

Heritage Afterschool Program 2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
My Truest Self	1 	2 SEL (P) Positive Action: 3rd-5th: L106 Standing True Clubs: K-2nd: Fitness Circuits or Reactions Project Learn	3 SEL (B) Positive Action: K-2nd: L111 Telling Yourself the Truth Using Soc/Em Positive Action Clubs: 3rd-5th: Relay or Sky Project Learn	4 SEL (B) Positive Action: 3rd-5th: L109 What Did You Learn? Clubs: K-2nd: Relay or Sky Project Learn	5 STEM CLUB Parent Night!
Improving Me	8 SEL (P) Positive Action: K-2nd: L112 Improving Yourself Continually Using Soc/Em Positive Action Clubs: 3rd-5th: Fitness Circuits or Reactions Project Learn	9 SEL (P) Positive Action: 3rd-5th: L114 Believing We Can Do More, Be More Clubs: K-2nd: Fitness Circuits or Reactions Project Learn	10 SEL (B) Positive Action: K-2nd: L116 Improving Yourself Continually Using Soc/Em Positive Action Clubs: 3rd-5th: Relay or Sky Project Learn	11 SEL (B) Positive Action: 3rd-5th: L119 Believe, Try Hard, and Stick It Out Clubs: K-2nd: Relay or Sky Project Learn	12 STEM CLUB Rotations Nature Camp
Improving Me	15 SEL (P) Positive Action: K-2nd: L118 Improving Yourself Continually Using Soc/Em Positive Action Clubs: 3rd-5th: Fitness Circuits or Reactions Project Learn	16 SEL (P) Positive Action: 3rd-5th: L120 Getting Better with the Big Things Clubs: K-2nd: Fitness Circuits or Reactions Project Learn	17 SEL (B) Positive Action: K-2nd: L121 Improving Yourself Continually Using Soc/Em Positive Action Clubs: 3rd-5th: Relay or Sky Project Learn	18 SEL (B) Positive Action: 3rd-5th: L124 Goal 2: Your Mind Clubs: K-2nd: Relay or Sky Project Learn	19 STEM CLUB Rotations Nature Camp
Improving Me & Surveys	22 SEL (P) Positive Action: K-2nd: L122 Improving Yourself Continually Using Soc/Em Positive Action Clubs: 3rd-5th: Fitness Circuits or Reactions Project Learn	23 SEL (P) Positive Action: 3rd-5th: L127 Power and Energy Clubs: K-2nd: Fitness Circuits or Reactions Project Learn	24 SEL (B) Positive Action: K-2nd: L130 Improving Yourself Continually Using Soc/Em Positive Action Clubs: 3rd-5th: Relay or Sky Project Learn	25 SEL (B) Positive Action: 3rd-5th: L129 Getting A Bigger, Better Picture Clubs: K-2nd: Relay or Sky Project Learn	26 STEM CLUB Rotations Nature Camp
	29 K-2nd: SEL (P) Positive Action Clubs: 3rd-5th: Fitness Circuits or Reactions Project Learn	30 K-2nd: SEL (P) Positive Action Clubs: K-2nd: Fitness Circuits or Reactions Project Learn	1	2	3

Monday-Thursday Schedule	Friday Schedule
3:30-3:45 pm Welcome Check-in/Snack 3:45-3:55 pm - Recess 4:05-4:15 pm - Circle up 4:15-4:45 pm - Project Learn 4:50-5:20 pm - SEL Positive Action or Clubs 5:20-5:30 pm - Clean up/ hand out PM snack/Check-out	12:00-12:20- Check-in/Recess 12:20-12:35 pm- Snack 12:45-1:05 pm - Circle Up 1:10-1:40 pm- Nature Camp 1:50-3:50 pm - Station Rotation Club Time 4:00-4:20 pm- Snack 4:25-4:45 pm - Team Building 4:50-5:20 pm - Gratitude 5:20-5:30 pm - clean up/check out



Contact Info
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Program Address: Program Address: 747 E Riverside Dr, St. George UT 84790



April Club & Activity Details

Message to Parents:

We are excited for this month's activities and program. We are also excited for our changed schedule and hope it will improve all students' learning and participation this month. We will be doing a lesson that requires empty toilet paper rolls, if you have any to donate please bring them in!

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. The April theme is "My Truest Self" & 'Improving me." k-2nd: Tuesday/Thursday & 3rd-5th: Monday/Wednesday

Nature Camp - Students will learn about how humans interact with nature. They will explore how to care and build different environments around the world. Some of our lessons will include making toilet paper roll binoculars.

Academic Support

Project Learn - The main focus of power hour will be to help youth complete homework assignments, and have help with their work. 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. This takes place Monday-Thursdays 4:20pm - 4:50pm.

STEM

Youth will have the opportunity to participate in a new experiment every Friday during rotations. Youth will focus on learning about observation, hypothesis, and the scientific process in these experiments. This month we will be focusing on Designing Solar Ovens.

Enrichment Clubs- k-2nd: Monday/Wednesday & 3rd-5th: Tuesday/Thursday

Fitness Circuit Club- In this club members will explore different fitness circuits. This will also include members helping to build different circuits and exploring how they can be fun and help with our physical health.

Relay Club- In relay club this month members will participate and learn about different types of relay races. They will also work as a team to build different relay races. Some examples of relays they will participate in are running relay races and laserbeam (yarn) races.

Sky Club- In this club members will learn about different aspects of the sky. Members will exercise their imagination as they create different projects based on a sky theme. We will do lessons such as how to create objects that are in the sky such as a miniature airplane and handmade kite. This will allow themembers to choose their designs while also learning new mechanic skills.

Reactions Club- This month students will have the opportunity to participate in a reactions club. In this club students will explore the scientific method and apply it to different scientific reactions. This will include lessons on reactions with baking soda and vinegar.

April 2024

Heritage

747 E Riverside Dr, St. George UT 84790 | (801)372-3434



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" & "Improving Me"

Get To Know



Hi my name is Kelsey and I am new to the Boys and Girls Club this year. Something interesting about me is I have been an extra on Disney Channel. I love working with kids and I am so excited to be working here this year.

Upcoming Events

***Parent night on
Friday April 5th.***



www.instagram.com/bgcutah



www.facebook.com/BGCUtah

Happy Birthday!

6th Deleya
22nd Clara
28th Deymian



Monday April 1st

Contact Information:

Contact Information:
D Leyva- Site Coordinator
Email: darian.leyva@bgcutah.org

Project Learn

Monday- Thursday: 4:15 pm- 4:45 pm

Building strong minds through reading and positive thoughts/actions. We will also talk about self-discipline and continuing to build our self awareness.

STEM Labs

Fridays 2:05 pm- 4:45 pm

Members will have the opportunity to participate in STEM labs. They will learn how science, technology, engineering and math can be used in everyday life.

Enrichment

3rd-5th-Monday/Wednesday: 4:50 pm- 5:20 pm

K-2nd-Tuesday/Thursday: 4:50 pm- 5:20 pm

Fridays 2:05 pm- 4:45 pm

Enrichment clubs are offering our members opportunities to participate in a variety of activities which will continue to change as the year progresses.

Prevention & Education

K-2nd-Monday/Wednesday: 4:50 pm- 5:20 pm

3rd-5th-Tuesday/Thursday: 4:50 pm- 5:20 pm

Positive Action curriculum provide members with important social-emotional skills

