

Paradise Canyon Afterschool Program 2023-2024

Hello December



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Managing Me					1 Physical, Creative, & STEM Rotations Gratitude
Managing Me	4 Power Hour STEM Labs- Science Clubs K-2: Jewelry Club 3-5: Yoga Club	5 Power Hour Positive Action SEL (P) Managing anger, jealousy & frustration Clubs K-2: Jewelry Club 3-5: Yoga Club	6 Power Hour STEM Labs- Fairytales Clubs K-2: Jewelry Club 3-5: Yoga Club	7 Power Hour Positive Action SEL (P) Managing anger, jealousy & frustration Clubs K-2: Jewelry Club 3-5: Yoga Club	8 Physical, Creative, & STEM Rotations Gratitude
Managing Me	11 Power Hour STEM Labs-Science Clubs K-2: Jewelry Club 3-5: Yoga Club	12 Power Hour Positive Action SEL (P) Managing worry, fear, and loneliness Clubs K-2: Jewelry Club 3-5: Yoga Club	13 Power Hour STEM Labs- Fairytales Clubs K-2: Jewelry Club 3-5: Yoga Club	14 Power Hour Positive Action SEL (P) Managing worry, fear, and loneliness Clubs K-2: Jewelry Club 3-5: Yoga Club	15 Physical, Creative, & STEM Rotations Gratitude
Managing Me	18 Power Hour STEM Labs- Science Clubs K-2: Jewelry Club 3-5: Yoga Club	19 Power Hour Positive Action SEL (P) Clubs K-2: Jewelry Club 3-5: Yoga Club	20 Winter Break	21 Winter Break	22 Winter Break
	25 MERRY CHRISTMAS	26 Winter Break	27 Winter Break	28 Winter Break	29 Winter Break

Monday-Thursday Schedule	Friday Schedule
2:35-2:50 pm - Check-in/Super Snack 2:50-3:05 pm - Structured Recess 3:10-3:25 pm - Circle-Up 3:30-4:00 pm - Powerhour/Positive Action (SEL) 4:05-4:35 pm - Powerhour/Positive Action (SEL) 4:40-5:25 pm - Club (Creative & Physical) 5:25 pm - Clean up 5:30 pm - Snack/Check-out	1:00-1:15 pm - Check-in/Wash hands/PM snack 1:15-1:30 pm - Structured Recess 1:35-1:55 pm - Circle-Up 2:00-2:15 pm - Super Snack 2:20-2:45 pm - Positive Action (SEL) 2:50-3:35 pm - Rotation 1- Creative 3:40-4:25 pm - Rotation 2 - Physical 4:30-5:15 pm - Rotation 3 - STEM 5:20-5:30 pm - Gratitude 5:30 pm - Check-out

Contact Info

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December Club & Activity Details

BOYS & GIRLS CLUBS
OF UTAH COUNTY

Message to Parents:

We actively teach the youth new skills that can help them in the future, and watch them grow into future leaders!

Social Emotional Learning:

Positive Action - 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.

SMART Moves - Is a BGCA Social Emotional Learning curriculum that is evidence based with focuses on building positive relationships, decision-making/critical thinking skills, learning how to avoid/resist harmful substances/circumstances, and bullying prevention. This program is run on Fridays with new topics each week.

Academic Support:

Power Hour - The main focus of power hour will be to help youth complete homework assignments, work on HYLEA activities and also participate in our reading program. Our goal is to help youth reduce missing assignments by aligning with school day teachers and completing daily assignments at programs to allow family time at home.

STEM Labs:

Science - Youth will have the opportunity to participate in a new experiment every Monday. Youth will focus on learning about observation, hypothesis, and the scientific process in these experiments.

Fairy Tales - Youth love a good story, and fairy tales are typically filled with beautiful illustrations and engaging storylines. Combining fairy tales with STEM activities that directly relate to a particular tale helps children develop comprehension skills and build a deeper understanding of certain math and science topics. Youth will have the opportunity to participate in fairy tale STEM every Wednesday.

Enrichment Clubs:

Jewelry Club -Students in this club will create various pieces of jewelry to take home. The supplies are simple, and the jewelry creations work on various skills such as patterns, colors, coordination, dexterity, and creativity. This club is offered to K-2 on Monday and Wednesday and offered to 3-5 on Tuesday and Thursday.

Yoga Club -These classes will include age-appropriate yoga and movement- including breathing, poses, games, stories, music, relaxation, meditation, and more. Your little yogi will get to practice fine and gross motor skills, social and group skills, and begin to learn mindfulness and breathing/calming tools.

DECEMBER 2023

Paradise Canyon

1795 W 1230 N St. George, UT 84770 | 801-372-2507



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 Me

Get To Know

Hi everyone, my name is Ashlyn and I am so excited to be working with the youth of the Boys and Girls Club! I am a college student at the local university studying to be a nurse and cannot wait to begin my future career!

In my free time I enjoy horseback riding, camping, working out, and going for ice cream with friends! I am so excited for the current school year and the many activities we have planned for the club members:)



Upcoming Events

Winter Break Dec.21-January 2nd.



www.instagram.com/bgcutah

HAPPY Birthday TO YOU

Eveny 12/1
Emellia 12/25

CLUB CLOSED
December 20th - January 2nd

“A little progress each day adds up to big results.”
- Satya Nani

Contact Information:

Shallyn Bartlett - Site Coordinator

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www.facebook.com/BGCUtah

SEL (Prevention & Behavior)

Monday-Friday 3:30

Positive Action, Kid-Grit, & SMART Moves curriculum focus on providing youth with important social-emotional skills. All SEL skills are taught through daily lessons and then integrated throughout the rest of programming.

STEM Lab

Monday, Wednesday & Fridays 4:30

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

Project Learn

Monday-Friday 3:30

The main focus of power hour will be to help members complete homework assignments, work on HYLEA activities and also participate in our reading program.

Enrichment

Monday-Thursday 4:40

Enrichment clubs are to further enrich and broaden our members' experiences by offering a variety of clubs that members have a choice between. These clubs are changed on a monthly basis.

