# Independence Afterschool Program 2023-2024 MARCH



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Gratitude	26	27	28	29	1
					No Clubs
Gratitude	Homework Help Soccer Practice  Chill Snowboarding	Homework Help Soccer Practice Cooking Club	6 Homework Help Soccer Practice	Homework Help Soccer Practice Game Club RPG Club	8 No Clubs
Gratitude	Homework Help Soccer Practice Chill Snowboarding	Homework Help Soccer Practice Cooking Club Boys IHS vs SLA Girls IHS @ NH	Homework Help Soccer Practice	Homework Help Soccer Practice Game Club RPG Club	No Clubs No School
Gratitude	No School - Professional Development Day	Homework Help Soccer Practice Cooking Club Boys IHS @ DV Girls IHS vs DV	20 Homework Help Soccer Practice	21 Homework Help Soccer Practice Game Club RPG Club	No Clubs
Gratitude	Homework Help Soccer Practice Chill Snowboarding	Homework Help Soccer Practice Cooking Club Boys IHS vs PHS Girls IHS @ LPA	27 Homework Help Soccer Practice	28 Homework Help Soccer Practice Game Club RPG Club	No Clubs

### **Daily Schedule**

- 3:00 School Ends
- 3:05 Snack passed out/SEL Lesson
- 3:10 Homework Help begins in Library and various Enrichment activities begin
- 3:15 Practice Begins in Gym
- 4:30 All Programs End
- 4:35 Late Bus Leaves School



### **Contact Info**

Brynn Bowers Site Coordinator

Email: Independence@bgcutah.org

Phone: (801) 372-5839

Program Address: 636 Independence Ave

Provo UT 84601





### Independence Afterschool Program 2023-2024

## March Club & Activity Details

### Message to Parents:

We are excited for soccer season to be starting! Please encourage your teen to come to practice every day! We are ready and excited to see what this season has to bring!

**Sports Practice** - With basketball Season having finished out, we have loved working with your youth and having them be a part of the team! Soccer Season is starting and we are very excited to have students come and try out for the boys and girls team! We look forward to seeing them on the field! Youth will be working on sportsmanship and being a part of a team. Creating an encouraging and learning atmosphere. Practices are Monday-Thursday from 3-4:30 on days that there aren't games. Games will be on Tuesdays

**Homework Help** - The goal is to help students get help with classes that they are struggling in and provide an opportunity for them to get their grades up. Offered every day in the library from 3-4:30.

**Cooking Club** - Youth will have the opportunity to learn how to make different kinds of foods every week. Using different foods that can be found around the kitchen, there will be a different meal cooked. This is every Tuesday from 3:00 - 4:30.

**Game Club** - Students have the opportunity to learn how to play a variety of games, as well as learn how to play with others. It also is a time for students to be able to be social with others. Every Thursday in the cafeteria from 3-4:30.

**RPG Club** - Students learn how to play dungeons and dragons and develop confidence and ability to express themselves. They will also use critical thinking skills, problem-solving and social emotional skills. The first two Thursdays of the month from 3:15-4:30.

**Kid-Grit** - Kid-Grit is a curriculum that focuses on teaching students how to become well rounded students through social emotional mindfulness techniques. When students are picking up their daily snack they will be asked a question that relates to this curriculum and get them thinking. Everyday from 3-3:15 while students are picking up their snacks.

# **MARCH 2024**

# Independence

636 Independence Ave Provo UT 84601 | (801) 372 - 5839



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 gratitude

### **Upcoming Events**

3/4 Chill Snowboarding 3/11 Chill Snowboarding 3/15 No School 3/18 No School - Professional Development Day 3/24 Chill Snowboarding



### **Contact Information:**

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### **Sports Practice**

Monday - Thursday 3:15 - 4:30

Working on creating a welcoming environment where all students can come and learn how to play a sport and be on a team.

### **Homework Help**

Monday - Thursday 3:15 - 4:30

The main goal is to help students complete homework assignments and get help in classes that they are struggling with.

### **Enrichment**

Tuesday - Thursday 3:15 - 4:30

To help introduce students to a variety of different activities and learn different skills every day.

### **Prevention & Education**

Monday - Thursday 3:00 - 3:15

Daily Social Emotional Lessons taught throughout the day with an emphasis on gratitude





