotics Club: Math Counts SEL Positive Action Behavior: Respect	12 Club: Cooking Club: The Arts STEM Project Learn/Power Hour Makerspace
Managing My Resources	15 NO AFTER SCHOOL MLK DAY	16 Club: Advanced Improv Club: Lego Robotics SEL Positive Action Prevention: Fairness	17 STEM Project Learn/Power Hour SEL Kid Grit	18 Club: Improv Club: Lego Robotics Club: Math Counts SEL Positive Action Behavior: Respect	19 Club: Cooking Club: The Arts STEM Project Learn/Power Hour Makerspace
Being a Good Friend	22 Club: Cooking Club: The Arts Club: IRL Gaming Project Learn/Power Hour	23 Club: Advanced Improv Club: Lego Robotics SEL Positive Action Prevention: Fairness	24 STEM Project Learn/Power Hour SEL Kid Grit	25 Club: Improv Club: Lego Robotics Club: Math Counts SEL Positive Action Behavior: Respect	26 Club: Cooking Club: The Arts STEM Project Learn/Power Hour Makerspace
Friendliness and Honesty	29 Club: Cooking Club: The Arts Club: IRL Gaming Project Learn/Power Hour	30 Club: Advanced Improv Club: Lego Robotics SEL Positive Action Prevention: Fairness	31 STEM Project Learn/Power Hour SEL Kid Grit	1	2

Daily Schedule				
Monday 2:50-3:15 Check-in/Snack 3:15-3:30 Brain Break 3:30-4:30 The Arts, Cooking & IRL Games Clubs 4:30-4:45 Break/Transition 4:45-5:15 Project Learn/ Power Hour 5:15-5:30 Snack/Clean up 5:30 Parent Pick up	Tuesday 2:50-3:15 Check-in/Snack 3:15-3:30 Brain Break 3:30-4:30 Advanced Improv, Lego Robotics Clubs 4:30-4:45 Break/Transition 4:45-5:15 SEL: (P) Positive Action 5:15-5:30 Snack/Clean up 5:30 Parent Pick up	Wednesday 2:50-3:15 Check-in/Snack 3:15-3:30 Brain Break 3:30-4:30 STEM & Project Learn/ Power Hour 4:30-4:45 Break/Transition 4:45-5:15 SEL: Smart Moves 5:15-5:30 Snack/Clean up 5:30 Parent Pick up	Thursday 2:50-3:15 Check-in/Snack 3:15-3:30 Brain Break 3:30-4:30 Beg. Improv, Lego Robotics, MathCounts Clubs 4:30-4:45 Break/Transition 4:45-5:15 SEL: (B) Positive Action 5:15-5:30 Snack/Clean up 5:30 Parent Pick up	Friday 1:00-1:15 Check-in/Snack 1:15-1:30 Brain Break 1:30-2:00 Project Learn/Power Hour 2:00-3:00 STEM 3:00-4:00 Cooking, Arts Clubs 4:00-4:15 Transition 4:15-5:15 Makerspace 5:15-5:30 Snack/Clean up 5:30 Parent Pick up



Contact Info
Hailey Larsen Site Coordinator Email: hailey.larsen@bgcutah.org Phone: (801) 372-3849
Program Address:: 201 E. Thoroughbred Way



January Club & Activity Details

Message to Parents:

We hope you each had a wonderful winter break! We're excited to welcome students back into our program and to move forward into 2024 with opportunities for each of us to grow, learn, and have fun!

The Arts Club - Miss. Annalyse, *Monday and Friday 3:30-4:30pm*

Discovery! Creativity! Self-expression! Not only does art improve motor skills, decision making, inventiveness, problem solving, and creativity, through exploring the arts, students have an outlet to process big emotions. A variety of mediums will be offered throughout the course including drawing, painting, puzzle-solving, sculpture, writing, design, music, theater, dance, and poetry.

