

**Legacy**  
**After School Program**  
**2023-2024**



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Improving Me	1 <b>NO SCHOOL NO PROGRAM</b>	2 SEL (P) - Positive Action: (K-2) L 112, p.213 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 114, p.230 Believing We Can Do More, Be More <i>Project Learn</i>	3 Nature Club Kickball Club <i>Project Learn</i>	4 SEL (B) - Positive Action: (K-2) L 116, p.220 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 119, p.240 Believe, Try Hard, and Stick It Out <i>Project Learn</i>	5 Nature Club Kickball Club <i>STEM Club</i>
Improving Me	8 STEM Club <i>Project Learn</i>	9 SEL (P) - Positive Action: (K-2) L 118, p.225 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 120, p.242 Getting Better with the Big Things <i>Project Learn</i>	10 Nature Club Kickball Club <i>Project Learn</i>	11 SEL (B) - Positive Action: (K-2) L 121, p.231 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 124, p.248 Goal 2: Your Mind <i>Project Learn</i>	12 Nature Club Kickball Club <i>STEM Club</i>
Improving Me	15 STEM Club <i>Project Learn</i>	16 SEL (P) - Positive Action: (K-2) L 122, p.233 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 127, p.252 Power and Energy <i>Project Learn</i>	17 Nature Club Kickball Club <i>Project Learn</i>	18 SEL (P) - Positive Action: (K-2) L 130, p.243 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 129, p.257 Getting A Bigger, Better Picture <i>Project Learn</i>	19 Nature Club Kickball Club <i>STEM Club</i>
Improving Me	22 STEM Club <i>Project Learn</i>	23 SEL (P) - Positive Action: Post-Survey <i>Project Learn</i>	24 Nature Club Kickball Club <i>Project Learn</i>	25 Nature Club Kickball Club <i>Project Learn</i>	26 Nature Club Kickball Club <i>STEM Club</i>
Improving Me	29 STEM Club <i>Project Learn</i>	30 SEL - How do I feel today? <i>Project Learn</i>	1 Nature Club Kickball Club <i>Project Learn</i>	2 SEL (B) - Positive Action: TBA <i>Project Learn</i>	3 Physical Club Creativity Club <i>STEM Club</i>

Monday-Thursday Schedule	Friday Schedule
2:35 - 2:40 pm - Welcome Check-in/Wash hands 2:40 - 2:55 pm - Super Snack/Feelings Check-in 2:55 - 3:20 pm - Recess/Wash hands 3:20 - 4:15 pm - SEL - Positive Action / Club Time 4:15 - 5:00 pm - Project Learn (Academic Support) 5:05 - 5:25 pm - PM Snack Time 5:25 - 5:30 pm - Clean up/Check-out	1:00 - 1:05 pm - Welcome Check-in/Wash hands 1:05 - 2:05 pm - Art Station Rotation Activity Club Time 2:05 - 2:25 pm - Super Snack Time/Feelings Check-in 2:25 - 2:50 pm - Recess/Wash hands 2:50 - 3:30 pm - STEM Club (Club Rotation) 3:30 - 4:10 pm - Physical Club & Creative Club (Club Rotation) 4:10 - 4:30 pm - Recess/Wash hands 4:30 - 4:45 pm - PM Snack Time 4:45 - 5:25 pm - SEL - Kid Grit 5:25 - 5:30 pm - PM Snack & Clean up/Check-out

Contact Info
Ryan Gertz - <i>Site Coordinator</i> Email: Legacy@bgcutah.org * Phone: 801-372-3284
Program Address: 280E 100s st Saint George,UT



# Welcome to the BGC Club!

We are so excited to create an amazing club experience with our Legacy club members. Please make sure to save and add our email address to your contact list so you don't miss out on important information throughout the year. Each week we have club themes where most of our activities stem from that week's focus. We like to focus on collaboration, teamwork with lots of group work and individual projects that club members may be able to present to the group if time allows. If you ever have questions please reach out.

We are starting something new this year. All club members get to pick at the beginning of each month which club they would like to participate in for the whole month. Each club, physical club and creativity club are broken into two teams each. One team tends to be younger players (yellow team) and the other team is older players (blue team).

**Physical Club** - This month we are doing a kickball club. We break up into two separate teams. Our goal in this club is to teach our youth basic styles of kicks, how to throw, how to play the game properly, physical fitness can be fun, and overall kickball skills.

**Creativity Club** - This month we are doing a nature club! With the weather getting warmer and April having earth day we want to spend more time outside learning about our environment and how to keep our earth clean.

