

September 2024

# Provo Peaks

665 E Center St Provo, UT 84606 | [School Phone Number]



**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

### Get To Know

Hi, my name is Addy! I have been working at the Boys and Girls Club for almost a year now and I love it! I will be graduating from BYU this December with a Bachelors of Public Health! One of my favorite things to do is travel. This summer I went to Korea and Thailand!



### CONTACT INFORMATION

**Sarah Christensen**  
**Site Coordinator**  
Phone: (801) 717-0809  
Email: sarah.christensen@bgcutah.org

### PARENT RESOURCES

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

### Project Learn

*Daily*

Project Learn is a daily opportunity for youth to learn new skills, practice and refine existing skills through engaging activities such as theme based clubs, homework help, and HYLEA's (High Yield, Creative, Physical & STEM Learning Activity Rotations) and also participate in our reading program, homework help, HYLEA activities, etc]]

### STEM Labs

*Monday Gr K-3*  
*Tuesday Gr 4-6*

Youth learn all about the scientific and design processes through hands-on experiments.

### Enrichment

Enrichment Activities provide students with an opportunity to develop desired skills and increase their creativity.

### Social Emotional Learning (Prevention & Behavior)

*Monday & Wednesday Gr 3-6*  
*Tuesday & Thursday Gr K-2*  
*Friday All Grades*

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

Happy Birthday



Happy Birthday to all of our September birthday members!

### UPCOMING EVENTS

Fire Drill - week of August 26th

### CLUB CLOSED

September 2nd - Labor Day  
September 5th - School Community Resource Showcase



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**Provo Peaks**  
**Afterschool Program**  
**2024-2025**

*September*



**BOYS & GIRLS CLUBS**  
**OF UTAH COUNTY**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Understanding our Self-Concept	2 <b>Program Closed</b> 	3 Gr K-2 Positive Action Gr 3-6 STEM Project Learn: PowerHour Enrichment Centers	4 Gr 3-6 Positive Action Gr K-2 HYL A Rotations Project Learn: Clubs Pet's Club (Physical) K-2 Out of This World Club (Creative) 3-6	5 <b>Program Closed</b> <b>School Community Resource Showcase</b>	6 <b>FUN FRIDAY</b> SMART Moves Project Learn: Enrichment Rotations (Creative, Physical & STEM)
Having a Positive Attitude	9 Gr 3-6 Positive Action (P) Gr K-2 STEM Project Learn: Clubs Pet's Club (Physical) K-2 Out of This World Club (Creative) 3-6	10 Gr K-2 Positive Action (P) Gr 3-6 STEM Project Learn: PowerHour Enrichment Centers	11 Gr 3-6 Positive Action (B) Gr K-2 HYL A Rotations Project Learn: Clubs Pet's Club (Physical) K-2 Out of This World Club (Creative)	12 Gr K-2 Positive Action (B) Gr 3-6 HYL A Rotations Project Learn: PowerHour Enrichment Centers	13 <b>FUN FRIDAY</b> SMART Moves Project Learn: Enrichment Rotations (Creative, Physical & STEM)
Practicing Positive Actions	16 Gr 3-6 Positive Action (P) Gr K-2 STEM Project Learn: Clubs Pet's Club (Physical) K-2 Out of This World Club (Creative) 3-6	17 Gr K-2 Positive Action (P) Gr 3-6 STEM Project Learn: PowerHour Enrichment Centers	18 Gr 3-6 Positive Action (B) Gr K-2 HYL A Rotations Project Learn: Clubs Pet's Club (Physical) K-2 Out of This World Club (Creative)	19 Gr K-2 Positive Action (B) Gr 3-6 HYL A Rotations Project Learn: PowerHour Enrichment Centers	20 <b>FUN FRIDAY</b> SMART Moves Project Learn: Enrichment Rotations (Creative, Physical & STEM)
Positive Action Pre-Survey	23 Gr 3-6 Positive Action (P) Gr K-2 STEM Project Learn: Clubs Pet's Club (Physical) K-2 Out of This World Club (Creative) 3-6	24 Gr K-2 Positive Action (P) Gr 3-6 STEM Project Learn: PowerHour Enrichment Centers	25 Gr 3-6 Positive Action (B) Gr K-2 HYL A Rotations Project Learn: Clubs Pet's Club (Physical) K-2 Out of This World Club (Creative)	26 Gr K-2 Positive Action (B) Gr 3-6 HYL A Rotations Project Learn: PowerHour Enrichment Centers	27 <b>FUN FRIDAY</b> SMART Moves Project Learn: Enrichment Rotations (Creative, Physical & STEM)
Choices & Consequences	30 Gr 3-6 Positive Action (P) Gr K-2 STEM Project Learn: Clubs Pet's Club (Physical) K-2 Out of This World Club (Creative) 3-6	1	2	3	4

