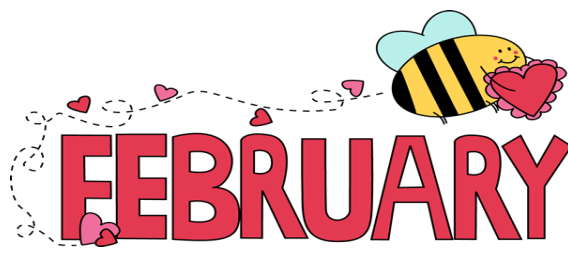


# Sandstone After School Program 2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
My Truest Self	29 Club Day: Ocean Club Dance Club Power Hour	30 Positive Action L 84: Getting along with others L 85: Remember This? Power Hour	31 Positive Action L 86: Getting Along With Others L 87: Trying it out in Class Power Hour	1 Club Day: Ocean Club Dance Club Power Hour	2 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
Mid Surveys	5 Club Day: Decades Club Fitness Club Power Hour	6 Positive Action Club/SEL Power Hour	7 Positive Action Club/SEL Power Hour	8 Club Day: Decades Club Fitness Club Power Hour	9 STAFF TRAINING NO PROGRAM
My Truest Self	12 Club Day: Decades Club Fitness Club Power Hour	13 Positive Action L 94: Telling Yourself the Truth L 90: Telling Yourself the Truth - On Purpose Power Hour	14 Positive Action L 95: Telling Yourself the Truth L 92: Your Bravest, Truest Self Power Hour Valentine's Day	15 Club Day: Decades Club Fitness Club Power Hour	16 TEACHER PREP NO SCHOOL NO PROGRAM
My Truest Self	19 NO SCHOOL NO PROGRAM	20 Power Hour RAPTOR ART	21 Positive Action L 96: Telling Yourself the Truth L 93 What Can You Do? Power Hour	22 Positive Action L 98: Telling Yourself the Truth L 96&97: Where You Shine & Where You Need Help Power Hour	23 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
My Truest Self	26 Club Day: Decades Club Fitness Club Power Hour	27 Positive Action L 100: Telling Yourself the Truth L 98: The Blame Game Power Hour	28 Positive Action L 102: Telling Yourself the Truth L 100: Fessing Up Power Hour	29 Club Day: Decades Club Fitness Club Power Hour	1 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation

Daily Schedule
Monday-Thursday 3:30-4:00 Snack & Recess 4:00-4:10 Feelings Check in & Wash Hands 4:10-4:35 Power Hour 4:35-4:40 Transition 4:40-5:25 Club Time or Positive Action 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup

Daily Schedule
Friday 12-12:30 Check in & Recess 12:40-1:10 Circle Up/PM Snack (Feelings Check in & Schedule) 1:15-1:50 SMART Moves, Kid Grit, or other SEL 1:55-2:45 Youth Bonding Activity/Super Snack 2:50-3:35 Rotation 1 (Creative, Physical, or STEM) 3:40-4:25 Rotation 2 (Creative, Physical, or STEM) 4:30-5:15 Rotation 3 (Creative, Physical, or STEM) 5:20-5:30 Gratitude 5:30 PM Snack & Pickup

Contact Info
Site Coordinator: Gabbie Brotemarkle Email: gabbie.brotemarkle@bgcutah.org Phone: 801.372.3059
Program Address: 850 N 2450 E St George, UT 84790



## February Club & Activity Details

### **Message to Parents:**

Happy February! We are excited for another month with all of you and your kiddos! We look forward to continuing to build relationships with our youth, teaching them new skills that can help them in the future, and watching 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 Tuesday & Thursday with new topics each week. The January theme is getting along with others, a great way to start off the new year!

**SMART Moves** - Is a BGCA Social Emotional Learning curriculum that is evidence-based based with focuses on building positive relationships, decision-making/critical thinking skills, learning how to avoid/resist harmful substances/circumstances, and bullying prevention. This program is run on Fridays with new topics each week.

### **Academic Support:**

**Power Hour** - 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.

### **STEM Labs:**

**Science** - Youth will be able to participate in a new experiment or activity every Friday. Youth will focus on learning about observation, hypothesis, estimation, and the scientific process in these experiments.

**Engineering** - Youth will have the opportunity to participate in engineering projects and activities every Friday. Youth will focus on learning about building, creating, brainstorming ideas, and working on team and individual tasks.

### **Enrichment Clubs:**

**Fitness Club** - Youth in our monthly club will learn the different styles of fitness and types of workouts that were well known throughout the decades. We will be focusing on Decades from the '60s up until the 2010s! Our physical club for the month is going to get them moving and learn all the different types of workouts and how they have changed over the years.

**Decade's Club** - Youth in our monthly club will travel back in time and relish in all of the fashion, food, and more popular things during the time from the '60s until the 2010s! This club will incorporate creative crafts and activities that would bring nostalgia to anyone who got to live it.

# February 2024

# Sandstone

850 N 2450 E ST, George UT 84790 | 801-372-3059



**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



Mrs. Haley is one of our YDP's at Sandstone. Her and her husband moved to St. George in 2022. She is excited to be in a warm climate enjoying the Utah sun. She loves kayaking, refurbishing furniture, crafts, professional seamstress, and playing cards. Between her and her husband they keep busy with their two bee hives and are enjoying the benefits of organic honey twice a year.

## Upcoming Events

Valentine's Day: February 14th  
Teacher Prep Day: February 16th  
President's Day: February 19th

# Happy Birthday!

Birthdays are coming soon!



## CLUB CLOSED

February 9, 2024: Staff Training  
February 16, 2024: Teacher Prep Day  
February 19, 2024: Presidents Day



## Contact Information:

**Gabbie Brotemarkle - Site Coordinator**  
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Email: [gabbie.brotemarkle@bgcutah.org](mailto:gabbie.brotemarkle@bgcutah.org)



[www.facebook.com/BGCUtah](https://www.facebook.com/BGCUtah)

## STEM LAB

Fridays 3:45-4:30

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

## 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.

## Enrichment

Monday-Thursday 4:55-5:25

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 monthly.

## Project Learn/Power Hour

Monday - Friday 4:30-5:00 PM

Daily assistance with reading, writing, math, spelling, or any other homework help.



[www.instagram.com/bgcutah](https://www.instagram.com/bgcutah)



Utah State Board of Education

