

Milford Afterschool Program 2023-2024

JANUARY



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Getting Along With Others	1	2 Teacher PD Day- No School	3 Edventures Club! SEL (P) - Golden Rule: Know the Code Power Hour	4 Arts & Crafts Club! SEL (B) - Golden Rule: Know the Code Power Hour	5
Getting Along With Others	8 Sports Club! SEL (P) - Superfriend: Respect, Friendliness and Empathy Power Hour	9 STEM Club Fun! Power Hour	10 Create Better Health Club! Power Hour	11 Arts & Crafts Club! SEL (B) - Superfriend: Respect, Friendliness and Empathy Power Hour	12
Getting Along With Others	15 Martin Luther King Day- No School	16 STEM Club Fun! SEL (P) - Superfriend: Choosing Not to Bully Power Hour	17 Edventures Club! Power Hour	18 Arts & Crafts Club! SEL (B) - Superfriend: Choosing Not to Bully Power Hour	19
Getting Along With Others	22 Sports Club! SEL (P) - Superfriend: Cooperation, Courtesy, Manners and Fairness Power Hour	23 STEM Club Fun! Power Hour	24 Edventures Club! Power Hour	25 Arts & Crafts Club! SEL (B) - Superfriend: Cooperation, Courtesy, Manners and Fairness Power Hour	26
Getting Along With Others	29 Sports Club! SEL (P) - Superfriend: Review Power Hour	30 STEM Club Fun! Power Hour	31 Edventures Club! Power Hour	1	2

Daily Schedule

- 2:30 - Super Snack
- 2:50 - Restroom Break
- 3:00 - Brain Break/Move our Bodies!
- 3:30 - Positive Action (Social Emotional Learning)/Enrichment Clubs/STEM Club
- 4:30 - Power Hour/Academic Support (We do our best but homework may not always get completed. Please check your child's work and progress!)
- 5:00 - Club Fun, Reflection and Clean Up
- 5:30 - End of Program

Contact Info

MILFORD BOYS AND GIRLS CLUB
 Site Coordinator: Lorie Schow
 Email: lorie.schow@bgcutah.org
 Phone: 1-801-372-4836
 Program Address: 450 S 700 W, Milford Utah



Milford Afterschool Program 2023-2024



January Club & Activity Details

Message to Parents:

Welcome back! We hope you all had a relaxing holiday break and time spent with your loved ones. We are excited to jump back into after school programs. We look forward to continuing to build relationships with the youth, teach them 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 Monday & Thursday with new topics each week. The January theme is getting along with others, a great way to start off the new year!

Academic Support:

Power Hour - the main focus of power hour will be to help youth complete homework assignments, work on HYLEA activities and their book in a bag. Our goal is to help youth reduce missing assignments by aligning with school teachers, and working on daily assignments at program to allow family time at home. If you know what homework your student should be working on, please let us know and we will do our best to assist them!

Enrichment Clubs:

Sports Club - Sports clubs give children a chance to engage in physical activity, make friends, develop skills, learn teamwork, and build self-esteem. Key skills such as leadership, problem-solving, responsibility and a sense of initiative are all developed through sporting activities with peers.

STEM Club - Youth will participate in a fun STEM Club activity! STEM activities provide opportunities for youth to explore STEM subjects, topics and challenges through hands-on experiential learning.

Edventures Club - Our Edventure Club activities encourage the discovery of talents, interests and self-confidence. While building unique creations and problem-solving through engaging challenges, learners are given autonomy and the opportunity to realize their full potential.

Arts & Crafts Club - Arts and crafts activities engage children's sense of touch, sight, and sound, and help develop their fine motor skills and hand-eye coordination. These activities also encourage children to explore their creativity, imagination, and self-expression, which can boost their confidence and emotional well-being.

Create Better Health Club - Allie Bradshaw with our local USU Extension Office visits our programs monthly to offer the Create Better Health Club where the focus is to help participants establish healthy eating habits and a physically active lifestyle.

JANUARY 2024

Milford

450 South 700 West | 1-801-372-4836



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



We are happy to introduce our YDP Becky Smith. She was born in Milford. She married her high school sweetheart. Together they raised 4 children in Bountiful, Utah. Becky returned to her hometown and has been involved in our Milford Elementary After School Program for 5 years. In her freetime she enjoys the outdoors, gardening and baking.

Upcoming Events

Winter Break - January 1st & 2nd

1st Day of 3rd Quarter - January 4th

Martin Luther King Day - January 15th



www.instagram.com/bgcbeaver

Happy Birthday!

Axel 1/17
Daneysi 1/31



CLUB CLOSED

January 1st & 2nd Winter Break

January 15th - Martin Luther King Day



Contact Information:

Lorie Schow - Site Coordinator

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www.facebook.com/bgcbeaver

Project Learn

Monday - Thursday 4:30 - 5:00

The main focus of power hour will be to help members complete homework and school assignments.

STEM Labs

During enrichment clubs, members will have the opportunity to participate in STEM activities that are engaging and enjoyable for all.

Enrichment

Enrichment clubs are to further enrich and broaden our members' experiences by offering a variety of clubs. Clubs are to help students build skills in a variety of creative and fun activities.

SEL (Prevention and Behavior)

Monday - Thursday

Positive Action, Kid-Grit and 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.



Utah State Board of Education



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