

Provo Clubhouse After School Program 2023-2024



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

SEL	Monday	Tuesday	Wednesday	Thursday	Friday
Managing Me	27	28	29	30	1 STEM: K-3: Parachutes 4-6: Parachutes SMART: "I Can Plan" Fun Friday: Board & Card Games
	4 Power Hour Nature Club, Soccer Club, Art Club, Lego Club, Building Club, Cultural Club Free Time	5 Power Hour SEL (P) - Managing Anger, Jealousy, & Frustration Nature Club, Soccer Club, Art Club, Lego Club, Building Club, Cultural Club	6 Power Hour Nature Club, Soccer Club, Art Club, Lego Club, Building Club, Cultural Club Free Time	-FIRE DRILL- 7 Power Hour SEL (B) - Managing Anger, Jealousy, & Frustration Nature Club, Soccer Club, Art Club, Lego Club, Building Club, Cultural Club	8 STEM: K-3: Parachutes 4-6: Origami Stars SMART: K-3: Coping Strategies Game 4-6: Coping Strategies Blocks Fun Friday: Dodgeball
	11 Power Hour Nature Club, Soccer Club, Art Club, Lego Club, Building Club, Cultural Club Free Time	12 Power Hour SEL (P) - Managing Worry, Fear, & Loneliness Nature Club, Soccer Club, Art Club, Lego Club, Building Club, Cultural Club	13 Power Hour Nature Club, Soccer Club, Art Club, Lego Club, Building Club, Cultural Club Free Time	14 Power Hour SEL (B) - Managing Worry, Fear, & Loneliness Nature Club, Soccer Club, Art Club, Lego Club, Building Club, Cultural Club	15 STEM: K-3: Parachutes 4-6: Lego Spaceships SMART: Coping Strategies Carnival Fun Friday: Nail Painting
	18 Power Hour Nature Club, Soccer Club, Art Club, Lego Club, Building Club, Cultural Club Free Time	19 	20 SMART: Post Survey Power Hour Nature Club, Soccer Club, Art Club, Lego Club, Building Club, Cultural Club Free Time	21 -CLUB CLOSED-	22
	25 — CLUB CLOSED - WINTER BREAK —	26	27	28	29

Daily Schedule

Monday-Thursday

3:00 pm - Club Opens - Power Hour & Snack
3:25 pm - Vans leave Provost
3:35 pm - Vans leave Wasatch
3:45 pm - Van leaves Treeside
4:00 pm - Circle-Up
4:15 pm - Monday & Wednesday: Specialized Clubs; Tuesday & Thursday: Prevention & Behavior Positive Action SEL
5:15 pm - M&W: Free Time; T&Th: Specialized Clubs
5:45 pm - Final Clean up
6:00 pm - Club Closes

Friday

1:00 pm - Club Opens
1:35 pm - Vans leave Provost
1:45 pm - Vans leave Wasatch/Van leaves Treeside
2:00 pm - Recess/Physical Movement
2:30 pm - STEM/SMART SEL Rotations
3:30 pm - Snack/Recess
4:15 pm - Fun Friday Activity/Free Time
5:45 pm - Final Clean up
6:00 pm - Club Closes

Contact Info

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Program Address: 1060 E 150 N Provo UT 84606





~Definitions~

Academic Support

Power Hour: Making Minutes Count provides Club staff with the strategies, activities, resources and information to create an engaging homework help and tutoring program that encourages Club members of every age to become self-directed learners.

Project Learn reinforces the academic enrichment and school engagement of young people during the time they spend at the Club.

HYLA or High-yield learning activities include leisure reading, writing activities and games like chess or Scrabble® that develop young people's cognitive skills. A high-yield learning activity is one in which youth use skills, information, behavior and values needed for successful homework completion.

STEM

STEM stands for Science, Technology, Engineering, and Mathematics. STEM based activities promote critical thinking, curiosity, decision making, and leadership skills.

K-3: STEM activities need to be introduced early on because in today's age of information, the ability to innovate, be technologically fluent, and understand how and why things work together is incredibly important.

4-6: STEM encourages students to think critically as they work to solve problems. While other disciplines might give students problems with only one correct answer, STEM activities require students to go through trial and error to determine what methods work best.

Social Emotional Learning

Social Emotional Learning, or SEL, is the process through which individuals learn and apply a set of social, emotional, and related skills, attitudes, behaviors, and values that help direct students. This includes thoughts, feelings, and actions in ways that enable them to succeed in school, and ultimately life.

We use Positive Action and SMART curricula with our members. Positive Action teaches students to understand, validate, and control their emotions and create healthier relationships for life. SMART teaches students how to make smart life choices.

Success Stories

1. "B usually has a very hard time focusing on activities, but during the STEM activity I discovered that he loves origami. He was laser focused on the activity and was keeping up with all the steps when even I couldn't. He also did a step for me when I had to step out of the room momentarily, which I thought was really sweet."
2. "Student M had a really hard day last week at school and came to the club pretty upset. They came straight up to me and told me they needed to be by themselves for a few minutes in order to decompress. Once they were done, they continued on with their activity and thanked me for letting them take some time away."

DECEMBER 2023

Provo Clubhouse

1060 E 150 N Provo UT 84606 | 801-371-6242 | 801-717-6214



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: Shad Woffinden, Facility & Fleet Manager



"Hey! My name is Shad. I take care of the building, the vans, and ensuring safety regulations are up to code. I also sub when any of the club sites are short staffed. Besides working for the Boys & Girls Club, I also teach drumline for Provo School District and Horizon Percussion. I recently got married to

the love of my life, Elsa. I love fast cars, loud music with heavy drums or bass, and I collect the coolest sneakers. My secret dream is to hopefully, when I make the big bucks, go to drift school and enter local drag and drift competitions. "

Upcoming Events

Winter Festival: Dec. 19, 2023, 5 p.m.



www.instagram.com/bgcutah

Happy Birthday!



9 - Kelil
18 - Kenzie
24 - Hailey S.
25 - Mr. Eli
26 - Christopher
26 - Darchelle
27 - Samuel

CLUB CLOSED

Dec. 22 - Jan. 2: Winter Break



Contact Information:

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www.facebook.com/BGCUtah

Project Learn

Monday - Thursday, 3 pm - 4:15 pm

Homework, Reading, Math games

STEM Labs

Friday, 2 pm

K-3: Parachutes

4-6: Parachutes, Origami Stars, Tallest Tower

Enrichment

Monday & Wednesday, 4:15 pm; Tuesday & Thursday, 5:15 pm

Outdoor Club, Art Club, Sports Club, Lego Club, D&D Club, Craft Club, Cultural Club

SEL (Prevention and Behavior)

Positive Action: Managing Big Emotions: Anger, Jealousy, Frustration, Worry, Fear, & Loneliness

P: Tuesday, 4:15 pm

B: Thursday, 4:15 pm

SMART: Coping Strategies

Friday, 2 pm



Utah State Board of Education