








**Paradise Canyon  
After School Program  
2023-2024**



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
My Truest Self	26 STEM Club <i>Project Learn</i>	27 SEL (P) - Positive Action: (K-2) L 100, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 98, The Blame Game <i>Project Learn</i>	28 Dance Club Sewing Club <i>Project Learn</i>	29 SEL (B) - Positive Action: (K-2) L 102, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 100, 'Fessing Up <i>Project Learn</i>	1 No Bake Cooking Club Flag Football Club STEM Club SEL - Kid Grit
My Truest Self	4 STEM Club <i>Project Learn</i>	5 SEL (P) - Positive Action: (K-2) L 103, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 101, Starting Out with the Truth <i>Project Learn</i>	6 No Bake Cooking Club Flag Football Club <i>Project Learn</i>	7 SEL (B) - Positive Action: (K-2) L 104, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 103, Your Own Truth <i>Project Learn</i>	8 No Bake Cooking Club Flag Football Club STEM Club SEL - Kid Grit
My Truest Self	11  No Club / No School	12  No Club / No School	13  No Club / No School	14  No Club / No School	15  No Club / No School
My Truest Self	18  No Club / No School	19 SEL (P) - Positive Action: (K-2) L 105, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 104, What's Real and What Isn't <i>Project Learn</i>	20 No Bake Cooking Club Flag Football Club <i>Project Learn</i>	21 SEL (B) - Positive Action: (K-2) L 107, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 105, Keeping Our Word <i>Project Learn</i> PARENT NIGHT / GUEST SPEAKER	22 No Bake Cooking Club Flag Football Club STEM Club SEL - Kid Grit
My Truest Self	25 STEM Club <i>Project Learn</i>	26 SEL (P) - Positive Action: (K-2) L 108-9, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 106, Standing True <i>Project Learn</i>	27 No Bake Cooking Club Flag Football Club <i>Project Learn</i>	28 SEL (B) - Positive Action: (K-2) L 111, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 109, What Did You Learn? <i>Project Learn</i>	29  No Club / No School

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**

Heidi Taylor - Site Coordinator  
 Email: [paradisecanyon@bgcutah.org](mailto:paradisecanyon@bgcutah.org) \* Phone: (801) 372-2507  
 Program Address: 1795 W 1230 N St George, UT 84770



# 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 Flag Football club. We break up into two separate teams. Our goal in this club is to teach our youth basic throws with a football, strengthen catching skills, feet & body coordination, physical fitness can be fun, and overall flag football skills.

**Creativity Club** - This month we are doing a No-Bake Cooking club. We break up into two separate teams. Learning different recipes, cooking/kitchen safety and knife skills. This will allow them to learn eye-hand coordination, patience, and how to make things in the kitchen.

## February 26 - March 1

26th STEM - Designing bridges with popsicle sticks

27th Positive Action Lesson - Prevention: (K-2) L 100, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 98, The Blame Game

28th Dance Club - They are going to learn a jazz to "Steal the Show" by Lauv  
Sewing Club - They are going to learn how to sew two different style buttons.

29th Positive Action Lesson - Behavior: (K-2) L 102, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 100, 'Fessing Up

1st STEM - Cup Grabber  
Flag Football Club - Learn rules and what the difference between tackle vs flag football.  
No Bake Cooking Club - They are going to learn kitchen etiquette and knife safety. We will be making no-bake cinnamon rolls. Older kids are making cinnamon and sugar mix for the younger group. They are learning the rock & hold position with the knife.  
SEL - Kid Girt - Module 1: Mind | Lesson 3: What is mindset? Growth vs fixed.

## March 4 - March 8

4th STEM - Magic Milk

5th Positive Action Lesson - Prevention: (K-2) L 103, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 101, Starting Out with the Truth

6th Flag Football Club - Learn agility and prepare for flag football by running races and practice pulling flags off.  
No Bake Cooking Club - Teach different knife positions. They are going to practice their knife skills. We will be making fruit kabobs.

7th Positive Action Lesson - Behavior: (K-2) L 104, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 103, Your Own Truth

8th STEM - Balloon Rockets  
Flag Football Club - Practice different throws and catching the football

No Bake Cooking Club - They will be learning about parfaits and the different types and origins. We will be making granola, fruit and yogurt parfaits.

SEL - Kid Girt - Module 2: Body | Lesson 1: Inhale-Exhale

### **March 11 - March 15**

11th SPRING BREAK - No School / No Club

12th SPRING BREAK - No School / No Club

13th SPRING BREAK - No School / No Club

14th SPRING BREAK - No School / No Club

15th SPRING BREAK - No School / No Club

### **March 18 - March 22**

18th **NO SCHOOL / NO CLUB**

19th Positive Action Lesson - Prevention: (K-2) L 105, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 104, What's Real and What Isn't

20th Flag Football Club - Simple conditioning exercises, practice catching, and throwing the ball at a target.  
No Bake Cooking Club - Make ants on the log

21st Positive Action Lesson - Behavior: (K-2) L 107, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 105, Keeping Our Word

**21st Parent Night!** We are having a guest speaker at 3:00pm, Chris Waddell. You can go to his website to learn more about this amazing speaker. Please make your calendar so you and your little one(s) can enjoy this experience together. <https://chriswaddellinc.com/>

22nd STEM - Disappearing Ink  
Flag Football Club - Play a full game of flag football  
No Bake Cooking Club - Peanut and Jelly Sushi Rolls  
SEL - Kid Girt - Module 2: Body | Lesson 2: Do you eat like a caveman?

### **March 25 - March 29**

25th STEM - Build a raft

26th Positive Action Lesson - Prevention: (K-2) L 108-9, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 106, Standing True

27th Flag Football Club - Play a full game of flag football  
No Bake Cooking Club - Make Ring Donuts

28th Positive Action Lesson - Behavior: (K-2) L 111, Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 109, What Did You Learn?

29th **NO SCHOOL / NO CLUB**

**MARCH 2024**

# Paradise Canyon

1795 W 1230 N St George, UT 84780 | (801) 372-2507 | paradisecanyon@bgcutah.org



**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**

## Racheal "RAE" Murillo

*BGC Southern Utah  
Paradise Canyon's*

*Youth Development Professional*



We are so excited to have Rae join our team as a YDP this school year. We are very happy to have Rae who moved to St George in July 2023 from Los Angeles, CA. Rae loves cats, house plants and baking.



**Happy Birthday!**

To all our amazing birthday Club Members

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



**No Program/No Club  
During Spring Break  
March 11th - 15th**

**18th & 29th No School / No Club**

☹️ *Please mark your calendar*

### CONTACT INFORMATION

Heidi Taylor - Site Coordinator  
Email: paradisecanyon@bgcutah.org  
Phone: (801) 372-2507

### 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.

