









Sunset Afterschool Program 2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Managing Me	27 Thanksgiving Break	28 Fall Club Positive Action SEL (P) Managing anger, jealousy, and frustrations Power Hour	29 Fall Club Positive Action SEL (B) Managing anger, jealousy, and frustrations Power Hour	30 STEM Power Hour	1 Winter Sports Club OR Painting Club Pos. of the week SMART Moves Lesson Power Hour
Managing Me	4 Buddy the Elf Club OR Runners Club Positive Action SEL (P) Managing worry, fear, and loneliness Power Hour	5 Frosty the Snowman Club OR Workout Club SEL Kid-Grit Lesson Power Hour	6 Arctic Animals Club or Exercise club Positive Action SEL (B) Managing worry, fear, and loneliness Power Hour	7 STEM Power Hour	8 Christmas Around the World Club Or Winter Sports Club Pos of the week SMART Moves Lesson Power Hour
Managing Me	11 Winter Sports Club OR Painting Club Positive Action SEL (P) Post Survey Power Hour	12 Arctic Animals Club or Exercise club SEL Kid-Grit Lesson Power Hour	13 The Rockettes Club OR Drama Club Positive Action SEL (B) Post Survey Power Hour	14 STEM Power Hour	15 Christmas Around the World Club Or Winter Sports Club Pos of the week SMART Moves Lesson Power Hour
	18 STEM Power Hour	19 The Rockettes Club OR Drama Club SEL Kid-Grit Lesson Power Hour	20  No Program	21 	22 
	25 	26 	27 	28 	29 

Daily Schedule Mon-Thurs

2:35-2:45	CHECK IN
2:45-3:00	Snack Time
3:00-3:30	Outside Club Time
3:30-4:00	Power Hour
4:00-4:30	Club Time
4:30-5:00	SEL Positive Action OR SEL Kid-grit, STEM
5:00-5:15	Free Time
5:15-5:30	Snack Time
5:30	PICKUP

Daily Schedule Friday

1:00-1:15	CHECK IN
1:15-1:45	Outside Club Time
1:45-2:00	PM Snack Time
2:00-2:15	Positives of the week
2:15-2:45	Power Hour/ Computer Lab Time
2:45- 3:15	Outside Club Time
3:15-3:30	Snack Time
3:30-4:00	SMART Moves Lesson
4:00-4:30	Brain Break
4:30-5:30	FUN Friday Club
5:30	PICK UP

Contact Info

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December Club & Activity Details

Message to Parents:

This month we will be learning a bunch of new skills and new information. All of our clubs have a little Christmas twist to them:)

Winter Sports Club- Students will learn about winter sports and attempt to learn them:)

Buddy the Elf Club-This club is going to help challenge the students to get out of their comfort zone and try new things.

Frosty the Snowman Club- Students will be learning about friendship & kindness.

Arctic Animal Club- Students will learn about animals that live in the arctic and make some very creative crafts to go with them.

Christmas Around the World Club- We will be learning about how other places around the world celebrate Christmas. This is a Christmas themed Passport Club.

The Rockettes Club-This is our Dance club for the month of December

DECEMBER 2023

SUNSET

495 Westridge Dr. St George, UT | 801-372-3151



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



Meet Sunset Elementary's YDP Brynlee Pugmire



This is Sunset's newest YDP Bryn Pugmire. She just moved down to Saint George this year for her first year of college at Utah Tech University. She just recently graduated from high school at Sky View in Logan, Utah. While she was there she was involved in choir, drill team, and student government. She also loves to play the piano. She is planning on getting her Associates Degree in General Education by the end of this year. After she graduates she plans to serve a mission for The Church of Jesus Christ of Latter Day Saints.

Upcoming Events

Winter Break December 21st- January 1st



Briella 12/2
PM Destiny 12/13
Susie 12/15
Everett 12/15
Kamree 12/31

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



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Enrichment

Monday-Thursday 4:00-4:30

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.

STEM LABS

Thursdays 4:30-5:00

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

Project Learn

Monday-Thursday 3:30-4:00

Fri 2:25-2:45

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

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.

