

September 2024

# Sunset Elementary

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 Social Emotional Learning Focus this month is

Happy Birthday



9/14 - Isabelle  
9/23 - Maizy

## UPCOMING EVENTS

None

## CLUB CLOSED

September 2nd  
September 6th



## Get To Know our Program Manger!

Hello I'm Sofia! I'm from Boise Idaho and now live in St. George for college! I have worked at the boys and girls club for 2 years and love it so much!! In my free time I love to explore St. George, shop and hangout with friends!



## CONTACT INFORMATION

**Kennedy Anderson**  
Site Coordinator  
Phone: 801-372-3151  
Email: [Sunset@bgcutah.org](mailto:Sunset@bgcutah.org)

## PARENT RESOURCES

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

## Project Learn

Monday-Thursday

Grades 4-5 3:25-4:10/Grades K-3 4:05-4:35

We will be assisting with assigned homework. In addition we will provide math sheets, books for reading and we will often do trivia to help reinforce learning.

## STEM Labs

Wednesday & Friday

Grades K-3 3:25-3:55/Grades 4-5 4:05-4:35

Fridays: 2:50-3:20

We are going to be making and using invisible ink, bubble painting, egg experiments, harmonica's, and genetic bracelets. It should be a really fun month exploring lots of topics!

## Enrichment

Monday - Thursday

4:40 - 5:10

In September, we are offering exercise, painting, basketball and writing clubs. This will provide a variety of activities for club members and give them healthy outlets for all their stored up energy!

## Social Emotional Learning (Prevention & Behavior)

Tuesday & Thursday

Grades K-3 3:30-4:00/Grades 4-5 4:05-4:35

This month we are talking about positive actions and attitudes, doing pre-surveys, and discussing choices and consequences. Social Emotional Learning's focus this year is to help club members understand their emotions and how their actions affect people around them.



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# Sunset Elementary 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	<b>No Club</b> Happy Labor Day!	Project Learn Social Emotional Learning - Positive Action "Staying in the Positive Zone" and "Self-Concept: Its Definition, Formation, and Importance" Basketball or Writing Club	Stem Project Learn Exercise or Paint Club	Project Learn Social Emotional Learning - Positive Action "The Difference Between Being All Right and Not Being All Right" and "Self-Concept: Its Definition, Formation, and Importance" Basketball or Writing Club	Energy Boost Computer Lab Physical Activity Stem Smart Moves Fun Friday Group Game
Practicing Positive Actions	<b>No Club</b> BGC Staff Training	Project Learn Social Emotional Learning - Positive Action "Giving Ourselves A Break" and "Self-Concept: Its Definition, Formation, and Importance" Basketball or Writing Club	Stem Project Learn Exercise or Paint Club	Project Learn Social Emotional Learning - Positive Action "How To Be Happier" and "Self-Concept: Its Definition, Formation, and Importance" Basketball or Writing Club	Energy Boost Computer Lab Physical Activity Stem Smart Moves Fun Friday Group Game
Pre-Surveys	Project Learn Get to know you activity Exercise or Paint Club	Pre-Survey Basketball or Writing Club	Stem Project Learn Exercise or Paint Club	Pre-Survey Basketball or Writing Club	Energy Boost Computer Lab Physical Activity Stem Smart Moves Fun Friday Group Game
Choices & Consequences	Project Learn Get to know you activity Exercise or Paint Club	Project Learn Social Emotional Learning - Positive Action "To Choose or Not to Choose" "Self-Concept: Its Definition, Formation, and Importance" Basketball or Writing Club	Stem Project Learn Exercise or Paint Club	Project Learn Social Emotional Learning - Positive Action "Being A Good Egg" "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Basketball or Writing Club	Energy Boost Computer Lab Physical Activity Stem Smart Moves Fun Friday Group Game
	Project Learn Get to know you activity Exercise or Paint Club				

### Daily Schedule

#### Monday-Thursday

2:35 - 3:00 Check-in, Super Snack, Feelings check in  
 3:00 - 3:25 Energy Boost  
 3:30 - 4:00 K-3 (Social Emotional Learning or STEM Labs), 4-5 (Project Learn)  
 4:00 - 4:30 4-5 (Social Emotional Learning or STEM Labs), K-3 (Project Learn)  
 4:30 - 5:20 Enrichment Clubs  
 5:25 - 5:30 Clean up, Snack, Check-out

#### Friday

1:00 - 1:15 Check-in, Feelings check in  
 1:20 - 1:35 Energy Boost  
 1:40 - 2:10 Rotation 1 (Creative) - Computer Lab  
 2:15 - 2:45 Rotation 2 (Physical)  
 2:50 - 3:20 Rotation 3 (STEM)  
 3:25 - 3:40 Super Snack  
 3:45 - 4:30 Social Emotional Learning - SMART Moves  
 4:35 - 5:00 Fun Friday  
 5:05 - 5:20 Group Game  
 5:25 - 5:30 Clean up, Snack, Check-out

### Contact Info

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 Site Coordinator  
 Email: Kennedy.anderson@bgcutah.org  
 Phone: 801-372-3151

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## September Club & Activity Details

### Message to Parents:

As we roll into September, we will be doing more hands-on projects to help club members improve their dexterity, spark their creativity, and bring out the curiosity that helps us all learn. We are also going to take advantage of the great weather here in our beautiful city and get outside to play some group games. It should be a great month of learning and growing.

**Clubs:** This month we will be doing **basketball club** and **exercise club** for our physical clubs, and **writing club** and **paint club** for our creative clubs!

**Social Emotional Learning** - This 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.

**STEM Club:** Chemical reactions (ie: making snowflakes, invisible ink, possibly "slime") We love to get our hands dirty and do everything we can to experiment with messy stuff at the club. This enables club members to be deeply involved in the creation and exploration of our experiments. The skills they learn from being curious and inquisitive will be carried into their adult lives, which will enable them to learn effective ways to think and come to clear and concise conclusions.

**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.

**Project Learn:** This is dedicated time to cover school related topics, homework or read. 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. Panorama Elementary has a reading competition that they run for the year and we work with teachers to ensure we are recording reading times for each student and turning it in to be recorded. 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 and slime station, craft table, painting or water-colors table, and sometimes we break out the cornhole and make an obstacle course for the adventurous ones! 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 goes to the computer lab to play school-approved games which they love. Physical Club is where we go do something outside! If the weather permits we can go on nature walks, play basketball or treasure hunt. STEM Clubs on 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 visualizing what it was like to be between the ages of 6-12 and try to remember our curiosities and what we wanted to learn about, then we do it! And of course we solicit our Club Members about what interests them almost constantly to ensure we are meeting their curiosity needs as well.

