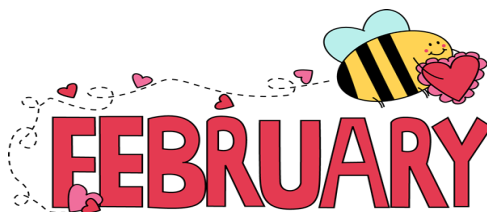


Cascade After School Program 2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
My Truest Self	29	30	31	1 Power Hour SEL (B)- Superfriend: Respect, Friendliness, Empathy Clubs K-2: Winter Olympics Club 3-6: Animal Club	2 KidGrit Physical, Creative, & STEM Rotations Gratitude
My Truest Self	5 Power Hour STEM Labs- Science Clubs K-2: Animal Club 3-6: Winter Olympics Club	6 Power Hour SEL (P)- Mid-Survey Clubs K-2: Winter Olympics Club 3-6: Animal Club	7 Power Hour STEM Labs- Science Clubs K-2: Animal Club 3-6: Winter Olympics Club	8 Power Hour SEL (B)- Mid-Survey Clubs K-2: Winter Olympics Club 3-6: Animal Club	9 No Programs -Teacher Work Day-
My Truest Self	12 Power Hour STEM Labs- Science Clubs K-2: Animal Club 3-6: Winter Olympics Club	13 Power Hour SEL (P)-Telling Yourself the Truth-On Purpose Clubs K-2: Winter Olympics Club 3-6: Animal Club	14 Power Hour STEM Labs- Science Clubs K-2: Animal Club 3-6: Winter Olympics Club	15 Power Hour SEL (B)- Your Bravest, Truest Self Clubs K-2: Winter Olympics Club 3-6: Animal Club	16 KidGrit Physical, Creative, & STEM Rotations Gratitude
My Truest Self	19 No Programs -President's Day-	20 Power Hour SEL (P)-What Can You Do? Clubs K-2: Winter Olympics Club 3-6: Animal Club	21 Power Hour STEM Labs- Science Clubs K-2: Animal Club 3-6: Winter Olympics Club	22 Power Hour SEL (B)- Where You Shine & Where You Need Help Clubs K-2: Winter Olympics Club 3-6: Animal Club	23 No Programs -Staff Training Day-
My Truest Self	26 Power Hour STEM Labs- Science Clubs K-2: Animal Club 3-6: Winter Olympics Club	27 Power Hour SEL (P)- The Blame Game Clubs K-2: Winter Olympics Club 3-6: Animal Club	28 Power Hour STEM Labs- Science Clubs K-2: Animal Club 3-6: Winter Olympics Club	29 Power Hour SEL (P)- Fessing Up Clubs K-2: Winter Olympics Club 3-6: Animal Club	1

Daily Schedule	
Monday-Thursday	Friday
2:15-2:30 Check-in, Snack 2:30-2:45 Circle-up 2:45-2:50 Transition 2:50- 3:50 Enrichment Clubs 3:50-3:55 Transition 3:55- 4:15 Recess 4:15 - 4:20 Transition 4:20 - 4:50 3-6 (SEL-Positive Action or STEM Labs), K-2 (Power Hour) 4:20-4:25 Transition 4:55 - 5:25 K-2 (SEL-Positive Action or STEM Labs), 3-6 (Power Hour) 5:25-5:30 Transition 5:30 Snack, Check-out	2:15-2:30 Check-in, Snack 2:30-2:45 Structured Recess 2:45-2:50 Transition 2:50- 3:10 Circle-up 3:10-3:15 Transition 3:15-4:00 SEL-SMART Moves 4:00-4:05 Transition 4:05-4:25 Rotation 1 (Creative) 4:25-4:30 Transition 4:30-4:50 Rotation 2 (Physical) 4:50-4:55 Transition 4:55-5:15 Rotation 3 (STEM) 5:15-5:20 Transition 5:20-5:30 Gratitude 5:30 Snack, Check-out



Contact Info
Heather Bowcutt Site Coordinator Email: Cascade@bgcutah.org Phone: (801) 372-6113 Program Address: 860 E 200 N St, Orem, UT 84097



February Club & Activity Details

Message to Parents:

This month we will be focusing on creating meaningful experiences that include fun and learning. We are so grateful for your involvement with the staff and with your kids.

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!

KidGrit - Kid-grit™ is a holistic approach to creating a well-rounded student. The curriculum is focused and committed to a developmental approach promoting the nourishment of a child's intellect, emotion, and intuition, along with conditioning his/her body through delicious nutrient-dense food, movement, and breathing.

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.

Enrichment Clubs:

Animals Club - Youth in the monthly club will learn and understand about animals. They will learn about various species, what makes them unique, and habitats and adaptations. At the end of the month students will have the opportunity to Create their own unique creature utilizing the knowledge they learned about animals over the month. This club is offered to K-2 on Monday and Wednesday and offered to 3-6 on Tuesday and Thursday.

Winter Olympics Club - The Winter Olympics have been around for a long time. This club will help youth learn about figure skating, snowboarding, bobsledding, Ice Hockey, and Alpine Skiing. They will learn the skills of each sport, safety, and the necessary equipment used. At the end of the month they will have the opportunity to show off their newly learned skills. This club is offered to K-2 on Monday and Wednesday and offered to 3-6 on Tuesday and Thursdays.

FEBRUARY 2024

Cascade

860 E 200 N St, Orem, UT 84097 | (801) 372-6113



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 My Truest Self

Get To Know



My name is Heather Bowcutt. I'm the Site Coordinator for Cascade. I'm from Brigham City, Utah. I'm a senior at BYU and I'm graduating with my Bachelor's Degree in Public Health this April. I love spending time with my friends and family, and volunteering in the community. I love the opportunity that I have to work with the youth in our program.

Upcoming Events

No Upcoming Events in February



www.instagram.com/bgcutah

Happy Birthday!

Nadia 2/9
Aaron 2/11
Simon 2/19



CLUB CLOSED

February 9: Teacher Work Day
February 19: President's Day
February 23: Staff Training



Contact Information:

Heather Bowcutt - Site Coordinator

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Email: Cascade@bgcutah.org



www.facebook.com/BGCUtah

Project Learn

Monday-Thursday

The main focus of power hour will be to help members complete homework assignments, work on Hyla activities.

STEM Labs

Monday & Wednesday

During our power hour on Tuesdays and Thursdays, members have the opportunity to participate in STEM labs after they have completed their daily homework.

Enrichment

Everyday

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.

Prevention & Education

Tuesday, Thursday, & Friday

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.

