

Sunset Afterschool Program 2023-2024

MARCH



**BOYS & GIRLS CLUBS
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
My Truest Self	26 Basketball Club OR Music Club SEL Positive Action(P) (K-2) L. 100 (3-6) L. 98 Power Hour	27 Flag Football Club OR Disney Club SEL Kid-grit Power Hour	28 Basketball Club OR Music Club SEL Positive Action(B) (K-2) L. 102 (3-6) L. 100 Power Hour	29 STEM Power Hour	1 Cooking Club OR Soccer Club SEL Kid-Grit Power Hour
My Truest Self	4 Volleyball Club OR Superhero Club SEL Positive Action(P): (K-2) L. 103 (3-6) L. 101 Power Hour	5 Cooking Club OR Soccer Club SEL Kid-Grit Power Hour	6 Volleyball Club OR Superhero Club SEL Positive Action(B): (K-2) L. 104 (3-6) L. 103 Power Hour	7 STEM Power Hour	8 Cooking Club OR Soccer Club SEL Kid-Grit Power Hour
My Truest Self No School/No Program	11	12	13	14	15
My Truest Self	18 No School & After School Program	19 Cooking Club OR Soccer Club SEL Positive Action(P): (K-2) L. 105 (3-6) L. 104 Power Hour	20 Volleyball Club OR Superhero Club SEL Positive Action(B): (K-2) L. 107 (3-6) L. 105 Power Hour	21 STEM Power Hour	22 Cooking Club OR Soccer Club SEL Kid-Grit Power Hour
My Truest Self	25 Volleyball Club OR Superhero Club SEL Positive Action(P): (K-2) L. 108-9 (3-6) L. 106 Power Hour	26 Cooking Club OR Soccer Club SEL Positive Action(B): (K-2) L. 111 (3-6) L. 109 Power Hour	27 STEM Power Hour	28 No After School Program	29

Daily Schedule Mon-Thurs	Daily Schedule Friday	Contact Info
<p>2:35-2:45 CHECK IN</p> <p>2:45-3:00 Snack Time & Feelings check-in</p> <p>3:00-3:30 Recess</p> <p>3:30-4:00 Power Hour</p> <p>4:00-4:30 Club Time</p> <p>4:30-5:15 SEL Positive Action OR SEL Kid-grit, STEM</p> <p>5:15-5:30 Snack Time</p> <p>5:30 PICKUP</p>	<p>1:00-1:15 CHECK IN & Pos. of the week</p> <p>1:15-1:45 Recess</p> <p>1:45-2:00 PM Snack Time</p> <p>2:00-2:15 Feelings Check-in</p> <p>2:15-2:45 Power Hour/ Computer Lab Time</p> <p>2:45- 3:15 Recess</p> <p>3:15-3:30 Snack Time</p> <p>3:30-4:00 SEL Positive Action OR SEL Kid-grit</p> <p>4:00-4:30 Brain Break</p> <p>4:30-5:30 Club</p> <p>5:30 PICK UP</p>	<p>Alexis Hatch Site Coordinator Email: alexis.hatch@bgcutah.org Phone: 801-372-3151</p> <p>Program Address: 495 Westridge Dr. St George, UT</p>



Sunset Afterschool Program 2023-2024



March Club & Activity Details

Message to Parents:

We will not be having Afterschool Program 11th-18th for Spring Break & 28th-April 1st

Positive Action Lesson Description:

2/26-3/1: P: (K-2) L. 100, p.189 Telling Yourself the Truth Using Soc./Em. Positive Action
(3-6) L. 98, p.196 The Blame Game

B: (K-2) L. 102, p.192 Telling Yourself the Truth Using Soc./Em. Positive Action
(3-6) L. 100, p.201 'Fessing Up

3/4-3/8: P: (K-2) L. 103, p.194 Telling Yourself the Truth Using Soc/Em Positive Action
(3-6) L. 101, p.202 Starting Out with the Truth

B: (K-2) L. 104, p.195 Telling Yourself the Truth Using Soc/Em Positive Action
(3-6) L. 103, p.205 Your Own Truth

3/11-3/15: SPRING BREAK

3/18-3/22: P: (K-2) L. 105, p.197 Telling Yourself the Truth Using Soc/Em Positive Action
(3-6) L. 104, p.208 What's Real and What Isn't

B: (K-2) L. 107, p.200 Telling Yourself the Truth Using Soc/Em Positive Action
(3-6) L. 105, p.210 Keeping Our Word

3/25-3/29: P: (K-2) L. 108-9, p.203-205 Telling Yourself the Truth Using Soc/Em Positive Action
(3-6) L. 106, p.213 Standing True

B: (K-2) L. 111, p.209 Telling Yourself the Truth Using Soc/Em Positive Action
(3-6) L. 109, p.218 What Did You Learn?

CLUBS:

Volleyball Club- This month for our **First** active club, we will be trying Volleyball Club again! Students will be learning and participating in volleyball! Students will be learning the rules of the game, different drills and exercises, as well as a little history on the game. At the end of the month, students will get to compete as teams in a tournament and have fun showing the skills they have learned!

Soccer Club- This month for our **Second** active club, Students will be learning and participating in Soccer! Students will be learning the rules of the game, different drills and exercises, as well as a little history on the game. At the end of the month, students will get to play a Teacher vs. Students game.

Cooking Club- This month for our **First** creativity club, students will learn many No-Bake recipes and recipes they can make in the microwave. Our goal is to help the students be able to make these simple recipes for their families.

Superhero Club- This month for our **Second** creativity club, students will learn about what superheroes are in the real world and in the fictional world. Students will then learn about the DC and Marvel Cinematic Universes and how they were created. At the end of the month the Students will create their own superhero.

Since Fridays are so long we have a Brain Break. This is a time for the students to relax and reset before we continue with the rest of the day

March 2024

Sunset Elementary

495 Westridge Dr. St George, UT | 801-372-3151



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 us

Meet Sunset Elementary's New YDP Parson Heiner



Meet the newest member of our team at Sunset. This is Parson Heiner! He is from South Weber, UT. He graduated in May of 2019. Then 2 months later he left to serve a mission for the LDS church in Tucson, Arizona. Parson has coached high school men's and women's volleyball. He is currently a student at Utah Tech and he is studying exercise science. He is also currently playing on the men's club volleyball team at Utah Tech. Parson loves working with kids!


Upcoming Events

Program Closed:
Spring Break: 3/11-3/18
Spring Recess: 3/29-4/1
No Program March 28th

Happy Birthday!

Gemma 3/3
Scarlett 3/13
Aaliyah 3/15
Bohdi 3/23

CLUB CLOSED
Spring Break: 3/11-3/18
March 28th
Spring Recess: 3/29-4/1



Contact Information:

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 www.facebook.com/BGcutah

 www.instagram.com/bgcutah

Enrichment

Monday-Thursday 4:00-4:30

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 on a monthly basis.

STEM LABS

Thursdays 4:30-5:00

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

Project Learn

Monday-Thursday 3:30-4:00

Fri 2:25-2:45

The main focus of power hour will be to help members complete homework assignments, work on HYLE activities and also participate in our reading program.

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.

