

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

# JANUARY



| SEL Weekly Focus          | Monday                           | Tuesday  | Wednesday   | Thursday  | Friday  |
|---------------------------|----------------------------------|--|---|---|---|
| Getting along with others | 1<br>No Club / No School         | 2<br>No Club / No School   | 3<br>Basketball Club<br>Card Playing Club<br>Project Learn  | 4<br>STEM Club<br>Project Learn   | 5<br>Basketball Club<br>Card Playing Club<br>STEM Club<br>SEL - Kid Grit  |
| Getting along with others | 8<br>STEM Club<br>Project Learn  | 9<br>SEL (P) - Positive Action:<br>Golden Rule-Know the Code<br>Project Learn                        | 10<br>Basketball Club<br>Card Playing Club<br>Project Learn | 11<br>SEL (B) - Positive Action:<br>Golden Rule-Know the Code<br>Project Learn                      | 12<br>Basketball Club<br>Card Playing Club<br>STEM Club<br>SEL - Kid Grit |
| Getting along with others | 15<br>No Club / No School        | 16<br>No Club  | 17<br>No Club   | 18<br>No Club   | 19<br>No Club   |
| Getting along with others | 22<br>STEM Club<br>Project Learn | 23<br>SEL (P) - Positive Action:<br>Superfriend: Respect,<br>Friendliness, Empathy                   | 24<br>Basketball Club<br>Card Playing Club<br>Project Learn | 25<br>SEL (B) - Positive Action:<br>Superfriend: Respect,<br>Friendliness, Empathy                  | 26<br>Basketball Club<br>Card Playing Club<br>STEM Club<br>SEL - Kid Grit |
| Getting along with others | 29<br>STEM Club<br>Project Learn | 30<br>SEL (P) - Positive Action:<br>Superfriend: Kindness,<br>Choosing not to Bully<br>Project Learn | 31<br>Basketball Club<br>Card Playing Club<br>Project Learn | 1<br>SEL (B) - Positive Action:<br>Superfriend: Kindness,<br>Choosing not to Bully<br>Project Learn | 2<br>Physical Club<br>Creativity Club<br>STEM Club<br>SEL - Kid Grit      |

| Monday-Thursday Schedule  | Friday Schedule  |
|---|--|
| 3:30 - 3:35 pm - Welcome Check-in/Wash hands<br>3:35 - 3:50 pm - Super Snack/Feelings Check-in<br>3:50 - 4:15 pm - Recess/Wash hands<br>4:15 - 4:45 pm - SEL - Positive Action / Club Time<br>4:45 - 5:25 pm - Project Learn (Academic Support)<br>5:25 - 5:30 pm - Pass out PM Snack & Check-out | 12:00 - 12:30 pm - Welcome Check-in/Wash hands<br>12:30 - 12:55 pm - Recess/Wash hands<br>12:55 - 1:15 pm - Super Snack Time<br>1:15 - 2:20 pm - Art Station Rotation Activity Club Time<br>2:20 - 2:45 pm - Positivity Circle/Feelings Check-in<br>2:45 - 3:20 pm - STEM Club (Club Rotation)<br>3:20 - 3:55 pm - Physical Club & Creative Club (Club Rotation)<br>3:55 - 4:20 pm - Recess/Wash hands<br>4:20 - 4:40 pm - PM Snack Time<br>4:40 - 5:25 pm - SEL - Kid Grit<br>5:25 - 5:30 pm - Clean up/Check-out |

## Contact Info

Ryan Gertz - Site Coordinator  
 Email: [legacy@bgcutah.org](mailto:legacy@bgcutah.org) \* Phone: (801) 372-3284

Program Address: 280 E 100 S St George, UT 84780



# 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.

We are starting something new this year. All club members get to pick at the beginning of each month which club they would like to participate in for the whole month. Each club, physical club and creativity club are broken into two teams each. One team tends to be younger players (yellow team) and the other team is older players (blue team).

**Physical Club** - This month we are doing basketball club. We break up into two separate teams. Our goal in this club is to teach our youth sportsmanship, eye & hand coordination, physical fitness can be fun, and overall basketball skills. They will have an opportunity to learn different basketball skills and play a game of basketball throughout the month.

**Creativity Club** - This month we are having a card playing club. We break up into two separate teams. Learning to play different card games will allow them to learn sportsmanship, strategy, abstract thinking, and working well with others.

