

September 2024

Sandstone

850 N 2450 E, St. George UT 84790 | (801) 372-3059



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 Philosophy and Self-Concept

Happy
Birthday



Miss Zadie
September 9th

UPCOMING EVENTS

Labor Day: September 2nd

CLUB CLOSED

September 2nd: Labor Day
September 6th: BGC Staff Training



Get To Know



Emma Stevens

Program Manager

I am the program manager here at Sandstone BGC. This is my second school year working for BGC, and I am so excited to be back! I moved to St. George a year ago and I am currently going to Utah Tech University to get my major in Elementary Education and I hope to be a 2nd or 3rd grade teacher! I absolutely love animals and I have 3 reptiles and 1 cat! I love to read books, specifically romance fantasy and thriller. I am super excited to work with everyone this year!

CONTACT INFORMATION

Gabbie Brotemarkle
Site Coordinator

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Email: gabbie.brotemarkle@bgcutah.org

PARENT RESOURCES

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

Power Hour

Monday-Thursday 4:10 - 4:55

During Power Hour, our goal is to help members reach their reading minutes, as well as give students opportunities receive help with their homework to ensure a better understanding.

STEM Labs

Fridays during 'Rotations'

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/Clubs

Monday/Wednesday: 5:00 - 5:25

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

Social Emotional Learning (Prevention & Behavior)

Tuesday/Thursday 4:40 - 5:25

Positive Action curriculum provides members with important social-emotional skills that can help them throughout life.

Friday 1:10 - 2:10

SMART moves curriculum provides members with relationship building skills with themselves and others



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Utah State Board of Education



Sandstone Afterschool Program 2024-2025

September



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Having A Positive Attitude	2 NO SCHOOL NO PROGRAM	3 Social Emotional Learning Positive Action L 5(P): "Staying in the Positive Zone" L 12(P): "Self-Concept: Its Definition, Formation, and Importance" Power Hour	4 STEM Power Hour	5 Social Emotional Learning Positive Action L 7(B): "The Difference Between Being All Right and Not Being All Right" L 13(B): "Self-Concept: Its Definition, Formation, and Importance" Power Hour	6 NO PROGRAM Staff Training
Practicing Positive Actions	9 Club Day: Yoga Club Art Club Power Hour	10 Social Emotional Learning Positive Action L 12(P): "Giving Ourselves A Break" L 14(P): "Self-Concept: Its Definition, Formation, and Importance" Power Hour	11 Club Day: Yoga Club Art Club Power Hour	12 Social Emotional Learning Positive Action L 13(B): "How To Be Happier" L 15(B): "Self-Concept: Its Definition, Formation, and Importance" Power Hour	13 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves
Pre Survey	16 Club Day: Yoga Club Art Club Power Hour	17 Social Emotional Learning Positive Action Pre-Surveys Power Hour	18 Club Day: Yoga Club Art Club Power Hour	19 Social Emotional Learning Positive Action Pre-Surveys Power Hour	20 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves
Choices and Consequences	23 Club Day: Yoga Club Art Club Power Hour	24 Social Emotional Learning Positive Action L 16(P): "To Choose or Not to Choose" L 16(P): "Self-Concept: Its Definition, Formation, and Importance" Power Hour	25 Club Day: Yoga Club Art Club Power Hour	26 Social Emotional Learning Positive Action L 17(B): "Being A Good Egg" L 21(B): "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	27 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves
Physical Health, Positive Actions	30 Club Day: Yoga Club Art Club Power Hour	1 Social Emotional Learning Positive Action L 21(P): "What Your Body Needs To Thrive" L 25(P): "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	2 Club Day: Yoga Club Art Club Power Hour	3 Social Emotional Learning Positive Action L 22(B): "What Your Body Needs To Thrive" L 27(B): "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Power Hour	4 STEM Rotation Physical Rotation Creative Rotation Team Bonding SMART Moves

Daily Schedule

Monday/Wednesday	Tuesday/Thursday	Friday
3:30-4:00 Snack & Physical Activity 4:00-4:10 Feelings Check in & Wash Hands 4:10-4:35 Power Hour 4:35-4:40 Transition 4:40-5:25 Club Time 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	3:30-4:10 Snack & Physical Activity 4:15-4:25 Feelings Check in & Wash Hands 4:30-4:55 Power Hour 4:55-5:00 Transition 5:00-5:25 Positive Action 5:25-5:30 Clean Up, Snack, Gratitude 5:30 Pickup	12-12:30 Check in & Physical Activity 12:35-1:05 Circle Up/PM Snack (Feelings Check in & Schedule) 1:10-2:10 SMART Moves, Kid Grit, or other Social Emotional Learning 2:15-2:45 Youth Bonding Activity/Super Snack 2:50-3:35 Rotation 1 (Creative, Physical, or STEM) 3:40-4:25 Rotation 2 (Creative, Physical, or STEM) 4:30-5:15 Rotation 3 (Creative, Physical, or STEM) 5:20-5:30 Gratitude 5:30 PM Snack & Pickup

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September Club & Activity Details

Message to Parents:

Happy September! I know we have only had 2 weeks together, but we are enjoying our time with your students so much! We look forward to a full month of fun activities and learning new Social Emotional Learning skills, including SMART Moves, which we are starting this month. Our clubs this month are art club and yoga club. I am looking forward to a great rest of the school year!

Social Emotional Learning

Positive Action - Social Emotional Learning curriculum is an evidence-based program that is integrated into 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..

SMART Moves - Is a BGCA Social Emotional Learning curriculum that is evidence-based and 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.

Academic Support:

Power Hour - The main focus of Power Hour will be to help youth complete homework assignments, practice sight words, and reach to master a new learning skill. We aim to help youth reduce missing assignments by aligning with school-day teachers and completing daily assignments at programs to allow family time at home.

STEM Labs:

Science - Youth will be able to participate in a new experiment or activity every Friday. Youth will focus on learning about observation, hypothesis, estimation, and the scientific process in these experiments.

Engineering - Youth will have the opportunity to participate in engineering projects and activities every Friday. Youth will focus on learning about building, creating, brainstorming ideas, and working on team and individual tasks.

Collaboration:

Team Bonding - Youth get to participate in team bonding every Friday. Team bonding is the chance for youth to get to know the other students in program through group games and activities. This also allows them to use teamwork and critical thinking to succeed in activities and enhance their relationships with those in program.

Enrichment Clubs:

Art Club - Youth in the monthly club will learn and understand all the different varieties of art. We will be deep-diving into painting, sketching, sculpting and more. Youth will learn about the different art styles and techniques. This club will be offered every Monday and Wednesday.

Yoga Club - Youth in the monthly club will learn and understand the importance of physical movement and breathing exercises to improve our overall health. Students will master the ability to perfect their poses and improve their flexibility. This club will be offered every Monday and Wednesday.