- Week 1: Students will create visual representations of their goals and dreams for the new year.
- Week 2: Students will work on self-portraits, including what they look like as their best selves.
- Week 3: Students will sculpt their emotions, learning how to process and deal with them once they can better recognize what they look like.
- Week 4: Students will learn meditative art along with how and when to use art to cope with feelings.

Cooking Club - Mrs. Gregersen, *Monday and Friday 3:30-4:30pm*

Students will explore history, culture, traditions of their ancestry. Discussions and research will be presented on food differences around the world and if any of the cultures/traditions are related to the climate and living conditions in the area. Explore the current with the past and discuss differences and consistencies with foods.

We will invite chefs/ SouthWest Tech professors from around town to come talk to the students about what it takes to cook for large groups of people and organize, plan, buy, and prepare. This will also give students expectations of manners and behaviors on guest days.

This club will encourage students to use technology positively and productively to gain knowledge and understanding of the world and other countries.

- Week 1: Northern Europe - Iceland, Finland, and the three Scandinavian countries of Norway, Sweden, and Denmark.
- Week 2: Eastern Europe – Belarus, Russia, Ukraine and Moldova
- Week 3: Western Europe- Ireland and France
- Week 4: Southern Europe- Spain and Crete

Beginning Improv- Mr. Fergason, *Thursday 3:00-4:00pm*

Beginning improv will take students through the basics of improv. The skill of improv can help students learn how to be leaders and better public speakers. They will follow the four rules of improv from Commit fully, Yes And, Leave your ego at the door and Respect. These rules are great rules to live by. They will go through short form games that will help bolster confidence in the art form of improv and help them build towards the advanced class.

- Week 1: The students will go through short form games based on committing fully.
- Week 2: the students will go through short form games that help with yes and and checking in.
- Week 3: the students will go through short form games that will help build confidence in scene work
- Week 4: The students will go through basic editing that takes place in long form.

Advanced Improv- Mr. Fergason, *Tuesday 3:00-4:00pm*

Advanced improv will take the advanced students through long form improv. Long form is based on relationships and follows how to create theater without a script. They will perform multiple scenes that are 30 mins or longer. They are

learning how to maintain a scene. The skill of improv can help students learn how to be leaders and better public speakers. They will follow the four rules of improv from Commit fully, Yes and, Leave your ego at the door and Respect. These rules are great rules to live by. They will go through short form games that will help bolster confidence in the art form of improv

- Week 1: The long form, form: the Harold. (Checking in and character driven improv)
- Week 2: The long form form: the armando (Story based improv)
- Week 3: The long form form: montague (Scene and theme based improv)
- Week 4: the long form form: community. (character based improv)

Lego Robotics -Ms. Thorpe, *Tuesday and Thursday 3:30-4:30pm*

In FIRST LEGO League, students engage in hands-on STEM experiences, building confidence, growing their knowledge and developing habits of learning. The program teaches six core values:

- Discovery. We explore new skills & ideas. Innovation. We use creativity and persistence to solve problems.
- Impact. We apply what we learn to improve our world. Inclusion. We respect each other and embrace our differences.
- Teamwork. We are stronger when we work together. Fun. We enjoy and celebrate what we do!
- Innovation. We use creativity and persistence to solve problems.
- Inclusion. We respect each other and embrace our differences.
- Fun. We enjoy and celebrate what we do! (www.firstinspires.org)

Week-to-week, students will strengthen their teamwork, communication and persistence throughout the trial and error process of coding robots. This month students will make their final strides to be prepared for the competition that will take place in February.

MathCounts - Mr. LeFevre, *Thursday 3:00-4:00pm*

MATHCOUNTS provides engaging math programs to US middle school students of all ability levels to build confidence and improve attitudes about math and problem solving.

- We make learning math fun.
- We believe middle school is a critical juncture when a love of math must be encouraged, and a fear of math must be overcome.
- MathCounts builds problem solving skills and positive attitudes about math, so students embrace challenges and expand their academic and career opportunities in the future.
- Week-to-week, students will work on a timed, 10-question worksheet to begin the club. After the timer is up, they will discuss each problem and work through any struggles together as a team.

