

Sandstone After School Program 2023-2024

MARCH



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
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
My Truest Self	4 Club Day: Space Club Four Square Club Power Hour	5 Positive Action L 103: Telling Yourself the Truth L 101: Starting Out with the Truth Power Hour	6 Positive Action L 104: Telling Yourself the Truth L 103: Your Own Truth Power Hour	7 Club Day: Space Club Four Square Club Power Hour	8 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
My Truest Self	11 SPRING BREAK NO SCHOOL NO PROGRAM	12 SPRING BREAK NO SCHOOL NO PROGRAM	13 SPRING BREAK NO SCHOOL NO PROGRAM	14 SPRING BREAK NO SCHOOL NO PROGRAM	15 SPRING BREAK NO SCHOOL NO PROGRAM
My Truest Self	18 TEACHER PREP NO SCHOOL NO PROGRAM	19 Positive Action L 105: Telling Yourself the Truth L 104: What's Real and What Isn't? Power Hour	20 Positive Action L 107: Telling Yourself the Truth L 105: Keeping Our Word Power Hour	21 Club Day: Space Club Four Square Club Power Hour	22 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
Improving Me	25 Club Day: Space Club Four Square Club Power Hour	26 Positive Action L 108&109: Telling Yourself the Truth L 106: Standing True Power Hour	27 Positive Action L 111: Telling Yourself the Truth L 109: What Did You Learn? Power Hour	28 Club Day: Space Club Four Square Club Power Hour	29 NO SCHOOL NO PROGRAM

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

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Program Address: 850 N 2450 E St George, UT 84790



March Club & Activity Details

Message to Parents:

Happy March! 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! March is a shorter month, due to spring break, but we plan to make every day of program count!

Social Emotional Learning:

Positive Action - Social Emotional Learning curriculum is an evidence-based program that is integrated into 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 & Wednesday with new topics each week. The March theme is My Truest Self and at the end of the month, we move to Improving Me!

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. We aim 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.

Team Bonding:

Youth get to participate in team bonding every Friday. Team bonding is the chance for youth to get to know the other students in program through group games and activities. This also gives them the opportunity to use team work and critical thinking in order to succeed in the activities.

Enrichment Clubs:

Four Square Club - Youth in our monthly club will learn the rules and aspects of Four Square. Each club day they will learn a new skill to be able to play a proper game of four square by the end of the month. This club will teach another recess game for the kids to play whenever they choose!

Space Club - Youth in our monthly club will blast off into space using their rocketships to learn about all things space. We will be learning about plants, stars, and more. This club gives them a chance to get hands-on learning and use their imagination to create things that are out of this world.

March 2024

Sandstone

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



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 & Improving Me

Get To Know



Miss Gabbie!

I'm the new Site Coordinator at Sandstone! I love cows, coffee, and reading lots of books. I am very excited to be in this new position. I look forward to implementing new things into this program to make it a fun and safe environment for all the students!

Upcoming Events

- St. Patrick's Day: March 17th
- NYOI Surveys: March 19th & 20th
- Good Friday: March 29th
- Easter: March 31st
- Easter Monday: April 1st

 www.instagram.com/bgcutah

Happy Birthday!

Birthdays are coming soon!



CLUB CLOSED

March 11-15, 2024: Spring Break
 March 18, 2024: Teacher Prep Day
 March 29, 2024: Good Friday
 April 1, 2024: Easter Monday



Contact Information:

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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.

