

# Heritage Afterschool Program 2023-2024

# JANUARY



BOYS & GIRLS CLUBS  
OF UTAH COUNTY

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Managing Me	1 	2 	3 SEL (P) Positive Action: Gratitude & Love Project Learn	4 SEL (B) Positive Action:Gratitude & Love Project Learn	5 STEM CLUB Rotations
Managing Me	8 SEL (P) Positive Action:Managing Anger, jealousy, and frustration Project Learn	9 <b>Clubs:</b> 3rd-5th: Dance or Country K-2nd: Soccer or Building Project Learn	10 SEL (B) Positive Action: Managing Anger, jealousy, and frustration Project Learn	11 <b>Clubs:</b> K-2nd: Dance or Country 3rd-5th: Soccer or Building Project Learn	12 STEM CLUB Rotations
Managing Me	15 	16 SEL (P) Positive Action: Managing worry, fear, and loneliness Project Learn	17 SEL (B) Positive Action: Managing worry, fear, and loneliness Project Learn	18 <b>Clubs:</b> K-2nd: Dance or Country 3rd-5th: Soccer or Building Project Learn	19 STEM CLUB Rotations
Getting Along With Others	22 SEL (P) Positive Action:Golden Rule-Know the Code Project Learn	23 <b>Clubs:</b> 3rd-5th: Dance or Country K-2nd: Soccer or Building Project Learn	24 SEL (B) Positive Action: Golden Rule-Know the Code Project Learn	25 <b>Clubs:</b> K-2nd: Dance or Country 3rd-5th: Soccer or Building Project Learn	26 STEM CLUB Rotations
Getting Along With Others	29 SEL (P) Positive Action:Superfriend: Respect, Friendliness, Empathy Project Learn	30 <b>Clubs:</b> 3rd-5th: Dance or Country K-2nd: Soccer or Building Project Learn	31 SEL (B) Positive Action: Superfriend: Respect, Friendliness, Empathy Project Learn	1 <b>Clubs:</b> K-2nd: Dance or Country 3rd-5th: Soccer or Building Project Learn	2 STEM CLUB Rotations

Monday-Thursday Schedule	Friday Schedule
3:30-3:45 pm Welcome Check-in/Snack 3:45-3:55 pm - Recess 4:05-4:15 pm- Circle up 4:15-4:45 pm - Project Learn 4:50-5:20 pm - SEL Positive Action (Monday/Wednesday), Clubs (Tuesday/Thursday) 5:20-5:30 pm - Clean up/ hand out PM snack/Check-out	12:00-12:15- Check-in/Recess 12:20-12:35 pm- Snack 12:40-12:50 pm - Circle Up 1:00-1:30 pm -SMART Moves 2:05-4:45 pm - Station Rotation Club Time 4:50-5:00 pm - Team Building 5:05-5:20 pm - Gratitude 5:20-5:30 pm - clean up/check out



Contact Info
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## January Club & Activity Details

### Message to Parents:

Welcome back! We hope you all had a relaxing Winter break.. 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! Please see the Descriptions below for an overview of our January Month.

### 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 runs Mondays & Wednesdays with new topics each week. The January theme is “Managing Me” & “Getting Along With others.”

### Academic Support

**Project Learn -** The main focus of power hour will be to help youth complete homework assignments, work on HYLEA 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. This takes place Monday through Thursdays 4:20pm - 4:50pm.

### STEM

Youth will have the opportunity to participate in a new experiment every Friday during rotations. Youth will focus on learning about observation, hypothesis, and the scientific process in these experiments.

**Enrichment Clubs-** Tuesdays from 4:50 pm-5:20 pm & Fridays from 3:30pm-3:50pm.

**Dance Club-** This month youth will explore the many different types of dance. They will learn basic steps and choreography for different dances. Then at the end of the month as a group we will choreograph a dance together.

**Soccer Club-** This month youth will explore how to play soccer. Throughout the month we will learn the rules and techniques of the game. Then at the end of the year students will play a soccer game.

**Country Club-** This Month students will learn about different countries. We will explore the different animals, plants, foods and so much more about each country. We will also discover their locations on a globe.

**Building Club-** This Month students will explore the processes of designing and building. They will get to have hands-on experience by bringing their designs to life on smaller scales, such as building with popsicle sticks.

# JANUARY 2024

# Heritage

747 E Riverside Dr. St. George UT 84790 | 801-372-3434



**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 & Getting Along With Others*

## Get To Know



Hi, my name is Jenna Beatty and I am a YDP (Youth Development Professional) for the Boys and Girls club. I am currently in the Elementary Education program at Utah Tech University and I am on Utah Tech's premier song and dance team FUSION.

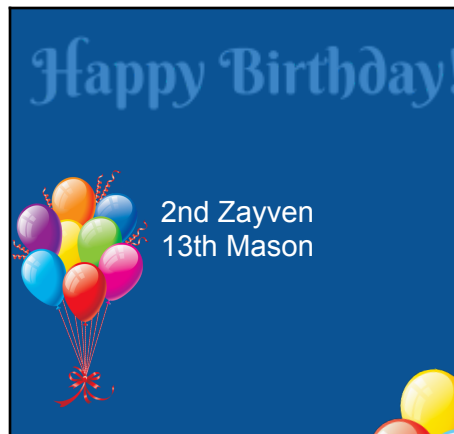
When I am not singing, dancing, or with kids, I love to be outside, spend time with family, and curl up with a good book. I love working with your kids and making connections with each of them through the After School program.

## Upcoming Events

Martin Luther King Jr. Day- No School

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

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



Monday January 1st

Tuesday January 2nd

Monday January 15th

## Contact Information:

**D Leyva- Site Coordinator**

Email: [darian.leyva@bgcutah.org](mailto:darian.leyva@bgcutah.org)

Phone: 801-372-3434

## Project Learn

Monday- Thursday: 4:15 pm- 4:45 pm

Building strong minds through reading and positive thoughts/actions. We will also talk about self-discipline and continuing to build our self awareness.

## STEM Labs

Fridays 2:05 pm- 4:45 pm

Members will have the opportunity to participate in STEM labs. They will learn how science, technology, engineering and math can be used in everyday life.

## Enrichment

Tuesday/Thursday: 4:50 pm- 5:20 pm

Fridays 2:05 pm- 4:45 pm

Enrichment clubs are offering our members opportunities to participate in a variety of activities which will continue to change as the year progresses.

## Prevention & Education

Monday/Wednesday: 4:50 pm- 5:20 pm

Friday: 1:00 pm-1:30 pm

Positive Action & SMART Moves curriculum provide members with important social-emotional skills.