## April 1 - 5

1st **NO SCHOOL / NO PROGRAM**

2nd Positive Action Lesson - Prevention: (K-2) L 112, p.213 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 114, p.230 Believing We Can Do More, Be More

3rd Kickball Club - They will learn the basics of how to play kickball and start a few drills.  
Nature Club - They will learn the basics of nature and talk about different types of ecosystems!

4th Positive Action Lesson - Behavior: (K-2) L 116, p.220 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 119, p.240 Believe, Try Hard, and Stick It Out

5th STEM - Straw Rocket  
Kickball club - They will learn how to run the bases properly  
Nature club - They will learn about different types of rocks and paint rocks!

## April 8 - 12

8th STEM - Circuits

9th Positive Action Lesson - Prevention: (K-2) L 118, p.225 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 120, p.242 Getting Better with the Big Things

10th Kickball Club - They will learn how to front kick and run the bases  
Nature Club - They will learn about the ocean!

11th Positive Action Lesson - Behavior: (K-2) L 121, p.231 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 124, p.248 Goal 2: Your Mind

12th STEM - Circuits (continued)  
Kickball Club - They will learn how to field the ball and throw it to the right base  
Nature Club - They will learn about different animals that live in the ocean!

## **April 15 - 19**

- 15th STEM - Spinners
- 16th Positive Action Lesson - Prevention: (K-2) L 122, p.233 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 127, p.252 Power and Energy
- 17th Kickball Club - They are going to drills on catching flyballs  
Nature Club - They will learn about forests and the different animals and plants that live in them!
- 18th Positive Action Lesson - Behavior: (K-2) L 130, p.243 Improving Yourself Continually Using Soc/Em Positive Action (3-6) L 129, p.257 Getting A Bigger, Better Picture
- 19th STEM - Paper Helicopters  
Kickball Club - Walk-Thru game  
Nature Club - They will learn about the tundra, grasslands, and the desert!

## **April 22 - 26**

- 22nd STEM - Rubber Band cup stacking
- 23rd Positive Action Lesson - Prevention: Post-Surveys
- 24th Kickball Club - Played a full game of Kickball  
Nature Club - (Belated) Earth day! Students will learn about how to protect and celebrate our planet!
- 25th Kickball Club - Played a full game of Kickball  
Nature Club - Students will continue to learn about how to protect and celebrate Earth!
- 26th STEM - Pressure Experient  
Positive Action Lesson - Inside/Out celebration

## **April 29 - May 3**

- 29th STEM - Hot vs Cold crushing cans
- 30th Positive Action Lesson - How do you feel today?
- 1st Physical Club - TBA  
Nature Club - Students will break into groups and explore their favorite ecosystem that we have learned about!
- 2nd Positive Action Lesson - TBA
- 3rd Physical Club - TBA  
Nature Club - Students will make Earth art!  
STEM - TBA

*\*\* All activities, lessons, and crafts are tentatively scheduled. May be subject to change at the discretion of BGC with the best interests of club members in mind.*

**APRIL 2024**

# Legacy

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**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 Feeling Good with Positive Actions**

## Nikke Northrup

*BGC Southern Utah  
Legacy's  
Program Manager*



Nikke is Legacy's afterschool program manager! She has been with our program for over a year. She is a Utah Tech University senior who is working toward a Bachelors in Psychology. In her free time she loves reading, hiking, doing yoga, and spending time with family and friends!

**Happy Birthday!**

To all are amazing birthday  
Club Members

Aurora- 4/28

Eddie- 4/11

We will **not** have  
program on the  
following days:

**1st No School / No  
Club**



😊 *Please mark your calendar*

### Contact Information:

*Ryan Gertz, Site Coordinator*

*Email: [Ryan.Gertz@bgcutah.org](mailto:Ryan.Gertz@bgcutah.org)*

*Phone: 801-372-3284*



### STEM Activity

*Mondays & Fridays 4:10p-4:50p*

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

### SEL (Prevention & Behavior)

*Tuesdays & Thursdays 4:10p-4:40p*

Positive Action and Kid Grit Empowers greatness with the direct moment by moment practice of thinking, acting, and feeling.

### Physical Club & Creativity Club

*Wednesday & Fridays 4:10p-4:50p*

Each month we will have a month-long focus in the physical club and creativity club. Our young learn new skills, techniques and are introduced to new experiences.

### Project Learn

*Monday - Thursday 5:00p-5:30p*

We work with the teacher's to focus on academic support that is needed for all club members. Focus is on all subjects taught in school.

### KID GRIT

*Fridays 2:55p-3:25p*

SMART Moves is a suite of Targeted Programs and other resources designed to help young people develop healthy decision-making attitudes and skills.