IRL Gaming Club - Miss. Sydney, *Monday 3:30-4:30pm*

This club is designed to engage and connect with students as we learn teamwork, sportsmanship, leadership, creativity, social skills, and learning how to interact with others outside of technology in a fun way. We will use many different kinds of games, including board games, card games, and student-created games, to explore these skills. We will learn how to tell stories through games, and how much good sportsmanship affects the way we interact with others' in our circle of influence.

- Week 1: Students will define sportsmanship and learn what it means to be respectful to ourselves and to the other players.
- Week 2: Students will understand and be able to participate in team games, with sportsmanship and leadership qualities.
- Week 3: Students will discover how different approaches change the logistics of games and in life, and how some approaches can be better than others.
- Week 4: Students will use the time to create their own board or card game, using what they have learned about creativity, leadership, and the aspects of games.

Makerspace - BGC Staff, *Friday 4:00-5:00pm*

Every Friday, Boys & Girls Club staff will facilitate a "Makerspace" for students. Our goal for the Afterschool Makerspace is to support students as they delve deeper into their interests and to assist them in developing the necessary skills to help them through the creative process. Some possibilities during Makerspace may include: learning a new skill, writing and producing a play/movie, developing a new game, writing, illustrating, and publishing a book, etc. This will be student driven, supported by BGC staff and resources.

JANUARY 2024

Gateway Middle

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



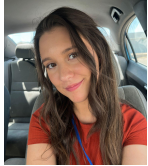
The mission of the Boys & Girls Clubs of Utah County is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive and responsible citizens and leaders.



Our SEL focus this month is Strong Body and Mind, Managing my Resources, Being a Good Friend, Friendliness and Honesty.

Get To Know

Hailey Larsen - Site Coordinator



Cassie Newman - Program Manager

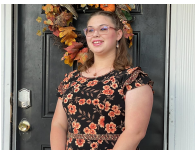


Annalyse Davis - SEL YDP, The Arts Club



Annalyse is so thrilled to be teaching students through the Boys and Girls Club! From pottery to poetry to performing, she loves all art forms. Outside of teaching, Annalyse is currently pursuing a degree in cognitive behavioral therapy.

Sydney Nielson - AmeriCorps STEM YDP, IRL Gaming Club



Gateway Staff

Nate Ferguson: Improv
 Kaye Gregerson: Cooking
 Amy Thorpe: Lego Robotics
 Travis Lefevre: Math Counts

Contact Information:

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Clubs are **free** for any middle school student and are held every day. If your child ever stays at the school and participates in a club, they are a part of the Gateway Middle Afterschool Program. All participants must be registered in order to ensure the safety of your children. Please reach out if you have any questions! Registration can be completed online through the following links:

English Registration Links:

<https://forms.gle/6ZqEg3GmS3GFYpNL8>

Spanish Registration Links:

<https://forms.gle/GdFKHWg2CyDTrBNq9>

Project Learn

Mon. 4:45-5:15, Wed. 3:30-4:30, and Fri. 1:30-2:00 pm

Students will have time to work projects/assignments from the school day. This is an opportunity to get ahead. The Summit Program will be accessible to help facilitate their completion of any assignments/projects

STEM Labs

Mon., Wed. 3:30-4:30 and Fri. 2:00-3:00 pm

Students will be exploring various topics through experiments and projects in the STEM field. (Science, Technology, Engineering and Math)

Enrichment/Clubs

Please see detailed descriptions above

Mon. - Fri. 3:30-4:30 pm

Mon.	Tues.	Wed.	Thurs.	Fri.
Cooking	Advanced Improv	STEM	Improv	Cooking
The Arts	Lego Robotics (4-5)		Lego Robotics (6-8)	The Arts
IRL Gaming			Math Counts	STEM

SEL Prevention & Education

Tues., Wed., and Thurs. 4:45-5:15

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.

