



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	Smart Moves 1 Clubs: Physical, Creative, and STEM rotations Gratitude
Managing anger, jealousy, and frustration	Project Learn 4 SEL (P) Positive Action: Managing anger, jealousy, and frustration Clubs: K-3 Basketball Club or Christmas Craft Club 4-5 Painting Club or Challenge Club	Project Learn 5 STEM Lab Clubs: K-3 Painting Club or Challenge Club 4-5 Basketball Club or Christmas craft club	Project Learn 6 SEL- (B) Positive Action: Managing anger, jealousy, and frustration K-3 Basketball club or Christmas craft club 4-5 Painting club or Challenge Club	Project Learn 7 STEM Lab Clubs: K-3 Painting Club or Challenge Club 4-5 Basketball Club or Christmas Craft Club	Smart Moves 8 Clubs: Physical, Creative, and STEM rotations Gratitude
Managing worry, fear, and loneliness	Project Learn 11 SEL (P) Positive Action: Managing worry, fear, and loneliness Clubs: Parent night	Project Learn 12 STEM Lab Clubs: K-3 Painting Club or Challenge Club 4-5 Basketball Club or Christmas Craft Club	Project Learn 13 SEL- (B) Positive Action: Managing worry, fear, and loneliness Clubs: K-3 Basketball Club or Christmas Craft Club 4-5 Painting Club or Challenge Club	Project Learn 14 STEM Lab Clubs: K-3 Painting Club or Challenge Club 4-5 Basketball Club or Christmas Craft Club	Smart Moves 15 Clubs: Physical, Creative, and STEM rotations Gratitude
	18 Physical, Creative, and STEM rotations	19 Physical, Creative, and STEM rotations	20 Winter Break! No Club	21 Winter Break! No Club	22
	25 Winter Break! No Club	26 Winter Break! No Club	27 Winter Break! No Club	28 Winter Break! No Club	29

Daily Schedule

Monday-Thursday	Friday
2:35 - 2:55 Check-in, Super Snack, Feeling check in 3:00 - 3:15 Structured Recess / 5 minute transition 3:20 - 3:50 K-3 (SEL-Positive Action or STEM Labs), 4-5 (Power Hour) / 5 minute trans. 3:55 - 4:25 4-5 (SEL-Positive Action or STEM Labs), K-3 (Power Hour) / 5 minute trans. 4:30 - 5:25 Enrichment Clubs / 5 minute transition 5:30 Snack, Check-out	1:00 - 1:15 Check-in, Feelings check in / 5 minute transition 1:20 - 1:35 Structured Recess / 5 minute transition 1:40 - 2:10 SEL-SMART Moves / 5 minute transition 2:15 - 2:35 Super Snack / 5 minute transition 2:40 - 3:25 Rotation 1 (Creative) / 5 minute transition 3:30 - 4:15 Rotation 2 (Physical) / 5 minute transition 4:20 - 5:05 Rotation 3 (STEM) / 5 minute transition 5:10 - 5:20 Group game 5:20 - 5:30 Gratitude/PM Snack 5:30 Snack, Check-out

Contact Info

Bob Kendall, *Site Coordinator*
Email: panorama@bgcutah.org
Phone: 801-372-4767

Program Address: 301 N 2200 E, St George, UT



December Clubs & Activity Details

Message to Parents:

I wanted to give special notice to our daily schedules which have changed this month. We have given our club members many other opportunities to be involved with the activities and clubs that may interest them. Each day club members have a choice as to whether to join an athletic club or a creative club. And on Fridays, they will have exposure to all sorts of events to include creative, active and STEM activities. I would like to remind everyone that we will be doing some Christmas and holiday activities. In the event you do not want your child to participate, please send me an email to panorama@bgcutah.org. We will not be talking about religion, however there will be opportunities for club members to make things like wreaths and Christmas trees/decorations.

SEL/Project Learn - 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 is run Tuesday & Thursday with new topics each week. The December theme is managing sometimes difficult feelings such as anger, frustration, jealousy, fear and loneliness.

Basketball Club- Youth in the club will learn and understand the rules of basketball, gain skills in shooting styles, passing, dribbling, and teamwork. Youth will have an opportunity on the last day of clubs to participate in a basketball game where they can showcase the skills and understanding they learned over the month period.

Christmas Craft Club - We will be making ornaments for the tree as well as some items that may be used for gifts for siblings and parents. We will be learning the history behind many of the Christmas traditions and ornaments as well as working on our talents.

Painting Club - We will be discussing the different mediums of painting (water color, enamel, spray paint, etc.). We will discuss brush strokes, techniques, the use of such and putting our knowledge to practice in painting a final masterpiece.

Challenge Club - Youth will be able to work as teams to overcome obstacles that will challenge them to use teamwork, creative thinking, problem solving skills and strength.

STEM Club - December is full of fun traditions and materials that can be analyzed and dissected. This month we will be making gingerbread houses and people (Engineering), and learning the origins of the tradition. We are also going to make snowflakes, learning how they form and that each one is unique and unlike any other.

DECEMBER 2023

Panorama

301 N 2200 E, St George, UT | 801-372-4767



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 anger, jealousy, and frustration.

Get To Know



Hi, my name is JD Crotts. I am currently a Junior at Utah Tech, studying communications. I enjoy the outdoors with my friends, going to concerts and playing the guitar.

Upcoming Events

December 18 & 19th we will be closing out the year, giving thanks and appreciation to school staff and making presents for family members. We will be playing festive music, eating treats and having some fun!

Happy Birthday!

Adalynn
Hadley
Ariel
Havok



CLUB CLOSED

December 20 - January 3, 2024
Winter Break!



Contact Information:

Bob Kendall - Site Coordinator

Phone: 801-372-4767

Email: panorama@bgcutah.org

Project Learn

Monday-Thursday 3:15-4:20 pm

Club members have a chance to do homework or work on reading to facilitate the District requirements for daily reading.

STEM Labs

Tuesdays/Thursdays 3:15 - 4:20 pm

We will be exploring how snowflakes are created and making our own. We will also be engineering homes for gingerbread people.

Enrichment

Monday - Thursday 4:25 - 5:25 pm

This is an opportunity for club members to choose between a creative or physical activity used to stimulate their thought processes and bring alive some adventure.

Prevention & Education

Mondays/Wednesdays 3:15 - 4:20 pm

We will be talking about managing anger, jealousy, worry, fear and frustration. We talk about ways to cope with and overcome these feelings.



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Utah State Board of Education

