

September 2024

WASHINGTON

300 N 300 E, Washington, UT 84780 | 801-372-5776



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 Positive Attitudes, Actions, Choices, and Consequences

Get To Know

Meet Our STEM Specialist



My name is Storm Rushford, I am originally from Vermont and recently moved to Utah. I went to the University of Vermont and studied Environmental Science with a concentration in Global, Environmental, and Climate Change. I played baseball in college and in my free time I like to run, hike, ski, read and bake bread.

CONTACT INFORMATION

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PARENT RESOURCES

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

Project Learn

Monday - Thursday 4:40 - 5:25

This is an opportunity for Club Members to get the time and help they need on their homework. If they don't have homework, we will have reading time. We will also utilize additional time for trivia/review of their work subjects from the week.

STEM Labs

Fridays 1:15 - 1:45 & 3:20-5:00 rotations

This month we are learning chemical constituents and how substances mix together. We are discovering Magic Milk, Invisible Ink, Borax Snowflakes, and more.

Enrichment

Monday & Wednesday 4:10 - 4:40

We are offering a Drawing or Dance Club this month. This gives everyone a chance to develop a talent and have fun with others. We will have drawing contests and dance-offs for rewards at the end of the month!

Social Emotional Learning (Prevention & Behavior)

Tuesdays & Thursdays 4:10 - 4:40

We are teaching "Positive Action" curriculum which enables Club Members to learn about their emotions and how to cope with difficult feelings.

Happy Birthday



August-Malakai

September- Clay, Quincy, Achilles

UPCOMING EVENTS

September 16-20 We are conducting Positive Action Pre-Surveys to gauge how everyone learns this year. Please ask if you have any birthdays.

CLUB CLOSED

September 2, 2024
September 6, 2024



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Utah State Board of Education



Washington Afterschool Program 2024-2025

September



**BOYS & GIRLS CLUBS
OF SOUTHERN UTAH**

Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Positively Me	2 Club is Closed	3 Project Learn Social Emotional Learning (P): Grade 5 Manual: Lesson 5 "Staying in the Positive Zone" Grade 2 Manual: Lesson 12 "Self-Concept: Its Definition, Formation, and Importance" Group Game	4 Project Learn Drawing Club Dance Club Group Game	5 Project Learn Social Emotional Learning (B): Grade 5 Manual: Lesson 7 "The Difference Between Being All Right and Not Being All Right" Grade 2 Manual: Lesson 13 "Self-Concept: Its Definition, Formation, and Importance" Group Game	6 Club is Closed
Positively Me	9 Project Learn Drawing Club Dance Club Group Game	10 Project Learn Social Emotional Learning (P): Grade 5 Manual: Lesson 12 "Giving Ourselves A Break" Grade 2 Manual: Lesson 14 "Self-Concept: Its Definition, Formation, and Importance" Group Game	11 Project Learn Drawing Club Dance Club Group Game	12 Project Learn Social Emotional Learning (B): Grade 5 Manual: Lesson 13 "How To Be Happier" Grade 2 Manual: Lesson 15 "Self-Concept: Its Definition, Formation, and Importance" Group Game	13 SMART Moves Fun Friday STEM Club (x2) Creative Club Physical Club Group Game Gratitude Club
Strong Body and Mind	16 Project Learn Drawing Club Dance Club Group Game	17 Project Learn Social Emotional Learning(P): Pre-surveys Group Game	18 Project Learn Drawing Club Dance Club Group Game	19 Project Learn Social Emotional Learning(P): Pre-surveys Group Game	20 SMART Moves Fun Friday STEM Club (x2) Creative Club Physical Club Group Game Gratitude Club
Strong Body and Mind	23 Project Learn Drawing Club Dance Club Group Game	24 Project Learn Social Emotional Learning (P): Grade 5 Manual: Lesson 16 "To Choose or Not to Choose" Grade 2 Manual: Lesson 16 "Self-Concept: Its Definition, Formation, and Importance" Group Game	25 Project Learn Drawing Club Dance Club Group Game	26 Project Learn Social Emotional Learning (B): Grade 5 Manual: Lesson 17 "Being A Good Egg" Grade 2 Manual: Lesson 21 "Physical and Intellectual Positive Actions for a Healthy Self-Concept" Group Game	27 SMART Moves Fun Friday STEM Club (x2) Creative Club Physical Club Group Game Gratitude Club
	30 Project Learn Drawing Club Dance Club Group Game	1	2	3	4

Daily Schedule

Monday - Thursday	Friday
3:30 - 3:50 Check-in, Snack, Feelings check-in 3:50 - 4:10 Energy Boost 4:10 - 4:40 Social Emotional Learning (Positive Action) or Enrichment Clubs 4:40 - 5:25 Project Learn 5:25 - 5:30 Group game 5:30 - 5:40 Pass out PM Snack/Parent Pick-up	12:00 - 12:15 Check-in, Energy Boost 12:15 - 1:15 Smart Moves 1:15 - 1:45 STEM Club 1:45 - 2:05 Super Snack/Feelings check-in 2:05 - 2:30 Energy Boost 2:35 - 3:15 Fun Friday 3:20 - 5:00 Creative/Physical/STEM Club Rotations 5:05 - 5:20 Group Game 5:20 - 5:30 Gratitude/Pass out PM snack 5:30 - 5:40 Parent Pick-up

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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.

Drawing Club: We will be drawing illustrations from an instruction book. Club members will be able to pick their object that they want to draw, and spend time on the details. After a couple weeks of utilizing the instruction book, we will move to another object, drawing free-hand to see how our skills have improved. Drawing instills confidence, creativity, concentration, while assisting with improved communication, increased emotional intelligence as well as improving fine motor skills.

Dance Club: This is a throw-back from last year and the Club Members loved it! We will use “Just Dance” as a tool to teach various different kinds of dance. We will also be asking for volunteers to demonstrate what they learn! And of course, we are going to have a ton of fun doing it! Dancing helps improve teamwork, discipline, creativity, coordination, posture, spatial awareness, confidence and is a great form of physical activity.

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.

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

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.

