

# SANDSTONE After School Program 2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Managing Anger, Jealousy, and Frustration	27 NO SCHOOL	28 Fall Creative Expression Club Power Hour	29 SEL(P): Positive Action Club Power Hour	30 SEL(B): Positive Action Club Power Hour	1 STEM Club SMART MOVES Final Lesson COMPUTER LAB POWER HOUR
Managing Worry, Fear, and Loneliness	4 Holidays Around the World Club Power Hour Basketball Club	5 SEL(P): Positive Action Club RAPTOR ART EXTRAVAGANZA With Dr. Dietzel Power Hour	6 Holidays Around the World Club Power Hour Basketball Club	7 SEL(B): Positive Action Club Power Hour	8 STEM COMPUTER LAB POWER HOUR
Post Survey Units 1-3	11 Holidays Around the World Club Power Hour Basketball Club	12 SEL(P): Positive Action Club Power Hour	13 Holidays Around the World Club Power Hour Basketball Club	14 SEL(B): Positive Action Club Power Hour	15 STEM Club COMPUTER LAB POWER HOUR
	18 Holidays Around the World Club Power Hour Basketball Club	19 Holiday Rotations Power Hour	20 Half Day No Program	21 HOLIDAY BREAK No Program	22 HOLIDAY BREAK No Program
	25 HOLIDAY BREAK No Program	26 HOLIDAY BREAK No Program	27 HOLIDAY BREAK No Program	28 HOLIDAY BREAK No Program	29 HOLIDAY BREAK No Program

### Daily Schedule

3:30-3:40 Welcome/Check In & Snack Time  
 3:45-3:55 Feelings Check in & Daily Announcements  
 4:00-4:20 Outside Physical Energy Release Extravaganza  
 4:25-4:55 Academic Support  
 5:00-5:30 Club Time, Positive Action  
 5:30 Pickup

### Friday Schedule

12:00-12:15 Outside Club Time  
 12:20-12:35 PM Snack Time  
 12:40-1:00 Feelings Check in & Daily Announcements  
 1:00-1:25 Computer Lab Power Hour  
 1:30-2:15 SMART Moves  
 2:20-2:35 Snack Time  
 2:40-3:00 Outside Club Time  
 3:05-4:55 Rotations: Creative, Physical, STEM  
 5:00-5:30 Fun Friday Club  
 5:30 Pickup



### Contact Info

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## December Club & Activity Details

### **Message to Parents:**

Happy December! We are excited to jump into a new month. We look forward to continuing to build relationships with the youth, 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. The January theme is getting along with others, a great way to start off the new year!

**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 HYLE 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 or activity every Friday. Youth will focus on learning about observation, hypothesis, estimation, and the scientific process in these experiments.

**Engineering** - Youth will have the opportunity to participate in engineering projects and activities every Friday. Youth will focus on learning about building, creating, brainstorming ideas, and working on team and individual tasks.

### **Enrichment Clubs:**

**Holidays Around the World Club (HATW)** - Youth in the monthly club will learn and understand different holidays and cultural celebrations around the world. They will create a holiday punch card and will participate in a variety of activities and traditions. This club will be offered every Monday and Wednesday.

**Basketball Club** - Youth in the monthly 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. This club will be offered every Monday and Wednesday.

December 2023

# SANDSTONE

850 N 2450 E ST, George UT 84790 | 801-372-3059



**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 us*



Miss Jordynn is our STEM specialist! She leads STEM activities each week. She loves to spend time with her family, especially her sisters. She also loves to go hiking and off-roading. When she isn't doing those activities, work or school, she oil paints. She also has a turtle named Bruno!

### Upcoming Events

Half Day, No Program December 20th  
Winter Break December 21st- January 1st

Happy Birthday!

Ms. Gabbie  
December 2nd



**CLUB CLOSED**  
WINTER BREAK: December 21st-  
January 1st



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### STEM LAB

Fridays 3:45-4:30

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

### SEL (Prevention & Behavior)

Monday - Friday

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.

### Enrichment

Monday-Thursday 4:55-5:25

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.

### Project Learn/Power Hour

Monday - Friday 4:30-5:00 PM

Daily assistance with reading, writing, math, spelling, or any other homework help.



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Utah State Board of Education

