

# Sandstone After School Program 2023-2024



**BOYS & GIRLS CLUBS  
OF UTAH COUNTY**

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Improving Me	1 <b>NO SCHOOL NO PROGRAM</b>	2 <b>Positive Action</b> L 112: Improving Yourself Continually L 114: Believing We Can Do More, Be More Power Hour	3 <b>Positive Action</b> L 116: Improving Yourself Continually L 119: Believe, Try Hard, and Stick It Out Power Hour	4 <b>Club Day:</b> Historical Artist Club Football Club Power Hour	5 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
Improving Me	8 <b>Club Day:</b> Historical Artist Club Football Club Power Hour	9 <b>Positive Action</b> L 118: Improving Yourself Continually L 120: Getting Better with the Big Things Power Hour	10 <b>Positive Action</b> L 121: Improving Yourself Continually L 124: Goal 2- Your Mind Power Hour	11 <b>Club Day:</b> Historical Artist Club Football Club Power Hour	12 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
Improving Me	15 <b>Club Day:</b> Historical Artist Club Football Club Power Hour	16 <b>Positive Action</b> L 122: Improving Yourself Continually L 127: Power & Energy Power Hour	17 <b>Positive Action</b> L 130: Improving Yourself Continually L 129: Getting A Bigger, Better Picture Power Hour	18 <b>Club Day:</b> Historical Artist Club Football Club Power Hour	19 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
Post Surveys	22 <b>Club Day:</b> Historical Artist Club Football Club Power Hour	23 <b>Positive Action Surveys</b> Power Hour	24 <b>Positive Action Surveys</b> Power Hour	25 <b>Club Day:</b> Historical Artist Club Football Club Power Hour	26 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation
	29 <b>Club Day:</b> Historical Artist Club Football Club Power Hour	30 <b>STEM</b> Power Hour	1 <b>Club Day:</b> Historical Artist Club Football Club Power Hour	2 <b>Club Day:</b> Historical Artist Club Football Club Power Hour	3 STEM Rotation Physical Rotation Creative Rotation Team Bonding SEL Rotation

### 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

Site Coordinator: Gabbie Brotemarkle  
Email: gabbie.brotemarkle@bgcutah.org  
Phone: 801.372.3059

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



## April Club & Activity Details

### **Message to Parents:**

Happy April and Happy Spring! Very excited to move into this new month with some warmer weather. April is going to be our longest month yet, but it gives all of the students to participate in more clubs and all the staff are excited to teach them so many new things.

### **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 and 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 allows them to use teamwork and critical thinking to succeed in the activities.

### **Enrichment Clubs:**

**Football Club** - Youth in the monthly club will learn and understand the rules of football, and gain skills in properly holding and throwing the ball, passing, catching, and teamwork. Youth will have an opportunity on the last day of clubs to participate in a football game where they can showcase the skills and understanding they learned over the month. This club will be offered every Monday and Thursday.

**Historical Artist Club** - Youth in our monthly club will be introduced to multiple different historical artists such as Michaelangelo, Van Gogh, O'Keefe, and more! We will be teaching the techniques that all of these artists used during their time. These artists used a variety of techniques that the students will build an understanding of. This club will be offered every Monday and Thursday.

April 2024

# Sandstone

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



**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 Improving Me*

## Get To Know



### Miss Olivia!

Say hello to Miss Olivia, our energetic team member who brings a burst of creativity and joy to everything they do! Whether it's crafting colorful lesson plans or leading exciting activities, Miss Olivia is always ready to spark curiosity and laughter in our students' young minds. Outside of work, you might catch her making silly TikToks or playing sand volleyball. Let's give a big cheer for our playful pal and kid-at-heart!

## Upcoming Events

Easter Monday: April 1st, 2024  
Earth Day: April 22nd

# Happy Birthday!

Miss Olivia  
April 26th



## CLUB CLOSED

April 1, 2024: Easter Monday



## Contact Information:

**Gabbie Brotemarkle - Site Coordinator**  
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Email: [gabbie.brotemarkle@bgcutah.org](mailto:gabbie.brotemarkle@bgcutah.org)

## 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.

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 Utah State Board of Education

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