

Orem Jr. High Afterschool Program 2023-2024

JANUARY



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	1 WINTER BREAK	2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5 WINTER BREAK
Thoughts, Actions and Feelings	8 SEL-Positive Action (P): Choosing My Thoughts, Actions, and Feelings Weight Training STEM ACTIVITY Drawing Class Cross Stitch Tutor Lab/Power Hour: 3-5	9 Clubs Open Art Reading and Hammocking Robotics Graphic Design VR: After 4:30 Tutor Lab/Power Hour: 3-5	10 SEL-Positive Action (B): My Self-Concept and Happiness Clubs Weight Training STEM ACTIVITY Perler Beads Movie Podcasting Tutor Lab/Power Hour: 2-5	11 Clubs Open Art Sports Robotics Drawing Class Cosmetology VR: After 4:30 Tutor Lab/Power Hour: 3-5	12 Clubs Open Art Sports STEM Activity Graphic Design Dungeons and Dragons Tutor Lab/Power Hour: 3-5
Managing My Resources	15 MLK Day- No school	16 SEL-Positive Action (P): My Resources Clubs Reading and Hammocking Robotics Graphic Design Cooking VR: After 4:30 Tutor Lab/Power Hour: 3-5	17 SEL-Positive Action (B): My Character, Brain and Feelings Clubs Weight Training STEM ACTIVITY Perler Beads Movie Podcasting Tutor Lab/Power Hour: 2-5	18 Clubs Open Art Sports Robotics Drawing Class Cosmetology VR: After 4:30 Tutor Lab/Power Hour: 3-5	19 Clubs Open Art Sports STEM Activity Graphic Design Dungeons and Dragons Tutor Lab/Power Hour: 3-5
Being a Good Friend	22 SEL-Positive Action (P): Treating Others How I Like to be Treated Clubs Weight Training Robotics Drawing Class Cross Stitch Tutor Lab/Power Hour: 3-5	23 Clubs Open Art Reading and Hammocking STEM Activity Graphic Design VR: After 4:30 Tutor Lab/Power Hour: 3-5	24 SEL-Positive Action (B): Relationships, Kindness, Respect Clubs Weight Training Robotics Perler Beads Movie Podcasting Tutor Lab/Power Hour: 2-5	25 Clubs Open Art Sports STEM Activity Drawing Class Cosmetology VR: After 4:30 Tutor Lab/Power Hour: 3-5	26 Clubs Open Art Sports Robotics Graphic Design Dungeons and Dragons Tutor Lab/Power Hour: 3-5
Friendly and Honest	29 SEL-Positive Action (P): Cooperation and Communication Clubs Weight Training STEM ACTIVITY Drawing Class Cross Stitch Tutor Lab/Power Hour: 3-5	30 Clubs Open Art Reading and Hammocking Robotics Cooking Graphic Design VR: After 4:30 Tutor Lab/Power Hour: 3-5	31 SEL-Positive Action (B): Telling Ourselves the Truth Clubs Weight Training STEM ACTIVITY Perler Beads Movie Podcasting Tutor Lab/Power Hour: 2-5		2

Daily Schedule

M/T/Th/F

2:45-3:00 Super snack in the lunchroom, select club
3:00-3:30 SEL Positive Action (Mondays typically)
3:30-4:20 Club rotations
4:20-4:30 Small snack. Late bus arrives
4:30-5:30 Ending club rotations and cleanup

Wednesdays

12:45-1 Super snack in the lunchroom, select club
2-2:30 SEL Positive Action
2:30-2:50 Club rotations
2:50-3 Small snack. Late bus arrives.
3-5:30 Ending club rotations and cleanup

HOMEWORK HELP (Power Hour) IS OFFERED EVERY DAY until 5:00 in the tutor lab



Contact Info

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January Club & Activity Details

Message to Parents:

Welcome back from the long break! We are excited to spend some more time with your teens in our program. We have lots of fun activities planned for them as well as good learning opportunities. Let's make this new year a great one!

SEL:

Positive Action - refers to a comprehensive educational program designed to promote positive behaviors, character development, and social-emotional learning among students. The curriculum encompasses lessons, activities, and resources aimed at fostering a positive after school culture by teaching values, emotional well-being, and responsible decision-making to enhance both academic and personal development in teens. This is run on Mondays from 3-3:30 pm and Wednesdays from 2-2:30 pm.

