

Heritage Afterschool Program 2023-2024



| SEL Weekly Focus | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|--|---|---|---|
| Getting Along With Others | | | | 1 Clubs: K-2nd: Frisbee Or Slime 3rd-5th: Bowling or 3D Art Project Learn | 2 STEM CLUB Rotations Service Project |
| Getting Along With Others | 5 SEL (P) Positive Action: (K-2) L 80, Getting Along with Others Using Soc/Em Positive Action (3-6) L 77, p.155 To Be Kind Project Learn | 6 Clubs: 3rd-5th: Frisbee or Slime K-2nd: Soccer or 3D Art Project Learn | 7 SEL (B) Positive Action: (K-2) L 81, Getting Along with Others Using Soc/Em Positive Action (3-6) L 78, p.157 Choosing Not to Bully Project Learn | 8 Clubs: K-2nd: Frisbee or Slime 3rd-5th: Bowling or 3D Art Project Learn | 9 Sorry - We're CLOSED |
| Getting Along With Others | 12 SEL (P) Positive Action: (K-2) L 82 Getting Along with Others Using Soc/Em Positive Action (3-6) L 80, p.163 Doing Your Part Project Learn | 13 Clubs: 3rd-5th: Frisbee or Slime K-2nd: Bowling or 3D Art Project Learn | 14 SEL (B) Positive Action: (K-2) L 83, Getting Along with Others Using Soc/Em Positive Action (3-6) L 81, p.165 Saying Thank You Project Learn | 15 Clubs: K-2nd: Frisbee or Slime 3rd-5th: Bowling or 3D Art Project Learn | 16 SCHOOL CLOSED |
| Getting Along With Others | 19 SCHOOL CLOSED | 20 Clubs: 3rd-5th: Frisbee or Slime K-2nd: Bowling or 3D Art Project Learn | 21 SEL (P) Positive Action: (K-2) L 84, p.163 Getting Along with Others Using Soc/Em Positive Action (3-6) L 85, p.174 Remember This? Project Learn | 22 SEL (B) Positive Action: (K-2) L 86, p.166 Getting Along with Others Using Soc/Em Positive Action (3-6) L 87, p.176 Trying It Out in Class Project Learn | 23 STEM CLUB Rotations Service Project |
| My Truest Self | 26 SEL (P) Positive Action: (K-2) L 94, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 90 Telling Yourself the Truth--On Purpose Project Learn | 27 Clubs: 3rd-5th: Frisbee or Slime K-2nd: Bowling or 3D Art Project Learn | 28 SEL (B) Positive Action: (K-2) L 95, p.183 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 92, p.186 Your Bravest, Truest Self Project Learn | 29 Clubs: K-2nd: Frisbee or Slime 3rd-5th: Bowling or 3D Art Project Learn | 1 STEM CLUB Rotations Service Project |

| Monday-Thursday Schedule | Friday Schedule |
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| 3:30-3:45 pm Welcome Check-in/Snack 3:45-3:55 pm - Recess 4:05-4:15 pm- Circle up 4:15-4:45 pm - Project Learn 4:50-5:20 pm - SEL Positive Action (Monday/Wednesday), Clubs (Tuesday/Thursday) 5:20-5:30 pm - Clean up/ hand out PM snack/Check-out | 12:00-12:20- Check-in/Recess 12:20-12:35 pm- Snack 12:45-1:05 pm - Circle Up 1:10-1:40 pm- Service Project 1:50-3:50 pm - Station Rotation Club Time 4:00-4:20 pm- Snack 4:25-4:45 pm - Team Building 4:50-5:20 pm - Gratitude 5:20-5:30 pm - clean up/check out |



| Contact Info |
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| Program Address: Program Address: 747 E Riverside Dr, St. George UT 84790 |



February Club & Activity Details

Message to Parents:

We are excited for this month's activities and program. Students are welcome to bring valentines on February 14th to the club though it is not required. We will be doing a small valentines activity. We also want you to take a look at the slime club schedule. We will be allowing kids to take home the slime.

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 runs Mondays & Wednesdays with new topics each week. The February theme is "Getting Along With Others" & "My Truest Self."

Service Project- Students will help do acts of service. These acts will help improve the club atmosphere and the school atmosphere. This could look like cleaning up the playground or writing thank you notes.

Academic Support

Project Learn - 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. This takes place Monday through Thursdays 4:20pm - 4:50pm.

STEM

Youth will have the opportunity to participate in a new experiment every Friday during rotations. Youth will focus on learning about observation, hypothesis, and the scientific process in these experiments.

Enrichment Clubs- Tuesdays from 4:50 pm-5:20 pm & Fridays from 3:30pm-3:50pm.

Frisbee Club- This month youth will explore playing with frisbees. They will learn how to play various frisbee related activities. They expand their knowledge and skills in throwing and catching a frisbee and games we can play with these skills.

Bowling Club This month youth will explore how to bowl. Students will learn basic techniques and rules to the game of bowling. Students will advance their knowledge of sports and practice different motor and fine skills in this club.

Slime Club- This Month students will learn how to participate in the scientific method. They will also learn how this can apply to making slime and how different combinations of ingredients can change the outcome to a slime.

3D Art Club This Month students will explore the 3D. They will create various forms of 3D art. Students will learn how to identify this art form in the world and why it is important.

February 2024

Heritage

747 E Riverside Dr. St. George UT 84790 | 801-372-3434



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 & My Truest Self

Get To Know

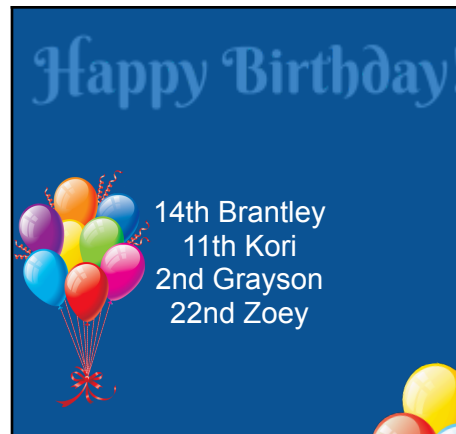


Hello! I'm Jalen, Heritage's YDP Floater! I bounce to different after school programs occasionally, but Heritage is my home base and I love being here for a third year!

I am currently in the Communication & Applied Leadership program at Utah Tech. When I am not in school, working, or with kids: I love hanging out with my best friend and my family, reading both paper and e-books, writing stories, hiking, listening to music, and watching movies.

Upcoming Events

February 14th- Valentines



Friday February 9th
Friday February 16th
Monday February 19th

Contact Information:

D Leyva- Site Coordinator

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Project Learn

Monday- Thursday: 4:15 pm- 4:45 pm

Building strong minds through reading and positive thoughts/actions. We will also talk about self-discipline and continuing to build our self awareness.

STEM Labs

Fridays 2:05 pm- 4:45 pm

Members will have the opportunity to participate in STEM labs. They will learn how science, technology, engineering and math can be used in everyday life.

Enrichment

Tuesday/Thursday: 4:50 pm- 5:20 pm

Fridays 2:05 pm- 4:45 pm

Enrichment clubs are offering our members opportunities to participate in a variety of activities which will continue to change as the year progresses.

Prevention & Education

Monday/Wednesday: 4:50 pm- 5:20 pm

Friday: 1:00 pm-1:30 pm

Positive Action curriculum provide members with important social-emotional skills.



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Utah State Board of Education

