

Sandstone After School Program 2023-2024

JANUARY



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Pre Survey Units 4-6	1 HOLIDAY BREAK NO SCHOOL NO PROGRAM	2 TEACHER PREP DAY NO SCHOOL NO PROGRAM	3 Positive Action Club/SEL Prevention Power Hour	4 Club Day: Ocean Club Dance Club Power Hour	5 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
Golden Rule- Know the Code	8 Club Day: Ocean Club Dance Club Power Hour	9 Positive Action Club/SEL Prevention Power Hour	10 Positive Action Club/SEL Behavior Power Hour	11 Club Day: Ocean Club Dance Club Power Hour	12 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
Superfriend: Respect, Friendliness, Empathy	15 MARTIN LUTHER KING JR DAY NO SCHOOL NO PROGRAM	16 SEP WEEK Activities & Snack Passed Out at 3:30 PM, NO PROGRAM	17 SEP WEEK Activities & Snack Passed Out at 3:30 PM, NO PROGRAM	18 SEP WEEK Activities & Snack Passed Out at 3:30 PM, NO PROGRAM	19 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
Superfriend: Kindness, Choosing to Bully	22 Club Day: Ocean Club Dance Club Power Hour	23 Positive Action Club/SEL Prevention Power Hour	24 Positive Action Club/SEL Behavior Power Hour	25 Club Day: Ocean Club Dance Club Power Hour	26 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
Superfriend: Cooperation, Courtesy & Manners, Fairness	29 Club Day: Ocean Club Dance Club Power Hour	30 Positive Action Club/SEL Prevention Power Hour	31 Positive Action Club/SEL Behavior Power Hour	1 Club Day: Ocean Club Dance Club Power Hour	2 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation

Daily Schedule

Monday-Thursday
3:30-4:00 Snack & Recess
4:00-4:10 Feelings Check in & Wash Hands
4:10-4:35 Power Hour
4:35-4:00 Transition
4:40-5:25 Club Time or Positive Action
5:25-5:30 Clean Up, Snack, Gratitude
5:30 Pickup

Daily Schedule

Friday
12-12:30 Check in & Recess
12:40-1:00 Circle Up (Feelings Check in & Schedule)
1:05-1:50 SMART Moves, Kid Grit, or other SEL
1:55-2:45 Youth Bonding Activity
2:50-3:35 Rotation 1 (Creative, Physical, or STEM)
3:40-4:25 Rotation 2 (Creative, Physical, or STEM)
3:40-5:15 Rotation 3 (Creative, Physical, or STEM)
5:20-5:30 Gratitude
5:30 PM Snack & Pickup

Contact Info

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Program Address: 850 N 2450 E ST, George UT 84790



January Club & Activity Details

Message to Parents:

Happy January! We are excited to jump into a new year. We look forward to continuing to build relationships with our youth, teach our 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 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 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:

Dance Club - Youth in our monthly club will learn the art of dance in different styles, cultures and decades. From different line dances to learning about how dance has changed throughout the decades, each day they will learn new skills! Dance Club will be offered every Monday and Thursday.

Ocean Club - Youth in our monthly club will dive into the complexities of the ocean through science and creative expression! We will learn about aspects of marine biology and life, covering topics such as coral reefs, sea turtles, top predators, ocean pollution and more. Ocean club will be offered every Monday and Thursday.

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Sandstone

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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 Getting Along with Others

Get To Know



Emma Franz is our new Program Manager! She is going to school for elementary education, and hopes to become a 2nd grade teacher. She loves reading books, especially fantasy and thriller books. She loves any kind of animal and owns three reptiles! She also loves music and has played piano and violin for about 10 years.

Upcoming Events

First day back to program: January 3rd
Martin Luther King Jr. Day: January 15th
SEP Week: January 16-19th

Happy Birthday!

Birthdays are coming soon!



CLUB CLOSED

January 1st & 2nd, Holiday Break & Teacher Prep Day
January 15th, Martin Luther King Jr. Day



Contact Information:

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Utah State Board of Education

UTAH DEPARTMENT OF WORKFORCE SERVICES CHILD CARE

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.