

# Walden High Afterschool Program 2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	29	30	31	Power Hour 1 SEL(B)Move my mood STEM Labs- Math Clubs Drama Anime	Power Hour 2 SMART Moves Clubs Dungeons&Dragons Drama
Strong Body & Mind	Power Hour 5 STEM Labs- Math Clubs Dungeons&Dragons Make and Mend	Power Hour 6 SEL(P) Improving sleep Clubs Dungeons&Dragons	Power Hour 7 STEM Labs- Math Clubs Apothecary Chess Cosplay Strategy	Power Hour 8 SEL(B)Move my mood STEM Labs- Math Clubs Anime	Power Hour 9 SMART Moves Clubs Dungeons&Dragons
Managing Resources	Power Hour 12 STEM Labs- Math Clubs Dungeons&Dragons Make and Mend	Power Hour 13 SEL(P)Take charge of your time Clubs Dungeons&Dragons	Power Hour 14 STEM Labs- Math Clubs Apothecary Cosplay Strategy	Power Hour 15 STEM Labs- Math SEL(B)Discovering your talents Clubs Anime	Power Hour 16 SMART Moves Clubs Dungeons&Dragons
Being a Good Friend	19 PRESIDENTS DAY NO CLUBS	Power Hour 20 SEL(P)What's love got to do with it? Clubs Dungeons&Dragons	Power Hour 21 STEM Labs- Math Clubs Apothecary Chess Cosplay Strategy	Power Hour 22 STEM Labs- Math SEL(B)How does kindness feel to me? Clubs Anime	Power Hour 23 SMART Moves Clubs Dungeons&Dragons
Friendly and Honest	Power Hour 26 STEM Labs- Math Clubs Dungeons&Dragons Make and Mend	Power Hour 27 SEL(P)Telling ourselves the truth Clubs Dungeons&Dragons	Power Hour 28 STEM Labs- Math Clubs Apothecary Chess Cosplay Strategy	Power Hour 29 STEM Labs- Math SEL(B)How does kindness feel to me? Clubs Anime	1

## Daily Schedule

### Math Lab/STEM

M,W,Th 3:00pm-4:00pm

### Monday-Thursday Programming

Transition Time 3:00pm-3:15.  
SEL (W/Th) 3:15pm-3:45pm  
Power Hour 3:45pm -4:15pm  
After School Clubs 4:15pm-5:00pm  
Reflection Activity 5:00pm-5:30pm

### Friday Programming

Transition Time 12:45pm-1:00pm  
SMART Moves 1:30pm-2:00pm  
Power Hour 2:00pm-2:30pm  
After School Clubs 2:30pm-3:00pm  
Academic Support 3:00pm-5:30pm



### Contact Info

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# Walden High Afterschool Program 2023-2024



## February Club & Activity Details

### Hello to our amazing parents & guardians!

Welcome back! We hope you all had a relaxing Christmas break and time spent with your loved ones. We are excited to jump back into afterschool programs. We look forward to continuing to build relationships with the youth, teach the youth 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 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 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 HYL A 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

**Math** - Waldens amazing Math teacher Josh works with students three times per week to strengthen and become confident in Math and Engineering skills. Students will also have opportunities to receive help in needed Math areas.

### Enrichment Clubs

**Dungeons & Dragons** - Has a magical selection of student DM's to guide adventurers through engaging storytelling! An amazing time for experienced players and newcomers alike! Students will learn team building skills, thinking creatively, problem solving as well as strengthening writing skills.

**Drama** - Students are currently preparing their production for A Midsummer Night's Dream! Students actively engage with their theater peers, developing strong communication skills and building confidence.

**Apothecary** - A time where students choose skills to build or plan an event. This club prioritizes student choice and encourages students to take leadership roles to bring new experiences to their peers. Popular projects include terrarium building, holiday parties, animal and plant care, and sewing or related skills.

**Chess** - Students learn different levels of chess strategy. Chess is known for building skills in problem solving, pattern recognition, abstract reasoning, creative thinking, and sportsmanship.

**Cosplay** - This is a student developed and led club. Students design, prep, and make pieces to recreate a character in film or literature. It is often required students learn and practice new skills to create these pieces such as sewing, carving, and painting as well as learning to create around a budget.

**Strategy** - Do you love the thrill of a tabletop game such as Vast, Risk, or Catan? Do you want to enjoy the thrill but feel overwhelmed learning all the rules? Never Fear, we are here to help! This student led club will teach students how to work with numbers, follow instructions, resolve conflicts and problem solve.

**Anime** - Perfect for the avid fan OR anyone curious about this epic animation style! Students will learn about Japanese culture, cuisine, and film and literature.

**Make and Mend** - Students will learn techniques to repair items such as clothes for more sustainable living as well as bind their own books and other related projects students want to explore.

# FEBRUARY 2024

# Walden High

4266 N University Ave Provo, UT 84604 | 801-374-1545



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 Strong Body and Mind!

## Get To Know!



**Aimee Gerlach** loves art and teaching—she is very excited to work with everyone this year. Her hobbies include reading, traveling, anything outdoors, and many different art activities.

## Upcoming Events



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



### Contact Information:

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

### Project Learn

M-Th 3:45pm-4:15pm , F 2:00pm-2:30pm

*An opportunity to do Homework and work on Literacy skills!*

### STEM Math Labs

M/W/Th , 3:00pm-4:00pm

*Join Josh after school to brush up on your math skills! He is passionate about our Afterschool STEM Math Lab and loves to help students strengthen and become confident in their Math skills!*

### Enrichment

M-Th 4:15pm-5:00pm , F 2:30pm-3:00pm

*Student driven clubs and activities that value community building, problem solving and leadership skills! See Calendar and activities summary for details and scheduling!*

### Prevention & Education

W/Th 3:15pm-3:45pm , F 1:30pm-2:00pm

*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.*



Utah State Board of Education

