

September 2024

Legacy

280 E 100 S Saint George, Utah 84770 | 801-372-3284



BOYS & GIRLS CLUBS
OF SOUTHERN UTAH

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 **Feeling Good with Positive Action**

Happy Birthday



Delaney 23rd
Olivia 6th
Lockton 19th

UPCOMING EVENTS

Labor Day: 2nd
No Program: 2nd & 6th

CLUB CLOSED

September 2nd
September 6th



Get To Know Our Staff!

Ryan Gertz
YDP



Hi guys! I am currently a graduate student at Utah Tech studying athletic administration. During my free time I like to fish, watch sports, and hangout with my friends!

CONTACT INFORMATION

Adeline Tiffany
Site Coordinator
Phone: 801-372-3284
Email: legacy@bgcutah.org

PARENT RESOURCES

Parent Handbook
Membership Handbook

Project Learn

Monday - Thursday: 5:00 - 5:30

We work diligently to provide the best assistance for club members to work on their homework and math/reading skills.

STEM Labs

Monday 4:30 - 5:00

Members will have the opportunity to participate in STEM labs. They will learn how science, technology, engineering and math can be used in everyday life

Enrichment

Monday-Thursday: 4:00 - 4:30

Enrichment clubs are offering our members opportunities to participate in a variety of activities. Our clubs will continue to change and develop as the year progresses.

Social Emotional Learning

Monday - Friday

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



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Legacy After School Program 2024-2025



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Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Having a Positive Attitude	2 No Program 	3 Social Emotional Learning - Positive Action (P): L 5 "Staying in the Positive Zone" L 12 "Self-Concept: Its Definition, Formation, and Importance" Project Learn	4 Flag Football Club & Bracelet Making Club Project Learn	5 Social Emotional Learning (B): L 7 "The Difference Between Being All Right and Not Being All Right" L 13 "Self-Concept: Its Definition, Formation, and Importance" Project Learn	6 No Program 
Practicing Positive Actions	9 STEM Club Project Learn	10 Social Emotional Learning (P): L 12 "Giving Ourselves A Break" L 14 "Self-Concept: Its Definition, Formation, and Importance" Project Learn	11 Flag Football Club & Bracelet Making Club Project Learn	12 Social Emotional Learning (B): L 13 "How To Be Happier" L 15 "Self-Concept: Its Definition, Formation, and Importance" Project Learn	13 Fun Friday! STEM Club Creative & Physical Club SMART Moves
Pre-Survey	16 STEM Club Project Learn	17 Social Emotional Learning (P): Pre-survey Project Learn	18 Flag Football Club & Bracelet Making Club Project Learn	19 Social Emotional Learning (P): Pre-survey Project Learn	20 Fun Friday! STEM Club Creative & Physical Club SMART Moves
Choices and Consequences	23 STEM Club Project Learn	24 Social Emotional Learning (P): L 16 "To Choose or Not to Choose" L 16 "Self-Concept: Its Definition, Formation, and Importance" Project Learn	25 Flag Football Club & Bracelet Making Club Project Learn	26 Social Emotional Learning (B): L 17 "Being A Good Egg" L 21 "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Project Learn	27 Fun Friday! STEM Club Creative & Physical Club SMART Moves
Physical Health, Positive Actions	30 STEM Club Project Learn	1	2	3	4

Daily Schedule Monday - Thursday	Daily Schedule Friday
3:30 - 3:35 pm - Welcome Check-in/Wash hands 3:35 - 3:50 pm - Super Snack/Feelings Check-in 3:50 - 4:15 pm - Energy Boost/Wash hands 4:15 - 4:45 pm - Social Emotional Learning/STEM/Club Time 4:45 - 5:25 pm - Project Learn (Academic Support) 5:25 - 5:30 pm - Pass out PM Snack & Check-out	12:00 - 12:30 pm - Welcome Check-in/Wash hands 12:30 - 12:50 pm - Energy Break/Wash hands 12:50 - 1:10 pm - Super Snack Time 1:10 - 2:10 pm - Fun Friday! 2:10 - 2:30 pm - Positivity Circle/Feelings Check-in 2:30 - 3:00 pm - STEM Club (Club Rotation) 3:00 - 3:45 pm - Physical Club & Creative Club (Club Rotation) 3:45 - 4:00 pm - Energy Break/Wash hands 4:00 - 4:25 pm - PM Snack Time 4:25 - 5:25 pm - SMART Moves 5:25 - 5:30 pm - Clean up/Check-out

Contact Info Adeline Tiffany Site Coordinator Email: legacy@bgcutah.org Phone: 801-372-3284 Program Address: 280 E 100 S Saint George, Utah 84770



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September Club & Activity Details

Message to Parents: After a great two weeks of program, September finally is here! Now that we are more used to the flow of how things go, we get to branch out more! We are super excited for all the fun this month is going to bring and we can't wait! A couple things to remember is that we will not have program on the 2nd AND on the 6th. Make sure to mark your calendars for those two days. Thank you so much for everything you do!

Social Emotional Learning: 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 Tuesday & Thursday with new topics each week.

Power Hour: This is dedicated time to cover school related topics, homework or reading. Even if the kids don't have homework, we take this opportunity to strengthen their reading skills by reading to their buddy or to a staff member. We often work with the teachers to make sure that we are meeting the needs of students as a class and as individuals.

Fun Friday: This provides structured, free time with Club Members where they can choose what station they want to be at. We generally have a game table, a play-doh station, craft table, and sometimes we break out the basketballs! It's a good time to have "down-time" while still exercising their skills in working together, challenging themselves, as well as building sportsmanship and camaraderie with their peers.

Creative, Physical, STEM Clubs: These are our rotations where we split Club Members up into smaller groups so that they can experience doing some of our fun activities. Creative Club usually has a variety of different creative outlets to choose from. Typically we will draw, color, and make crafts. Physical Club is where we go do something outside! If the weather permits we can go on nature walks, play basketball or have races. STEM Clubs on Mondays and Fridays are generally the most fun because that's where we make a lot of the messy stuff! Our staff spends a little time each week to plan out what the kids would really enjoy doing during this time! And of course we solicit our Club Members about what interests them almost constantly to ensure we are meeting their curiosity needs as well.

Bracelet Making Club: This club is centered around learning how to make various types of bracelets. Each student will work with all kinds of materials and will get to show off their creations to their peers around them. This club will spark the kids creativity and will help them socialize with fellow club members. We can't wait to see what they come up with!

Flag Football Club: This club is centered around flag football. We will be going outside and enjoying the warm weather as we get our hearts pumping! Students will engage with their fellow peers as we learn how to play flag football. This club allows the kids to venture outside of their comfort zone (if they choose to do so) and interact with other club members. We are excited to teach the kids this fun game!