STEM

Various STEM Activities - Teens will have a chance to try out new experiments every A-day. Students will learn about science, technology, engineering, math, and more during these fun activities. Students often have the chance to make their own creations using science.

Robotics - This is an active club where students learn about robotics and have the chance to design and build their own. No prior knowledge is necessary to join this fun club. After learning the basics, students may have an opportunity to join competitions at other local schools and have a shot at winning robotics tournaments. This also teaches the students important job skills in an engineering and tech environment.

Enrichment

Cross Stitching - This club is an opportunity to visualize and create an art piece using a needle and thread. Students will find or create a pattern using a grid system, and then stitch their created pattern onto a canvas. This focuses on art and creativity skills but will also help the students learn patience and mindfulness. This will be held every Monday.

Cooking - Every other Tuesday students will be given the liberty to create using food. Some days focus on practical cooking skills such as cooking ground beef or following a recipe, while other days the students may be able to experiment with their own ideas. We will touch on a variety of different food options, ensuring that every student will love their tasty creations.

Graphic Design - The students will learn principles and elements of graphic design and be introduced into the graphic design world. Students will be given multiple opportunities to create designs for different "clients" and will work with different surfaces and materials. We hope that this will help the teens to think outside the box no matter who or what they are designing for. This club is every Tuesday and Friday.

Weight Training and Sports - Let's get active! Students will have the chance to learn about why exercise is extremely important for their bodies. We will be doing a variety of different workouts and sports, teaching students new things that they can do to stay on top of their health. These options are available every day except for Tuesday.

Drawing - Every Monday and Thursday the students will learn about skills that are applicable within the entertainment industry. We teach skills and activities that apply to the many different jobs that exist whether it is storyboarding or world/character design. We will help the students figure out their own interests and help them to explore different options regarding career choices.

Podcasting - This is one of our student-run activities! Guided by a staff, a student will be in charge of introducing the digital media format of podcasting to the other students. We will learn about how podcasting can be done for fun but also as a growing viable career option. We will brainstorm ideas of topics to talk about and research about these topics in order to have good content. We are excited for this one! Every Wednesday.

Reading and Hammocking - Every Tuesday the students get the chance to escape into a different world. We will encourage students to bring the books that they enjoy, to relax, and to read in a hammock that they will be taught how to set up. This has been a very popular option in the past for students.

Perler Beads - this club is a creative community where students come together to explore the art of designing and crafting with colorful, meltable beads. Members collaborate on projects, share design ideas, and enjoy a social space dedicated to the imaginative world of pixelated creations made from these versatile and expressive beads. This is every Wednesday.

Cosmetology - this club is a vibrant and interactive group where students explore the exciting world of beauty and self-expression. Through hands-on workshops and discussions, members learn various cosmetology techniques, share styling tips, and foster a supportive community passionate about personal grooming and creativity. They will also learn how these skills can relate to many jobs that exist in working America.

JANUARY 2024

Orem Jr. High

650 W Jaguar Ave, Orem, UT, 84057 | 801-592-6312



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 Review of Past Topics and Being Honest With Ourselves

Get To Know

Hi I'm Eliza! I'm from Anchorage Alaska and am currently attending BYU. I got married in December 2022 and have a pet bunny named Hook. I love to play sports, hike, read, travel and do all kinds of crafts. I grew up riding horses, playing 7 different sports, and 3 different instruments. I've always loved spending most of my time with kids and I look forward to getting to know each of yours!



Upcoming Events

We had great events last month like our Orem Jr. family night and the BGC winter festival! No events for this month yet but we will keep your posted!

Happy Birthday!



Aki
Elijah
Garell
Toni
Roger
Yannely
Valeria

CLUB CLOSED

Jan 1-5 - Winter Break
Jan 15- MLK Day



Contact Information:

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Project Learn

We have homework help (power hour) every day with help from tutors from UVU. Let's get those grades up!

STEM Labs

Every day we have something ready for the teens! Robotics on B days and on A days fun STEM experiments.

Enrichment

We have lots of options! Graphic design, drawing, podcasting (student-run), sports, and more! See above for all the club descriptions.

Prevention & Education

We have Positive Action every Monday and Wednesday. The monthly emphasis is

www.instagram.com/bgcutah

www.facebook.com/BGCUtah