## January 1 - January 5

1st **NO SCHOOL / NO PROGRAM**

2nd **NO SCHOOL / NO PROGRAM**

3rd **Basketball Club** - They are going to learn the game of basketball. Both Blue Team and Yellow Team are going to learn how to play the different positions and practice basic dribbling.

**Card Playing Club** - They are going to learn how to play different card games and gaming etiquette. The Blue team will learn how to play solitaire. The Yellow team will learn how to play Old Maid.

4th **Craft** - Coffee Filter Snowflakes

5th **STEM** - We are creating a snow storm in a jar.

**Basketball Club** - Both Blue Team & Yellow Team will be learning two different types of dribbles. One hand dribble and switch hand dribble.

**Card Playing Club** - Blue team will be learning how to play Rummy. The Yellow team will be learning Go Fish.

**SEL - Kid Girt** - Pre-Survey

## January 8 - January 12

8th **STEM** - Making Snow.

9th **Positive Action Lesson** - Prevention: Golden Rule-Know the Code. They are doing a "Stand in my Shoes" empathy project.

10th **Basketball Club** - Both Blue Team and Yellow Team are going to learn basic shooting forms. The Blue team will learn how to do a layup.

**Card Playing Club** - Blue team will learn how to play Trash. The Yellow team will learn how to play Crazy Eights.

11th **Positive Action Lesson** - Behavior: Golden Rule-Know the Code. Making Kindness Cards

12th **STEM** - We are creating screaming balloons

**Basketball Club** - Both Blue Team and Yellow Team are going to learn the Three-Point shooting form.

**Card Playing Club** - Blue team will learn how to play Spit. The Yellow team will learn how to play the Memory game.

**SEL - Kid Girt** - Module 1: Mind | Lesson 1: Daily Gratitude: The path to happiness

## January 15 - January 19

15th **NO SCHOOL / NO PROGRAM**

16th **NO CLUB / NO PROGRAM**

17th **NO CLUB / NO PROGRAM**

18th **NO CLUB / NO PROGRAM**

19th **NO CLUB / NO PROGRAM**

## January 22 - January 26

22nd **STEM** - Aerodynamics Testing of hoop and straw airplanes

23rd **Positive Action Lesson** - Prevention: Superfriend: Respect, Friendliness, Empathy. We are making friendship flowers.

24th **Basketball Club** - Both Blue Team and Yellow Team are going to learn how to do a 3-man weave.  
**Card Playing Club** - The Blue team will learn how to play War. The Yellow team will learn how to play Snap.

25th **Positive Action Lesson** - Behavior: Superfriend: Respect, Friendliness, Empathy. They are going to do a teamwork obstacle course.

26th **STEM** - We are creating balloon cars.  
**Basketball Club** - Both Blue Team and Yellow Team are going to learn to dribble around cones.  
**Card Playing Club** - Blue team will learn how to play Slapjack. The Yellow team will learn how to play Spoons.  
**SEL - Kid Girt** - Module 1: Mind | Lesson 2: Connection: How we build together

## January 29 - February 2

29th **STEM** - Designing bridges

30th **Positive Action Lesson** - Prevention: Kindness, Choosing not to Bully. Creating yarn kindness hearts.

31st **Basketball Club** - They are putting their basketball skills to the test. They will play a game of basketball.  
**Card Playing Club** - Blue team will learn how to play I Doubt It. The Yellow team will learn how to play Pig.

1st **Positive Action Lesson** - Behavior: Kindness, Choosing not to Bully.

2nd **STEM** - Testing rising water.  
**Physical Club** - TBA  
**Creativity Club** - TBA  
**SEL - Kid Girt** - Module 1: Mind | Lesson 3: What is mindset? Growth vs fixed.

*\*\* 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.*

# JANUARY 2024

# 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**

## Savannah Harley

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



We are happy to have Savannah as our YDP at Legacy! Savannah moved to St. George from Southern California in 2021. She is currently a junior at Utah Tech University pursuing her Bachelor degree in Elementary Education. Some of the things that she enjoys doing is four-wheeling, swing dancing, and hiking.

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

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



## Happy Birthday!

To all our amazing birthday Club Members

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



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

15th No School/No Club

16th-19th No Program/No Club

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

 Please mark your calendar

### CONTACT INFORMATION

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### STEM Activity

*Mondays & Fridays 4:10p-4:50p*

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

### 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.

### Physical Club & Creativity Club

*Wednesday & Fridays 4:10p-4:50p*

Each month we will have a month-long focus in the physical club and creativity club. Our young learn new skills, techniques and are introduced to new experiences.

### 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.

### KID GRIT

*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.

