

July 2024

Orem Jr. High School

650 W Jaguar Ave, Orem UT | 801-592-6392



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 Ourselves and Our Actions

Get To Know



My name is Leann, I have been working with The Boys and Girls club for almost three years and I love it! I am studying at UVU and will graduate in the spring! I love baking, running, and anything crafty. I love the kids here and they're the reason I love my job!

CONTACT INFORMATION

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Site Coordinator
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PARENT RESOURCES

[Parent Handbook](#)
[Membership Handbook](#)

Social Emotional Learning (Prevention & Behavior)

12:30 - 1:00 pm Monday & Wednesday

Positive Action is a social emotional learning curriculum that we use each program day. One lesson is taught by our staff and the skill learned is implemented and practiced during the rest of that day. The goal is to send your teen(s) back with the ability to self-regulate, build friendships and learn crucial life skills.

Academic Support

During the summer our focus is on providing mentally stimulating programs for teens to push through the lasting effect of the COVID pandemic. Students will be writing in Journals during the summer to improve and continue building their literacy skills. Each activity will teach their own unique set of skills that can be applied not only to the school day, but life.

Enrichment Field Trips

Hiking
Paddleboarding
Kayaking
Fishing
Amazing Race
Bouldering
Timpanogos Cave
Day of Service
Tube the River

Happy
Birthday



TBA once registrations are received

CLUB CLOSED

Independence Day - July 4th



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Utah State Board of Education



Orem Jr. Summer Program 2024

July



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
The golden rule and empathy	8	9 Kayaking (Learning how to paddle with a teammate) SEL: "Why Can't We All Just Get Along?", "How Do We All Want to Be Treated?" & "Who Am I As a Social Person?"	10	11 Climbing at the Quarry (Learning climbing techniques and how to belay) SEL: "Why Is Learning Cool?", "What Is Curiosity?" & "What Would Make Me A Great Thinker?"	12
Cooperation and positive communication	15	16 Bouldering at Momentum Lehi (Learning how to problem solve and be determined) SEL: "What Am I Sending Out?", "How Do I Communicate In a More Positive Way?" & "What Do I Want To Communicate?"	17	18 Trail Biking (Learning about bikes; how to persevere on tough rides) SEL: Discovering Your Talents" & "Your Money or Your Life?"	19
Discovering our strengths and weaknesses	22	23 Paddleboarding (Review of how to paddle and the importance of balance) SEL: "What Makes Me Laugh?", "What Feels Funny to Me?" & "How Can I Lighten Up?"	24	25 Fishing (Learning how to tie knots, bait, and cast a line; self reliance and patience) SEL: "How Do People Begin To Understand Each Other?" & "Why Do Teens Need to Be Understood?"	26
Looking at the big picture	29	30 Activity TBA SEL: Post-Survey	31	1 Tube the River (Review of river navigation; river formations) SEL: "Who Am I...Really?", "What Are My Dreams and Ideals?", "Who Do I Want to Be?" & "What Do I Want to Explore? Where Do I Want to Go?"	2

Daily Schedule

Schedule (certain activities may differ slightly in times)

- 10 am Drop off at the school
- 10:15 am Drive to activity site (drive time may differ per activity; see activity details)
- 10:15 am - 12:15 pm Main high adventure activity
- 12:15 pm - 12:30 pm Break for lunch
- 12:30 pm - 1 pm SEL Positive Action activity (Journal Writing)
- 1 pm - 2:45 pm Resume the main high adventure activity
- 2:45 pm - 3:00 pm Drive back to school and drop off (drive time may differ per activity; see activity details)

Contact Info

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July Club & Activity Details

Message to Parents:

[Write a small message to parents about programs and our goals through providing these clubs and activities]

July 2. Challenge of the Summer: Hike - Hiking out in nature is proven to provide stress relief and improves mental well-being especially after experiencing challenges of Covid-19. So we will be hitting the trail again, learning about our ecosystem and challenging ourselves more than before. Club members will encourage each other to reach a waterfall at the end of a 1.8 mile hike. The drive to the trailhead takes about 40 minutes, so we will reach our destination around 10:55 am. We will be leaving the trailhead no later than 2:20 pm to reach the school before 3 pm. Please be aware that this is the toughest activity that we are doing this summer, due to the length and steepness of the hike.

