

# Walden Elementary Afterschool Program 2023-2024



**BOYS & GIRLS CLUBS**  
OF UTAH COUNTY

SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Spring Break- No Clubs</b>	2 <b>Spring Break- No Clubs</b>	3 <b>Spring Break- No Clubs</b>	4 <b>Spring Break- No Clubs</b>	5 <b>Spring Break- No Clubs</b>
Improving Yourself Continually	8 <b>Power Hour Art Club</b> "Rainmaker"	9 SEL: Improving yourself Continually (K-3); Getting Better with the Big Things (4-6) <b>PE Club:</b> "Human Rock Paper Scissors" <b>Power Hour</b>	10 <b>Power Hour STEM:</b> Sound Waves "String Cup Phones"	11 SEL: Improving yourself Continually (K-3); Goal 2: Mind (4-6) <b>Leadership Club:</b> "Positive Post-Its" <b>Power Hour</b>	12 <b>Power Hour Art Club:</b> "Finger Knitting" <b>Fun Friday:</b> Board Games, Service, Health
Improving Yourself Continually	15 <b>Power Hour Art Club</b> "Paper Flowers"	16 SEL: Improving yourself Continually (K-3); Getting better with the big things (4-6) <b>PE Club:</b> "Tic Tac Toe Relay" <b>Power Hour</b>	17 <b>Power Hour STEM:</b> Photosynthesis "Planting Seeds"	18 SEL: Improving yourself Continually (K-3); Getting a Bigger, Better Picture (4-6) <b>Leadership Club:</b> "Common Threads" <b>Power Hour</b>	19 <b>Power Hour Art Club:</b> "Frogs and Lily pads" <b>Fun Friday:</b> Board Games, Service, Health
Improving Yourself Continually	22 <b>Power Hour Art Club</b> "Salt Painting"	23 SEL: Post Surveys <b>PE Club:</b> "Cookie Jar Tag" <b>Power Hour</b>	24 <b>Power Hour STEM:</b> Molecular Bonding "Bouncing Bubbles"	25 SEL: Post Surveys <b>Leadership Club:</b> "Tallest Tower" <b>Power Hour</b>	26 <b>Power Hour Art Club:</b> "Shaving Cream Marbling" <b>Fun Friday:</b> Board Games, Service, Health
	29 <b>Power Hour Art Club</b> "Rainbow Weaving"	30 <b>Power Hour Recess</b> (during SEL) <b>PE Club:</b> "Keep It Floating"	1	2	3

Monday/Wednesday Schedule	Tuesday/Thursday Schedule	Friday Schedule
<ul style="list-style-type: none"> <li>3:15-3:35 – Snack and Circle Up</li> <li>3:35-4:00 – Recess</li> <li>4:00-4:30 – Power Hour</li> <li>4:30-5:25 – Club/STEM</li> <li>5:30 – Pick Up</li> </ul>	<ul style="list-style-type: none"> <li>3:15-3:35 – Snack and Circle Up</li> <li>3:35-4:05 – Power Hour</li> <li>4:10-4:40 – Positive Action SEL</li> <li>4:45-5:25 – Enrichment Club</li> <li>5:30 – Pick Up</li> </ul>	<ul style="list-style-type: none"> <li>1:15-1:30 - Check In and Circle Up</li> <li>1:30-2:15 - Recess</li> <li>2:15-2:30 - Snack</li> <li>2:30-3:00 - Power Hour</li> <li>3:00-4:00 - Enrichment Club</li> <li>4:00-4:30 - Meditation Club</li> <li>4:30-5:25- Fun Friday Rotations</li> <li>5:30 - Pick Up</li> </ul>



**Contact Info**

**Misty Rutherford**  
Site Coordinator  
Email: waldenelementary@bgcutah.org  
Phone: 801-372-8594  
Address: 4230 N University Ave.



## April Club & Activity Details

### **Message to Parents:**

We are so happy to have you and your kids in our afterschool program! This month, we are focusing on developing leadership and service skills as our older kids get to collaborate and plan their own service project and our younger kids will learn different ways to show appreciation to people in their lives. Thank you for everything you do!

**Art Club** - This month we will explore different art mediums including yarn, painting, shaving cream, and more. Youth will engage in improving gross and fine motor skills. Art Club is on Mondays and Fridays this month.

**PE Club** - This club aims to teach sportsmanship, how to learn new things, and using movement to enhance a healthy lifestyle. PE Club is on Tuesdays.

**STEM** - We have fun and engaging activities for learning about molecules, photosynthesis, and sound waves. STEM is every Wednesday.

**Leadership Club** - This club aims to engage youth in service opportunities and growing in their capacity to lead. This is every Thursday.

**Power Hour** - Power hour is a time every day for club members to either complete homework assignments, get tutoring in a subject they would like help on, or practice math or literacy skills. This occurs for 30 minutes each day.

**SEL** - On Tuesdays and Thursdays at 4:10, we spend 30 minutes learning about social and emotional skills through a program called Positive Action. We teach specific lessons aimed to introduce a positive action children can use to improve their social and emotional skills. This month is focused on continually improving yourself.

APRIL 2024

# Walden Elementary

4230 N University Ave. | 801-372-8594



**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 Yourself Continually"*

## Get To Know

Meet our new Site Coordinator, Misty Rutherford. Misty teaches health at Walden Middle School and is excited to have the chance to come work with your kids at Boys and Girls Club. If you see her, make sure to say hi and introduce yourself!

## Upcoming Events

Summer Registration is open! We will be having Summer Boys and Girls Club Monday through Friday from 9am-1pm at Walden Elementary from June 3rd through July 12th. To see more details and register, please visit:

<https://bgcutah.org/walden-elementary-summer/>



[www.instagram.com/bgcutah](https://www.instagram.com/bgcutah)

Happy Birthday!

4/8- Jytte  
4/24- Lydia  
4/26- Evelyn



**CLUB CLOSED**

April 1st through April 5th for Spring Break



## Contact Information:

**Misty Rutherford - Site Coordinator**  
Phone: 8013728594  
Email: [waldenelementary@bgcutah.org](mailto:waldenelementary@bgcutah.org)



[www.facebook.com/BGcutah](https://www.facebook.com/BGcutah)

## Project Learn

Daily

- Homework and Study Help
- Reading and Math time

## STEM Labs

Wednesday

- Sound Waves
- Molecules
- Photosynthesis

## Enrichment

Monday, Tuesday, Thursday, Friday

- Art, Health, PE, Leadership, Service

## Prevention & Education

Tuesday and Thursday

- We will build social and emotional skills by learning ways to continually improve ourselves.

