

September 2024

# Independence

636 Independence Ave Provo UT 84601 | 801-372-5839



**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 Social Emotional Learning Focus this month is Self Awareness

## Get To Know



Hi! My name is Brynn and I am the Site Director at Independence. I worked last year as part of the Sports program and as the

Volleyball coach for part of the season. I am so excited to be returning to Independence and continue working with the teens, I recently graduated from UVU and am looking forward to getting my masters in Social Work. I love to go to concerts and movies with my friends. I love playing volleyball and swimming. I am so grateful to be back and am hoping for an amazing year!

## Sports Practice

*Monday-Thursday 3:10-4:25*

Volleyball Season! Please see Brynn Bowers for Sign ups!

## Homework Help (Project Learn)

*Monday - Thursday 3:00 - 4:30*

Come get help with your classes! Math, English, Science, Gear Up is here to help!

## Enrichment Clubs

*TBD*

More information to come about after school clubs!

## Social Emotional Learning (Prevention and Behavior)

*Monday - Thursday 3:00 - 3:10*

Positive Action & SMART Moves curriculum focus on providing youth with important social-emotional skills. All Social Emotional Learning skills are taught through daily lessons and then integrated throughout the rest of programming.

Happy Birthday



10 - Jesus

## UPCOMING EVENTS

Game Days TBD

## CLUB CLOSED

9/2 - Labor Day



## CONTACT INFORMATION

**Brynn Bowers**  
**Site Coordinator**  
Phone: 801-372-5839  
Email: [independence@bgcutah.org](mailto:independence@bgcutah.org)

## PARENT RESOURCES

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



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# Independence Afterschool Program 2024-2025

# September

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Self Awareness	2 <b>No School</b>	3 Social Emotional Learning (SMART) Volleyball Practice Homework Help (Project Learn)	4 Social Emotional Learning (Positive Action) Volleyball Practice Homework Help (Project Learn)	5 Social Emotional Learning (SMART) Volleyball Practice Homework Help (Project Learn)	6 <b>No Programs</b>
Self Awareness	9 Social Emotional Learning (Positive Action) Volleyball Practice Homework Help (Project Learn)	10 Social Emotional Learning (SMART) Volleyball Practice Homework Help (Project Learn)	11 Social Emotional Learning (Positive Action) Volleyball Practice Homework Help (Project Learn)	12 Social Emotional Learning (SMART) Volleyball Practice Homework Help (Project Learn)	13 <b>No Programs</b>
Self Awareness	16 Social Emotional Learning (Positive Action) Volleyball Practice Homework Help (Project Learn)	17 Social Emotional Learning (SMART) Volleyball Practice Homework Help (Project Learn)	18 Social Emotional Learning (Positive Action) Volleyball Practice Homework Help (Project Learn)	19 Social Emotional Learning (SMART) Volleyball Practice Homework Help (Project Learn)	20 <b>No Programs</b>
Self Awareness	23 Social Emotional Learning (Positive Action) Volleyball Practice Homework Help (Project Learn)	24 Social Emotional Learning (SMART) Volleyball Practice Homework Help (Project Learn)	25 Social Emotional Learning (Positive Action) Volleyball Practice Homework Help (Project Learn)	26 Social Emotional Learning (SMART) Volleyball Practice Homework Help (Project Learn)	27 <b>No Programs</b>
Self Awareness	30 Social Emotional Learning (Positive Action) Volleyball Practice Homework Help (Project Learn)	1	2	3	4

## Daily Schedule

Monday - Thursday  
 3:00 School Ends  
 3:05 Snack passed out/Social Emotional Learning Lesson  
 3:10 Homework Help Begins in Library  
 3:15 Practice Begins in Gym  
 4:30 All Programs End  
 4:35 Vans Leave School

### Contact Info

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 Site Coordinator  
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Program Address: 636 Independence Ave Provo  
 Utah 84601



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## September Club & Activity Details

### Message to Parents:

Welcome back! We are excited to be back with Independence and supporting their sports programming again this year. Volleyball games weekly, come and support our teams!

**Volleyball** - Sign up for Volleyball season is happening now! Please find Brynn to sign up! Practice is Monday-Thursday from 3:00 - 4:30 pm in the gym! Students will work on teamwork skills and develop mental toughness.

**Homework Help (Project Learn)** - The main focus of project learn is to help students reinforce the academic enrichment and school engagement during club time and provide tutoring or help as needed. Through homework help after school Monday-Thursday from 3:00 - 4:30 pm.

### Social Emotional Learning:

**Positive Action** - Social Emotional Learning curriculum is an evidence based program that is integrated in 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 Monday & Wednesday with new topics each week.

**SMART Moves** - Is a BGCA Social Emotional Learning curriculum that is evidence based with 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 Tuesday & Thursday with new topics each week.