July 9. Kayaking - We will have the chance to team up with Summit Journeys, a group focused on building youth character and leadership. We will learn how to maintain kayaks, how to paddle, and how to communicate with a kayaking partner. The physical exertion involved in paddling promotes cardiovascular health and reduces stress, while the serene surroundings offer a much-needed respite from the COVID-19 pandemic-related concerns. We will be kayaking close to Utah Lake State Park, going around the marina and up the Provo River. It is a 15 minute drive from the school, and we will be departing around 2:30 pm.

July 11. Fishing - We will be teaching our kids how to fish during this fun activity at Tibble Fork Reservoir in American Fork Canyon. Fishing provides COVID relief by offering a safe and serene outdoor activity that allows individuals to connect with nature while adhering to social distancing guidelines. They will learn how to tie fishing knots, how to cast a line, and will gain a good amount of patience. We will also bring in some hammocks, and the kids will have the opportunity to swim as well. This is a 40 minute drive from the school, so we hope to arrive there no later than 11 am, and depart around 2:15 pm at the latest.

July 16. Amazing Race - This is our third annual Amazing Race activity! This is a fun, unpredictable activity that focuses on the teens exploring their community. They will be learning about history, art, science, and more; working as a team will be crucial to them winning the competition. The goal is to provide team building experiences so the teens can develop stronger social connections that were previously stunted by the COVID 19 pandemic. We will be spending a good amount of time at the school, but also in various locations that will be announced.

July 18. Bouldering - Indoor bouldering offers COVID relief by providing a safe and controlled environment for physical activity and mental relaxation. Climbers engage in a full-body workout that strengthens muscles, improves flexibility, and promotes cardiovascular health, contributing to overall well-being. We will be going to Momentum in Lehi to learn about rock climbing and bouldering techniques. Bouldering does not require harnesses, but has its own measures of safety. We will be challenging ourselves, problem solving on the routes, communicating with a buddy, and overall having a good time. It is a 20 minute drive from the school, and we will depart no later than 2:35 pm.

July 23. Timpanogos Cave - This is a brand new activity this year where we will be exploring a state park in our community. We will be hiking up to the caves for an hour. When we arrive, a tour guide will take us into the cave and teach us about rock and other geological formations. Exploring the caves offers a sense of wonder and awe, providing a mental escape from COVID-19 pandemic-related stressors and fostering relaxation. Bring a jacket because it might get chilly! We will then hike back down. The state park is about 30 minutes from the school, so we plan to arrive around 10:45. We will be departing around 2:20 pm.

July 25. Paddleboarding - The kids will have the chance to learn about guiding their own personal watercraft. We will teach them how to set up and inflate a paddleboard safely. They will then learn how to paddle, what to do if their paddleboard capsizes, and more. We hope to provide a break from COVID. The serene environment on the water contributes to stress reduction and improved mental well-being, offering a mindful break from pandemic-related concerns. We will complete a swim test at the beginning of the day to ensure that everyone can swim

adequately. Life jackets will be worn at all times. We will be at Bartholomew Park in Springville 30 minutes away from the school. We will arrive there at 10:45 am, and depart at 2:25 pm.

July 30. Day of Service - The teens will have a chance to serve their community during this activity (which is a personal favorite). Serving others during the COVID-19 pandemic offers relief by providing assistance, support, and fostering a sense of solidarity in communities facing various challenges. The details of this activity are yet to come, as we are reaching out to community leaders to see what we can do to have the most impact.

August 1. Tubing the Provo River - We will be taking the kids to a dropoff point near Deer Creek reservoir. There, we will inflate tubes, teach club members river safety, and float all the way down to Vivian Park where we will get out. The teens will be educated on river navigation, spatial awareness, and communication. We hope to foster a sense of relief and rejuvenation in the midst of the COVID 19 pandemic through this outdoor activity. It takes thirty minutes to get to the drop off point, and we will be in the water by 11:15 am. We will be departing Vivian park no later than 2:30 pm.