

**Legacy**  
**After School Program**  
**2023-2024**



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Managing Me	27  No Club / No School	28 <b>Pumpkin Club</b> SEL (P) - Positive Action: Gratitude & Love Project Learn	29 <b>Pumpkin Club</b> Paper Striped Pumpkins Project Learn	30 <b>Pumpkin Club</b> SEL (B) - Positive Action: Gratitude & Love Project Learn	1 <b>Pumpkin Club</b> STEM Club Positivity Circle SEL - SMART Moves
Managing Me	4 STEM Club Project Learn	5 SEL (P) - Positive Action: Managing Anger, jealousy, and frustration Project Learn	6 Frisbee Golf Club No-Bake Cooking Club Project Learn	7 SEL (B) - Positive Action: Managing Anger, jealousy, and frustration Project Learn	8 Frisbee Golf Club No-Bake Cooking Club STEM Club SEL - SMART Moves
Managing Me	11 STEM Club Project Learn	12 SEL (P) - Positive Action: Managing worry, fear, and loneliness Project Learn	13 Frisbee Golf Club No-Bake Cooking Club Project Learn	14 SEL (B) - Positive Action: Managing worry, fear, and loneliness Project Learn	15 Frisbee Golf Club No-Bake Cooking Club STEM Club SEL - SMART Moves
Happy Holidays	18 STEM Club Project Learn	19 Frisbee Golf Club No-Bake Cooking Club Project Learn	20  No Club	21  No Club / No School	22  No Club / No School
Happy Holidays	Christmas Day 25  No Club / No School	26  No Club / No School	27  No Club / No School	28  No Club / No School	29  No Club / No School

Monday-Thursday Schedule	Friday Schedule
3:30 - 3:40 pm - Welcome Check-in/Wash hands 3:40 - 3:55 pm - Super Snack/Feelings Check-in 3:55 - 4:20 pm - Recess/Wash hands 4:20 - 5:00 pm - SEL - Positive Action / Club Time 5:00 - 5:25 pm - Project Learn (Academic Support) 5:25 - 5:30 pm - Pass out PM Snack & Check-out	12:00 - 12:30 pm - Welcome Check-in/Wash hands 12:30 - 12:55 pm - Recess/Wash hands 12:55 - 1:15 pm - Super Snack Time 1:15 - 2:15 pm - Station Rotation Activity Club Time 2:15 - 2:40 pm - Positivity Circle/Feelings Check-in 2:40 - 3:20 pm - STEM Club 3:20 - 3:45 pm - Club Time 3:45 - 4:05 pm - PM Snack 4:05 - 4:35 pm - SEL - SMART Moves 4:35 - 5:05 pm - Recess/Wash hands 5:05 - 5:25 pm - Weekly Theme Club Time 5:25 - 5:30 pm - Clean up/Check-out



Contact Info
Heidi Taylor - Site Coordinator Email: <a href="mailto:legacy@bgcutah.org">legacy@bgcutah.org</a> * Phone: (801) 372-3284
Program Address: 280 E 100 S St George, UT 84780



Program will resume on Wednesday January 3rd, 2024. Have a fabulous winter break!

## Welcome to the BGC Club!

We are so excited to create an amazing club experience with our Legacy club members. Please make sure to save and add our email address to your contact list so you don't miss out on important information throughout the year. Each week we have club themes where most of our activities stem from that week's focus. We like to focus on collaboration, teamwork with lots of group work and individual projects that club members may be able to present to the group if time allows. If you ever have questions please reach out.

### November 27 - December 1

#### Theme: Pumpkin Club Week

27th **NO SCHOOL / NO PROGRAM**

28th **Positive Action Lesson** - Prevention: Gratitude & Love. We are creating Gratitude Leaves they can hang in their windows

29th Craft of paper strips pumpkins. We have scrapbooking prints that we put in mosaic strips to create a pumpkin picture.

30th **Positive Action Lesson** - Behavior: Gratitude & Love. We are making gratitude dice and play, "what I am thankful for" game in teams.

1st **STEM** - We are doing invisible ink. We are making pumpkin stress balls and lots of pumpkin themed crafts.

