

June 2024

Orem Jr. High.

650 W Jaguar Ave, Orem UT 84097 | 801-592-6392



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

Get To Know



My name is Spencer and I am the guy that has been sending you all these emails! I am site coordinator for the High Adventure Program. I love to do anything that involves sports, especially basketball and tennis. I am a big fan of the outdoors and music. I am so excited to be working with your kids this year!

CONTACT INFORMATION

Spencer Fulton
Site Coordinator
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PARENT RESOURCES

[Parent Handbook](#)
[Membership Handbook](#)

Social Emotional Learning (Prevention & Behavior)

12:30 - 1:00 pm Monday & Wednesday

Positive Action is a social emotional learning curriculum that we use each program day. One lesson is taught by our staff and the skill learned is implemented and practiced during the rest of that day. The goal is to send your teen(s) back with the ability to self-regulate, build friendships and learn crucial life skills.

Academic Support

During the summer our focus is on providing mentally stimulating programs for teens to push through the lasting effect of the COVID pandemic. Students will be writing in Journals during the summer to improve and continue building their literacy skills. Each activity will teach their own unique set of skills that can be applied not only to the school day, but life.

Enrichment Field Trips

Hiking
CLAS Ropes Course
Sports day and Splash Pad
Paddleboarding
Climbing
Survivor: BGC Edition
Trail Biking

Happy
Birthday



TBA with registration

DATES CLOSED

None



www.facebook.com/BGCUtah



www.instagram.com/bgcutah



Utah State Board of Education



Orem Jr. High Summer Program 2024

June



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
TBA	3	4 Stewart Falls Hike (Learning about the ecosystem we live in) SEL: TBD	5	6 CLAS Ropes Course (Learning teamwork and how to overcome fears) SEL: TBD	7
	10	11 Sports Day and Splash Pad (Learning the importance of physical activity for our mental health and working together) SEL: TBD	12	13 Paddleboarding (Learning how to paddle; the importance of balance in life) SEL: TBD	14
	17	18 Tube the Provo River (Learning about navigating the river) SEL: TBD	19	20 Climbing (Learning climbing techniques and how to belay) SEL: TBD	21
	24	25 Survivor: BGC Edition (Learning survival skills in the wilderness: navigation, making fire and shelter, etc.) SEL: TBD	26	27 Trail Biking (Learning about bikes; how to persevere on tough rides) SEL: TBD	28

Daily Schedule

Schedule (certain activities may differ slightly in times)

10 am Drop off at the school

10:15 am Drive to activity site (drive time may differ per activity; see activity details)

10:15 am - 12:15 pm Main high adventure activity

12:15 pm - 12:30 pm Break for lunch

12:30 pm - 1 pm SEL Positive Action activity (Journal Writing)

1 pm - 2:45 pm Resume the main high adventure activity

2:45 pm - 3:00 pm Drive back to school and drop off (drive time may differ per activity; see activity details)

Contact Info

Spencer Fulton

Site Coordinator

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Phone: 801-592-6392

Program Address: 650 W Jaguar Ave, Orem



June Club & Activity Details

Message to Parents:

We are so excited to kick off our summer high adventure program this year! We hope to help your teens reach new heights, as we teach them new knowledge and skills during these activities. Our activities have been designed to provide a safe, fun summer experience that will help your kids to grow as members of the community.

Positive Action (SEL Journal Writing) - Positive Action is a social emotional learning curriculum that we use each program day. One social emotional lesson is taught by our staff and the skill learned is then used as a journaling prompt. We go on to practice those skills throughout every adventure during the summer. The goal is to send your teen(s) back with the ability to self-regulate, build friendships, and learn crucial life skills.

June 4. Stewart Falls Hike - Hiking out in nature is proven to provide stress relief and improves mental well-being especially after experiencing challenges of Covid-19. In order to provide some relief, we will be hitting the trail in our first activity, learning about geological features, the ecology of the region, and about our impact on the environment. Club members will encourage each other to reach a waterfall at the end of a 1.5 mile hike. The drive to the trailhead takes about 30 minutes, so we will reach our destination around 10:45 am. We will be leaving the trailhead no later than 2:25 to reach the school before 3 pm.

June 6. CLAS Ropes Course - At this ropes course, your kids will have the chance to practice critical thinking, and problem solving on different ground obstacles. It will also provide some much needed relief from COVID-19. The teamwork and personal growth aspects contribute to building resilience and adaptability in the face of pandemic-related challenges. They will also have the opportunity to put on a harness and climb, zipline, or complete obstacles high up in the air. It takes 10 minutes to reach the ropes course from the school. We will be there from 10:30 am - 2:30 pm and be back right on time.

June 11. Sports Day - This day is designed to teach your kids fun new ways to stay active outside! We will be doing team sports, as well as teaching other games to promote health and wellness throughout their lifetimes. They will be educated on the importance of exercise and build skills in working as a team. Playing team sports will also aid COVID relief by addressing physical, mental, and social aspects of well-being. This will be at Vineyard Grove park 10 minutes from the school. We will leave the park at the scheduled time above.

June 13. Paddleboarding - The kids will have the chance to learn about guiding their own personal watercraft. We will teach them how to set up and inflate a paddleboard safely. They will then learn how to paddle, what to do if their paddleboard capsizes, and more. We hope to provide a break from COVID. The serene environment on the water contributes to stress reduction and improved mental well-being, offering a mindful break from pandemic-related concerns. We will complete a swim test at the beginning of the day to ensure that everyone can swim adequately. Life jackets will be worn at all times. We will be at Bartholomew Park in Springville 30 minutes away from the school. We will arrive there at 10:45 am, and depart at 2:25 pm.

June 18. Tubing the Provo River - We will be taking the kids to a dropoff point near Deer Creek reservoir. There, we will inflate tubes, teach club members river safety, and float all the way down to Vivian Park where we will get out. The teens will be educated on river navigation, spatial awareness, and communication. It takes thirty minutes to get to the drop off point, and we will be in the water by 11:15 am. We will be departing Vivian park no later than 2:30 pm.

June 20. Climbing - We will be reaching new heights in this activity, pushing ourselves to our limits as we climb different walls. The teens will learn about climbing safety, techniques, and learn how to belay up rock canyon. We will be climbing about 15 minutes away from the school, arriving around 10:30 am. We will be leaving no later than 2:40 pm to return to the school.

June 25. Survivor: BGC Edition - This is a brand-new activity this year! We will be doing our version of the famous game-show "Survivor". This will be full of survival activities, which may include shelter building, fishing, fire-making, and more. We will also have different puzzles and challenges for the students to complete in teams. This will be at Kiwanis Park in Payson, a 35 minute drive from the school. We anticipate arriving there around 10:50 am. We will be departing no later than 2:20 pm.

June 27. Trail Biking - We are heading up the Provo Canyon on bikes all the way to Bridal Veil Falls. We will be teaching the teens bike safety, how to use gears correctly, how to replace chains, and the basics of tire repair. This is a fun way to get out in nature and be in nature. We will pick up the bikes from BYU Outdoors Unlimited 10 minutes from the school, start up the canyon around 10:45 am, and be returning to drop off the bikes by 2:30 pm. We will then return to the school.