

October 2024

Heber Valley

[730 S 6th W, Heber City, UT 84032] | [801-857-4793]



BOYS & GIRLS CLUBS
OF WASATCH 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: Choices & Consequences, Taking care of our bodies, Improving our Intellectual Health

Happy Birthday



Grace 10/4
Remington 10/6
Jagger 10/6
Wyatt 10/12
Lincoln 10/17
Everly 10/29

CLUB CLOSED

10/14-10/18 - Fall Break
10/21-10/22 - Schools closed
10/23-10/24 - HVE SSP Conferences/NO CLUB
10/25 - BGC Staff Training/NO CLUB



Get To Know



Please help me in welcoming our newest YDP, Rylan G. She is a student in Provo and loves our program so much she drives through the canyon every day to support your kiddos! She will be working mostly with our older members (3-5 grade). She loves to eat as healthy as possible and loves to quilt!

CONTACT INFORMATION

Kellie Barrus, LCSW
Site Coordinator
Phone: (801) 857-4793
Email: hebervalley@bgcutah.org

PARENT RESOURCES

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

Project Learn

Tuesday and Thursday - 4:30-5:15pm

Wednesday and Friday - 4:05-4:50pm

We provide High Yield Learning Activities (HYLA), homework support, literacy support, math building activities, and more.

Enrichment

Art and Get Moving Clubs: Monday - 4:35-6:00pm

Get Moving Club: Tuesday and Thursday - 5:20-6:00pm

STEM Club: Wednesday and Friday - 4:55-5:25pm

Social Emotional Learning (Prevention & Behavior)

SMART Moves:
Monday 3:30pm - 4:30pm

Positive Action:
Tuesday & Thursday 3:55pm - 4:25pm



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Utah State Board of Education



UTAH DEPARTMENT OF
WORKFORCE
SERVICES
CHILD CARE

Heber Valley After school Program 2024-2025



Social Emotional Learning Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Choices & Consequences	30	1 Social Emotional Learning (P) K - 2: Self-Concept: Its Definition, Formation, and Importance 3 - 5: To Choose or Not to Choose Project Learn Get Moving Club	2 Project Learn K-2 STEM Club 3-5 Art Club	3 Social Emotional Learning (B) K - 2: Physical and Intellectual Positive Actions for a Healthy Self-Concept 3 - 5: Being A Good Egg Get Moving Club	4 Project Learn K-2 STEM Club 3-5 Art Club
Physical Health Positive Actions	7 Social Emotional Learning - Smart Moves K - 2: My Superhero Self 3-5: Changing Impossible to I'M POSSIBLE Art & Get Moving Club	8 Social Emotional Learning (P) K - 2: Physical and Intellectual Positive Actions for a Healthy Self-Concept 3 - 5: Feeling Good About Your Body and Your Mind Project Learn Get Moving Club	9 Project Learn K-2 STEM Club 3-5 Art Club	10 Social Emotional Learning (B) K - 2: Physical and Intellectual Positive Actions for a Healthy Self-Concept 3 - 5: What Your Body Needs To Thrive Get Moving Club	11 Project Learn K-2 STEM Club 3-5 Art Club
Taking Care of our Bodies	14 Fall Break	15 Fall Break	16 Fall Break	17 Fall Break	18 Fall Break
Protecting our Bodies	21 No School	22 No School	23 Club Closed	24 Club Closed	25 Club Closed
Improving our Intellectual Health	28 Social Emotional Learning - Smart Moves K - 2: Rain Sticks Relaxation 3-5: Calming Bottles Art & Get Moving Club	29 Social Emotional Learning (P) K - 2: Physical and Intellectual Positive Actions for a Healthy Self-Concept 3 - 5: Thinking Big Project Learn Get Moving Club	30 Project Learn K-2 STEM Club 3-5 Art Club	31 Social Emotional Learning (B) K - 2: Physical and Intellectual Positive Actions for a Healthy Self-Concept 3 - 5: Remember This Get Moving Club	1

Daily Schedule		
Monday 2:20pm - 3:25pm Arrive/Snack/Recess 3:30pm - 4:30pm Social Emotional Learning - Smart Moves 4:35pm - 6:00pm Art Club & Get Moving Club/Clean up/Check out	Tuesday, Thursday 3:20pm - 3:50pm Arrive/Snack/Recess 3:55pm - 4:25pm Social Emotional Learning - Positive Action 4:30pm - 5:15pm Project Learn 5:20pm - 6:00pm Get Moving Club/Clean up/Check out	Wednesday & Friday 3:20pm - 4:00pm Arrive/Snack/Recess 4:05pm - 4:50pm Project Learn 4:55pm - 5:25pm STEM Club & Art Club 5:30pm - 6:00pm Clean up/Check out

Contact Info
Kellie Barrus, LCSW, Site Coordinator Phone: (801) 857-4793 Email: hebervalley@bgcutah.org
Program Address: 730 S 6th W, Heber City, UT 84032

October Club & Activity Details

Message to Parents:

Hello again! If you haven't already, we encourage you to talk to your students about the fun things they are doing in club. Our teachers put a lot of thought and effort in creating a fun and engaging atmosphere for the kiddos! As always, we promise to support your students and provide a fun learning environment for them. Thank you for always supporting our clubs and programming!

Social Emotional Learning- Positive Action & SMART Moves - This month will focus on understanding our choices and consequences, physical health/positive actions, taking care of and protecting our bodies, and improving our intellectual health. Our members will also learn about relaxation, calming our bodies, and their superhero self.

Project Learn - Members will be guided and supported in completing any homework assignments. They will also be engaged in age/grade appropriate activities when they don't have any class assignments or homework to complete.

Clubs:

STEM Club - Members will learn to use science, technology, engineering, and math in a fun and creative way! Circuit board connections, rocket building, volcano eruptions, and more. Students will be making oobleck (an overall favorite), learning about markers and ink through paper chromatography, and how surface tension and bubbles go together!

Get Moving Club - Members really enjoy this club, getting to learn new games, practice teamwork, and developing gross motor skills! This month is all about making new friends. Now that we are in a good routine we want to support students in getting to know other members they haven't had a chance to get to know yet. This includes a fun game of "speed friendship".

Arts & Crafts Club - Members get to express their creativity in this club using a plethora of mediums! This month students will spend time learning about and creating different origami shapes and objects such as bookmarks, boats, planes, and different animals.