### December 4 - December 8

4th **STEM** - Solubility Testing with dry erase markers and water

5th **Positive Action Lesson** - Prevention: Managing Anger, jealousy, and frustration. We are creating emotion masks and act out scenes with a puppet show

6th **Frisbee Golf Club** - They are going to learn the game of frisbee golf and how to play. Proper motion of your throw. Review the rules and how to complete a game.

**No-Bake Cooking Club** - They are going to learn kitchen etiquette and knife safety. We will be making no-bake cinnamon rolls.

7th **Positive Action Lesson** - Behavior: Managing Anger, jealousy, and frustration. We are making an empathy wheel.

8th **STEM** - We are creating a snow storm in a jar.

**Frisbee Golf Club** - They will be learning two different throws for a frisbee: Backhand throw and the Flick throw. This club will be outside so come with a jacket if needed.

**No-Bake Cooking Club** - They learn about chemistry in the kitchen. We will be making "ice cream in a bag".

### December 11 - December 15

11th **STEM** - Kinetic Energy Chain using popsicle sticks.

12th **Positive Action Lesson** - Prevention: Managing worry, fear, and loneliness. We are playing a game called, 3 Monkeys. This will help us understand how to manage our emotions.

13th **Frisbee Golf Club** - They will be learning two different throws for a frisbee: Hammer throw and the Slingshot throw. This club will be outside so come with a jacket if needed.

**No-Bake Cooking Club** - They will be learning about parfaits and the different types and origins. We will be making granola, fruit and yogurt parfaits.

14th **Positive Action Lesson** - Behavior: Managing worry, fear, and loneliness. We are making cloud dough to help discover ways to relieve intense emotions

15th **STEM** - We are making moon sand snow forts. This activity will be outside.

**Frisbee Golf Club** - They will be putting their skills to the test. They will play a full game of frisbee golf today.

**No-Bake Cooking Club** - They are going to practice their knife skills. We will be making fruit kabobs.

### December 18 - December 22

18th **STEM** - Aerodynamics Testing of hoop and straw airplanes

19th **Frisbee Golf Club** - They will be putting their skills to the test. They will play a full game of frisbee golf today.

**No-Bake Cooking Club** - We will be making a holiday popcorn mix.

20th **NO CLUB / NO PROGRAM**

21th **NO SCHOOL / NO PROGRAM**

22th **NO SCHOOL / NO PROGRAM**

\*\* All activities, lessons, and crafts are tentatively scheduled. May be subject to change at the discretion of BGC with the best interests of club members in mind.

**DECEMBER 2023**

# Legacy

280 E 100 S St George, UT 84780 | (801) 372-3284 | [legacy@bgcutah.org](mailto:legacy@bgcutah.org)



**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 Feeling Good with Positive Actions**

## **RUSS RICHARDSON**

*BGC Southern Utah  
Legacy's Youth Development  
Professional (YDP)*



We are happy to have Russ as our STEM Specialist at Legacy! Russ moved to St. George from Boise, ID in July this year. He is currently a sophomore at Utah Tech University pursuing his Bachelor degree in business management and preparing to apply for law school. Some of things that he enjoys is spending time with friends and family, being outdoors and working at the Boys and Girls club.



**Happy Birthday!**

To all our amazing birthday Club Members

We will **not** have program on the following days:



20th No Program/No Club

No Program/No School during Winter Break Dec 21st - Jan 2nd. Have a wonderful winter break!

**Program will resume on  
Wednesday Jan 3rd, 2024**

😊 *Please mark your calendar*

### **CONTACT INFORMATION**

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### **SEL (Prevention & Behavior)**

*Tuesdays & Thursdays 4:10p-4:40p*

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

### **STEM Activity**

*Fridays 12:50p-1:50p*

Each week we will have an integrated science club. The STEM lessons will correspond to our clubs every week!

### **Project Learn**

*Monday - Thursday 5:00p-5:30p*

We work with the teacher's to focus on academic support that is needed for all club members. Focus is on all subjects taught in school.

### **SMART MOVES**

*Fridays 2:55p-3:25p*

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

