

August 2024

SUNSET

495 Westridge Dr, St George, UT | 801-372-3151



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 SEL Focus this month is Understanding our Self-Concept

Happy
Birthday



Happy Birthday to all our students who have a birthday in August!

UPCOMING EVENTS

Monday, August 19 - 1st day of Club!

CLUB CLOSED

Friday, August 23
Monday, August 26



Get To Know



Hi! My name is Kennedy! I'm a student at Utah Tech University studying Psychology. The reason I chose my major is because I have a passion for helping youth feel safe and heard. My husband and I are highschool sweethearts and in our free time we enjoy spending time outdoors with our Goldendoodle!

CONTACT INFORMATION

Kennedy Anderson- Site Coordinator
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PARENT RESOURCES

Parent Handbook
Membership Handbook

Project Learn

Monday-Thursday

Grades 4-5 3:25-4:10/Grades K-3 3:55-4:40

There shouldn't be much homework for the first 2 weeks so we are going to have trivia contests to get everyone thinking quickly. There will be a 15 minute overlap where everyone is in Project Learn to allow instructor transition time for the next lesson.

STEM Labs

Monday/Wednesday/Friday

Grades K-3 3:25-3:55/Grades 4-5 4:10-4:35

Fridays: varies between 3:20 - 5:00

We are getting back into the swing of things with some chemical reactions as well as aerodynamics and flight.

Enrichment

Monday - Thursday 4:40 - 5:10

We are offering Game club and Art club for the short couple of weeks in August. This should help us warm up to each other and find ways to incorporate teamwork into our club activities, while learning what projects are best for our Club members.

SEL (Prevention & Behavior)

Tuesday & Thursday

Grades K-3 3:25-3:55/Grades 4-5 4:10-4:40

This month for our Social Emotional Learning we will be introducing Positive Action to our Club Members. We will be discussing Positive Actions which lead to positive emotions.



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Sunset After School Program 2024-2025



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
	29	30	31	1	2
	5	6	7	8	9
	12	13	14	15	16
Introduction to Positive Action	19 Getting to Know Each Other Project Learn Group Games	20 Rules and Expectations Group Games SEL (P): Grade 5 Manual: Lesson 1 "Beginning a Space-Age Journey...to You!" Grade 2 Manual: Lesson 1 "Self-Concept: Its Definition, Formation, and Importance" Group Discussion/Club Ideas	21 Getting to Know Each Other Project Learn STEM Club Art Club Group Game	22 Trivia SEL (B): Grade 5 Manual: Lesson 2 "What to Do and What Not to Do" Grade 2 Manual: Lesson 2 "Self-Concept: Its Definition, Formation, and Importance" Game Club Group Games	23 No Club
Understanding Our Self-Concept	26 No Club	27 Project Learn SEL (P): Grade 5 Manual: Lesson 3 "Feeling Good About Who You Are" Grade 2 Manual: Lesson 5 "Self-Concept: Its Definition, Formation, and Importance" Game Club Group Game	28 Project Learn STEM Club Art Club Group Game	29 Project Learn SEL (B): Grade 5 Manual: Lesson 4 "What You Do Best" Grade 2 Manual: Lesson 6 "Self-Concept: Its Definition, Formation, and Importance" Game Club Group Game	30 Smart Moves Fun Friday Creative Club Physical Club STEM Club Group Game Gratitude Circle

Daily Schedule

Monday-Thursday	Friday
2:35 - 2:55 Check-in, Super Snack, Feeling check in	1:00 - 1:15 Check-in, Feelings check in
3:00 - 3:25 Energy Boost	1:20 - 1:35 Energy Boost
3:25 - 4:10 K-3 (SEL or STEM Labs), 4-5 (Power Hour)	1:40 - 2:10 SEL-Smart Moves
4:10 - 4:40 4-5 (SEL or STEM Labs), K-3 (Power Hour)	2:15 - 2:35 Super Snack
Each get 45 minutes Power Hour and 30 minutes Positive Action, alternating	2:40 - 3:15 Fun Friday
4:40 - 5:10 Enrichment Clubs	3:20 - 3:50 Rotation 1 (Creative)
5:15 - 5:25 Group game	3:55 - 4:25 Rotation 2 (Physical)
5:30 - 5:45 Snack/Check-out	4:30 - 5:00 Rotation 3 (STEM)
	5:05 - 5:20 Group game
	5:20 - 5:30 Gratitude/PM Snack/check-out

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August Club & Activity Details

Message to Parents: Welcome back to everyone that is returning! And we want to extend a warm welcome to all those new to BGC as well! We have a dynamic year planned with lots of new staff that are excited to teach and interact with our club members. Thank you all so much for trusting us with your kids. We will do our best to ensure they are safe, healthy and that they have a blast while at Club this year!

Clubs: We are spending the first 2 weeks getting to know each other, which means we are going to play some games and spend a lot of time talking about club stuff. We are also going to do some STEM activities in the first couple of weeks to engage our brains into being more inquisitive and curious about the world around us. We are doing Art Club and Game Club, which is a great way to get everyone involved and working together. We will start formal clubs beginning in September.

Creative Club: This is our opportunity to enjoy electronics in the computer lab. We will often do coding, which is a STEM lesson that teaches them to program games on the computer.

Physical Club: This club is a time where we can vote and agree on a game or physical activity that will be fun for club members. It often leads to basketball games, kickball, four square or tag.

Smart Moves: This a Social Emotional Learning curriculum that utilizes actions and activities to identify club members emotions and feelings, and gives them choices to express them appropriately.

Fun Friday: This is a time for club members to challenge one another in games, races, drawing contests, or to spend time engaging in their favorite crafts. Free time helps us become better at choosing what we like.

BGC Mission: The mission of the Boys & Girls Clubs of Utah/Washington County is to inspire and enable all young people to realize their full potential as productive and responsible citizens and leaders.

Our Core Promise: To America's youth we promise to provide a safe, positive place and to have a significant impact on their lives. To the Nation we promise to uphold high ethical standards in all areas, especially overseeing finances, reporting data on membership and community outreach, being good stewards of the donor dollar, and representing ourselves to the public.

Our Guiding Principles: Safety, Integrity/Accountability, Commitment to Excellence, Youth-Centric Approach, Respect, Compassion, Reliability/Consistency.

Our Rules: 1. Respect Club members, staff and property. 2. Keep hands, feet, and body to yourself. 3. Use appropriate language. 4. Follow directions of Club staff. 5. Have Fun!

As always, we appreciate partnering with you to provide a meaningful and fun learning experience for our club members. We look forward to getting started right away.