**Daily Schedule**

Monday & Wednesday	Tuesday & Thursday	Friday
3:20 - 3:45 Check in, Snack, Recess 3:50 - 4:00 Circle up 4:00 - 4:20 Power Hour 4:25 - 4:55 Social Emotional Learning: Positive Action Gr 4-6 / STEM & HYL A Rotations Gr K-3 4:55 - 5:30 Enrichment Clubs 5:30pm Program Closes, Checkout	3:20 - 3:45 Check in, Snack, Recess 3:55 - 4:00 Circle up 4:00 - 4:20 Power Hour 4:25 - 4:55 Social Emotional Learning: Positive Action Gr K-3 / STEM & HYL A Rotations Gr 4-6 4:55 - 5:30 Enrichment Rotations 5:30pm Program Closes, Checkout	1:20 - 1:45 Check in, snack, recess 1:55 - 2:00 Circle up 2:10 - 2:40 Social Emotional Learning: SMART Moves 2:45 - 3:30 Project Learn Rotations 3:30pm Program Closes, Checkout

**Contact Info**

Sarah Christensen  
*Site Coordinator*

Email: [sarah.christensen@bgcutah.org](mailto:sarah.christensen@bgcutah.org)  
 Phone: (801) 717-0809

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# September Club & Activity Details

## Message to Parents:

Every month, we will have an array of new activities lined up for the students where they will learn new skills and hobbies. Youth will also receive homework help during our Project Learn time known as PowerHour as well as academic enrichment. More information and details of each month will be given to you in our Newsletter and Calendar at the beginning of each month that will be attached to an email sent out to you by us. It is important to have your email updated so we can be sure you are all up to date with all of the information. We thank you all for giving up the opportunity to work with you and your children.

## Social Emotional Learning:

Helping youth develop essential skills in managing emotions, building relationships, and developing resiliency are key parts of our social-emotional learning program. Youth participate in 30 minute lessons and activities where they learn about different management strategies, understanding feelings for themselves and others, and so much more. The programs are highlighted below.

**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 through Thursday with new topics each week. The August theme is [INSERT THEME HERE]

**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 on Fridays with new topics each week.

## Project Learn:

Project Learn is a “catch all” term for our enrichment and academic support programs. Below are explanations of the two primary programs that are included in Project Learn.

**PowerHour** - PowerHour is a daily academic enrichment and support time where youth are provided help with homework assignments, engage in skill building HYLE activities and also participate in our reading program. Our goal is to help youth reduce missing assignments by aligning with school day teachers and completing daily assignments at programs to allow family time at home.

### **Enrichment Clubs** -

**Pets Club** - Club members will have the opportunity to learn about different types of animals. They will use their current knowledge of pets and other animals to create environments in which they can learn how to take care of themselves while also learning how to care for others. There will be interactive crafts, games, and group activities throughout this month to practice and implement these concepts.

**Out of This World Club** - Out of This World Club will spark the imaginations of our club members to create their dream planet. They will learn more about ecosystems, needs for their chosen species, and adapt to circumstances we do not experience here on earth. This club will include art projects, space themed games, and various experiments!

## STEM Labs:

**Science** - Youth will have the opportunity to participate in STEM labs once a week to increase their knowledge of Science, Technology, Engineering and Math

