










Washington Afterschool Program 2023-2024

Hello December



| SEL Weekly Focus | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|--|---|--|---|--|
| Managing Me | 27 Teacher Prep Day  | 28 | 29 | 30 | 1 Rotation 1: SMART Moves Rotation 2: Beaded Snowflakes Rotation 3: Obstacle Course |
| Managing Me | 4 k-2: Yoga Club & Clean Club 3-5: Runners Club & Arctic Animals Club Power Hour | 5 Positive Action (P): Managing Anger, Jealousy, and Frustration Power Hour | 6 k-2: Runners Club & Arctic Animals Club 3-5: Yoga Club & Clean Club Power Hour | 7 Positive Action (B): Managing Anger, Jealousy, and Frustration Power Hour | 8 SMART Moves Rotation 1: STEM Rotation 2: Creative Rotation 3: Physical Power Hour |
| Post Survey Units 1-3 | 11 k-2: Yoga Club & Clean Club 3-5: Runners Club & Arctic Animals Club Power Hour | 12 Positive Action (P): Managing Worry, Fear, and Loneliness Power Hour | 13 k-2: Runners Club & Arctic Animals Club 3-5: Yoga Club & Clean Club Power Hour | 14 Positive Action (B): Managing Worry, Fear, and Loneliness Power Hour | 15 SMART Moves Rotation 1: STEM Rotation 2: Creative Rotation 3: Physical Power Hour |
| Managing Me | 18 k-2: Yoga Club & Clean Club 3-5: Runners Club & Arctic Animals Club Power Hour | 19 Positive Action (P): Golden Rule-Know the Code Power Hour | 20  | 21  | 22  |
| | 25  | 26  | 27  | 28  | 29  |

| Monday-Thursday Schedule | Friday Schedule |
|---|--|
| 3:30-3:40 pm - Welcome Check-in/Wash hands 3:40- 3:50 pm - Super Snack/ Daily rundown 3:50-4:10 pm - Outside Recess/wash hands 4:10-4:30pm - Power hour (Homework) 4:30-5:05pm - Positive Action (SEL)/ Kid-Grit 5:05-5:20pm - STEM/Club/Smart Moves 5:20-5:30 pm - Clean up/ hand out PM snack/Check-out | 12:00-12:15 pm - Check-in/Wash hands 12:15-12:45 pm - Club Recess 12:45-1:00 pm - Positivity Circle /Journaling Club 1:00-1:30 pm - Pm Snack/ Daily Rundown 1:30-2:00 pm - Computer Lab/ Kid-Grit 2:00-2:30 pm - Bumpin Books 2:30-2:45 pm - Super Snack 2:45-3:15 pm - Outside Club Time 3:15-3:45 pm - Smart Moves 3:45-4:15 pm - Meditation Club 4:15-5:15 Fun Friday Club/Special Guest 5:15-5:30 pm - Clean up/Check-out |



| Contact Info |
|---|
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DECEMBER 2023

WASHINGTON

300 N 300 E Washington UT, 84780 | 801-372-5776



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! My name is Max Madsen and I just started at the Boys & Girls Club. I like to play the guitar and piano. I also love being outdoors and try to go on a hike everyday. I am very excited to work with youth and get to know all the kids!



Upcoming Events

Winter Break - December 20th - January 2nd.

Club resumes on January 3rd

HAPPY
Birthdays
TO YOU

Aspen - 12/2
Sophia - 12/6
Cianna - 12/8
Nataly - 12/8
Hurley - 12/11
Ryker - 12/12
Jagen - 12/26

CLUB CLOSURES



December 20th - January 2nd

Contact Information:

Brittney Thliveris - Site Coordinator

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Email: brittney.thliveris@bgcutah.org

SEL (Prevention & Behavior)

Tuesdays, Thursdays, & Fridays

Positive Action & 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 Labs

Fridays Rotations

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

Clubs

Mondays and Wednesdays

The Boys and Girls Club is focusing on creating clubs that will lead students to learn new skills. With the new structure of our programs, we will be integrating four clubs each month that will teach students new things and include fun activities each day

Power Hour

Monday - Thursday - 4:10 pm - 4:30 pm
Students have the opportunity to work on their homework and get help from the staff if needed.



www.instagram.com/bgcutah



www.facebook.com/BGCUtah