

Panorama Afterschool Program 2023-2024

JANUARY



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Golden Rule: Know the Code	1 Winter Break! No Club	2 Winter Break! No Club	3 Project Learn SEL (P) Positive Action: Golden Rule, Know the Code K-3 Dance Club 4 - 5 Yoga Club	4 Project Learn SEL (B) Positive Action: Golden Rule, Know the Code K-3 Culture Club 4-5 Lego Club	5 Clubs: Physical, Creative, STEM Rotations
Superfriend: Respect, Friendliness, Empathy	8 Project Learn SEL (P) Positive Action: Superfriend: Respect, Friendliness, Empathy K-3 Yoga Club 4 - 5 Dance Club	9 Project Learn STEM Lab K-3 Lego Club 4-5 Culture Club	10 Project Learn SEL (B) Positive Action: Superfriend: Respect, Friendliness, Empathy K-3 Dance Club 4 - 5 Yoga Club	11 Project Learn STEM Lab K-3 Culture Club 4-5 Lego Club	12 Kid Grit Clubs: Physical, Creative, STEM Rotations
	15 MLK Jr Day Obs. No Club	16 SEP Week No Club Club members get their snack & packet after school	17 SEP Week No Club Club members get their snack & packet after school	18 SEP Week No Club Club members get their snack & packet after school	19 SEP Week No Club Club members get their snack & packet after school
Superfriend: Kindness, Choosing not to Bully	22 Project Learn SEL (P) Positive Action: Superfriend: Kindness, Choosing not to Bully K-3 Yoga Club 4 - 5 Dance Club	23 Project Learn STEM Lab K-3 Lego Club 4-5 Culture Club	24 Project Learn SEL (B) Positive Action: Superfriend: Kindness, Choosing not to Bully K-3 Dance Club 4 - 5 Yoga Club	25 Project Learn STEM Lab K-3 Culture Club 4-5 Lego Club	26 Kid Grit Clubs: Physical, Creative, STEM Rotations
Superfriend: Cooperation, Courtesy and Manners, Fairness	29 Project Learn SEL (P) Positive Action: Superfriend: Cooperation, Courtesy and Manners, Fairness K-3 Yoga Club 4 - 5 Dance Club	30 Project Learn STEM Lab K-3 Lego Club 4-5 Culture Club	31 Project Learn SEL (B) Positive Action: Superfriend: Cooperation, Courtesy and Manners, Fairness K-3 Dance Club 4 - 5 Yoga Club	1	2

Daily Schedule

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

Contact Info

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



January Club & Activity Details

Message to Parents:

Welcome back to club! I am sure everyone has enjoyed a lengthy period of down time and you are all ready for your kids to be back in club. We will be learning a lot of new things this month. We are excited to present several exciting clubs for our members. We look forward to having a fun and successful month. Last month we had a trial run of splitting for several clubs during Enrichment hour. This month we will be working to branch out and give an assortment of clubs and activities for our members.

Project Learn - This is the time our club members get to do their homework assignments. If they arrive with no homework, we will assign them a reading buddy and book, or give them a requested math sheet to work on. Sometimes we will play math games as well. Additionally, a couple teachers have reached out to us and given us curriculum for the club members to work on.

SEL - 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 January theme is Superfriend. We are learning about having respect and empathy for others.

Kid Grit - This is a perfect combination of social-emotional learning, mindfulness, character education, and youth development. We will be splitting this curriculum into 2 parts to facilitate the level of learning for each grade, ensuring all club members are getting the most out of it.

STEM Lab - This month we will be working on building potting boxes for plants. We will discover ways to insulate and protect those precious seeds through construction of the perfect planter box. We might also decide to plant a few seeds and see what turns up by the end of club!

Culture Club - In January we will be learning about different cultures. For January we will be covering Mexican culture. We will discover authentic foods, holidays, industry, climates, topography, and common issues that Mexican culture faces.

Lego Club - We will be learning some basic builds and about the history of Legos. We will look at the World Guinness Records on Lego builds, watching some videos on the craziest Lego builds and trying to duplicate some of the structures we will discover. This will lend a hand to our club members' imagination and creativity, as well as build upon their engineering skills.

Yoga Club - We will go in-depth on the origins of Yoga and when it became a mainstream practice for so many. We will be showing the different uses for yoga as well as many moves and stretches. We will also branch out into Pilates, teaching the history and origins of such. Of course we will also discuss the health benefits or setting and sticking to an exercise plan and how it can help later on in life.

Dance Club - We will be dancing around to the latest dance moves. We will learn about the different styles of dance, the origins, the purpose behind and we will be doing popular (appropriate) dances such as what you would find in popular games, as well as some more traditional dances such as the waltz, jazz, swing, and a couple others. It should be a fun time!

Fun Friday - This is a great period where club members get to choose between playing games with other members, doing specified crafts and having some free time. These games help them learn social skills such as waiting, turn taking, sharing, how to cope with losing, winning gracefully, making conversation, problem solving, compromising, collaborating and being flexible. Most importantly, they love having time to have fun and having the autonomy to determine what they want to do.

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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 Superfriend - Getting Along with Others

Get To Know



Adeline is our newest member. She is the Program Manager and is responsible to make sure everything runs smoothly. She is currently a Radiology student at Utah Tech. She has been a fantastic addition to our team and your kids love her!

Upcoming Events

SEP week is Jan 16 - 18. We will be handing out snack and a craft to club members prior to departing school these days. We will also hand out snack on Friday, Jan 19 but there will be No Club this day. We will resume Monday, Jan 22.

Happy Birthday!



Salome
Maddilynn
Camilla
Joseph
Romeo
Mr. Bob

CLUB CLOSED

Jan 15 MLK Jr Day (obs)
Jan 16 - 19 SEP Week



Contact Information:

Bob Kendall - Site Coordinator
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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 designing plant boxes and studying the useful techniques of insulating and conducting heat for the best growth environment.

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 becoming a "superfriend" this month. Learning respect, empathy and understanding for one another.